

The Holmstead Gazette

February, 2011

Special points of interest:

- * Heart Health
- * Spring is Near
- * President's Day
- * Chinese New Year
- * Valentine's Info
- * Comic by Glancy
- * Black History Month
- * Eve G-H. Editor
- * Peggy R. Facilitator



Inside this issue:

- Vintage Valentines: 2
- Presidents' week 2
- Ground Hog Day 2
- Decadent Chocolate 3
- Chinese New Year
Year of the Golden Rabbit 1

February: Women's Heart Health Month 2/4/11 wear Red!



all of us to take our heart health seriously and not to take one beat for granted,

Be pro-active and read about all the ways you can be kind to your heart. The two main culprits to heart disease are obesity and smoking with hypertension and bad cholesterol running a

On Feb. 4, our school had a "Wear Red for Women's Heart Health" day. Many turned out in various degrees of scarlet, some of which were a far cry from

red, but never the less, all had the spirit! We gathered after lunch for a photo op that turned out more comedic than serious, but it always turns into a great spirited day that reminds

close third. Give your heart a break: exercise, lose weight, become a non-smoker and know your BP and HDL/LDL numbers. E.G.H.

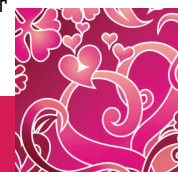
Chinese New Year: Year of the Golden Rabbit

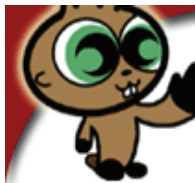
According to the Chinese Zodiac, this is the year of the Golden Rabbit, beginning on Feb.3, 2011 and ending on January 22, 2012. It is the fourth sign on the Chinese zodiac and is considered to be a lucky



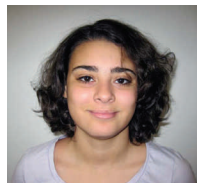
sign. Rabbits are private individuals and introverted. People born in this year are usually friendly and enjoy the company of good friends. They are good teachers, counselors and communicators but also need their own space. One can catch their breath and calm their nerves in this cycle. It is a

time for negotiation: focus on home family, security, diplomacy and relationships. Create a safe and peaceful lifestyle: The Rabbit is the symbol of the Moon which is the Yin to the Yang (Sun) and balancing the two will strengthen your inner Chi.





Punxsutawney Phil



C O L L E G E - MEMO!! Last Call for Essays. Early March is the deadline for most if not all colleges for their admissions. I once again ask all seniors to get them in NOW. You have nothing to lose and if you don't get them in then you won't be accepted into college. Just one or two pages on yourself for a successful future.

Also, please remember that this is Black History Month as well as Women's History Month; Please take a moment to think about their contributions to society.

Phil's official forecast as read February 2nd, 2011,

at sunrise at Gobbler's Knob in Punxsutawney, PA:

Here Ye, Hear Ye, Hear Ye

Groundhog Day, February 2, 2011
Punxsutawney Phil was raised from his burrow
By the call of President Bill Deeley.
He greeted his handlers, Ben Hughes and John Griffiths.



After casting an inquisitive eye towards thousands of his faithful followers,
He proclaimed that the Steelers are going to the Super Bowl!

Back to the business at hand...
He surveyed his surroundings carefully and found that there was no shadow around,
So, **an early spring it will be.** (www.punxsutawneyphil.com)

Presidents' Week: Time to reflect and Time to Recoup

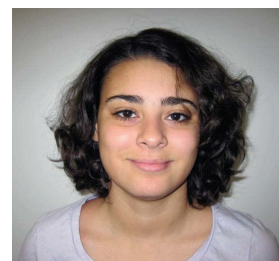


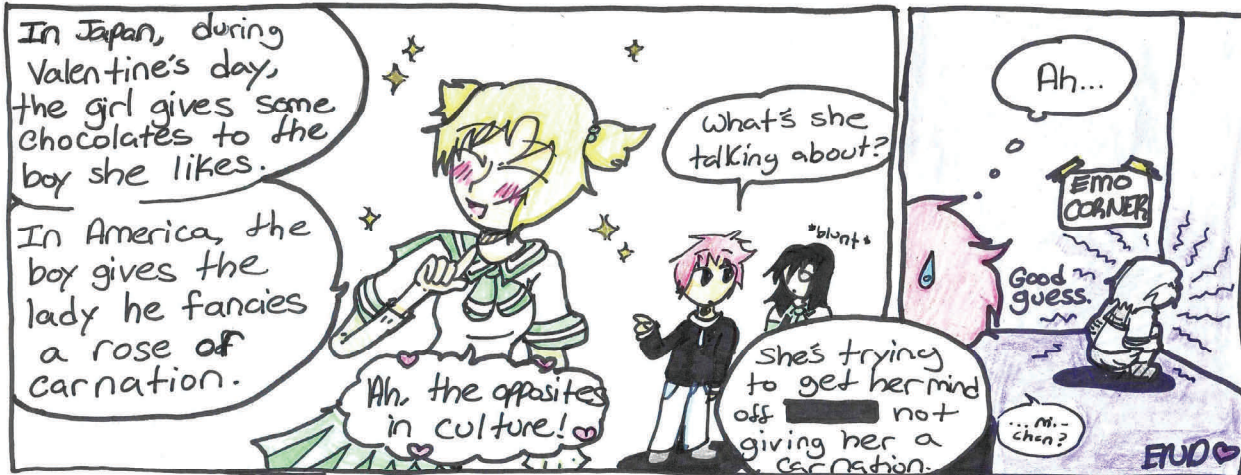
Do you have plans for the upcoming break?

Lots of schools are out and people are making plans to relax and recoup from the long, cold winter. Whatever you do, thank the men who rose to the occasion and served our country as leaders and countrymen and also, the great women behind the men who helped make their achievements possible.

EDITORIAL: FEBRUARY THOUGHTS: Valentine's Day: St. Valentine

Everyone knows about Valentine's Day but few know of its origins. Saint Valentine was a priest in Rome under the reign of Claudius II. He was martyred on February 14th, the day that we celebrate Valentine's Day. He had also been a doctor who treated many patients who would be otherwise ignored. Centuries after his martyrdom, his death day was named patron day of lovers. This stems from how he would also marry those who society refused to let be together.





VALENTINE HUMOR: Clancy N.

Tee-hee. ♡

- **Chocolate trivia:** for the true chocolate lover
-
- *Over 400 companies manufacture more than 90% of the chocolate and confectionary products that are consumed within the United States.*

More than 65,000 people are employed in this industry

The United States manufactures over 7 billion pounds of chocolate and candy every year. In 2001, Americans were able to consume over 3.1 billion pounds of chocolate. This was almost half of the world's total chocolate production during this year.

The United States leading source of cocoa beans is the Cote d'Ivoire - they deliver 47% of the total amount used.

In 2006 the global sales of chocolate confections were \$75 billion of which the United States was responsible for \$16 billion in sales.

Those same 2006 sales represented a sales per person of over \$53 for each person in the United States

BTW: go to Tenafly, NJ. Try John Kelly Chocolates... at Cooktique... Try the truffle fudge bites with sea salt...OMG...P.R.



Sneak peek to March: BLOOD DRIVE

HEART HEALTH MONTH carries over to the BLOOD DRIVE IN MARCH! Holmstead comes through again:



Holmstead rallies the student body and staff and many support the Blood Drive.
Thanks to all who volunteered!

