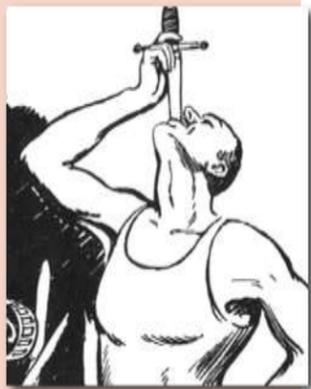




Notable Quotable

“Every man’s life is a fairy tale written by God’s fingers.”

~ Hans Christian Andersen, author



February Horoscopes and Birthdays

In astrology, those born between February 1–19 are Water Bearers of Aquarius. Water Bearers are deep-thinking intellectuals, unafraid of exploring outlandish ideas. Their strong sense of community makes them good friends and teammates. Those born from February 19–28 are the slippery Fish of Pisces. Selfless Pisces are very wise and empathetic, making them always willing to help others. These deep emotions also make Pisces talented artists.

Once Upon a Time *continued from pg. 1*

The brothers Wilhelm and Jakob Grimm, famous for their collection of fairy tales, also believed that many of the stories they found had existed for centuries before they wrote them down. They listened to old-timers tell the beloved tales “Little Red Riding Hood,” “Cinderella,” “Hansel and Gretel,” and “Snow White” and then transcribed their versions of the tales into print. The Brothers Grimm were the first scientists of folklore. They even took positions as

Clark Gable – February 1, 1901
Gertrude Stein – February 3, 1874
Rosa Parks – February 4, 1913
Red Buttons – February 5, 1919
Babe Ruth – February 6, 1895
Jules Verne – February 8, 1828
Jimmy Durante – February 10, 1893
Galileo Galilei – February 15, 1564
Cybill Shepherd – February 18, 1950
Patty Hearst – February 20, 1954
Olave Baden-Powell – February 22, 1889
Steve Jobs – February 24, 1955
Fats Domino – February 26, 1928

librarians and historians at the University of Göttingen in Germany.

It would be wise on Fairy Tale Day to choose a story collected by Wilhelm Grimm, for this brother’s birthday falls on February 24. If you’ve grown tired of the same old tales, then perhaps you can read a new tale you might be unfamiliar with, such as “The King of the Golden Mountain,” “Hans My Hedgehog,” or “Cat and Mouse in Partnership.”

Hard to Swallow

The last Saturday in February is International Sword Swallowers Day, a holiday not for the faint of heart or throat. Sword swallowing is not an illusion or trick, but an incredibly dangerous feat that takes years of practice. If done incorrectly, it can end with hospitalization or even death. Professionals, however, only suffer the occasional sore, or “sword,” throat. The key to sword swallowing is to not swallow at all! One must completely relax the throat and esophagus and suppress the gag reflex, not an easy feat considering our throats have built-in nerves

designed to eject foreign objects in our esophagus. Sword swallowers do not start with swords but practice with spoons, knitting needles, and coat hangers. Out of the world’s 7.5 billion people, only about 100 dare to swallow swords. What originated as a divine ritual 4,000 years ago (along with eating hot coals, swallowing snakes, stopping one’s pulse, and lowering the body temperature at will) is today a shocking and sensational demonstration of willpower. Watching such a feat may prove just as uncomfortable as performing it.

SunnyBrook of Carroll



1214 East 18th Street
Carroll, Iowa 51401
712-792-8995

February 2019

Celebrating February

Mend a Broken Heart Month

Library Lovers Month

Bubble Gum Day February 1

Groundhog Day February 2

Celebration of Love Week February 10–16

Valentine’s Day February 14

Love Your Pet Day February 20

Tooth Fairy Day February 28

Once Upon a Time

Once upon a time, it was decreed that February 26 would forevermore be Fairy Tale Day. Whether you fancy woodland sprites, fire-breathing dragons, princesses locked in high towers, or talking animals, fairy tales and the lessons they impart are integral parts of every culture.

Scientists have traced the first fairy tales back to an era before the written word. An old folktale entitled “The Smith and the Devil,” which is about a blacksmith selling his soul to the devil in order to gain magical abilities, dates back to the Bronze Age—6,000 years ago. Researchers from the New University of Lisbon in Portugal believe that this ancient tale was shared orally in a language that

does not exist today. It is no surprise that fairy tales are so old. The purpose of these stories, after all, is to teach children clear distinctions between good and evil and right and wrong. Fairy tales are, in essence, morality tales filled with magic and wonder as a means to attract the attention of a young audience. Yet, adults are no less in need of morality tales.

continued on pg. 4



Underwater Weddings

With Valentine’s Day falling in the middle of February, it is no wonder this month is known as Wedding Month. The city of Trang in Thailand has capitalized on lovers yearning to tie the knot on Valentine’s Day by offering a unique setting for a wedding—under water! Every year from February 13 to 15, couples flock to this tropical seaside destination to take part in an underwater group wedding ceremony. On the 13th,

couples are greeted at the airport by Thai dancers in traditional dress and then paraded through the streets of Trang to the cheers of spectators. On Valentine’s Day, couples are boated to the island of Koh Kradan, where they take part in a traditional Thai wedding ceremony. Then—for qualified divers only—comes the big event. Tuxedoed grooms and brides dressed in white don their scuba kits to tie the knot off the Andaman Coast.

The Year of the Pig

Xin nián kuài lè! That means “Happy New Year” in Chinese. February 5 ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and good fortune? Perhaps the chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless and will run headlong into any situation, usually winning out in the end. With pigs held in such high esteem, it may be surprising to learn that the pig is the very last animal of the Chinese zodiac and the legend concerning the pig is not very flattering.

The legend states that when the Jade Emperor declared that he was selecting animals for the zodiac, all the animals rushed to his palace to be included. But the pig journeyed slowly, and when he arrived, the gates were shut. However, the other animals pleaded with the Jade Emperor to let him in. He

A Sneeze for the Ages

Among his many scientific achievements, Thomas Edison is also known to have opened the very first film recording studio on February 1, 1893, in West Orange, New Jersey. His Black Maria studio (named after the cramped, dark police paddy wagons known colloquially as “black marias”) was the testing ground and laboratory for his kinetograph, a forerunner to the movie camera that used celluloid film to record movements. His first famous film recording is known as *Fred Ott's Sneeze*; he

conceded, and the pig was allowed to enter but was made the last sign of the zodiac. Perhaps the pig's connection to good fortune stems from this tale: Despite the pig's hardships, he still triumphed and was added to the zodiac.

The Chinese New Year's celebration lasts not for one day, but for two whole weeks, observing many traditions and superstitions. For example, on New Year's Day, it is commonplace to set off firecrackers, yet it is forbidden to sweep because you may sweep away good luck. Celebrations continue to February 19, which culminates in the five-day-long Lantern Festival. The displaying of lanterns is a major event, and one of the most popular pastimes of the Lantern Festival is guessing at lantern riddles. Riddles are written on lanterns, and the answers often involve blessings for the family and fortune, reinforcing the major themes of the Chinese New Year.

filmed a mere four silent seconds of Ott rearing his head backward in a hearty *kerchoo*. Once his marvelous film was released to the public, Edison was contacted by a number of performers begging him to capture their work for posterity. The kinetograph's popularity was short-lived, though, lasting only about 10 years. In that brief span, kinetograph theaters known as kinetoscopes opened across the country in New York, Chicago, and San Francisco, but ironically not in Hollywood.



In China, the year of your birth sign is considered unlucky.



Fred Ott was an employee of Thomas Edison's laboratory.

Many Happy Returns



Many shopping carts have wheels that lock if they leave the store.

February is Return Shopping Carts to the Supermarket Month. Shopping carts are abandoned in the strangest of places: alongside roads, in ditches, under bridges. Today is the day to put those shopping carts back where they belong. It is estimated that two million shopping carts are taken from supermarkets each year, and with one shopping cart valued at \$100, that's \$200 million rolling

away. If pushing a shopping cart back to a supermarket all the way from a highway is too much to ask, you can start by returning shopping carts from the parking lot. Unattended carts can do a lot of damage to cars. Furthermore, studies show that abandoned shopping carts lead to people throwing other sorts of trash into parking lots. Returning carts fosters good citizenship!

The Original Castaway

On February 1, 1709, Alexander Selkirk was rescued from an island after being stranded there for four years. Upon his return to England, journalists portrayed his last four years in extraordinary detail, making Selkirk a celebrity and inspiring the novelist Daniel Defoe to write his masterpiece *Robinson Crusoe*.

Selkirk was a hot-tempered navigator of a privateering ship called the *Cinque Ports*. When conditions on board got bad, he tried to raise a mutiny against the ship's young captain by begging to be left alone on an island with the crew. Unfortunately for Selkirk, none of the other crew members wanted to stay behind with him, so he was abandoned on Más a Tierra island off the coast of Chile. Selkirk expected another friendly ship to arrive within days, but he again miscalculated and another ship did not arrive for four years and four months. Amazingly, Selkirk survived. He ate fish, crayfish, and the many goats that inhabited the island. He grew so fleet of foot that

he could catch them with his bare hands. Food and shelter came relatively easy. Keeping his sanity was his most difficult task. When a ship arrived on the horizon to save him, it was navigated by none other than William Dampier, a buccaneer under whom Selkirk had sailed on the *Cinque Ports*. When Selkirk arrived back in England, he found it difficult to reintegrate into society. He often mused that he was happiest when he lived with nothing on his island.

Daniel Defoe was intrigued with Selkirk's story and so wrote a romanticized version of it in *Robinson Crusoe*. Perhaps this story should not be celebrated, for it has often been criticized as a tale of one colonialist's suppression and enslavement of an indigenous culture. Crusoe may have been a hero in 18th-century England, but today his accomplishments seem rather brutish. Perhaps instead, we should celebrate February 1 as Alexander Selkirk Day and forget Robinson Crusoe.



In 1966, Chile renamed Más a Tierra island Robinson Crusoe Island.