



**Notable Quotable**

“Some folks think I painted Lincoln from life, but I haven't been around that long. Not quite.”

~ Norman Rockwell (born February 3, 1894)



**February Horoscopes and Birthdays**

If you were born between February 1–18, you are Aquarius, the Water Bearer. Witty, clever, and honest, Water Bearers desire independence above all and are not afraid to deviate from the crowd to pursue their own interests. Those born between February 19–28 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces swim on an inner journey. They are emotional, compassionate people who are always willing to help others.

Some famous Water Bearers and Fish include:

- Langston Hughes – February 1, 1902
- Ina Garten – February 2, 1948
- James Dean – February 8, 1931
- Jimmy Durante – February 10, 1893
- Ronald Reagan – February 6, 1911
- Toni Morrison – February 18, 1931
- Sidney Poitier – February 20, 1927
- Steve Jobs – February 24, 1955
- Jackie Gleason – February 26, 1916
- Elizabeth Taylor – February 27, 1932

**Resident Birthdays**

- Susan M. – February 1
- Mildred W. – February 3
- Ora T. – February 5
- Josephine S. – February 5
- Ronald W. – February 19
- Velvia L. – February 21
- Jane N. – February 25
- Cora Sue M. – February 26
- Joan Y. – February 27

**Team Puakea**

- Eunice B. – February 2
- Clarito M. – February 6
- Erin B. – February 9
- Desiree C. – February 13
- Tessie I. – February 14



**A Nose for Lies**

On February 23, 1940, Walt Disney released *Pinocchio*. In honor of the wooden boy who could not tell a lie without his nose growing and growing, enjoy the quiz below. Do you know which statements are true and which are false?

1. Pinocchio was created by Geppetto.
2. Jiminy Cricket serves as Pinocchio's conscience.
3. The Red Fairy helps Pinocchio learn right from wrong.

4. Moby is the name of the whale in the film.
5. Pinocchio is turned into a real boy at the end of the movie.

ANSWERS: 1. True: Geppetto is the kindhearted woodcarver who creates Pinocchio. 2. True: Jiminy Cricket guides Pinocchio as his conscience throughout the story. 3. False: The Blue Fairy plays a significant role in teaching Pinocchio important life lessons. 4. False: Monstro is the giant whale that Pinocchio and Geppetto encounter. 5. True: Pinocchio becomes a real boy after proving his bravery and honesty.

**The Puakea Coconut Wireless**

February 2025

**Celebrating February**

**Canned Food Month**

**Black History Month**

**Pancake Week**  
February 17–23

**Groundhog Day**  
February 2

**Thank a Mail Carrier Day**  
February 4

**Galentine's Day**  
February 13

**Valentine's Day**  
February 14

**International Sword Swallower's Day**  
February 22

**Single-Tasking Day**  
February 22

**World Spay Day**  
February 25

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**Illuminating the New Year**

The Chinese Lantern Festival, also known as Yuan Xiao Jie, will be celebrated on February 12, 2025, marking the end of the Lunar New Year festivities. With a history that spans over 2,000 years, this festival has its origins in the Han Dynasty (206 BC–AD 220), when emperor Han Mingdi promoted the lighting of lanterns to honor Buddha. Over time, the tradition evolved into a broader celebration of family, community, and hope for the future.



At the heart of the festival are the colorful lantern displays, which light up streets, parks, and homes. In ancient times, these lanterns were simple paper creations illuminated by candles, but today's festivals feature intricate designs, often shaped like animals or iconic symbols. Lanterns are believed to symbolize letting go of the past and embracing good fortune for the coming year.

A unique aspect of the festival is the tradition of solving riddles attached to the lanterns. Dating back to the Song Dynasty (960–1279), these riddles provide a fun, intellectual challenge for festival-goers, with puzzles that range from playful to deeply philosophical.

Tangyuan, sweet glutinous rice dumplings, are a key part of the festival's culinary traditions. Their round shape represents family unity and harmony, and they're often filled with sweet sesame paste, peanuts, or red beans. The festivities also include lively performances, such as lion and dragon dances, along with dazzling fireworks displays that heighten the joyful atmosphere. Historically, the festival was one of the few occasions when young women could venture out in public, adding a romantic element for couples strolling beneath the lantern-lit sky.

The Lantern Festival remains a cherished cultural event in China, blending ancient traditions with modern celebrations and offering a moment to reflect on the past while welcoming the future with hope and light.



# HEART Health Month



American Heart Month is celebrated in February to raise awareness about heart disease and how to prevent it. The American Heart Association (AHA) and other organizations lead the effort.

### How to participate

- **Wear red:** Wear red on the first Friday of February to raise awareness. This is known as National Wear Red Day.
- **Set up a support group:** Create an online group with friends to encourage each other to make healthy changes.
- **Get active:** Try to get at least 30 minutes of physical activity a day, five days a week.
- **Eat healthy:** Eat more vegetables and less processed foods.
- **Check your numbers:** Ask your doctor to check your blood pressure and cholesterol.

### Why it's important

- Heart disease is the leading cause of death in the United States for both men and women.
- Cardiovascular disease is the number one killer of women.

### What is Cardiac Arrest?

**CARDIAC ARREST** occurs when the heart malfunctions and stops beating unexpectedly. Cardiac arrest is an "ELECTRICAL" problem. Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.

### What Happens

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. Death occurs within minutes if the victim does not receive treatment.

### What to Do

- Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call your local emergency number and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible.
- If two people are available to help, one should begin CPR immediately while the other calls your local emergency number and finds an AED.



*The first official Girl Scout Cookie was the simple sugar cookie, which sold for about 25–30 cents per dozen.*

## Cookie Cravings

It's the weekend you've been waiting for all year: February 24–25 is Girl Scout Cookie Weekend! The iconic flavors are all back: Thin Mints, Samoas, Trefoils, Tagalongs, Do-si-dos, and Lemon-Ups. Two other popular options this season are Adventurefuls, a brownie-inspired cookie with caramel-flavored crème, and a gluten-free option, Toffee-tastic, a buttery cookie packed with toffee bits.

This year, the price of the cookies has increased slightly to six dollars a box. Every dollar supports programs that help build the next generation of female leaders. The Girl Scout Cookie program continues to teach five key life skills: goal-setting, decision-making, money management, people skills, and business ethics. There's something extra sweet about supporting such an impactful program.



## The Many Faces of Valentine



*There are 14 different saints named Valentine, according to the Roman Catholic Church.*

While February 14 is widely celebrated as Valentine's Day, there is some confusion as to which Saint Valentine this day actually refers to. According to the Roman Catholic Church, there are 14 different saints named Valentine. Some believe Valentine's Day honors the bishop of Terni, in central Italy, who was condemned by

Roman Emperor Claudius. Others believe Valentine's Day is connected to a Roman priest who secretly married Christian couples until he was discovered by the Roman authorities and sentenced to death. Perhaps the real identity of Saint Valentine is unnecessary since what is truly important is his enduring legacy of love.