

Cypress Palms Chronicles

January 2012

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Oatmeal Month

Soup Month

Trivia Day
January 4

Old Rock Day
January 7

Bubble Bath Day
January 8

Houseplant Appreciation Day
January 10

Dr. Martin Luther King, Jr. Day
January 16

Chinese New Year:
Year of the Dragon
January 23

Australia Day
January 26

The Great Race

At midnight on January 23, you may hear cheers of “Happy New Year!” These well-wishers aren’t three weeks late – January 23 is the Chinese New Year, the most important of all of China’s traditional holidays. This is a time for families to gather together and share big meals, as well as a time to forgive grudges and wish for peace and happiness.

According to the Chinese Zodiac, 2012 is the Year of the Dragon. Anyone born in this year is energetic, confident, and strong willed. The Chinese Zodiac follows

a 12-year cycle. How did this zodiac come about? An old Chinese fable explains its origin:

A long time ago when there was no calendar in China, the Jade Emperor, the most powerful Chinese god, decided to help design one. He held a race. He decreed that the first 12 animals to cross the finish line would determine the order of the years. All the animals were very excited.

Rat was the most ambitious of all and wanted to win, but he had two
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Healthy Hugs

On January 21, Hugging Day, feel free to offer a hug to anyone and everyone you want. After all, the goal of the holiday is for people to show more emotion in public.

Studies have shown that physical contact has many health benefits. Such contact is indeed necessary for healthy social, psychological, and physical development. Hugs strengthen the immune system, decrease the risk of heart disease, decrease levels of the stress hormone cortisol, and increase levels of the “love hormone”



oxytocin and the “feel good” brain chemicals, serotonin and dopamine.

Some people shy away from being touchy-feely in public, but humans have always been social creatures that thrive through human-to-human contact. Hugging may be the best tonic of all for what ails you.



Notable Quotable

“A rich man is
nothing but a poor
man with money.”

~ W. C. Fields
comedian

Horoscopes and Birthdays

Capricorns are born from January 1 to 19. They are pragmatic and forthright, so they have no problem sharing their advice. Capricorns can adopt new ideas and make quick judgments in tricky situations. If you were born between January 20 and 31, you are an Aquarius. Water Bearers have attractive personalities and are very imaginative and intuitive. Aquarians have a strong desire to help humanity, create unity.

Paul Revere – Jan. 1, 1735
Maxene Andrews – Jan. 3, 1916
Diane Keaton – Jan. 5, 1946
Paul Revere – Jan. 7, 1938
Kate Middleton – Jan. 9, 1982
Andy Rooney – Jan. 14, 1919
Charo – Jan. 15, 1951
Ethel Merman – Jan. 16, 1909
George Burns – Jan. 20, 1896
Django Reinhardt – Jan. 23, 1910
Paul Newman – Jan. 26, 1925
W.C. Fields – Jan. 29, 1880
Norman Mailer – Jan. 31, 1923

Resident Birthdays

Nellie B.
Stan L.
Irene K.
Jean G.
Renee L.
James C.
Winifred L.
Michael G.
Ellen L.
Doris R.

January 1

January 3

January 5

January 8

January 20

January 21

January 26

January 27

January 28

January 29



The Great Race *continued from pg. 1*

worries. First, the race began early in the morning. How would he wake up? Second, he had to cross a large river. How would he get across? Rat went to his best friend Cat for advice, and they decided to ask Ox for help. Ox, after all, always woke up early and was also a strong swimmer. The three animals agreed to make an alliance.

On the day of the race, Ox, Rat, and Cat woke early and crossed the river. Rat, however, feared that Cat would rush ahead and come in first. Rat pushed Cat into the river! Once across the river, Rat raced ahead and won first place in the Chinese calendar. Ox finished second, followed by Tiger, Rabbit, Dragon, Snake, Horse, Sheep, Monkey, Rooster, Dog, and Pig. Cat never did finish, and this is why, still to this day, the Cat always chases the Rat. Why didn't the mighty flying Dragon come in first? It had to stop and make rain to benefit all the people and creatures of earth – quite a noble act to remember for the year 2012.



Oriental Tea and Wine Tasting!



Join us on Monday, January 23 for a special taste of the Orient. A variety of Oriental teas and wines will be offered along with some interesting facts! If you have always wondered what Saki, a popular rice wine, tastes like; be sure to join us. And, not to worry; your favorite wines and teas will be available as well!

A Shocking Day



Static electricity is created when an object gives up or gains electrons.

You walk across the carpet, reach for the doorknob, and ZAP...you get a shock! What exactly is this strange phenomenon? Perhaps the best day to answer this question is on January 9, Static Electricity Day.

The secret of static electricity begins with tiny, microscopic

atoms. The insides of atoms are made up of electrically charged electrons. Amazingly, these miniscule electrons can move from one atom to another. When feet rub on the carpet, electrons move from the atoms in the carpet to the atoms in your feet. Touch a brass doorknob and ZAP, the knob is a conductor of energy. The electrons jump from your hand to the knob with a tiny spark. Sometimes people really do have

Reiki – Spiritual Energy Used For Healing and Relaxation

Reiki (ray-key) is a multi-faceted spiritual energy that can be used to help us with meditation practices, spiritual growth, healing relationships, manifestation of goals, and activating the Divine healing power within all living beings. Reiki is a tool to help us develop “wellness consciousness” and also to understand, on an experiential level, what it truly means to be “One with all Creation”. Reiki is usually considered to be a “hands-on healing technique”. This is one application, but it is so much more. Mikao Usui discovered this healing art in Japan in the late 1800s. The Japanese Kanji characters that represent the word Reiki can be translated to mean; Rei = Spiritually guided or wisdom of God and Ki = Life force energy.

Reiki with Brenda
every Wednesday at 6:30 p.m. and every Saturday at 3:30 in the second floor Library.

These are individual sessions which last for approximately 15 minutes.
Sign up today!

Full-Grown Flakes



The largest snowflake ever recorded was 15 inches wide.

Look in the sky! It's a bird. It's a plane! No wait, it's a giant snowflake! Believe it or not, snowflakes the size of dinner plates have been known to fall. On January 28, 1887, Matt Coleman, a rancher from Fort Keogh, Montana, saw a snowflake that measured 15 inches wide and eight inches thick. He described the falling flakes as "larger than milk pans."

scientists are now making precise measurements with laser probes attached to airplanes.

Most snowflakes are a mass of snow crystals stuck together as they collide and combine in midair. However, it turns out that even some snowflake crystals can be big enough to see. The biggest individual crystals are the size of a dime. Imagine many of these dime-sized crystals sticking together, and you have one huge snowflake.

How do you measure these monsters? Any kid could measure a snowflake with a ruler, but

Zap It! Dinner's Ready!

Sometimes the best inventions are the ones discovered by accident – penicillin, potato chips, even the microwave oven.

In 1946, Dr. Perry Spencer, an engineer for the Raytheon Company, was testing a device called a "magnetron," a tube that created microwaves. Magnetrons were originally invented to be installed in Britain's radar system during World War II. The microwaves they emitted could spot Nazi warplanes high overhead.



Like many important inventions, the microwave was invented by accident.

colleague in to watch as he placed an egg near the magnetron. The egg shook, and the colleague leaned in for a closer look – perhaps too close, because the cooked egg exploded all over his face. Spencer knew he had stumbled upon something great.

Engineers went to work on Spencer's idea. By 1947, they had constructed a six-foot tall, 750-pound box that looked like a refrigerator. This original microwave cost nearly \$5,000. Raytheon did not sell very many.

As the years went by, the design became smaller, cooking became safer, and the cost came down. Spencer patented his refined invention on January 24, 1950. Soon the "Radarange," as this invention was called, was popular in every hotel, restaurant, and home kitchen. Once considered a luxury, they were now a necessity. How could we ever live without them?

Dr. Spencer, while testing the magnetron, suddenly discovered that the chocolate bar in his pocket had melted. The radar microwaves had cooked it! Spencer tried another experiment. He placed some popcorn near the magnetron tube, turned it on, and watched as the popcorn sizzled and popped. Spencer tried still another experiment. He called a