

February 2023

# Prairie Rose Recovery Center

Community Action | 202 East Villard | 701-227-0131 |



## Celebrating February

**Library Lovers' Month**

**Black History Month**

**Mend a Broken Heart Month**

**Groundhog Day**

*February 2*

**Thank a Mail Carrier Day**

*February 4*

**Pizza Day**

*February 9*

**Get Out Your Guitar Day**

*February 11*

**Super Bowl LVII**

*February 12*

**Valentine's Day**

*February 14*

**World Human Spirit Day**

*February 17*

**Carnival**

*February 16–21*

**Presidents' Day (U.S.)**

*February 20*

**Mardi Gras**

*February 21*

## Finding a Lost Art

You may not realize it, but if you send a valentine through the mail on February 7, you are celebrating Send a Card to a Friend Day. Despite the ubiquity of electronic communications like text messages and social media posts, the art of sending mail by post has not been lost entirely. Sending a thoughtful letter to a friend or loved one is a surefire way to show that special someone exactly how dear they are to you.

While a greeting card purchased from a store is a nice gesture, the best card-sender does more than just sign their name. Demonstrate thoughtfulness by personalizing your message. Reflect on a memory or moment you shared with your loved one that really meant something to you. List the qualities you most admire about your friend or what you most miss about them, or thank them for a valuable lesson they taught you. Finally, sign off with a thoughtful question and encourage them to write back. Handwriting a letter won't just make their day, but the act of writing is a powerful one for you, too. Writing has been proven to reduce stress, strengthen memory, and sharpen your wit, all at the same time. If you feel particularly inspired, you could compose an original poem. After all, it is believed that poetry is what gave us the Valentine's Day we know and celebrate today.

While Valentine's Day has been celebrated as the religious feast day of St. Valentine since the fifth century, it wasn't until 1382 that Valentine's Day became a secular holiday for romantics. That was when Geoffrey Chaucer, the writer from the High Middle Ages best known for *The Canterbury Tales*, penned his poem *Parlement of Foules*. In this poem, he declares Valentine's Day as the date when mating season begins for both birds and humans. Over the following centuries, young lovers seized on February 14 as the day to express their adorations with the sending of flowers, chocolates, jewelry, and of course, valentines. If you plan on sending one of this year's 190 million Valentine's Day cards, make sure to personalize it for the one you love.

## Heart vs. Head

When it comes to making decisions, must we always choose between listening to our heads and following our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.



Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a “cool head.” Emotions (sometimes called *intuition* or *instinct*) are often seen

to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us. Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it's okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

Studies show that almost every decision is really a struggle between our emotions and intellect. Studies of individuals with damage to the emotional centers of their brains show that these people struggle mightily with decision-making. This is because we use both our intellect and emotions to calculate risk and reward, the primary drivers of decision-making.

Relying solely on emotion or intellect to make decisions often drives us to make poor choices. As brains develop from childhood and people amass both good and bad life experiences, we fine-tune our abilities to calculate risk and reward. The wisdom that comes with old age develops from the hard-won lessons taught to both our heads and our hearts.

## An Inconvenient Truth

Convenience plays a powerful role in our day-to-day lives. New technologies often rely on promises of convenience: dishwashers replace handwashing, search engines replace encyclopedias, text messages replace emails and snail mail, Amazon replaces the department store. To resist these convenient options in life sometimes means being called quaint, eccentric, or even a fanatic.

But has life become too convenient? That is a question worth asking on February 22, Inconvenience Yourself Day. Convenience frees us from toil and gives us more free time, but should we instead enjoy physical labor? Shopping on Amazon means we never need to leave the house or interact with others. But have we become too isolated? Inconvenience certainly requires more effort, but effort can lead to great benefits, like socializing with friends or learning a worthwhile new hobby. Effort creates feelings of self-worth. Perhaps a little inconvenience is a good thing.

## Flannel Favorites

Is flannel the perfect fabric? On February 10, Flannel Day, you can either praise its softness, warmth, and durability, or don a flannel shirt and enjoy all those qualities. What makes this



fabric so cozy and warm? It has a napped, fuzzy finish, the result of combing the fabric to raise its fine, soft fibers. The first flannels came from Wales, where the word *gwalanen* referred to “woolen cloth.” In the 17th century,

Welsh textile workers began the process of *carding* sheep's wool, a method of combing that both disentangled and softened the yarns. The new carded fabric proved both strong, warm, and soft, and became a favorite of Welsh farmers. Flannels made from both wool and cotton soon spread around the globe, first as a favorite garment of the working class, and today worn by just about everybody.

## Tall Tales



Residents of Bangor, Maine, celebrate Paul Bunyan Day on February 12, claiming that the lumberjack of American lore was born in the woods outside of the city in 1834. Since 1959, a 31-foot-tall statue of Paul Bunyan has stood over Main Street, a log peavey in one hand and lumberjack's axe in the other. Visit the city clerk's office in city hall and you'll even find Bunyan's birth certificate hanging on the wall.

While the authenticity of the birth certificate and Bunyan's connection to Bangor is certainly dubious, Bangor's claim as the birthplace of the American lumber industry is beyond question. By the mid-19th century, Bangor had gained renown as the "lumber capital of the world," with Maine's old-growth white pine used to build houses, ship masts, and Maine's many lobster traps.

Minnesotans have their own opinions when it comes to the birthplace of Paul Bunyan. Like Bangor, the logging industry brought prosperity to much of northern Minnesota. Most self-respecting Minnesotans will claim that Paul Bunyan was born in their state. After all, it was Paul Bunyan and Babe the Blue Ox who carved out Minnesota's 10,000 lakes. The only question is, where was he born? The state has no less than five Paul Bunyan statues in five different cities, each claiming to be Bunyan's birthplace.

The truth might disappoint Bunyan fans in both Maine and Minnesota. Historians point out that Bunyan was not a real man, but an American legend. This legend may have been based on a real person, a French-Canadian lumberjack named Fabian Fournier. Fournier moved to Michigan after the Civil War and joined a logging crew. At six feet tall, he was a giant. When he wasn't logging, he spent his time drinking and fighting, until he was murdered. Over time, Fournier's legend likely merged with that of another notorious French-Canadian lumberman, Bon Jean. It is believed that the pronunciation of *Bon Jean* is what gave us the name *Bunyan*.

## Flights of Fancy

The night of the first full moon of the lunar new year brings one of Taiwan's most famous events, the Pingxi Sky Lantern Festival. Tens of thousands of visitors crowd the small hillside village of Shifen to release rice paper lanterns into the night sky. Participants write their names and wishes upon the lanterns, hoping that they will fly up to the gods, who will grant them their wishes in the new year.

It is believed that the sky lantern was invented in the third century by military strategist Zhuge Liang as a way to send military signals. When the sky lantern tradition arrived in Taiwan, it was adopted by local farmers, who wrote their wishes for a plentiful season on the lantern's paper walls and sent them skyward to their gods and ancestors. Today, anyone who hopes to release a lantern arrives early, giving themselves enough time to purchase a lantern, write a message, and then find a spot to release it before 80,000 people descend upon the town. The sight of the night sky filled with thousands of lanterns is magical to behold.

## Challenge of the North



While the Iditarod Trail Sled Dog Race might be the most famous sled dog race in the world, February's Yukon Quest Sled Dog Race is undoubtedly more challenging. Run in the depths of winter, the Yukon Quest is colder, darker, lonelier, and runs over more challenging terrain. The course runs 1,000 miles from Whitehorse, Yukon, to Fairbanks, Alaska, and follows the historic route of the Klondike Gold Rush. While the Iditarod has 22 checkpoints along the way, the Yukon Quest has only nine. Mushers cross four mountain ranges, traverse frozen rivers, and deal with temperatures plummeting to minus-60 degrees Fahrenheit. Why would anyone want to compete in such a race? The prize money is minimal. The reward is honor and pride.



## Naked Ambition



On the third Saturday in February, Japan celebrates *Hadaka Matsuri*, a holiday better known as the “Naked Festival.” The name is a bit of a misnomer. The 10,000 men who participate are not really naked, but instead wear traditional loincloths known as *fundoshi* and white socks called *tabi*.

Why are they naked, or nearly naked? To answer this question, we have to go back 500 years, when local priests of Okayama’s Saidaiji Kannonin Temple began the tradition of handing out paper talismans to local villagers for luck and prosperity. As time passed, more and more people came to the temple for the annual ritual, competing with the crowds for the few paper talismans. The jostling battle for the talismans became so great that clothes suddenly seemed an impediment. Soon villagers arrived wearing just their loincloths and socks, and this tradition has endured for 500 years.

Today, thousands of men arrive at the temple to compete not for slips of paper, but for two sacred wooden batons that are still believed to guarantee a year of good fortune. As evening falls, the men wade through freezing cold water as an act of purification before entering the temple. Soon, the men are packed into the temple like sardines, ready to wrestle for the wooden sticks. At 10 o’clock, the lights go out and the priest appears at a window high overhead. Two batons, as well as 100 bundles of twigs, are tossed into the writhing crowd below. After several frantic minutes, the victors emerge with batons held high, assured of their prosperity for the coming year.

*Hadaka Matsuri* is not Japan’s only “Naked Festival.” *Ohara Hadaka Matsuri* is held each September in the coastal province of Chiba. For this festival, loincloth-clad men carry portable shrines known as *mikoshi* all around town. Finally, in the afternoon comes *shiofumi*, the time when the men carry the *mikoshi* into the sea as a form of harvest prayer.

## February Birthdays

In astrology, those born from February 1–18 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. Those born from February 19–28 are Pisces’ Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists.

Langston Hughes (poet) – February 1, 1901  
 Rosa Parks (activist) – February 4, 1913  
 Babe Ruth (ballplayer) – February 6, 1895  
 Jimmy Durante (actor) – February 10, 1893  
 Michael Jordan (athlete) – February 17, 1963  
 Toni Morrison (novelist) – February 18, 1931  
 Smokey Robinson (singer) – February 19, 1940  
 Sidney Poitier (actor) – February 20, 1927  
 Nina Simone (singer) – February 21, 1933  
 George Washington (president) – February 22, 1732  
 Elizabeth Taylor (actress) – February 27, 1932

## The British Invasion



On February 7, 1964, the Beatles landed in New York to start their first tour of the United States. Just a few days earlier, on February 1, their hit “I Want to Hold Your Hand” hit No. 1. Two days later, on February 9, the “Fab Four” would perform on *The Ed Sullivan Show* before hysterical fans in the live studio and to record viewership on television sets. The so-called British Invasion had begun. For the next several years, it seemed as if the only sounds coming through the radio were bands from “across the pond.” The Dave Clark Five. Herman’s Hermits. The Rolling Stones. The Kinks. The Animals. The Who. Prior to 1964, only two British singles ever topped the pop 100. From 1964–65, British bands held the No. 1 spot for an astonishing 56 weeks. The American radio waves had been transformed forever.