

Editor's notes:

Exercise is good for your body, of course. But it may keep your brain healthy as well, especially as you grow older.

A study of more than 600 older people (average age 74) found that those who exercised three or more times a week for 30 minutes at a time were about 40 percent less likely to develop vascular dementia (associated with reduced flow of blood to the brain) than those who weren't as physically active.

Exercise didn't appear to have any impact on the subjects' risk of Alzheimer's disease which is just one specific form of dementia, but those who did work out were generally less likely to develop difficulties with their thought processes.

It's a win/win situation, researchers say: Not only will regular exercise help you feel better as you age, but it may increase your chances of enjoying a long life with all your faculties intact.

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February is named after "Februa," the Roman farming festival of clearing fields and pruning trees to prepare for the coming growing season. In Latin, "Februa" translates roughly to "the means of purification."

Robinson Crusoe Day, February 1 -- Anniversary of the rescue of Alexancer Selkirk from a deserted island; his memoirs are believed to have been part of the inspiration for Daniel Defoe's classic novel *Robinson Crusoe*.

Groundhog Day, February 2 -- Will the groundhog see his shadow? Is winter almost over?

Darwin Day, February 12 -- Birthday of British naturalist Charles Darwin, whose theories on evolution changed the world.

St. Valentine's Day, February 14 -- The traditional day for remembering and honoring those you love. It celebrates the feasts of two Christian martyrs, though both history and legend are vague about the details.



Groundhog as Weatherman

According to legend, if the groundhog sees his shadow when he emerges from his hole on February 2, it means we face six more weeks of winter. If he does not see it, then spring is just around the corner. Some historians link this event to Candlemas, a mid-winter European Christian tradition of blessing and distributing candles. The words from an old English song are:

*If Candlemas be fair and bright,
Come, winter, have another flight
If Candlemas brings clouds and rain,
Go, winter, and come not again.*

A Kiss Is Just A Kiss

On February 14, show your Valentine your love and give 'em a smooch, peck, smack, or buss!



What Is A Kiss?

"The anatomical juxtaposition of two orbicularis oris muscles in a state of contraction."

-- Dr. Henry Gibson

A Geography Lesson

Kissing on the . . .

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|-----------------|---------------------------------------|
| <i>Forehead</i> | <i>means respect</i> |
| <i>Cheek</i> | <i>means friendship and affection</i> |
| <i>Hand</i> | <i>means homage</i> |
| <i>Foot</i> | <i>means reverence and humility</i> |
| <i>Mouth</i> | <i>means love</i> |

I always look at February as 'the final stretch' of winter, a notion that I'm sure you will agree is reflective of an underlying dislike of the season. Yes, I know snow is pretty. I know skiing and skating and snowboarding and tobogganing and ice fishing and hockey and building snow forts and can be fun. I don't mind the cold so much as the bleakness of winter. I like blue skies, green fields and red and yellow flowers.

I wonder what Wyarton Willie's pronouncement will be as to whether winter lingers or limps away with a whimper.

Sieg Pedde, President, Helix Courier Limited

B*U*S*I*N*E*S*S S*H*O*R*T*S

Bad habits of ineffective managers: Which ones should you be correcting?

Nobody's perfect, but some bad habits can do serious damage to your career if you're not careful. If you recognize any of these common mistakes in your performance, take action to correct them while you still have time:

Not meeting your commitments -- Many managers have a hard time saying "no" to colleagues, so they accept more work than they can possibly do. The symptoms are easy to spot: missed deadlines, bringing work home, less-than-stellar results. Learn how to say no. Most people would be happier with a "no" up front than missed deadlines and sloppy work.

Burying yourself in details -- The best supervisors and managers concern themselves with delegating and evaluating assignments. They don't try to master and manage all the data on their own. Don't ask employees for a blow-by-blow description of each project. Don't get bogged down in the nitty-gritty details; avoid getting involved with every single decision.

Taking back the "monkey" -- How many times have you delegated work to someone, only to find yourself doing the majority of it anyway? This is called "taking the monkey" of responsibility back. When you delegate something, make sure it stick.

Not following up -- The opposite of taking the monkey back is the manager who, once something is delegated, never thinks about it again. Your role as a supervisor is to delegate effectively, but at the same time make sure quality levels and deadlines are being met. You do this by following up on a regular basis.

Sing Your Heart Out

Poignant, silly, heart-breaking, nostalgic, or exuberant, the love songs of Broadway and Hollywood musical are always achingly romantic. Match the following love songs with the musicals that made them famous.

1. "Hello, Young Lovers" prompts a new teacher in Siam to remember the love she shared with her deceased husband.

2. "What I Did For Love" celebrates the single-minded vision of sixteen dancers trying to make it on Broadway.

3. A Cockney flower girl in Victorian London imagines a better life, singing "Wouldn't It Be Lovely."

4. In search of an elusive pot o'gold, two couples find each other and wonder "If This Isn't Love"?

5. Before she decided to wash him out of her hair, Army nurse Nellie Forbush declared: "I'm In Love With A Wonderful Guy"!

6. This Charles Dickens urchin wonders "Where Is Love"?

7. A cowboy and a farm girl fear that their mutual attraction will prompt gossip, and that "People Will Say We're In Love."

8. Wandering through the heather-covered hills of Scotland, a couple decides that it's "Almost Like Being In Love."

9. Four "Unlikely Lovers" find that AIDS makes relationships infinitely more heart-breaking.

10. "I Don't Know How to Love Him," laments Mary Magdalene.

11. Against a backdrop of revolution and strife, a French student and the adopted daughter of a fugitive both have "A Heart Full Of Love."

12. "I Have A Love" mourn two Puerto Rican immigrants when a rumble destroys their hopes and dreams.

13. A merry-go-round barker tries to hide his feelings, telling his girlfriend that he'd be different "If I Loved You."

14. "I Loved You Once In Silence," explains Guinevere to Lancelot as the two contemplate running away together.

Choose from:

A Chorus Line, Brigadoon, Camelot, Carousel, Falsettoland, Finian's Rainbow, Jesus Christ Superstar, Les Miserables, My Fair Lady, Oklahoma, Oliver!, South Pacific, The King and I, West Side Story

Answers:

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| 1. The King and I | 8. Brigadoon |
| 2. A Chorus Line | 9. Falsettoland |
| 3. My Fair Lady | 10. Jesus Christ Superstar |
| 4. Finian's Rainbow | 11. Les Miserables |
| 5. South Pacific | 12. West Side Story |
| 6. Oliver! | 13. Carousel |
| 7. Oklahoma | 14. Camelot |