

Parkhaven Press

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Celebrating January

**International Brain Teaser
Month**

Mentoring Month

Get a Balanced Life Month

New Year's Day
January 1

Twelfth Night
January 5

Martin Luther King Day
January 16

Holocaust Memorial Day
January 27

**WELCOME NEW
RESIDENTS**

*Laura Hanks
Joanne Gallagher*



Looking Back to See the Future

A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

The Spanish philosopher George Santayana famously said, "Those who cannot remember the past are condemned to repeat it." The past offers myriad lessons for the present. Studying past societies, systems, ideologies, religions, governments, cultures, conflicts, and technologies teaches us how we got to where we are today. Are there any more profound questions than "Who am I?" and "Why am I here?" History often provides answers to these age-old questions.

History occurs on different and dramatic scales. The geologic history of Earth stretches back billions of years. Human ancestors first appeared hundreds of thousands of years ago. Human civilization began a mere 6,000 years in the past, while the modern era is just a few hundred years old. While there are lessons to be learned from each of these periods, perhaps far more pressing are our own personal histories. Personal reminiscence can be a powerful practice if done correctly.

For a long time, reminiscence was seen as unhealthy. It wasn't until the 1960s that psychologists began to value reminiscence and personal reflection. Of course, reminiscence takes many forms. Both obsessing about how awful life was and escaping into the glories of the past offer little value. However, using reminiscence to pass on valuable life lessons can be constructive to a younger generation. Using past experiences as a blueprint to overcome present challenges is also helpful. The value of the past is that it gives us wisdom and strength for the present and reinforces for us that the choices we made were valuable and life was not wasted.

Circular Logic



January 8 is Earth's Rotation Day, commemorating the day in 1851 when French physicist Léon Foucault first demonstrated that Earth indeed rotates on its axis, completing a rotation every 24 hours, measuring one day. To prove this, Foucault used a pendulum. Following Newton's law, which states that a body in motion will remain in motion until influenced by outside forces, Foucault swung his pendulum expecting it to swing continuously in the same arc in the same direction. Strangely, the pendulum's path appeared to change. Foucault rightly postulated that the pendulum's path had not changed, but the earth beneath the pendulum had rotated. The pendulum completed its rotation, returning to its original path after 24 hours.

Of course, before 1851, humans understood that a day had 24 hours. Foucault was simply the first to prove it using instruments on Earth's surface. It was the Egyptians who first broke the day and night into 12-hour segments. The number 12 held high significance to the Egyptians. Today, we often break numbers into groups of 10, which we call our *decimal* system, perhaps owing to counting on our 10 fingers. The Egyptians used a base 12, or *duodecimal* system, perhaps counting the finger knuckles of the hand, minus the thumb, which may have been used to do the counting. Twelve proved a powerful number—12 hours of daylight, 12 hours of darkness corresponding to 12 stars in the night sky, and 12 moon cycles leading to 12 months. Hours were kept by a sundial broken into 12 parts.

So, who then gave us 60 minutes and 60 seconds? This sexagesimal, or base 60, counting system was developed by the Sumerians and Babylonians. Perhaps the base 60 system was chosen because it had 12 factors, easily allowing users to break down one hour into 12 different fractions: 30 minutes, 20 minutes, 15 minutes, 12 minutes, 10 minutes, 6 minutes, 5 minutes, 4 minutes, 3 minutes, 2 minutes, and 1 minute. We still use the sexagesimal system to measure time, angles, and geographic coordinates.

REST IN PEACE

Val B. 1950-2022
 Corinne O. 1934-2022
 Emery N. 1930-2022



Music Entertainment with Willow Creek School

Flying to New Heights

Travel to the Indian state of Gujarat on January 14 and you will find the skies filled with millions of kites for the International Kite Festival. Kite flying is more than just a recreational pastime; it is a significant cultural practice for many Indians.



The Kite Festival coincides with Makar Sankranti, the day of the year when the sun moves into the zodiac sign of Capricorn, marking the start of spring and signifying the commencement

of the harvest season. The key word here is *movement*, an acceptance of the movement of the seasons and realization that this constant flux is what facilitates the transition from winter to spring and restarts the agricultural growth cycle. Without this movement and change, life on Earth would cease to exist.

Kites fly on the winds of the earth, their movement dictated by forces beyond our control. In this way, the movements of the kites honor the same movements of Makar Sankranti. We are just along for the ride. Kites have more than just this cosmic significance; they have important cultural significance, too.

In India, the freedom of a kite gliding on the wind, rising higher and higher, has long been equated with independence. In the 1920s, Britain sent the Simon Commission to India to propose constitutional reforms for the country. The commission was composed entirely of British men, with no Indians included. One of the most important and visible forms of protest against the commission was the flying of kites bearing the slogan "Go Home Simon." Ever since, kites have been an expression of Indian patriotism.

But not all kite flying is so serious. Kite fighting has long been a popular sport in India. Kite strings are covered in glue and ground glass and the goal is to cut the string of an opponent's kite. During the festival, millions of kites are sold for pennies apiece, allowing everyone to participate in this age-old pastime.

Resident Christmas Party



Logophiles Rejoice!



January 9 is a holiday for all the logophiles out there. A logophile is a lover of words, and January 9 is Word Nerd Day. Writers, those accomplished weavers of words, advise time and again to seek out simplicity. Mark Twain: "Don't use a five-dollar word when a fifty-cent word will do." Ernest Hemingway: "There are older and simpler and better words, and those are the ones I use." Stephen King: "Any word you have to hunt for in the thesaurus is the wrong word." But what do these writers know? Today is the day to ignore their advice and embrace the weird and wonderful words that make language so vibrant! Anneal your vocabulary by engaging in elocutionary gymnastics!

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Postage
Information

Bearable Traditions



The first Monday after Twelfth Night, marking the end of the 12 days of Christmas, is Plough Monday, a day when ploughmen traditionally blackened their faces with soot to disguise themselves and carried a decorated plough door-to-door looking for alms, shouting “Penny for the ploughboys!” Work was generally scarce in the winter, and the handouts helped the farmers survive. The Tuesday after Plough Monday brought the Straw Bear Festival, when one of the ploughboys was dressed head to toe in straw to look like a bear. The bear was led through town on a chain and made to dance for gifts of money, beer, or food. It seems the ploughmen wanted to stretch their revels into a two-day affair. The straw bear may come from old harvest festivals, where “Old Man Winter” was driven away to prepare for the planting season.

January Birthdays

In astrology, those born from January 1–19 are Capricorn’s Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators. Those born from January 20–31 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. They nurture and support new ideas.

Michelle 1/5
Phyllis 1/14
Betsy 1/22
Ron 1/27
Louise 1/29
Julie M. 1/31

HAPPY
BIRTHDAY