

Heritage Herald

Heritage of Hudson | 1212 Barlow Rd. Hudson. 44236 |(330) 650-0023 |

Celebrating December

Bingo Month

Write a Friend Month

Cookie Cutter Week

December 1–7

National Dice Day

December 4

St. Nicholas Day

December 6

Pearl Harbor Day

December 7

National Cotton Candy Day

December 7

World Choir Day

December 13

National Ugly Christmas

Sweater Day

December 16th

Hanukkah

December 18–26

Christmas

December 25

New Year's Eve

December 31

A Fresh Take on Peppermint

Peppermint bark. Peppermint lattes. Peppermint candy canes. There is no doubt about it—peppermint is the undisputed flavor of the winter season. Mint is full of the chemical menthol, which, when tasted, activates the same nerve sensors that allow us to feel cold. We love the refreshing, cooling sensation of mint in our mouths and are reminded of winter each time we take a taste. But there is more to the story of peppermint's hold on the winter season than its chemical composition.

Mint-flavored hard candies have been made for hundreds of years. Before the invention of air-conditioning, hard candy could be made only during the cool, dry months of winter, for heat and humidity would spoil the candy. Mint is a reliable flavoring because it does not cook off during the manufacturing process. Its flavor remains incredibly strong. For this reason, mint-flavored hard candy has always been a wintertime treat.

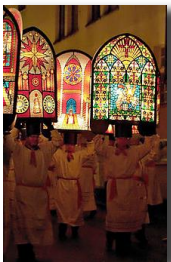
Legend has it that the first candy canes were invented in the 17th century by a German choirmaster who bribed his choirboys with peppermint candy sticks to keep them complacent during mass. Candy in church was not exactly solemn, so the choirmaster asked the candy maker to fashion the candy sticks into shepherds' crooks, honoring Jesus.

It wasn't until 1847 that a German Swedish immigrant to America named August Imgard used the candy cane as a Christmas decoration. He spun white hard candy into its crooked shape and hung the canes along with paper ornaments from a blue spruce. It would take a few more decades and the advent of mass production techniques for candy canes to get their red stripes. Why red? Some say this color represents the blood shed by Jesus on the cross, while others attribute it to the red berries and green garland of evergreen holly that has been associated with Yule traditions. Don't wait until December 26, Candy Cane Day, to enjoy candy canes. Most people start buying them the day after Thanksgiving.

Chasing Tradition

At precisely 8:15 p.m. on December 5, the eve of St. Nicholas Day, all the lights in the Swiss hamlet of Küssnacht are turned off, plunging the village along Lake Lucerne into darkness. So begins the *Klausjagen*, or “Santa Chase,” one of Europe’s most impressive St. Nicholas Day traditions.

Thousands of spectators line the cobbled street that has wended its way through town since the medieval era. Suddenly, explosions as loud as gunshots pierce the darkness. Spectators shrink back from the street, fearing that they may be struck by the long sheep whips wielded by the men leading the procession.



The cracking whips passing through the pitch announce the arrival of the magnificent, glowing *iffelen*. These are massive cardboard hats, some over six feet tall, worn by robed dancers. The *iffelen* are shaped like bishops’ miters. They have been painstakingly cut and colored with tissue paper, showcasing intricate patterns that mimic beautiful stained-glass windows. The most elaborate easily take 500 hours to complete. As if this spectacle isn’t magnificent enough, the spectators hold their breath and await the arrival of Santa Claus.

Santa, or St. Nicholas, arrives with a cacophony of clanking cowbells, tooting cow horns, and a band that plays the “Santa song,” a melody of only six notes, repeated over and over again. Santa may be the star of the show, but he is not alone. *Schmutzli* walks by his side, a sinister figure robed in black who carries a broom of twigs, traditionally for whipping children who have been bad all year. This *Schmutzli*, luckily, is more benevolent, and he hands out pastries along the parade route.

This ancient procession owes its origins to pagan winter rites where loud noises were used to scare away evil spirits. Over the centuries, Christian and pagan traditions blended to create the famous Klausjagen procession that attracts thousands of spectators today.

December Birthdays

In astrology, those born from December 1–21 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places to absorb new cultures. Those born from December 22–31 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.

Judith H- December 1st
Gerri P- December 13th
Tim M- December 23rd
Lillian L- December 28th

Tyra Banks (model) – Dec. 4, 1973
Little Richard (musician) – Dec. 5, 1932
Rita Moreno (actress) – Dec. 11, 1931
Dionne Warwick (singer) – Dec. 12, 1940
Jamie Foxx (actor) – Dec. 13, 1967
Steven Spielberg (director) – Dec. 18, 1946
Humphrey Bogart (actor) – Dec. 25, 1899

Activity Announcements



There are so many fun things to celebrate in December!

-**Friday 2nd**: Come **play Reindeer Games** to win prizes! 2 PM, 300 Hall

-**Thursday December 8th**: Visit **Europe with Rick Steve** and learn about European Christmas traditions. 2 PM, Act. Room

-**Friday December 16th**: Wear your best **Ugly Christmas Sweater** and come party in the Activity room at 2 PM!

-**Wednesday December 21st**: Have **Breakfast with Frosty** and get your picture taken in front of the tree! 9 AM, 300 hall

-**Friday December 23rd**: Come sing along with the **Heritage Singers** as they perform their Christmas Concert! 2 PM, 300 Hall

-**Saturday December 31st**: Celebrate **Noon Year’s Eve** with a party in the activity room, 11