



Notable Quotable

“I firmly believe that respect is a lot more important—and a lot greater—than popularity.”

~ Julius Erving (born February 22, 1950)



February Horoscopes and Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing

manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

Residents

Mary 2/2
Glenn 2/11
David 2/20

Staff

Lee 2/5

What's for Breakfast? *(cont. from pg. 1)*

and king cakes take center stage, offering a sweet and hearty start to the day.

Fat Tuesday is also Pancake Day, an event celebrated worldwide with fluffy stacks of pancakes drizzled with syrup or piled high with fresh fruits and whipped cream. Observers relish the simple pleasure of this beloved breakfast food.

Finally, Muffin Day (Feb. 20) rounds off the month with a celebration of these handheld treats. Whether you prefer blueberry, chocolate chip, or bran muffins, be sure to take this occasion to indulge in a sweet or savory snack on the go.

These breakfast-themed days in February provide an easy way to slow down and enjoy the simple pleasures of a morning meal.

The Art of Being Humble

February 22 prefers not to call attention to itself. It is Be Humble Day, a day not to brag, boast, or call attention to your accomplishments. The words *humble* and *humility* come from the Latin word *humus*, which means “earth,” literally the dirt beneath our feet. To be humble is to have a modest estimate of one’s own worth and to never have a superior attitude.

In our loud, proud, and power-driven society, humility can be

viewed as a weakness. However, humility has often proven to be a leader’s greatest strength. A good and humble leader will sacrifice personal gain for the benefit of the entire group. Humble leaders also do not create their identity from their accomplishments. When their choices are criticized, they do not take it personally but rather are willing to learn from their mistakes. Taking a day to be humble may make us all stronger leaders, whatever our tasks.

Jefferson Tribune

February 2024

Jefferson Lodge | 664 Jefferson St. Dallas, Or 97338 | 503-623-8104



Celebrating February

Bird Feeding Month

Women Inventors Month

Spunky Old Broads Month

Engineers Week
February 18–24

Liberace Day
February 4

Periodic Table Day
February 7

Chinese Lunar New Year's Day
February 10

Hippo Day
February 15

Presidents' Day
February 19

For Pete's Sake Day
February 26

What's for Breakfast?

February is a month that brings with it an array of breakfast-themed celebrations, making it a time for food enthusiasts to indulge in their morning cravings. Let's take a quick tour of some of these scrumptious occasions.

Hot Breakfast Month in February reminds us of the warmth and comfort that a steaming bowl of oatmeal, a plate of scrambled eggs, or a hearty breakfast burrito can bring to a chilly winter morning. It's a time to appreciate the heartiness of hot breakfast options, even if they take a bit longer to prepare.

Bagel and Lox Day (Feb. 9) caters to lovers of this classic combination. With a bagel as the sturdy base and lox (smoked salmon) as the star, this day is all about the savory and satisfying flavors that have become a breakfast staple for many.

Mardi Gras, which is French for “Fat Tuesday,” marks the culmination of the festive Carnival season on February 13. While the day is famous for its lively parades and vibrant masks, it's also an opportunity to savor some delicious breakfast treats. Traditional dishes like beignets

(cont. on pg. 4)

Spreading Sunshine

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It's Do a Grouch a Favor Day.

Hunger is a definite biological cause of grouchiness. Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning.

The grouch might say they're “nota morning person,” but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the “sleep inertia” phase. It takes from five to 30 minutes for a person to feel awake. Or, if someone is an interminable grouch, perhaps the biggest favor you can do them, and yourself, is leave them alone.

Pucker Up



During Victorian times, it was considered bad luck to sign a Valentine's Day card.

Valentine's Day always falls on February 14, but in the south of France, people are still planting kisses until the Saturday after Valentine's Day.

The residents of Roquemaure call it the Festival of the Kiss, and kiss they do. They smooch from sunup to sundown in honor of their favorite saint, Saint Valentine. According to legend, Valentine became the patron saint of love when, on February 14 around the year 270, he was caught performing illegal marriage ceremonies for Roman soldiers and was martyred by Roman emperor Claudius II Gothicus.

In 1868, the supposed remains of Saint Valentine were purchased in Rome and transferred to Roquemaure. The French village was renowned for its winemaking, but in 1868, its vines were

diseased. Villagers and winemakers believed that the arrival of the saint's remains would cure their ailing vines. Miraculously, within four years, the vineyards had recovered.

And so, during the Festival of the Kiss, Roquemaure returns to the year 1868. Residents wear costumes from that era, while horses and carriages clop down the streets. Storefronts boast 19th-century decorations. Even the street names are rewritten, bearing the names of France's most lovesick poets and artists. Everyone drinks wine and kisses until they can't feel their lips. The local winery is named Cave Saint Valentine and produces specialty wines for the occasion. The local post office even gets in on the fun, sealing every letter with a kiss. This is why Roquemaure is known as "La Capitale des Amoureux," the Capital of Lovers.



Official blades for sword swallowing are required to be between 15 and 20 inches.

A Cutting-Edge Hobby

It's not an illusion or a magic trick—sword swallowing is a serious and even ancient art. On February 24, World Sword Swallowers Day, many practitioners will perform free demonstrations.

How does one learn to swallow a sword? Apprentices begin by putting objects of increasing size down their throats: fingers, spoons, paintbrushes, knitting needles, coat hangers, and then swords. Eventually, a

swallower's esophagus is so relaxed that the sword travels down the throat and into the stomach. Today it may be a showy act for street performers and circus sideshows, but in ancient India, it was considered a demonstration of divine union and closeness to their gods, akin to walking over hot coals. Only a few dozen people worldwide currently risk this dangerous pastime. Luckily, for many, the worst injury they suffer is "sword throat."



The Magic of Mardi Gras

Mardi Gras is a spectacle of merriment, color, and culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes. Each year, people indulge in the festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6 and leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

In 2024, Mardi Gras (French for "Fat Tuesday") promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture. But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!



The Mardi Gras colors of purple, green, and gold symbolize justice, power, and faith.