

## The Year of the Tiger



February 1 rings in China's Year of the Tiger. In one myth, the Jade Emperor dictated that the order of the Chinese zodiac would correspond to the order in which the animals arrived at his birthday party. Diligent Ox departed early and arrived first. Tiger, so quick and competitive, arrived second. When the Jade Emperor noticed that Rat had hitched a ride atop Ox and jumped down to reveal himself, clever Rat was reordered first to arrive, with Ox second. Tiger had to accept his place as third.

Just as Tiger was content with becoming third, in life Tigers never give up despite setbacks. They are considered courageous and adventurous, kind and benevolent, and, of course, competitive. Rich in emotion and imagination, art is a common calling for those born in the Year of the Tiger. They are also seen as the guardians of children. For this reason, babies and kids often wear tiger-themed clothes for protection against evil spirits. Women born in the Year of the Tiger are often considered to be great mothers.

The Chinese New Year marks a wonderful new beginning with high hopes for good fortune and prosperity. For this reason, one should never utter anything negative. To speak negative words such as *poor*, *pain*, *break*, or *sick* might jinx your entire year! Likewise, try not to break anything. Doing so might shatter your connection to prosperity. If a plate or bowl is dropped and broken, one should wrap it in red paper, the color of good fortune and happiness. It is traditional to sweep and clean before the new year, removing all bad luck from the house. However, once the new year arrives, sweeping is bad luck. Any type of cleaning or removing garbage might inadvertently remove good luck from the home.

One of the most important traditions is to gift red envelopes of money. This "money to anchor the year" is a means of wishing someone an entire year of good fortune. The elderly give such tokens to the young and vice versa. The middle-aged must honor both the old and young. How much do you give? How much is a year of prosperity worth?

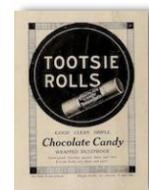
## February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their heightened compassion and empathy compel them to help those in need. Those born from February 19–28 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive nature also make Fish creative and expressive artists.

Residents:  
Claire H. Feb 12<sup>th</sup>  
HH:  
George Aalgaard Feb 15<sup>th</sup>

Staff:  
Kim B. Feb 3<sup>rd</sup>  
Michelle Feb 13<sup>th</sup>

## Roll Call



About 64 million Tootsie Roll candies will be manufactured on February 23, Tootsie Roll Day. On this day in 1896, inventor Leo Hirschfield first began selling the chewy chocolate confections out of his small Brooklyn candy shop.

The candies grew so popular that Hirschfield distributed them throughout New York using a horse and buggy. The unique name was a no-brainer for Hirschfield. He had been calling his five-year-old daughter Clara by the nickname "Tootsie" all her life. Or had he? Some historians claim that the quaint story of the candy being invented by Hirschfield in a small Brooklyn shop is a clever marketing ploy. Rather, "Leo Hirschfeld" was an employee of the Stern & Staalberg candy company and applied for the patent of his unique, melt-resistant chocolate candy in 1907. "Tootsie" was the name of a child actress hired by the company to hawk its products, a name that company

February 2022

# Halstad Living Center & Heritage House

Halstad | 133 4<sup>th</sup> Ave E. 56548 | # 218-456-2105 | hlact@rrv.net



## Celebrating February

**Worldwide Renaissance of the Heart Month**

**Women Inventors Month**

**Black History Month**

**Chinese New Year:  
Year of the Tiger**  
*February 1*

**Groundhog Day**  
*February 2*

**Winter Olympics Begin**  
*February 4*

**Read in the Bathtub Day**  
*February 9*

**Valentine's Day**  
*February 14*

**World Day for Social Justice**  
*February 20*

**Presidents' Day (U.S.)**  
*February 21*

**Digital Learning Day**  
*February 22*

**Tooth Fairy Day**  
*February 28*

## Seeing Red

Red hearts. Red roses. Red lipstick kisses. These are all popular symbols of Valentine's Day. While there is no record of St. Valentine ever wearing red, the holiday that bears his name is full of the color. The color red appears again on February 4 for Wear Red Day. Today, red symbolizes love, beauty, power, and passion, but humans have been fascinated by the color for millennia.

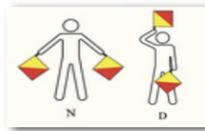
After black and white, red is the first color of the spectrum that babies can identify. Perhaps our adoration of the color comes from this strong first impression. Speaking of firsts, 40,000 years ago, prehistoric humans painted their bodies in red clay. Burial rites included covering the dead in red powder to ward off evil spirits. Prehistoric cave paintings discovered across the globe from Asia to Africa and Australia were all made with red ochre. Our Stone Age ancestors certainly thought red possessed power.

When did red specifically earn its association with love? Many historians point to the ancient Greeks. Aphrodite, the goddess of love and beauty, fell in love with Adonis. When Adonis was killed by a wild boar, Aphrodite rushed to his aid and was stuck by the thorn of a white rose. The goddess' blood fell on the white petals, turning them red. In this manner, the red rose came to symbolize Aphrodite's love for Adonis, and both the color red and the red rose became symbols of Aphrodite herself, as well as love, beauty, and passion.

This myth also demonstrates the mixed symbolism presented by the color red: the heart and blood, passion and anger, allure and danger, love and war. Cultures all over the world use red to different effects. Chinese brides wear red wedding dresses to symbolize love and good fortune. Catholic cardinals wear red robes symbolizing the blood of Jesus Christ. American drivers are warned to "STOP" with red stop signs and lights. In February, red might inspire romance or inflame passion, but on Halloween, it accompanies gruesome horrors. Good or bad, the color red has long asserted power over the human psyche.

## A Picture of Peace

The threat of nuclear war was very real during the Cold War of the 1950s. Protestors against Britain's testing of hydrogen bombs formed the Direct Action Committee (DAC) Against Nuclear War. Adopting the nonviolent protest principles of Gandhi, the DAC conducted many forms of civil disobedience, including a 52-mile march from London to the atomic weapons research center in Aldermaston. Participants in the Aldermaston march carried signs bearing a unique symbol, a nuclear disarmament (ND) logo that is now known around the world as the peace sign.



The DAC enlisted artist Gerald Holtom to design a recognizable logo for the march, which he completed on February 21, 1958.

Holtom incorporated letters from the flag semaphore alphabet, combining the downward diagonals of the *N* and the straight vertical line of the *D* within a circle representing the globe. Holtom was also inspired by Francisco Goya's painting *The Third of May 1808*, which depicts a peasant with his arms upraised before a firing squad. Holtom admitted that the threat of nuclear war had caused him "deep despair. I drew myself... with hands palm outstretched outwards and downwards in the manner of Goya's peasant." Holtom's design was a success, and it soon became the symbol of the United Kingdom's campaign for nuclear disarmament.

In 1960, the logo came to represent something more universal. An American student from the University of Chicago named Phillip Altbach traveled to England to meet with British peace groups as a representative of the Student Peace Union (SPU). When Altbach saw Holtom's logo, he decided to use it as the symbol of the SPU. During America's tumultuous cultural upheaval during the '60s and '70s, Holtom's logo was transformed into a universally recognized sign of peace. Holtom never trademarked his design, allowing it to be used freely by anyone. His one regret, however, was its connotation of despair. Holtom wanted to invert the symbol and point the diagonal lines upward to represent the tree of life and inspire eternal optimism.

## Brownies in Focus

Brownie photographers get ready! February 1 is International Brownie Camera Day. Some call Eastman Kodak's Brownie "the camera that started popular photography." George Eastman asked Frank Brownell, his camera designer and manufacturer, to develop the least expensive design possible for a camera, one that could be marketed to children so that photography as a hobby could take off. Brownell called his design the "Brownie" after the mischievous, fairy-like sprites conceived by Canadian author and illustrator Palmer Cox.

The camera was first introduced in February 1900 as a leatherette-covered cardboard-box camera with a lens at one end and film on the other. The first Brownie, known as the No. 1 Brownie, was marketed to children and sold for \$1, about \$31 today. The idea proved ingenious, with over 150,000 Brownie cameras sold in their first year. They were so ubiquitous that soldiers took them overseas to war. Many iconic wartime photographs were snapped with the Brownie. The last official Brownie was made in 1986.

## Ukulele Lore



February 2 is World Play Your Ukulele Day. In many elementary schools, the ukulele has become the instrument of choice

for teaching music. Perhaps this is due to the uke's affordability and versatility, but it is also due to the fun that comes with strumming! The ukulele is most often associated with Hawaii thanks to Joao Fernandes, who immigrated to Hawaii from the Portuguese island of Madeira in 1879. Upon arrival, Fernandes leaped from his ship to the dock and began to strum a tune on his *braguinha*, a small, four-stringed guitar. Other Madeirans soon set up shop making the instruments. The word *ukulele* meant "cat flea." It was first used in 1906 to describe the way uke players strummed the instrument, with

## Winter in Beijing

A mere six months after the close of Tokyo's Summer Olympics, the Opening Ceremonies of the Winter Olympics are set to start on February 4 in Beijing, China. Tokyo's games have been hailed a success despite their being held during the COVID pandemic. The amazing athletic feats of the competitors remained the focus, not the mostly empty stadiums or COVID-related protocols. Beijing will allow Chinese fans into stadiums and has asked all organizers and participants to abide by a "closed bubble" system. China certainly appears ready to take the torch from Tokyo.

Beijing will host popular events like figure skating, speed skating, hockey, and curling. Many of the venues built for Beijing's 2008 Summer Olympic Games have been repurposed for the Winter Games. For example, the National Aquatics Center, popularly known as the "Water Cube," was transformed into the "Ice Cube." The Olympic pool that saw Michael Phelps win eight gold medals is now the curling rink.



The picturesque village of Yanqing is just a 40-minute high-speed train ride from Beijing. This quiet vacation destination for city dwellers and tourists wishing to see the popular Badaling section of the Great Wall of China will get a dose of alpine skiing, bobsled, luge, and skeleton during the Olympics. As one of the top female skiers in the world, American Mikaela Shiffrin hopes to compete in every possible alpine skiing event at Beijing 2022.

Zhangjiakou is another popular ski spot located in the mountains 120 miles northwest of Beijing. Several new venues have been built to host cross-country skiing competitions, biathlon, snowboarding, and ski jumping. China has also built a new high-speed rail line to the area along with the world's first flexible DC power grid. The cutting-edge grid utilizes local wind and solar energy. But the most electric energy will be in the arenas. Host nation China has high hopes to top the medal count, but Norway is expected to win a record 44 medals.

## Employee Spotlight!

**Gracie Garza has worked for our facility for 26 and ½ years. Gracie started out as a CNA then became a TMA. Gracie and her husband Art of 18 years live in Perley MN. Gracie has 3 Boys and 2 Girls. Gracie has 12 Grandchildren and to spend time with them, spoiling them as well! Gracie loves to shop and eat out with her Girls, especially at Red Lobster! She dislikes Peanut butter, or rather it doesn't like her. She loves Butterflies. Gracie also has 2 fur-babies Aygee is a 6 yr. old pure bread Pitbull, Geegee is a 4-month-old Pitbull/Bulldog mix. Gracie loves being here for our residents!**

