

Work Hard by Hardly Working



It may be easier said than done, but January 12 is Work Harder Day. Many businesses these days certainly seem obsessed with getting more from their workers. And hard work isn't just for nine-to-fivers anymore. We are constantly hearing that we must work harder in our personal lives, too: to improve relationships, become healthier, and think smarter. Just how are we supposed to accomplish this never-ending stream of hard work?

Advice abounds for improving productivity. Experts tell us to find help and delegate tasks to talented team members. We must make to-do lists and better manage our time; set realistic goals and reward ourselves for reaching them; watch less TV and get more sleep. But has your boss ever told you to work less?

There are some who believe that in order to work harder, we must work less. Giving workers time off, from a few minutes to a few weeks, from one fewer meeting to 100 fewer emails, allows the mind to focus on its main job: thinking. Some creative types may be at their most productive when they appear to their bosses to be doing nothing. Bill Gates, when he was in charge of Microsoft, would live by himself in a remote cottage for two "think weeks" every year just so he had the mental space to invent the technology of the future. It is hard to imagine what our workforce would look like if employees were pressured to take a couple of "think weeks" off every year on the company dime.

Perhaps it is no coincidence that January 13 is Make Your Dreams Come True Day. Truly, the best way to make your dreams come true is to put in some hard work first. A little luck also couldn't hurt. But, to borrow a line from Thomas Jefferson, "I'm a great believer in luck, but I find the harder I work the more I have of it."

January Birthdays

Those born from January 1–19 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps. If you were born between January 20–31, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.

- Victor Borge (comedian) – Jan. 3, 1909
- Sterling Holloway (actor) – Jan. 4, 1905
- Charlie Rose (journalist) – Jan. 5, 1942
- Kate Middleton (princess) – Jan. 9, 1982
- Burl Vreeland (resident celebrity) - Jan. 11, 1923**
- Teresa Linde – (devoted mother) - Jan. 14 1966**
- Nedra Dean (One classy lady) – Jan. 17, 1936**
- Ann Sothern (actress) – Jan. 22, 1909
- Elmore James (guitarist) – Jan. 27, 1918
- Jackie Robinson (ballplayer) – Jan. 31, 1919

Queen of the Sea



On January 8, 2004, Queen Elizabeth II christened the Cunard Line's newest ocean liner, *Queen Mary 2*. At the time, the ship was the longest, widest, and tallest ship ever built. While some cruise ships are larger now, *Queen Mary 2* remains the largest ocean liner on the sea and regularly makes trips between Southampton, England, and New York City.

*Queen Mary 2* has transported its fair share of prestigious passengers, including heads of state, actors, musicians, and athletes. In 2005, it even carried the first U.S. copy of J. K. Rowling's book *Harry Potter and the Half-Blood Prince* across the Atlantic. Also carried on board the *QM2* is the Boston Cup, a tall, silver cup that was presented to Sir Samuel Cunard by a Boston silversmith when he chose Boston as the port city for his new cruise line in 1842.

January 2024

Newsletter

Regency Village at Prineville | 830 NE Elm St. Prineville, OR 97754 | 541-416-3600

Celebrating January

- Blood Donor Month**
- Brain Teaser Month**
- New Year's Day**  
*January 1*
- Trivia Day**  
*January 4*
- Step in a Puddle and Splash Your Friends Day**  
*January 11*
- Dress Up Your Pet Day**  
*January 14*
- Martin Luther King Jr. Day**  
*January 15*
- Kid Inventors Day**  
*January 17*
- Take a Walk Outdoors Day**  
*January 20*
- Australia Day**  
*January 26*
- National Seed Swap Day**  
*January 27*
- Puzzle Day**  
*January 29*

It's a New Year, Baby!

Baby New Year, a symbol deeply rooted in the traditions of welcoming the new year, carries with it a fascinating history. The concept of Baby New Year dates back to ancient Greece and Rome, where it was associated with the god of time, Cronus or Saturn. In these ancient civilizations, it symbolized the cyclical nature of time and the renewal of life that comes with each passing year. Over time, the concept evolved and found its place in various cultures and traditions.

In modern times, the image of Baby New Year has become synonymous with the transition from December 31 to January 1. You've likely seen illustrations of a plump, diaper-clad baby sporting a sash bearing the year's new number. This charming figure embodies hope, renewal, and the endless possibilities of the year ahead.

Beyond the symbolic figure of Baby New Year, many cultures celebrate the birth of New Year's babies in a more literal sense. It's considered an auspicious sign to be the first baby born in the new year, with parents often receiving special attention and gifts. These "New Year's babies" serve as a reminder of the perpetual cycle of life and the promise of fresh beginnings.

In the United States, the tradition of selecting a Baby New Year to represent the upcoming year is a common practice in media and advertisements. This tradition allows for creative interpretations of the baby's persona, reflecting cultural trends, hopes, and aspirations.

Baby New Year, with its rich historical roots and modern symbolism, reminds us of the continuous flow of time and the opportunities that each new year brings. Whether portrayed as a cherubic infant or celebrated through the birth of actual New Year's babies, this tradition serves as a heartwarming reminder that with each passing year, we have the chance to start anew and make the most of the time that lies ahead.



In Praise of Compliments

January 24 may be the most positive day of the year—it’s Compliment Day!



Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good.

Giving good and honest compliments is hard work. You must truly get to know the other person by listening to their words, observing their actions, and learning from their experiences. And if you’ve ever received a heartfelt compliment, you know how good one can make you feel. As Mark Twain once quipped, “I can live for two months on a good compliment.”

Have you ever paid a compliment that seemed to go unnoticed? Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:

- 1. **Be sincere.** Don’t give a compliment if you don’t mean it.
- 2. **Be specific.** Don’t say something vague; say something that shows you’re paying close attention to the person.
- 3. **Go beyond the compliment.** Don’t just compliment another person; go further by commenting on the positive outcome of that person’s action or choice.
- 4. **Follow up with a question.** Show genuine interest by asking a question and turning your compliment into a conversation.
- 5. **Avoid comparisons.** Don’t tell someone that they are better than something else; value the person in their own right.
- 6. **Expect nothing in return.** Never offer a compliment and then ask for a favor at the same time.
- 7. **Setting matters.** There is a right time and place for every compliment.

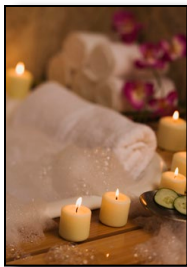
Oh My Word

There are between 600,000 and one million words in the English language, depending on your definition of what should count as a word. The average English speaker knows only 50,000 and uses far fewer on a daily basis. So on January 9, Word Nerd Day, take the time to supplement your quotidian lexicon with either a neologism or other new and utilitarian lexeme. In other words, learn a new word.

Even if linguistics is not your bailiwick and you believe that intricate locution is a supercilious conceit, you need not eschew your neighboring logophiles. Certainly, there is no need to engage in odious obloquy simply because the aforementioned display a penchant for conversational superfluity. Instead, consort with the jocular holiday revelers and participate in the day’s delectable verbosity. You may reap a veritable cornucopia of rhetorical lagniappes.

Bubble Bath

In the hustle and bustle of modern society, who has time to soak in the tub? Well, on January 8, Bubble Bath Day, nobody will be angry if you monopolize the bathroom.



Bubble baths first became popular in the early 1900s because parents believed they had a calming effect on children, making bedtime much easier. Why shouldn’t the same hold true for adults? The hot water eases tension, the fragrant bubbles provide aromatherapy, and herbal bath salts can reduce swelling, improve circulation, and reduce muscle and joint pain. Add some candles and light music, and you’ve turned your bathroom into a spa. Even Cleopatra was known to take baths in milk and honey. You, too, can bathe like the queen of the Nile by adding a half cup each of powdered milk, honey, and castille soap to your next tub.

A Mesmerizing Idea



On January 4, you may feel like you’re getting sleepy because it is World Hypnotism Day. In fact, hypnosis has nothing to do with falling asleep. The old image of a turban-wearing mystic lulling someone to sleep with a swinging pocket watch could not be further from the truth.

Hypnosis is actually a state of increased mental focus and awareness. A hypnotized person is able to concentrate fully on a subject, blocking out all distractions and vividly seeing a situation or memory in their imagination. Under hypnosis, people feel extremely calm and relaxed and are more open to considering different possibilities and suggestions. Doctors believe that such a mental state allows people to gain more control over their thought processes and behaviors, which is why some psychologists use hypnotism as a way to treat patients with phobias. This hypnosis is a far cry from the mind control depicted in movies and books.

Of course, hypnosis has its skeptics. Some believe that it is not a state of heightened awareness at all. Some argue that patients, under the guise of hypnosis, are simply trying to please their doctors by agreeing with everything their doctors say. Indeed, it seems that some people are better at becoming hypnotized than others. This psychological “talent” might mean that some are more open and sensitive to suggestion or that they have more vivid and active imaginations.

Even practiced hypnotists admit that they don’t know exactly how hypnosis works, but they do believe it can change people’s lives for the better. In a world filled with more distractions than ever, from digital electronics to constant advertisements, it may not necessarily be a bad thing to give our minds a chance to focus on the things that matter most.

Do You Kazoo?

The kazoo, that humble buzzing instrument shaped like a submarine, was invented by Warren Herbert Frost on January 9, 1883. However, Frost’s instrument was not the simple toy we know today. It wasn’t until 1902 that the classic version was designed by George D. Smith.



To play the instrument well, one must hum a tune into it. Indeed, kazoo players’ talents depend more on their humming ability than

anything else. Perhaps one of the most adored modern kazooists is the classically trained singer Barbara Stewart, who not only performed at Carnegie Hall but also wrote *The Complete How to Kazoo*.

The kazoo is commonly played for comedic effect in jug bands and comedy revues, but it has also been used in music by master composers such as Leonard Bernstein and Charles Ives. Known as the “most democratic” of instruments, anyone can pick up a kazoo and play it right away. Perhaps you should do just that on January 28, Kazoo Day.

By Any Measure



Maybe you’ve forgotten because they’ve been covered in wool socks all winter, but January 23 is Measure Your Feet Day. Why would someone do such a thing? Perhaps to buy a new pair of snow boots, ice skates, or ski

boots. Or perhaps you should measure your feet on this day because 88 percent of women routinely wear shoes that are too small, and 70 percent of men wear shoes that are the wrong size. Furthermore, not only does the size of your foot change over time, but your two feet are likely not the same size. It is no wonder that so many people wear uncomfortable shoes.