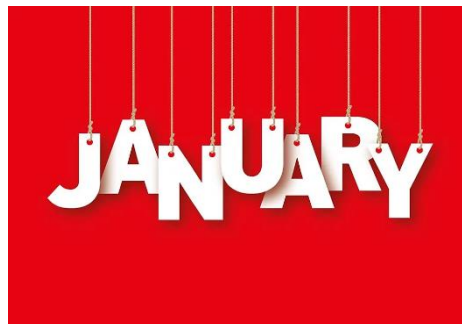




WM Jean James  
WP Floyd Hall



# JANUARY 2022 WEEKLY READER #2

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- VOL.4 ISSUE. 2

### January Birthdays

- 17 Janelle Chadwick
- 19 Gary Blair
- 21 Al Foley
- 22 Joyce Bagwell
- 23 Denise Wilson
- 26 Kirby Rudisill
- 31 Denise Alexander



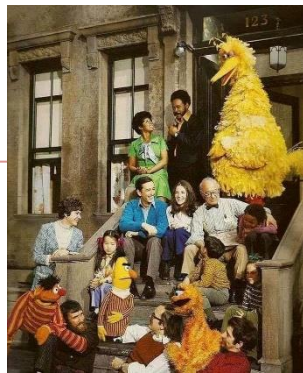
### January symbols

January's birthstone is the garnet, its birth flower is the cottage pink Dianthus caryophyllus or Snowdrop galanthus.

The zodiac signs for the month of January were Capricorn (until January 19, and Aquarius (January 20, onwards).

The name of the full moon occurring in January is the wolf moon.

Grab a pencil and piece of paper. How many words can you make using the letters in "Mountain Cedar" We found **130!!**



**Sesame Street** is an American educational children's television series that combines live-action, sketch comedy, animation and puppetry.

It is known for its images communicated through the use of Jim Henson's Muppets, and includes short films, with humor and cultural references. It premiered on November 10, 1969.

A 1996 survey found that 95% of all American preschoolers had watched it by the time they were three. In 2018, it was estimated that 86 million Americans had watched it as children. As of 2018, it has won 11 Emmy Awards and 11 Grammy Awards, more than any other children's show.

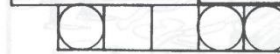
## JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

VOPER



RODLE



SHAUTI



DEECES



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Print answer here



## SEASAME STREET CHARACTERS

C	E	R	N	I	E	D	R	I	B	G	I	B	R
O	H	R	R	O	S	I	T	A	T	E	R	E	K
O	N	W	A	D	E	I	R	I	A	R	P	E	N
K	O	K	I	M	R	B	E	R	T	E	R	E	E
I	T	H	E	C	O	U	N	T	L	M	I	O	M
E	T	I	E	A	E	R	T	M	I	R	R	B	K
M	O	A	S	Y	K	G	O	T	C	E	Z	W	T
O	N	R	M	I	T	R	M	O	O	E	M	Z	C
N	P	G	R	E	C	E	W	E	C	M	U	M	L
S	E	O	D	E	L	V	C	O	L	E	Z	Y	H
T	L	R	G	E	R	O	T	O	H	S	L	O	O
E	E	T	O	E	T	R	I	G	T	L	H	K	E
R	N	O	E	O	M	G	G	N	E	M	R	C	W
H	C	U	O	R	G	E	H	T	R	A	C	S	O

- THE COUNT
- OSCAR THE GROUCH
- TELLY
- KERMIT
- ERNIE
- BERT
- GROVER
- ZOE
- ROSITA
- BIG BIRD
- COOKIE MONSTER
- PRAIRIE DAWN
- ELMO





FIND 10 DIFFERENCES

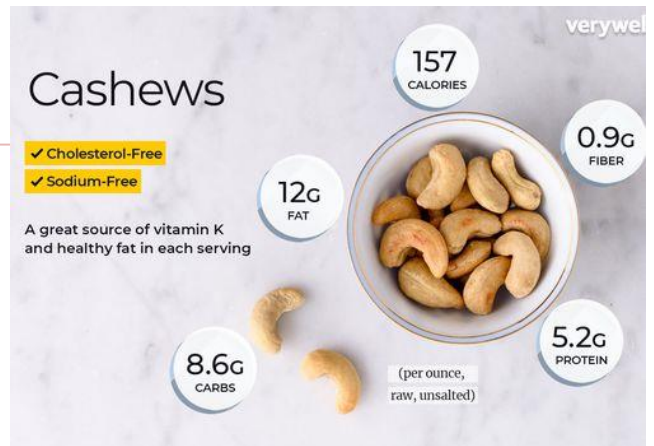


The cashew tree (*Anacardium occidentale*) is a tropical evergreen tree that produces the cashew seed and the cashew apple accessory fruit. The tree can grow as high as 14 m (46 ft), but the dwarf cultivars, growing up to 6 m (20 ft), prove more profitable, with earlier maturity and greater yields.

The cashew seed is commonly considered a snack nut (cashew nut) eaten on its own, used in recipes, or processed into cashew cheese or cashew butter. Like the tree, the nut is often simply called cashew. Cashew allergies are triggered by the proteins found in tree nuts, and cooking often does not remove or change these proteins.

Although commonly referred to as tree nuts, and nutritionally comparable to them, cashews are really seeds. They're rich in nutrients and beneficial plant compounds and make for an easy addition to many dishes.

Like most nuts, cashews may also help improve your overall health. They've been linked to benefits like weight loss, improved blood sugar control, and a healthier heart.



Please contact the Chapter Secretary [tmrc.daylight1145@gmail.com](mailto:tmrc.daylight1145@gmail.com) if you have a change of phone number or address.



**Free Masks**

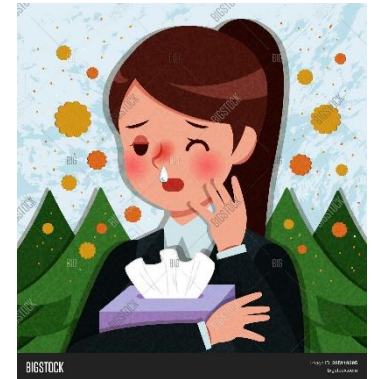
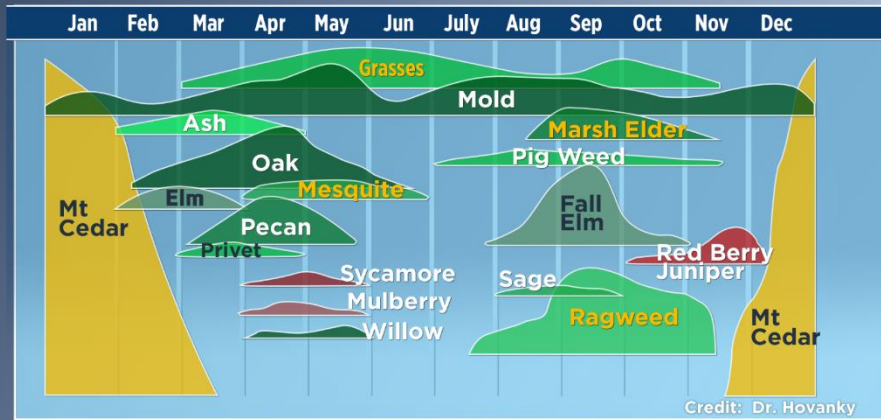
Lavelle Ford and Barbara Spencer are still making masks. Masks are free to all members and to all TMRC residents and staff.

Barbara: [barbs1145@hotmail.com](mailto:barbs1145@hotmail.com)

Lavelle: [lavelle.ford@gmail.com](mailto:lavelle.ford@gmail.com)



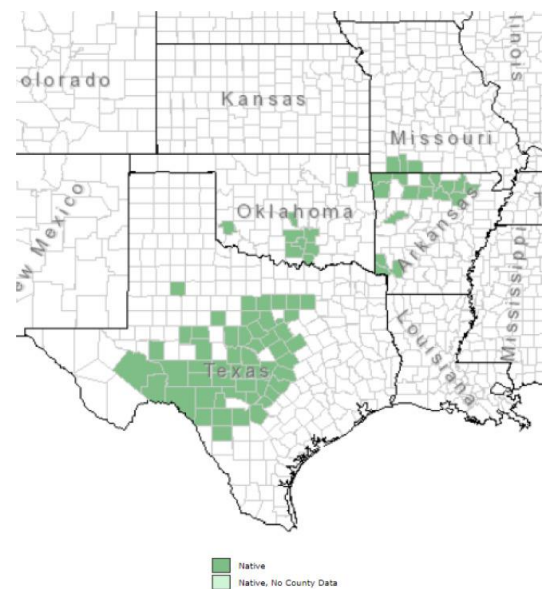
# SEASONAL ALLERGENS



If you are an allergy sufferer living anywhere within a broad strip of Central Texas that stretches from the Red River to the Rio Grande, you already know the misery that the pollen of the native mountain cedar tree causes. Cedar allergies can affect Texans from November through March, but December, January and February are the peak months. This is the time when cedar trees pollinate, releasing countless pollen particles into the air that can travel on the wind for hundreds of miles. The exact timing and severity of the cedar pollination season is influenced by rainfall amounts and other weather conditions.

Cedar pollen is considered one of the most allergy-inducing pollens due to the large amount of pollen that the trees can produce and the large size of the pollen.

Mountain cedar season typically begins anytime between late November and early December with the first strong cold front that moves through. The wind shakes pollen off the trees mainly in the Hill Country and spreads it through Bexar county and surrounding areas.



Here are the Web links that work for Eastern Star:

- <http://www.arlington.yorkkrietexas.org/OES-init-Nov-2021.htm> - Last Initiation
- <http://www.arlington.yorkkrietexas.org/OESindex.htm> - TMRC OES Main Page
- <http://www.arlington.yorkkrietexas.org/OES-pgs.htm> - TMRC OES Links/events