

7 Quick Takes: Happy New Year, setting reasonable goals, a patron saint, advice, Rudolph's Chinese New Year, and some of my favorite blogs from 2015

Happy New Year! It's a leap year, too! So very exciting. I only know two people with Feb. 29 birthdays, but this year they will get to celebrate on their birthday for the 10th time. That means I am turning 40 later this year, but let's not dwell on that,