

FEBRUARY 2018

LORIEN ELKRIDGE

7615 Washington Blvd, Elkridge MD 410-579-2626



Celebrating February

Black History Month

Groundhog Day
February 2

Weatherman's Day
February 5

National Pizza Month-
Food Club February 7th

Chinese New Year Food Club
February 21

Lorien Elkridge
Valentine's Day
Social

Musical Entertainer
and Sweet Treats
February 14 @ 2:30

**Our Lorien Elkridge residents celebrated
National Pie Month.**



**We didn't have to ask any of them twice to
join us for the blueberry and
lemon meringue pie! 😊**



Walk Amongst the Stars



On February 8, 1960, Hollywood, California, revealed an innovative new marketing technique designed to memorialize the glitz and glamour of Hollywood:

the Walk of Fame. E.M. Stuart of Hollywood's Chamber of Commerce pitched the idea for a star-studded walk in 1953. By 1956, the coral-and-charcoal-colored star design was approved, and two years later, in 1958, committees representing motion pictures, television, music, and radio had chosen 1,558 names to honor. Construction began in earnest in 1958, but two lawsuits delayed the project for two years.

In truth, eight temporary stars were laid at the corner of Hollywood Boulevard and Highland Avenue throughout the legal battles as a way to market the venture and demonstrate to the public how the Walk of Fame would look. These eight names were picked at random from the group of 1,558 and included: Joanne Woodward, Olive Borden, Ronald Colman, Louise Fazenda, Preston Foster, Burt Lancaster, Edward Sedgwick, and Ernest Torrence. The first permanent star wasn't affixed until March of 1960 after the legal disputes had been settled. It honored director Stanley Kramer. The remaining 1,557 were laid soon after.

Hollywood Boulevard suffered decline throughout the '60s, and another star, this one for producer Richard Zanuck, wasn't laid until 1968. Stars have been added continuously since, and today there are more than 2,600. Getting a star isn't easy... or cheap. Extensive applications must be filed on behalf of nominees, and nominators must pay a \$40,000 construction and maintenance fee per star. Put that way, it costs a small fortune to maintain all of Gene Autry's five stars (one for each category, plus one for the additional category of theater and live performance, added in 1984). For some, a star is a dubious honor. Both Julia Roberts and Clint Eastwood have respectfully declined their nominations. But this doesn't stop 10 million fans a year from visiting.

LORIEN ELKRIDGE NEWS

New Administration Employees

Priscilla Agyemang
Social Services Director

Jessica Hardesty
Human Resources Director

Chelsea Simanski
Dietician

Kimberly Matthews Badru
Food Services Director

ANNOUNCEMENTS

***Lorien Elkridge is bringing the kitchen back in-house.**

***New Church Service-Berea House of Worship 2nd Saturday of each month @ 3:30**

Stick to Your Chops

Put away the forks and spoons—February 6 is Chopsticks Day. Today, over a quarter of the world's population uses these utensils for eating, but 5,000 years ago the first chopsticks were developed in China as a cooking tool. It was Confucius who said, "The honorable and upright man keeps well away from both the slaughterhouse and the kitchen. And he allows no knives at the table." This alone may have made chopsticks the preferred utensil in China. By the year AD 500, chopsticks had spread to Vietnam, Korea, and Japan, although in Japan chopsticks were originally used strictly in religious ceremonies. To the uninitiated, the use of chopsticks can be fraught with peril. One should never stand their chopsticks up in a bowl of rice, for it looks like the way rice is offered during a funeral ceremony. And never rest your chopsticks sideways across the top of a dish—use chopsticks holders!

February's Feathered Friends



February is Bird-Feeding Month. During the cold, harsh winter, it is especially difficult for wild birds to find food, so everyone is encouraged to provide food, water, and shelter

to help birds survive, and birds do need our help. One-third of the North American overwintering bird population has declined since 1966. And one-third of all North American bird species are at risk of extinction, with birds in arid, grassland, and coastal climates at greatest risk. A little bit of winter seed to augment their daily catch of insects could be enough to get them to springtime nesting season.

Not only can you help birds by feeding them this February but simple observations conducted during the Great Backyard Bird Count (GBBC) from February 16 to 19 can inform scientists about winter bird populations. During this four-day event, participants can spend as little as 15 minutes per day identifying birds in their own backyards and submitting that list to scientists via birdcount.org. Last year, 160,000 birders participated, from amateurs to experts, creating a global snapshot of world bird populations. Since birds are always on the move, such counts are important for scientists to see where populations come and go, where certain species congregate, whether diseases are affecting birds in specific regions, how species are coping with habitat loss and pollution, and how weather changes are affecting populations.

Citizen science—the practice of regular citizens aiding scientists in their research—is an important part of ornithology. The more people who participate, the more data is gathered, and the more accurate a picture of bird health. Citizen science birding projects are not limited to February. From November through April, birders can participate in Project FeederWatch. Every fall, people gather in the mountains and hills to count migrating hawks and raptors. Journey North is an annual count of migrating hummingbirds during the spring. So grab your binoculars and field guide and get counting!

A Penny for Your Thoughts

A penny may be worth only one cent, but after a lifetime of finding lost pennies, you could amass a small treasure. Consider the value of the cent on February 12, Lost Penny Day. Technically speaking, it costs 2.41 cents to mint one new penny. In 2013, the U.S. government spent \$169 million to put \$70 million worth of pennies in circulation. Some retail outlets have decided to do away with the penny altogether by rounding prices down to the nearest nickel.

In 2012, Canada decided to nip the problem in the bud and eliminate their penny, joining Britain, France, Israel, Spain, Australia, Denmark, Sweden, and New Zealand in phasing out their smallest denominations of coins. The truth is, once a small coin can no longer be used to purchase items but is only used to make change, it becomes more trouble than it's worth. So on February 12, the question remains, "Should I bother to pick up that lost penny?" It depends on whether you can buy anything with it, or whether you're the superstitious sort who is simply looking for some extra luck.

Stop the spread of the FLU viruses with these simple precautions:

Wash your hands often with soap and water especially after you sneeze or cough, and before eating. Use an alcohol based hand gel



**Cover
your
cough.**



**If you're
sick, avoid
public
gatherings.**

Where Music Meets Medicine



You may have heard of the healing power of music, but have you heard of sound healing? This is the belief that sound, music, and chants can heal the sick. Skeptical? Try listening to the beats for yourself on February 14, the 16th annual World Sound Healing Day.

People have relaxed to soothing sounds for a long time. Falling rain, wind blowing through trees, and singing crickets are easy to summon on bedside clocks and electronic devices. But true sound healing is an ancient form of medicine. Many different cultures have used the power of sound to restore health and relieve pain. Chanting, the deep vibrations of an Aboriginal didgeridoo, gongs, Tibetan singing bowls, tuning forks—all of these tools produce deep, resonant sounds typical of a sound healing, or sound therapy, session. But do they really work?

While music is a known de-stressor, there are no studies that demonstrate definite health benefits of sound therapy. But patients who feel a release from both physical pain and emotional stress beg to differ, as do sound healers. Some healers explain that sound vibrations are not just heard but felt in ways that lower heart rate, relax brain wave patterns, and reduce respiratory rates. Other healers claim that they can tune instruments such as gongs to the vibration of planet Earth and other celestial bodies. A good gong emits a healing energy wave that can stimulate all the cells and nerves in the body. If sickness is due to the body's frequencies being out of tune, healing vibrations restore these frequencies to balance. Still others explain that, like acupuncture, sound therapy unblocks and redirects the energy throughout the body.

When it comes to the power of sound healing, theories abound. Perhaps the best way to think about sound healing is that it is akin to the power of prayer. Jonathan Goldman, director of the Sound Healers Association, believes that vocalizing what you want a sound to accomplish can help you heal yourself and others.

February Birthdays

In astrology, those born between February 1–18 are Water Bearers of Aquarius. They are creative and intellectual philosophers at heart, getting to the root of problems and using their energy and passion for the benefit of others. Those born between February 19–28 are born under Pisces. Friendly and selfless, they are always willing to help others with their hearts on their sleeves. Thanks to an intuitive understanding of life, Pisces make deep connections with other living beings.

Norman Rockwell (painter) – February 3, 1894
Charles Lindbergh (pilot) – February 4, 1902
Hank Aaron (ballplayer) – February 5, 1934
Jack Lemmon (actor) – February 8, 1925
Thomas Edison (inventor) – February 11, 1847
Jack Benny (comedian) – February 14, 1894
Susan B. Anthony (activist) – February 15, 1820
Michael Jordan (athlete) – February 17, 1963
Sidney Poitier (actor) – February 20, 1924
George Handel (composer) – February 23, 1685
Levi Strauss (inventor) – February 26, 1829
John Steinbeck (author) – February 27, 1902

XXIII Winter Olympics

From February 9–25, the world's greatest athletes will compete for gold medals and glory at the XXIII Winter Olympics. South Korea will host the winter games in Pyeongchang, a city in Gangwon Province, high in the Taebaek Mountains of the north.

Chief among the battles to play out on snow and ice will be the contest for men's hockey gold. For the past five Winter Olympics, players from the National Hockey League have participated in the Olympics. This year the NHL is not building a break into its schedule to allow players to compete in the Olympics, a matter that is not sitting well with the athletes. Elsewhere on the ice, men's figure skater American Nathan Chen could take gold if he continues to impress with his innovative new jumps. On the slopes, Americans Lindsey Vonn and Mikaela Shiffrin are poised to make a run for gold in downhill skiing. Shaun White, red-haired maestro of the snowboard half-pipe, has been a fan favorite since he took Gold in 2006.