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### Fan or Fanatic?

A fan can be a supporter or an enthusiastic admirer; they can be quick to jump on the bandwagon when their team seems to be succeeding, or they can be a committed loyal fan who supports them through thick or thin. Fanatics tend to be more excessive with a single-minded zeal that can become a problem when an earthly object or pursuit becomes an idol.

Sometimes that boundary can be unclear. The research delves into the emotional and behavioral responses of fans highlighting how different patterns of brain activation are linked to both positive and negative reactions. Key factors in the psychology behind fanaticism include a strong need for identity and belonging, where individuals align themselves passionately with a group or cause that they see as an extension of their identity. This alignment often leads to a strong in-group versus out-group mentality, where fanatics may develop a deep loyalty to their group while being hostile or dismissive towards others.

### Love is ...

Love is a basic necessity in everyone's life. Everyone needs to be loved to live a proper and healthy life. It is unconditional. It cannot be shaken by the ups and downs of life. It involves people who respect and support each other without any expectation of something in return.



Most of us tend to think about love as that gooey feeling we get when we're in the presence of a particular person. Love is not a feeling, it's an intimate emotional bond that strengthens over time through a series of vulnerable and supportive actions. Love cannot be defined in words but can be expressed through actions. We take actions that build and strengthen love. And over time, the intimate emotional bond that is love happens. Love is the glue that keeps a relationship strong.

Although almost no one can agree on a single definition of love, most people do agree that love plays a significant role in both physical and psychological well-being. Numerous studies have demonstrated the benefits of love. It is deeply biological. If you want to define love in one sentence, love is one of the most profound emotions humans experience.

### Leap Year

Almost everyone is familiar with the concept of leap year, but the reasoning behind it is a little complicated. A calendar year is typically 365 days long, rounded off as the number of days it takes the Earth to complete one orbit around the Sun. It actually takes Earth 365 days 5 hours 48 minutes and 56 seconds, and that extra needs to be accounted for somehow. Some simple math will show that over four years the difference is not exactly 24 hours, it's 23.262222 hours. Rounding strikes again! By adding a leap day every four years, we actually make the calendar longer by over 44 minutes. Over time that would also cause the seasons to drift in our calendar. For this reason the rule is that if the year is divisible by 100 and not divisible by 400, leap year is skipped. The year 2000 was a leap year, for example, but the years 1700, 1800, and 1900 were not. The next time a leap year will be skipped is the year 2100. And why is it called "leap year?" The addition of an extra day during a leap year means that your birthday now "leaps" over a day.



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