



# THE ANCHOR

A MONTHLY NEWSLETTER FROM ANCORA WEALTH PARTNERS

## February 2024

**Sending everyone love this February. We hope you can feel it in the air as you get to adjust from 30° weather to 60° in a matter of days.**

*Angie, Melissa, Kasey & April*

### Market Recap for January 2024

Index	12/30/2023	01/31/2024	Monthly Change	Monthly % Gain/Loss
DJIA	37,689.54	38,150.30	460.76	1.22%
NASDAQ	15,011.35	15,164.01	152.66	1.02%
S&P 500	4,769.83	4,845.65	75.82	1.59%

Index	2024 YTD Change	2024 YTD % Gain/Loss
DJIA	460.76	1.22%
NASDAQ	152.66	1.02%
S&P 500	75.82	1.59%

*The information contained in this email does not purport to be a complete description of the securities, markets or developments referred to in this material and does not constitute a recommendation. The Dow Jones Industrial Average (DJIA), commonly known as "The Dow" is an index representing 30 stocks of companies maintained and reviewed by the editors of the Wall Street Journal. The S&P 500 is an unmanaged index of 500 widely held stocks that is generally considered representative of the U.S. Stock market. The NASDAQ composite is an unmanaged index of securities traded on the NASDAQ system. Keep in mind that individuals cannot invest directly in any index and index performance does not include transaction costs or other fees, which will affect actual investment performance. Individual investors' results will vary. Past performance does not guarantee future results. Investing involves risk and investors may incur a profit or a loss.*

### Trivia Questions:

1. What is the most consumed manufactured drink in the world?
2. In which play by Tennessee Williams would you encounter "Big Daddy"?
3. How many heart candies come in a single box of Sweethearts?

*Answers on page 5*



## HEALTH IS WEALTH

### Living a Healthy Retirement Lifestyle

When you're busy working, sometimes your health can get relegated to the back burner. Now that you're retired, taking the time to focus on maintaining a healthy body and mind will allow you to lead a richer, more active life.

- ❖ **Eat a Balanced Diet** – As you age, you're more likely to have problems linked to deficiencies in certain vitamins or minerals. While a supplement might seem like an easy solution, getting these nutrients from food will most benefit your body. Try to eat a balanced diet of protein, fat and carbs. Cut back on processed foods, as they can be high in blood pressure-boosting sodium. Lean proteins, whole grains, fruits and vegetables should play major roles in your diet.
- ❖ **Stay Active** – Regular exercise offers countless benefits for the body and mind. Aerobic activities such as walking or swimming can boost energy levels. Using weights helps build strength. And don't forget about yoga and pilates to keep your body flexible. Shoot for at least 30 minutes of gentle to moderate activity each day and choose something you enjoy so you're more likely to stick with it.
- ❖ **Visit your Doctor** – Putting off medical or dental appointments may have been no big deal when you were younger, but as you age, it's critical to get regular checkups. Regular blood work and blood pressure tests can help you prevent heart attacks or strokes and cancer screenings such as mammograms and prostate exams will allow your doctor to catch any abnormalities before they get out of control.
- ❖ **Get Plenty of Sleep** – Snoozing for the recommended seven to nine hours per night may be easier said than done, as many experience sleep disruptions with age. But you can sidestep some of those slumber-disturbing issues by limiting caffeine to eight hours before bed, cutting out liquids by two hours before bed, and ensuring your bedroom is dark and cool. Still struggling with sleep? Over-the-counter supplements such as melatonin can help without leaving you groggy the next day but be sure to check with your doctor first.

Source: *Living Power*

## WHO KNEW...

Google images was literally created after Jennifer Lopez wore that infamous dress at the 2000 Grammys. So many people were searching for her outfit, the search engine added an imagine function.

## Valentine's Day Facts

**Learn about St. Valentine's Day: Its true meaning, its history and origins. How it's celebrated. Why we say, "wear your heart on your sleeve" and much more.**

Valentine's Day is celebrated February 14 as couples across the globe honor their spouses, partners and sweethearts. Hundreds of years of traditions and customs have made it into the holiday that we observe today. Here are four interesting facts about the holiday dedicated to romance and love.

### Letters Addressed to "Juliet"

Every year, thousands of romantics send letters addressed to Verona, Italy to "Juliet", the subject of the timeless romantic tragedy, "Romeo and Juliet". The city marks the location of the Shakespearean tale and the letters that reach the city are dutifully answered by a team of volunteers from the Juliet Club. Each year on Valentine's Day, the club awards the "Cara Giulietta" ("Dear Juliet") prize to the author of the most touching love letter.

### Box of Chocolates

The Valentine's Day tradition of giving a box of candy was started in the 19th century by Richard Cadbury, a scion of a British chocolate manufacturing family. With a new technique recently established at the company to create more varieties of chocolate, Cadbury pounced on the opportunity to sell the chocolates as part of the beloved holiday.

### Wearing Your Heart on Your Sleeve

This term may have origins in picking a valentine. Smithsonian reports that during the Middle Ages, men would draw the names of women who they would be coupled with for the upcoming year while attending a Roman festival honoring Juno. After choosing, the men wore the names on their sleeves to show their bond during the festivities.

### Cupid Began as a Greek God

The chubby baby that we call Cupid has been associated with Valentine's Day for centuries. However, before he was renamed Cupid, he was known to the ancient Greeks as Eros, the god of love. Eros, the son of Aphrodite, would use two sets of arrows - one for love and another for hate - to play with the emotions of his targets. It wasn't until stories of his mischief were told by Romans that he adopted the childlike appearance that we recognize today.

Source: <https://www.history.com/topics/valentines-day/valentines-day-facts>

## BLACK HISTORY MONTH

Every February, people in the United States celebrate the achievements and history of African Americans as part of Black History Month.

### ***How It Started***

In 1915, in response to the lack of information on the accomplishments of Black people available to the public, historian Carter G. Woodson co-founded the Association for the Study of Negro Life and History. In 1926, the group declared the second week of February as “Negro History Week” to recognize the contributions of African Americans to U.S. history. Few people studied Black history and it wasn’t included in textbooks prior to the creation of Negro History Week.

This week was chosen because it includes the birthdays of both Frederick Douglass, an abolitionist (someone who wanted to end the practice of enslaving people) and former U.S. President Abraham Lincoln. President Lincoln led the United States during the Civil War, which was primarily fought over the enslavement of Black people in the country. Many schools and leaders began recognizing the week after its creation.

The week-long event officially became Black History Month in 1976 when President Gerald Ford extended the recognition to “honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history”. Black History Month has been celebrated in the United States every February since.

### ***What It Honors***

Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17<sup>th</sup> century to African Americans living in the United States today.

Among the notable figures often spotlighted during Black History Month are Dr. Martin Luther King, Jr., who fought for equal rights for Blacks during the 1950s and 1960s; Thurgood Marshall, the first African American justice appointed to the United States Supreme Court in 1967; Mae Jemison, who became the first female African American astronaut to travel to space in 1992; and Barack Obama, who was elected the first ever African American president of the United States in 2008.

### ***Black History Month Today***

Since the first Negro History Week in 1926, other countries have joined the United States in celebrating Black people’s contribution to history and culture, including Canada, the United Kingdom, Germany and the Netherlands.

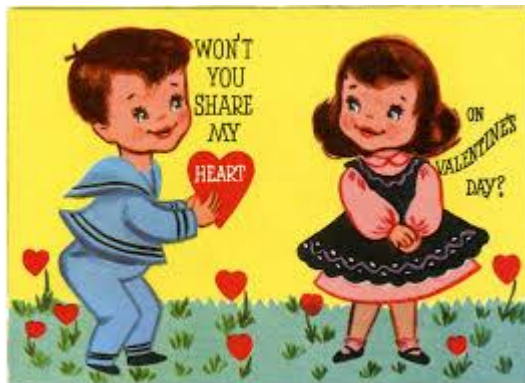
Today Black History Month continues the discussion of Black people and their contributions through activities such as museum exhibits and film screenings and by encouraging the study of achievements by African Americans year-round.

*Source: Kids.nationalgeographic.com*

## KIDS FUNNY VALENTINE CARDS

- ♥ **"Picture a potato"** You are a beautiful human being but I'm not good at drawing human beings so I drew a potato instead. But a very beautiful potato.
- ♥ Mom, I love you more than rainbows and beautiful blue skies. I love you more than buttercups and wings of butterflies. I love you more than...cow.
- ♥ Dear Ashley, Would you please be my girlfriend? I like you a lot. PS, please put yes, no or maybe. *Answer...* I'm sorry I already have a boyfriend but when we breakup you're my next choice.
- ♥ My second valentine is for Miss Johnson. She is a great teacher. She is not on the Jedi Council but is great with the force.
- ♥ Dear mommy, I do not think I say this often. I love you very, very, very, very, ok this is the last one, very much and I've got a poem for you. **Roses are red. Just like your face when dad eats our snack.**
- ♥ I love mom. Roses are red. The sky is blue. You are in a shape of a heart and I love you!
- ♥ Roses are red. Violets are blue. You are my brother and a knucklehead too.
- ♥ Dear mom, I love you! You're doing a good job at not burping at my bus stop!  
Happy Valentines Day!
- ♥ Happy Valentines Day sweaty.
- ♥ I love you with all my butt. I would say heart but my butt's bigger.

Source: [loredpanda.com](http://loredpanda.com) [liveabout.com](http://liveabout.com)



## **FEBRUARY *and a smidgen of* MARCH HOLIDAYS AND FUNDAYS**

February 04: Thank a Mail Carrier Day, *Stuffed Mushroom Day yummm!!*

February 07: *Wave All Your Fingers at Your Neighbor Day*

February 08: Boy Scout Day, *Kite Flying Day*

February 11: Superbowl Sunday, *Don't Cry over Spilled Milk Day*

February 12 Abraham Lincoln's Birthday, *National Lost Penny Day*

February 13: Mardi Gras/Fat Tuesday

February 14: Ash Wednesday, **Valentine's Day**

February 15: *Singles Awareness Day*

February 17: Random Acts of Kindness Day

February 19: President's Day, *National Chocolate Mint Day*

February 22: George Washington's Birthday, *National Chili Day*

February 23: *International Dog Biscuit Appreciation Day*

February 26: Carpe Diem Day (seize the day), *Tell a Fairy Tale Day*

February 28: National Tooth Fairy Day (*and/or August 22*)

February 29: Leap Year!

March 01: Employee Appreciation Day, World Day of Prayer

March 03: Caregiver Appreciation Day, *If Pets Had Thumbs Day*

March 05: *Multiple Personality Day (for all of us in my head)*

*Source: Holiday Insights*

***"You can't help getting older, but you don't have to get old."  
George Burns***

### **Local Company Spotlight**

**Lee Jones**

**Superior Services Cooling & Heating**

**Hvactech1999@yahoo.com**

**(336) 675-5110**

### **Trivia Answer**

1. Tea
2. Cat on a Hot Tin Roof
3. 36

## VALENTINE'S DAY DUMP CAKE

### Ingredients:

- 1 box of yellow cake mix
- 2 cans cherry or strawberry pie filling
- 2 sticks butter (not margarine), melted

### Directions:

- Preheat oven to 350 degrees.
- Spray a 9X13 casserole dish with non-stick spray.
- Dump the cans of pie filling into the casserole dish.
- Sprinkle the cake mix over pie filling.
- Pour melted butter over the cake mix.
- Bake for 35 to 45 minutes or until golden on top.
- Eat warm with your favorite ice cream.

### Other pie fillings to use:

- Blueberry, pineapple, apple, cinnamon apple, lemon, chocolate or anything your heart desires.
- Try it with different cake mix flavors too.



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