

## January Horoscopes and Birthdays

In astrology, if you were born between January 1 and 19, you are a Goat of Capricorn. Goats are the most stable and sure-footed of astrological signs. Economical, practical, organized, and reliable, they make good multitaskers and politicians. Those born between January 20 and 31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and

a thirst for knowledge. They also share a desire to help humanity and create unity. Some of note:

J. R. R. Tolkien – Jan. 3, 1892  
 Soupy Sales – Jan. 8, 1926  
 Robert Stack – Jan. 13, 1919  
 Rakesh Sharma – Jan. 13, 1949  
 Ethel Merman – Jan. 16, 1908  
 Dolly Parton – Jan. 19, 1946  
 Neil Diamond – Jan. 24, 1941  
 Oprah Winfrey – Jan. 29, 1954  
 Jackie Robinson – Jan. 31, 1919

**Wendy W ~ 2**

**David A ~ 5**

**Diane V ~ 6**

**Don R ~ 8**

**Mariane S ~ 9**

**Luz P ~ 22**

**Carol V ~ 13**

**Lois GH ~15**

**Irene J ~ 19**

**Jerry G ~ 19**

**Grace S ~ 19**

**Doug W ~ 21**

**Gordy C ~ 26**

**Bev N ~ 27**



### Notable Quotable

“Broadway has been very good to me. But then, I've been very good to Broadway.”

Singer Ethel Merman  
 Jan. 16, 1908 –  
 Feb. 15, 1984

## Trading Tomorrow's Gardens

Each year, eager gardeners await the last Saturday in January, Seed Swap Day. It's a chance to connect people with excess seeds to those searching for additions to their gardens.

*Washington Gardener* magazine, which organized the first seed exchange in 2006, explains that seed swapping is a fundamental part of the history of society; seeds were some of the first commodities valued and exchanged among humans. Apples were spread across the American east by apple



evangelist Johnny Appleseed. Japanese farmer Masanobu Fukuoka reintroduced an ancient method of seed storage—with seeds mixed into clay and compost and rolled into balls—that “guerilla gardeners” are using to toss into vacant lots to bring the land back to life.

Whether for crops or flowers, a vibrant seed exchange promotes plant biodiversity. American president and avid gardener Thomas Jefferson once said, “The greatest service which can be rendered any country is to add a useful plant to its culture.”

# Oak Terrace Living

January 2026

### Our Events

1/5 Vine Music  
 1/6 Resident Counsel  
 1/8 Carlson Music  
 1/13 Armchair Travel to Alaska  
 1/15 Patrick Rasmussen Music  
 1/19 Roam from Home  
 1/20 Music by Brian and Dave  
 1/26-1/30 Activities Professional Week Activities  
 1/27 Jim Kozan Music

### Celebrating January

**Book Blitz Month**

**International Brain Teaser Month**

**New Year's Day**  
 January 1

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

**Bobblehead Day**  
 January 7

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

**Fresh Squeezed Juice Week**  
 January 18-24

**Belly Laugh Day**  
 January 24

East, West, Autumn Lane  
 1575 Hoover Drive  
 Activity Department



## North to the Future

Every January, as we turn the calendar to a new year, Alaskans mark another milestone: the anniversary of statehood. On January 3, 1959, Alaska officially became the 49th state of the United States, opening a new chapter in its history and symbolizing resilience, opportunity, and the promise of the future.

For many, the statehood anniversary pairs naturally with the season of resolutions and fresh beginnings. Just as individuals set goals for the year ahead, Alaska once set its sights on growth, self-determination, and a stronger voice within the nation. That step forward more than six decades ago remains a reminder of what it means to embrace change and move with confidence into the unknown.

Alaska's motto, “North to the Future,” captures this spirit. Chosen shortly after statehood, it reflects both the geographic identity of America's northernmost state and the sense of direction it offers. The words suggest not only exploration but also progress—ideas that fit well with the energy of January, when many people look ahead with renewed purpose.

Moose, a familiar sight to residents and visitors alike, can also serve as a fitting symbol for the season. Towering and powerful, yet able to withstand harsh conditions, the moose embodies strength and resilience. These qualities mirror the challenges Alaskans have faced—from extreme weather to geographic isolation—and the determination that helped them build thriving communities in the years since statehood.

Today, Alaska continues to look forward while honoring its past. Statehood Day isn't just a historical date; it's an annual reminder of endurance, adaptability, and possibility. Whether you live in Alaska or simply admire its story from afar, the anniversary offers inspiration for the start of a new year.



**ALASKA**  
 THE LAST FRONTIER

## POP THERAPY



All those who love the sensation of popping Bubble Wrap can hardly wait for the arrival of January 25, Bubble Wrap Appreciation Day. Why on earth do so many of us insist on popping those tiny little bubbles? Professor of Psychology Kathleen M. Dillon believed that the answer stems from the power of touch.

In ancient Greece, touching a smooth stone called a "fingering piece" or "worry bead" created a calming effect. These stones, Dillon observed, are similar to needlework projects or Catholic rosary beads in their ability to calm the mind. Dillon even went so far as to conduct experiments on her student's using sheets of Bubble Wrap. As it turns out, students who popped the bubbles were more relaxed and more focused than those who did not. She concluded that releasing muscle tension in the hands reduces stress from the rest of the body.



In 2024, Sealed Air Corporation, the maker of Bubble Wrap since 1957, introduced a new fiber-based wrap that provides cushioning while being recyclable and more space-efficient for shipping. The design protects products during transit and reduces material use, though the classic poppable Bubble Wrap is still produced for those who enjoy the traditional experience.

That's good news for people like April Holliday, member of an online group called "Popping Bubble Wrap." She loves the material so much that she has even wrapped herself in a blanket of it. And if several YouTube videos are any indication, even raccoons would be sad to see the pop go out of Bubble Wrap.

A square foot of standard Bubble Wrap contains about 250 to 300 bubbles.

## From Playtime to Patents

January 17 is the day of the K.I.D.—that's short for Kid Inventors' Day. This special day honors Benjamin Franklin's birthday on January 17. Most people know Franklin for his bifocals and experiments with electricity, but fewer realize that at age 11 he invented swim flippers to wear on your hands.

But Franklin's not the only kid inventor. In 1905, an 11-year-old boy from San Francisco named Frank Epperson stirred some sugary soda powder into water and left the mix outside all night. He awoke to discover it had frozen solid. When he licked it straight from the wooden stirrer, the first Popsicle, which he called the "Epsicle," was born.

*Did you know: the average Popsicle takes about eight minutes to eat.*



On the last day of middle school, Sarah Buckel, age 14, watched as a friend struggled to scrape off the glue used to stick posters and other decor to the locker wall. Buckel soon had her solution: magnetic wallpaper. Since Buckel's father ran a magnet manufacturing company, in no time her decorative magnetic wallpaper could be found at Staples, Target, and other large chains.

The list of young inventors doesn't end there. At age 15, Chester Greenwood invented earmuffs and Louis Braille invented braille, the alphabet for the blind using raised dots. Also at age 15, Param Jaggi had the idea to insert algae into a car's muffler to eat up carbon dioxide before it entered the atmosphere. And Mattie Knight, dubbed "Lady Edison" by fans, developed a safety device at age 12 that became a standard fixture on looms. How's that for young ingenuity?

