

January Horoscopes and Birthdays

In astrology, those born between January 1–19 are Capricorn's Goats. Goats are practical, determined, and focus on ambitious goals. They follow a straightforward, well-planned path and persevere with grit and honesty. Those born between January 20–31 are Water Bearers of Aquarius. Water Bearers are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others.

Paul Revere – January 1, 1735
 J.R.R. Tolkien – January 3, 1892
 Diane Keaton – January 5, 1946
 Zora Neale Hurston – January 7, 1891
 Elvis Presley – January 8, 1935
 Richard Nixon – January 9, 1913
 Julia Louis-Dreyfus – January 13, 1961
 Martin Luther King Jr. – January 15, 1929
 Vidal Sassoon – January 17, 1928
 Dolly Parton – January 19, 1946
 Neil Diamond – January 24, 1941
 Wolfgang Mozart – January 27, 1756
 Jackie Robinson – January 31, 1919

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kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin

to fermentation is brewing beer at home. Whereas the by-product of fermented foods is good bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

For hobbyists looking to get outdoors, flower arranging is now à la mode. Arrange flowers by color, size, height, and shape to create the perfect bouquet. The Japanese even have a name for their ancient tradition of artistic flower arrangements: *ikebana*.

Totally Tubular

Spend January 3 celebrating the totally tubular invention of the drinking straw. On this day in 1888, Marvin Stone was issued the patent for his paper drinking straw. A former cigar manufacturer, Stone was familiar with the wrapping of paper. Prior to Stone's invention, people used straws made from blades of rye grass, but the rye imparted a grassy taste to the drink. It also had the unfortunate tendency of turning to mush if it stayed wet for too long.

Stone's invention was a welcome improvement, but hardly original.

Drinking straws were in use 5,000 years ago by the Sumerians, who employed straws that doubled as sieves. These drinking tubes were used to drink beer and would filter out solid particulates that were the by-product of fermentation. A gold straw inlaid with priceless blue lapis lazuli was even discovered in a Sumerian tomb. Of course, most straws today are made of plastic, but the careless tossing of these single-use straws into the garbage has created an environmental mess. It seems that Stone's patent of a recyclable paper straw is more important than ever.

Notable Quotable

Some days I think I look kind of cute, but other days I try to avoid the mirror.
 David Alan Grier

Edencrest at Green Meadows

January 2018



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Celebrating January

Happy New Year
January 1

Jonathon May Magic
January 8

Joe Klinefelter Music
January 11

Milt Rhiner Band
January 21

National Pie Day
January 23

Mike Lazano Music
January 31

At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features

lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the

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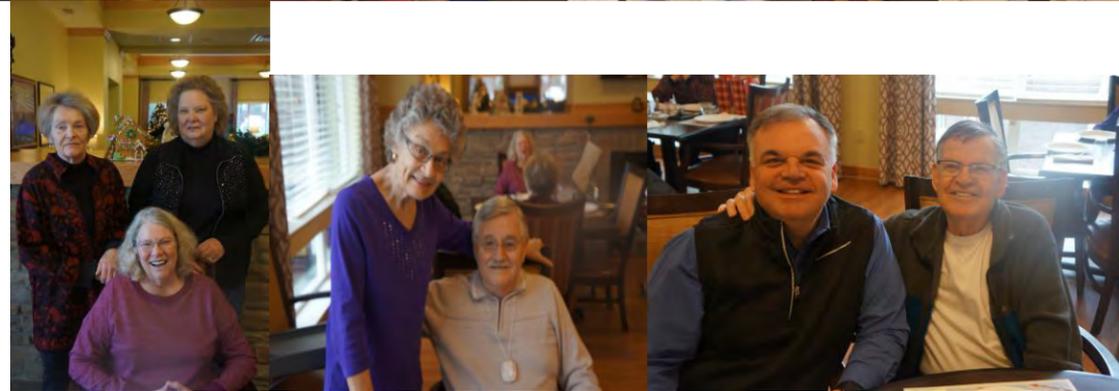


Gone for Good

Every year, Lake Superior State University reveals its list of overused words or phrases that it feels *must* be banished from use forever. Which words made the cut? As you can imagine, a few choice words from the American political sphere, namely: *bigly*, meaning "a swelling or blustering manner," and *post-truth*, meaning "a society where facts matter less than impressions." There are also plenty of words related to social

media and the Internet: *ghost*, which is "to abruptly end communication on social media," and *listicle*, which is "a numbered or bulleted list created to attract views over the Internet." Judges are ready to choose the worst of the lot come New Year's Day, and a likely winner (or loser?) is the word *disruption*, a term used to describe the radical change experienced as the result of a social movement or innovation.

December Memories!



Little Man with Big Success



Charles Sherwood Stratton became a global celebrity in the 19th century.

Charles Sherwood Stratton was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton's hometown and discovered the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and

performing as Cupid. Renamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America's Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon at the White House.

Twelfth Day of Christmas

The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas, as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!



Women's Christmas is celebrated mainly in the Irish counties of Cork and Kerry.

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's

role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry, and even becoming popular with women who aren't even Irish. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.