

# Happy New Year, Neighbors From Fairfax Baptist Church

## Quote of the Day

***“Be a first rate version of yourself, not a second rate version of someone else.”***

—Judy Garland

### About Judy Garland

Beloved American actress July Garland will always be associated with her role as Dorothy in *The Wizard of Oz*. She was born Frances Gumm in Minnesota in 1922. She made her stage debut at age two and a half. She starred in 26 films over 13 years and became a huge star. She died in 1969.

### A LETTER FROM A LOVING SON

Dear Dad,

School i\$ really great. I am making lot\$ of friend\$ and \$tudying very hard. With all my \$tuff, I \$imply can not think of anything I need, \$o if you would like, you can ju\$t send me a card, a\$ I would love to hear from you.

Love, Your \$on.

Dear Son,

I kNOW that astronomy, ecoNOMics, and oceaNOgraphy, are eNOugh to keep even an hoNOR student busy. Do Not forget that the pursuit of kNOWledge is a NOble task, and you can never study eNOugh.

Love, Dad

## How Does Mood Affect Immunity?

We are slowly beginning to unravel the complex interactions between mental and physical health. Researchers have found a wealth of evidence that positive emotions can enhance the immune system, while negative emotions can suppress it. For example, having fun with friends and family seems to give a boost to our immune systems. Social contact and laughter have a measurable effect for several hours. Relaxation through massage or listening to music also reduces stress hormones.



## Did Jesus Have a sense of Humor?

There is little evidence that Jesus told stories (jokes) with a punch line like comedians do on TV. But Jesus did have a great sense of humor. He had a terrific visual imagination that produced some funny pictures or sayings. In the Sermon on the Mount, Jesus told people not to judge one another because the “judger” first had to do away with his own faults. To illustrate this point Jesus said that the “judger” should get rid of the two-by-four beam sticking out of his eye before he tried to pick the speck out of his friend’s eye.

## What’s Up With Vitamin K?

Dr. Oz told Oprah he took the full gamut of vitamins: A to K. Vitamin K? Vitamin K – especially Vitamin K2 helps transfer calcium from blood vessels to bones. It gives a double dividend: helps clear blood vessels and fight osteoporosis (strengthen bones). Do you think the Dr knows something?



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