



Notable Quotable

“Failure is a part of success. There is no such thing as a bed of roses all your life. But failure will never stand in the way of success if you learn from it.”

~ Hank Aaron, Baseball Legend

February Horoscopes and Birthdays

In astrology, those born between February 1–18 are the Water Bearers of Aquarius. These deep-thinking intellectuals have big and original dreams. Aquarians seek freedom to reach their greatest potential. Those born between February 19–28 are Pisces’ Fish. Pisces are friendly, wise, and selfless, making them generous and compassionate friends. Their intuitive and romantic natures make Fish creative artists.

- Clark Gable – Feb. 1, 1901
- Rosa Parks – Feb. 4, 1913
- Hank Aaron – Feb. 5, 1934
- Doris K. – Feb, 10th
- Betty P. – Feb 10th
- Thomas Edison – Feb. 11, 1846
- Alma H. – Feb 14th
- Frederick Douglass – Feb. 14, 1818
- Smokey Robinson – Feb. 19, 1940
- Julius Erving – Feb. 22, 1950
- Zeppo Marx – Feb. 25, 1901
- Jackie Gleason – Feb. 26, 1916
- Elizabeth Taylor – Feb. 27, 1932

Veteran Vday Cards *cont. from pg. 1*

"When I was wounded, I didn't have any choice in the matter. A grenade blow up about 6 inches from me," White stated. "The fact that I even survived is something. There weren't too many of us." The veteran, who spent 30 years on active duty, was taken off the battlefield as a result of his injuries.

White told KTXL his love for scrapbooking keeps him busy, allowing him to "keep track" of his

life's special events. But the real key to his long and positive life, he said, was simple: "Just keep breathing."

You can mail a card to Mr. White at the address below:

Operation Valentine
 ATTN: Hold for Maj Bill White,
 USMC (Ret)
 The Oaks at Inglewood
 6725 Inglewood Ave.
 Stockton, CA 95207

Once a Dancer, Always a Dancer

A moving video of a ballerina with Alzheimer’s dancing immediately struck a chord. According to The Guardian, the woman, Marta Cinta González Saldaña, owned a dance company in New York City and can be seen in the video moving to the music as Odette from the classic Swan Lake. This fall, Spain-based Música para Despertar originally posted the video, which was taken last year, and underscores the importance of music and dance for those with Alzheimer’s.

Grace Meadows, program director at UK-based Music for Dementia, told the publication that auditory memory is one of the last to go. She says, “You see her as the expert. You get a glimpse of what she was like as a ballerina and that’s who she will always be. And I think that’s really comforting for the person and for those around them, to see who they are beyond their dementia.”

See the inspiring video at:
<https://youtu.be/owb1uWDq3QM>

Trinity Hills Times

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Celebrating February

Black History Month

Bird Feeding Month

Mend a Broken Heart Month

Women’s Heart Week

February 1–7

Groundhog Day

February 2

Canadian Maple Syrup Day

February 6

Chinese New Year:

Year of the Ox

February 12

Valentine’s Day

February 14

Mardi Gras

February 16

International Toast Day

February 25

104 Year Old Veteran Seeks VDay Cards

A 104-year-old US Marine Corps veteran who served in World War II is asking people to send him cards for Valentine's Day. Maj. Bill White, a California native, has had a lifetime full of unforgettable experiences. He has collected objects and filled scrapbooks to remind him of special memories which he keeps on a bookshelf organized by year. But now, the young-spirited veteran wants to expand his collection of memories, and he's asking the public to help by sending him a card this Valentine's Day.

have come up until right now and they'll be a personal part of my history," White told CNN affiliate KTXL and that history of his is more than eventful. White earned a Purple Heart for surviving the Battle of Iwo Jima in 1945. The bloody battle between the US Marines and Imperial Army of Japan lasted five weeks, killing nearly 7,000 US Marines and more than 20,000 Japanese fighters (*cont. on pg. 4*)



"I'll save every one of them like I've been saving little things that

Marshall’s Minutes

Our residents and employees were very excited to receive our first COVID vaccine shots last week with our second dose scheduled for February 22nd. We hope this will enable to open to more regular visitation as we approach spring!

Trinity Hills of Knoxville is pleased to have recently received a distinguished award! The folks at SeniorAdvisor.com named our

community as “2021 Best of Senior Living”, an exclusive designation that only 2-3% of providers nationwide receive. We are proud of our well-maintained, clean building and grounds but especially for our positive, devoted, hard-working team members. Our employees make a difference each day with their loving care and customer service. I’m very proud of our community!



An Olympic “Miracle”



U.S. Coach Herb Brooks was cut from the 1960 Olympic hockey team.

On February 22, 1980, no one expected an American hockey team made up of collegiate players to defeat Russia’s Olympic hockey powerhouse. The Soviets hadn’t lost an Olympic match since 1968 and had won four straight gold medals. Even with a sold-out crowd and home-ice advantage, hopes of an American Olympic victory were slim. It would take a miracle.

The American team was the youngest in U.S. Olympic history, with an average age of 21 years. Coach Herb Brooks drafted his team from two powerhouse college hockey teams, the University of Minnesota and Boston University, bitter rivals. But Brooks was looking for more than just talent on the ice. He also subjected potential players to a 300-question psychological test that examined their performance under extreme

stress. Not only were the Americans playing against legendary Russian players like Vladislav Tretiak, Valeri Kharlamov, and Viacheslav Fetisov, but they had to play under the cloud of a decades-long Cold War between the U.S. and the Soviets. Matters of both sport and politics made the two nations adversaries.

If fans expected a blowout, they were pleasantly disappointed. The game was a relentless back-and-forth battle for the lead. Russia’s superior talent was on full display, but the young and scrappy Americans took a 4–3 lead with 10 minutes left to play and were able to hold off for a win. It was as much a political victory as a sporting one. Two days later, the U.S. would take the gold against Finland, but history would forever remember the Americans’ “Miracle on Ice” against Russia.

Striking Gold

On February 10, 1942, Glenn Miller and His Orchestra received a unique trophy from his record label, RCA Victor. As congratulations for selling 1.2 million copies of the song “Chattanooga Choo Choo,” a feat no other artist had yet to achieve, Miller was gifted the first gold record. The record wasn’t solid gold, but rather a vinyl record sprayed with gold, but soon other record labels began to follow suit, taking it upon themselves to award their

musicians with gold records. Today the issuance of gold records is left to the Recording Industry Association of America (RIAA). The RIAA awarded Perry Como the first official Gold Record for “Catch a Falling Star” in 1958 after it sold 500,000 copies. A visit to Chattanooga’s former rail station, which has been transformed into a landmark hotel where train cars serve as rooms, reminds visitors of Glenn Miller’s extraordinary honor all those years ago.



In addition to gold, the RIAA also awards platinum, multi-platinum, and diamond records.

A Crackerjack Idea



Crackerjack is a slang term meaning “exceptionally good.”

In 1896, Fritz and Louis Rueckheim created a formula that prevented the popular snack mix of sugar-coated popcorn and peanuts from sticking together. One customer found it so wonderful that he exclaimed, “That’s a crackerjack!” The *Cracker Jack* name was born. It wasn’t until February 19, 1913, that Cracker Jack placed the first of their

famous prizes inside a box. These were small prizes such as metal tops, tiny joke books, paper dolls, and even miniature furniture. When Cracker Jack began offering prizes in a set or series, sales soared; people wanted to collect entire sets. Perhaps the most famous prizes of all were the baseball cards of 1914. Today, a complete set is worth thousands.

The Origins of Groundhog Day

Groundhog Day’s origins lie with German settlers in the 18th century. The name Punxsutawney, the town in Pennsylvania where the groundhog ceremony takes place every year, comes from the Indian name for the location “ponksad-uteney”, which means “the town of the sand flies”.

We have found that when German settlers arrived in the 1700s, they brought the celebration of Candlemas with them. German tradition holds that if the sun comes out on Candlemas, the hedgehog will see its shadow and six more weeks of winter will follow. If no shadow is seen, legend says spring will come early. The German settlers in Pennsylvania continued the tradition but used a groundhog rather than a hedgehog.

The groundhog, also known as a woodchuck [*Marmota monax*], is a member of the squirrel family. Groundhogs in the wild eat succulent green plants,

such as dandelion, clover, and grasses. The first official Groundhog Day was on February 2nd, 1887, at Gobbler’s Knob, about 65 miles northeast of Pittsburgh, although its first reference can be found in 1841. Today it is celebrated in the USA and Canada, with the most popular ceremony in Punxsutawney, although there are several others across both countries. Crowds in Punxsutawney can be as large as 40,000, and have increased in popularity since the Bill Murray film.

Punxsutawney Phil, the world’s most famous groundhog, has seen his shadow nearly 100 times, has not seen it 15 times, and nine years are unaccounted for; it should be noted that he only has an accuracy rating of some 39%. The average groundhog is 20 inches long and normally weighs from 12 to 15 pounds. Punxsutawney Phil weighs about 20 pounds and is 22 inches long.



A groundhog’s diet consists of lots of greens, fruits, and vegetables and very little water. Most of their liquids come from dewy leaves.