

January 2023

Northern Pines

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Celebrating January

**International Brain Teaser
Month**

Mentoring Month

Get a Balanced Life Month

New Year's Day
January 1

**Someday We'll Laugh About
This Week**
January 2-8

**Make Your Dream Come
True Day**
January 13

Martin Luther King Day
January 16

Lynne's Birthday
January 17

**International Sweatpants
Day**
January 21

Ronald's Birthday
January 22

Compliment Day
January 24

Looking Back to See the Future

A new year often prompts us to look forward and imagine what the coming months might hold. The month of January is named for the Roman god Janus, protector of gates, doorways, and transitions. He was depicted with two faces, one looking to the future and the other looking to the past. January seems an opportune month for reflection, to contemplate where we have been as we chart where we are going.

The Spanish philosopher George Santayana famously said, "Those who cannot remember the past are condemned to repeat it." The past offers myriad lessons for the present. Studying past societies, systems, ideologies, religions, governments, cultures, conflicts, and technologies teaches us how we got to where we are today. Are there any more profound questions than "Who am I?" and "Why am I here?" History often provides answers to these age-old questions.

History occurs on different and dramatic scales. The geologic history of Earth stretches back billions of years. Human ancestors first appeared hundreds of thousands of years ago. Human civilization began a mere 6,000 years in the past, while the modern era is just a few hundred years old. While there are lessons to be learned from each of these periods, perhaps far more pressing are our own personal histories. Personal reminiscence can be a powerful practice if done correctly.

For a long time, reminiscence was seen as unhealthy. It wasn't until the 1960s that psychologists began to value reminiscence and personal reflection. Of course, reminiscence takes many forms. Both obsessing about how awful life was and escaping into the glories of the past offer little value. However, using reminiscence to pass on valuable life lessons can be constructive to a younger generation. Using past experiences as a blueprint to overcome present challenges is also helpful. The value of the past is that it gives us wisdom and strength for the present and reinforces for us that the choices we made were valuable and life was not wasted.

Happy New Year!

“The magic in new beginnings is truly the most powerful of them all.”

- Josiyah Martin

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called *Opportunity* and its first chapter is New Year’s Day.

- Edith Lovejoy Pierce

“As the year comes to a close, it is a time for reflection - a time to release old thoughts and beliefs and forgive old hurts. Whatever has happened in the past year, the New Year brings fresh beginnings. Exciting new experiences and relationships await. Let us be thankful for the blessings of the past and the promise of the future.”

- Peggy Toney Horton



January Birthdays

In astrology, those born from January 1–19 are Capricorn’s Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Their drive to the top makes them excellent partners and collaborators. Those born from January 20–31 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.

Isaac Asimov (author) – January 2, 1920
Zora Neale Hurston (author) – January 7, 1891
Elvis Presley (singer) – January 8, 1935
Max Roach (drummer) – January 10, 1924
Jeff Bezos (tech magnate) – January 12, 1964
Regina King (actress) – January 15, 1971
Dolly Parton (singer) – January 19, 1946
Benny Hill (comedian) – January 21, 1924
Etta James (singer) – January 25, 1938
Paul Newman (actor) – January 26, 1925
Jackie Robinson (athlete) – January 31, 1919

Bobblehead Mania



In the 1960s, baseball teams began giving away bobblehead dolls that did not even resemble players. As ticket sales climbed on bobblehead giveaway days, the craze swept from park to park. And it wasn’t children who wanted the dolls but grown men and women. Why would someone show up to a ballgame two hours early to wait in line for a wobbly-headed doll? Marketing psychologists chalk it up to escapism. People collect bobbleheads for the same reason they read tabloid magazines, go to the movies, and vacation in Las Vegas—adults use these outlets to escape the rigors and stresses of everyday life. And some are amassing bobblehead collections worth thousands! Some bobbleheads from the 1960s are worth \$10,000. Bobbleheads are so popular they have their own holiday on January 7.

