

**Notable Quotable**

“It took me 17 years to get 3,000 hits in baseball. I did it in one afternoon on the golf course.”

~ Hank Aaron, born Feb. 5, 1934



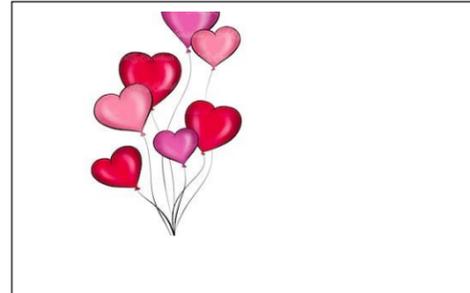
**February Horoscopes and Birthdays**

In astrology, those born between February 1–18 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, strong intuition, and a thirst for knowledge. They also share a strong desire to help humanity and create unity. Those born between February 19–29 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. As passionate, creative dreamers,

they are charitable helpers who go with the flow.

**Mary B. 02/6**

**Marion L. 02/21**



**Come Join Us for Some Fun...**



**A good golfer often focuses on process, patience, and perspective. “That’s me”**



**Raking it in...**



**If there is a party, we are there. Wait! We are the party.**

**Sierra Place Senior Living**

February 2026



1111 W. College Parkway,  
Carson City, NV. 89703 |  
(775) 841-4111

**Celebrating February**

**Executive Director**  
*Patrick Ward*

**Business Office Manager**  
*Jennifer Ireland*

**Wellness Director**  
*MaryAnne Means*

**Community Relations Director**  
*Chemane Fine*

**Dining Director**  
*Cody Stain*

**Life Enrichment Director**  
*Kelly Goss*

**Plant Operations**  
*Christian Vella*

**Shuttle Driver**  
*Sylvia Haro*

**Concierges**  
*Jenny Hill*  
*Sue Treadway*

**Happy Valentines**

**The True History Behind Valentine’s Day**

Valentine’s is not the love story you’d expect...

Everyone loves a good love story, but the history of Valentine’s Day is a bit different from the romanticized today. While February 14 is widely celebrated with sweet Valentine’s Day treats, heartfelt Valentine’s Day gifts, and romantic dinners, few people are familiar with the holiday’s true origins.

The religious roots of Valentine’s Day are often overshadowed by the more commercial aspects of the holiday. As you probably know, the day is named after St. Valentine. The theory goes that as Romans turned away from their pagan beliefs and embraced

Christianity, the holiday evolved into one honoring St. Valentine. Valentine’s Day transformed into a holiday about romantic love. It became a routine for friends and lovers to exchange small tokens and notes on valentine’s Day. The first heart-shaped box of chocolates became a symbol of Valentine’s Day. To make things even sweeter, the New England Confectionery Company started to produce the Conversation Hearts, which are still popular to this day. Finally, in 1913, Hallmark Cards, began mass-producing valentines. The rest they say, is history.

**The Long Sleep**

Karolina Olsson of Sweden became known as the “Sleeping Beauty of Oknö” at the age of 14 when she fell into a deep sleep on February 22, 1876, and did not awake for 32 years. How did she survive? Family members diligently spoon-fed her sweetened milk each day. Over the years, they sometimes observed her sleepwalking or crawling. Her family and much of her small remote village believed the girl bewitched.

When Olsson finally awoke, she looked in the mirror and burst into tears. She hardly recognized herself, yet she seemed to have aged only to her mid-20s. Doctors examined her to find no lasting physical or mental damage, only that her mind was still that of a 14-year-old. She had amazingly, inexplicably “hibernated,” though today’s doctors suggest she might have been in a state of catatonia.

## February Aloha



*In hula, the hands and arms are the true storytellers, while the hips simply keep rhythm and flow.*

For those dwelling in the northern hemisphere, February brings a chill to both the air and the spirit. Sure, spring is just a month away, but who can think of spring when the snow's still falling? Drive away the February chill on February 1 with Hula in the Coola Day.

Hula dancing is an integral part of Hawaii's Polynesian history and culture. The dance is far more than swaying the hips in a grass skirt; it's a ritual way to explain Hawaiian gods and goddesses, the history of the people, and the mysteries of natural phenomena through chanting, singing, and dancing. Hula has been performed during religious rituals, rites of passage, social gatherings, and even football games. If you're looking to warm your spirit this February 1 with a little *aloha*, find a real *kumu hula* teacher.

## Guardians of the Arctic



*Because their fur traps heat so effectively, polar bears are surprisingly hard to spot with thermal imaging.*

You don't have to live in the Arctic to celebrate International Polar Bear Day on February 27. The polar bear is one of nature's most awesome beasts and is the world's biggest hunter. Polar bears spend much of their time lying in wait outside holes cut in the ice by ringed seals, which must return to the surface for air. A seal's survival depends on maintaining its series of breathing holes. That same survival instinct is what eventually provides the polar bear with its next meal.

Then ditch the grass skirt for one made of *kapa*, a traditional fabric handcrafted from the bark of the paper mulberry tree.

Since hula is Hawaii's iconic dance, the ukulele must be Hawaii's iconic instrument. In the 1900s, the ukulele became part of the musical backdrop to hula dances, so it stands to reason that World Ukulele Day falls on February 2, the day after Hula in the Coola.

Perhaps no ukulele musician was as beloved as Israel "IZ" Kamakawiwo'ole. Raised in a musical family from Honolulu, he was exposed to entertainers like Don Ho and Palani Vaughan. His version of "Over the Rainbow" may rival Judy Garland's. It will, no doubt, be strummed the world over on World Ukulele Day.

As the Arctic warms and ice recedes, polar and brown bear habitats have begun to overlap, and hybrid offspring have appeared. Dubbed *nanulaks* by Canadian wildlife officials, the hybrid bears are whitish brown with long claws and a humped back. Offspring of a male polar bear and a female grizzly are called *pizzlies*; reverse the parentage and it's a *grolar bear*. However, as long as there is ice to roam and seals to hunt, a polar bear's home will always be the Arctic.

## Employee of the Month



In a community like ours, the kitchen is more than just a place to prepare food—it's the heart of our residents' daily lives Eze doesn't just cook; he cares. Eze brings warmth, love, and a true sense of 'home' to our community. Thank you for your dedication to our residents' happiness and nourishment. Congratulations to Eze!

## Good Deeds and Good Fortune

February 17 may ring in China's new year, but preparations often begin weeks ahead of Chinese New Year's Day. One of the most important customs is a thorough cleaning of the house. This ensures any bad luck built up over the past year is swept away. Similarly, one must not clean during the first days of the new year so as not to sweep away any new good luck. Cleaning house also means it's time to take care of unfinished business; paying debts and resolving quarrels are all part of prepping for the new year.

Food is an important part of any Chinese New Year celebration, but most food must be prepared in advance, thanks to a popular superstition dictating that knives be put away on New Year's.

Perhaps the most important New Year's tradition is paying respect to ancestors. Celebrations can

begin only after proper homage has been paid. On New Year's Eve, temples are often crowded with people bringing food, incense, and other offerings for their departed forebears.

Next door to China in neighboring Tibet, February 18 brings the new year, called *Losar*—Tibet's most important holiday. Drawing from Buddhist tradition, Tibetans believe good comes only to those who do good themselves. For this reason, *Losar* rituals include a focus on "virtuous attitudes," "virtuous actions," and thus, a "virtuous new year." For three to 15 days, depending on the locale, family and friends gather and celebrate by eating good food, telling stories, lighting fireworks, and playing games. Celebrations also involve donning one's finest clothes to visit temples and offer good wishes to the living, dead, and spirits of the enlightened.



*Special attention is given when cleaning corners, windows, and doorways—places where old energy is thought to gather.*