

The Atlantic Times

February 2022



Contributors:

Original Art Work by Don F. available for purchase. For more information contact Anita Barnes at barnesa@vinfen.org or at (617) 770-9660

-Michael D.
-Kristina B.
-Demetrius R.
-Norma H.
-Jia L.

-Barbara H.
-Ishmail S.
-Jake C.
-Lateisha E.
-Anthony A.

Education with William H.

Education is a great way to further yourself in a lot of different ways. Learning something new can help you in your everyday life, your job, or help you feel better. Education does not have to mean going back to school and taking notes from a professor. You can just as easily learn on your own with the immense number of resources available to you. We have computers with access to the internet where you can use YouTube, Wikipedia, or find articles through google. We have a library filled with magazines, like *National Geographic* and *People*, a surplus of movies you can watch, and a ton of books available to you! There are numerous ways to learn something new, some as simple as talking to a new person. You simply have to be creative and possess the desire to learn.

With many ways to learn I would like to highlight some members here at the Atlantic Clubhouse who learn in creative ways.

Sean B., David B., and Chris F. are all taking classes at different colleges in the area.

Mike D. comes into the club and writes an article from research on the computer for the newsletter daily.

Alecia M. comes into the club and works on different graphic design and music programs.

Sonja W. is working on her computer skills as she edits her novel.

John A. comes into the club and learns about the populations of neighboring towns and different places to track patterns.

Michael B. is always looking for new projects.

Sue D. brings in her mailing of People Magazine and reads it at the club.

Teresa S. comes in and does crossword puzzles on the newspaper.

Alex L. just finished training for her CNA and comes into the club to watch movies.

There are a multitude of ways you can learn; you simply need to find your own style and interests.



Demetrius' Movie Guide



Jackass: Forever (R) (96 minutes)

February 4th

Documentary, Action, Comedy

Director: Jeff Tremaine

Starring: Johny Knoxville, Steve O, Chris Pontius, Eric Andre

Blacklight (PG-13) (108 Minutes)

February 11th

Action, Thriller

Director: Mark Williams

Starring: Liam Neeson, Aidan Quinn, Taylor John Smith, Emmy Raver Lampman

Death on the Nile (PG-13) (127 Minutes)

February 11th

Crime, Drama, Mystery

Director: Kenneth Branagh

Starring: Kenneth Branagh, Gal Gaddot, Tom Bateman, Rose Leslie

Uncharted (PG-13) (TBA)

February 18th

Action, Adventure

Director: Ruben Fleischer

Starring: Tom Holland, Mark Wahlberg, Spohia Ali, Antonio Banderas

Ambulance (R) (TBA)

February 18th

Action, Crime, Drama, Thriller

Director: Michael Bay

Starring: Jake Gyllenhaal, Eiza Gonzalez, Yahya Abdul Mateen II, Devan Chandler-Long

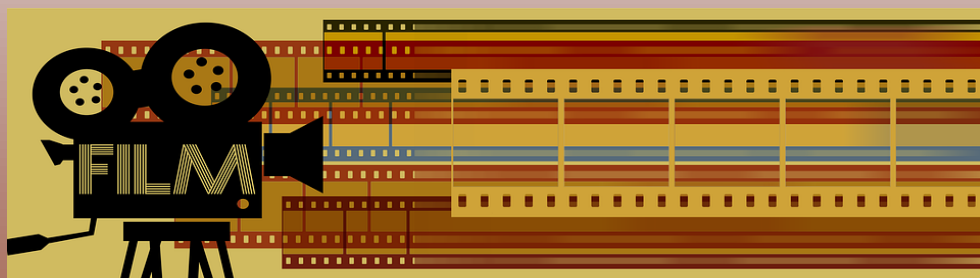
Dog (PG-13) (90 minutes)

February 18th

Comedy

Director: Reid Carodin & Channing Tatum

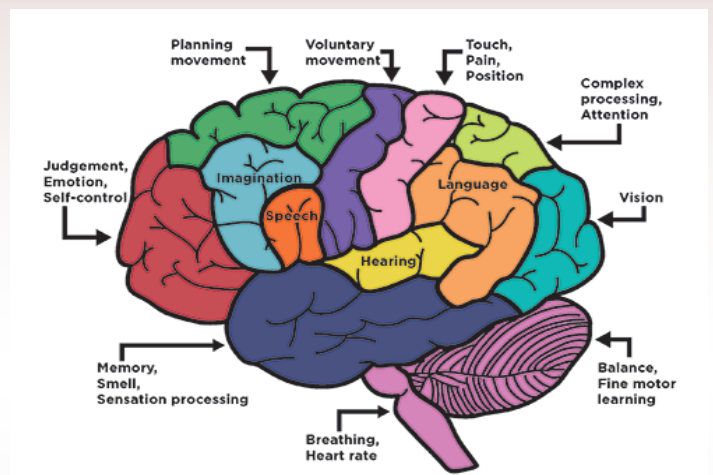
Starring: Channing Tatum, Qorianka Kilcher, Kevin Nash, Jane Adams



The Writings of Michael D.

The Brain and Memory

Scientists use brain scans to see the activity in the brain. They discovered that neurons and transmitters are critical for developing new memories. Scientists also believe that strong emotions trigger the formation of strong memories. The human brain is by far the most complex scientific type of study. Nobody can pinpoint all kinds of activities in the brain. It is just too complex. Even brain surgeons do not know everything about the brain. It is near impossible to think from birth to the present time how we can remember in our memory everything we remembered in our whole life. Nobody can. An example is called a “flashbulb memory.” This happens when a huge part of our lives, whether good or bad, is still remembered in detail by our memory. There are times everyone forgets. Drugs and alcohol can affect memory; especially if used for a long time. Traumatic events can bring back memories and severe re-living that experience over and over. If that is the case, you should talk someone who is an expert on such problems. Memory goes throughout the entire brain, not just one part. A damaged brain can affect your entire brain. I do not understand how memory can impact our mental health. I am not a scientist. If someone is happy, they usually will be able to defeat all kinds of bad memories. That is very hard. It is best to forget the past because you can not change the past. That is impossible



Batman and Robin

Batman and Robin was a great TV show that I watched in my childhood. George Clooney played Bruce Wayne and Batman. They went down a pole in their house to the cellar. They also had the Batmobile to chase criminals. Both Batman and Robin were called the “cape crusaders.” There was also movies about Batman and Robin later after them. They were the people who fight crimes in Gotham City. It was far fetched but a great TV show. Sometimes it is good to watch fantasy shows. It is good to not dwell on problems all day, so watching is a good distraction. Batman and Robin encounter a new foe, Mr. Freeze who has left a string of diamond robbers in his wake. During a confrontation in the natural history museum, Freeze steals a diamond and flees, freezing Robin and leaving Batman unable to pursue him. Later, Batman and Robin learn that Freeze was originally Dr. Victor Fries, a scientist working to develop a cure for MacGregor’s Syndrome hoping to heal his terminally ill wife. After a lab accident, Fries was unable to live at average temperatures and forced to wear a cryogenic suit powered by diamonds for survival. It was such a good show that I looked forward to watching it. Whatever floats your boat.



HISTORY WITH NORMA H.

Sidney Poitier: Breaking Barriers

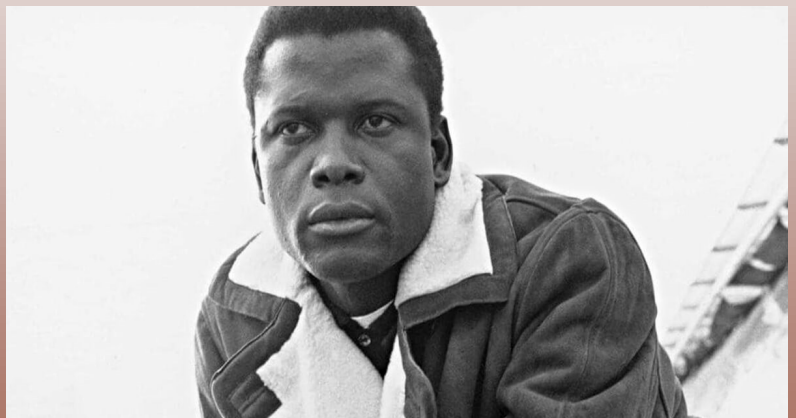
While vacationing in Miami, Sidney Poitier's mother gave birth two and a half months early on February 10, 1927. When able, the family returned to their home in the Bahamas, Cat Island. This is where Poitier grew up until a teenager. Due to his penchant for getting in trouble, Poitier's family sent him to Miami to live with a brother. Poitier enlisted in the army during World War II and served in the medical unit. Upon discharge, and at the age of 16, Poitier moved to New York and applied to the American Negro Theatre (ANT) and got rejected due to his Caribbean accent. For the next six months, Poitier worked on his annunciation by listening to the radio. He reapplied and was accepted. In exchange for classes, Poitier worked as a janitor for the theatre company. In 1946, he made his Broadway debut in the play *Lysistrata*. Poitier also toured with the company on their production of *Anna Lucasta*.

In 1950, Poitier landed his first major film role in the movie *No Way Out* where he played a doctor treating a bigoted white criminal. Poitier's next role came in 1951 with the film *Cry, the Beloved Country* in which Poitier portrays a reverend investigating a murder in apartheid South Africa. In his next film, Poitier took on the role of a talented, yet alienated student in *The Blackboard Jungle* (1954). During the 50's, Poitier starred in eight films and won acclaim. And even though he made a name for himself in Hollywood, Poitier continued to perform on Broadway as in 1959 with the play *A Raisin in the Sun*. He later went on to star in the film adaptation of this play in 1961. In 1963, Poitier played an ex-GI working with a group of nuns to build a chapel in *Lilies of the Field*. For this portrayal, he won the Academy Award for Best Actor—this was the first time a black man took home this honor. Through out the 1960's Poitier starred in seven more films and also worked in television. Of note is the 1967 epic *In the Heat of the Night*, a crime drama in which Poitier played an intelligent Philadelphia detective maneuvering the racial tensions of working with a prejudiced white Southern officer. This movie won the Academy Award for Best Picture and Poitier starred in two off shoots from this film. As with many of Poitier's films, the 1967 movie, *Guess Who's Coming to Dinner*, delved into the world of interracial relationships with Poitier as a white woman's fiancé. This movie proved the top draw of that year. In the 1970's and 1980's Poitier tried his hand at directing. He directed eight films, however none went on to reach box-office success. His comedy, *Stir Crazy*, directed in 1980, though, became a hit. Poitier's directed his last film in 1990 with the release of *Ghost Dad*.

After taking a break from acting, Poitier returned to the screen with the action thrillers *Shoot to Kill* and *Little Nikita* both in 1988. He went on to make three more film and portrayed Thurgood Marshall and Nelson Mandela for TV dramas. His last role occurred in 2001 with the TV movie *The Last Brickmaker in America*.

Along with his screen work, Poitier served as the Bahamas Ambassador to Japan from 1997-2007. In 2001, he received an Honorary Academy Award and the Presidential Medal of Freedom in 2009. Poitier also penned four books: a memoir [This Life](#) in 1980, [Measure of a Man: A Spiritual Autobiography](#) (2000), a book on insights, [Life Beyond Measure: Letters to my Great-Granddaughter](#) (2008), and a suspense novel [Montaro Caine](#) (2013). The audio version of [Measure of a Man](#), won a Grammy.

Sidney Poitier dismantled racial barriers in film by only taking on non-stereotypical, non-traditional roles; instead, he chose leading characters with depth and authority. This paved the way for future actors of color.



Linda Bove

By Kristina B.

Linda Bove was born deaf on November 30, 1945 in Garfield, New Jersey. Bove's parents were also deaf. Bove learned sign language at home and as a child attended St. Joseph School for the Deaf in Bronx New, York. Bove later attended Marie Katzenbach School for the Deaf in Trenton, New Jersey from which she graduated in 1963.

Bove attended Gallaudet College pursuing a Library Science Degree. She also developed an interest in theater and participated in plays during her college years. Bove participated in several theatrical productions at Gallaudet including The Threepenny Opera and poetic characterizations of the Spoon River Anthology. In her senior year she studied in a Summer School Program at the National Theater for the Deaf.

Bove met Ed Waterstreet, another deaf performer at the time, and went on tour with the National Theater for the Deaf. They later married in 1970. In 1971 Bove made her debut on Sesame Street as the character Linda the Librarian. She was the first deaf performer on the show. Her character also owned a very playful puppet dog named Barkley.

Through this role Linda introduced the public to sign language while also exposing them to issues of importance within the deaf community. Bove worked with the writers to ensure that her character be portrayed as a complex human being who shared the same hopes, challenges, relationships, setbacks that all people deal with. Bove made sure her character wasn't defined by her deafness. Her role on Sesame Street lasted from 1971-2002 making it the longest running role for a deaf person in television history. The role also increased public awareness of deaf culture and made known that being deaf was not shameful. Many cast members of Sesame Street and the crew of TV technicians learned sign language from her.



(Continued on page 12)

February Birthdays



2/1: Frank Mc.
2/12: Wayne C.
2/13: Muhammad M.
2/16: Paul K.
2/19: John Gio.
2/21: Jonathon B-L



Intake, Outreach, Orientation and Housing

Member Spotlight:

How did you first learn about Atlantic House?

I started attending in 1981 and the clubhouse changed names and locations until moving to this building.

What do you think about the clubhouse?

I like it very much. I like to see people, get out of the house, write articles for the newsletter and watch videos with Stephen (staff). I come on Mondays, Wednesdays, and Fridays.

What are some of your accomplishments?

I have two major accomplishments. The first is I have not been hospitalized in 25 years and I have lived in supported housing for about 21 years.

What are your future plans?

I'm not sure. Just taking life one day at a time.

What do you enjoy doing in your free time?

I like watching TV, listening to the radio, and socializing with my roommates

What would you like members to know about you?

I try to be kind and help people. I am not perfect, but I try to help.

How can the clubhouse best support you?

Just be nice and polite



Communication, Arts, Social & Recreation

As the art show winds down, this is a good time to reflect on the positives and areas to improve upon. The positive is the creativity of our artists on display. Seven artists submitted work for our virtual gallery. A big thank you to Don F., Lateisha E., John G., John Gio., Anthony A., Kristina B., and Sean C. Also, without the support of William H. and the media department at Vinfen, the show would not be possible. Thank you.

On the flip side, the show did not meet expectations or the goal of every artist selling a piece; this, though may be unrealistic given the unpredictability of the times we live in. Also, the show was completely virtual—this may also be a factor in the difficulties of trying to sell art. Looking back and going forward, we will focus on advertising and getting information out to the community at large as well as Vinfen employees. Plans for our next show are in the works and we are looking at a pottery/art sale for the Spring.

Creative Writing Book:

Atlantic House is running over with writing talent. There are poets, novelists, short story writers, non-fiction experts, and much more. Much of our members writings come from our newsletter contributors and members of the creative writing class. Many, though, write as a hobby and a way to express themselves with the written word. Five examples are Jia L., Barbara H., Sean C., Norma H., and Michael D.—all of whom write in their free time.

Our goal is to go through each member's work over the last year and compile the best pieces for a book to publish. This is a longer-term project with many steps and working parts. One key step is looking for grants and ways to cover the costs for this project. CASR will collaborate with William H. and the Employment Unit to research funding sources.

Build a Monster:

This is a new ceramic project in the art studio. For this, members are fashioning monster parts out of clay such as eyes and antennas. Once kilned, we will paint the parts and rebuild our monsters for one last kilning. This is a great user-friendly project for those interested in clay and ceramics.



Join us for Creative Writing
Tuesdays at 10:30 am

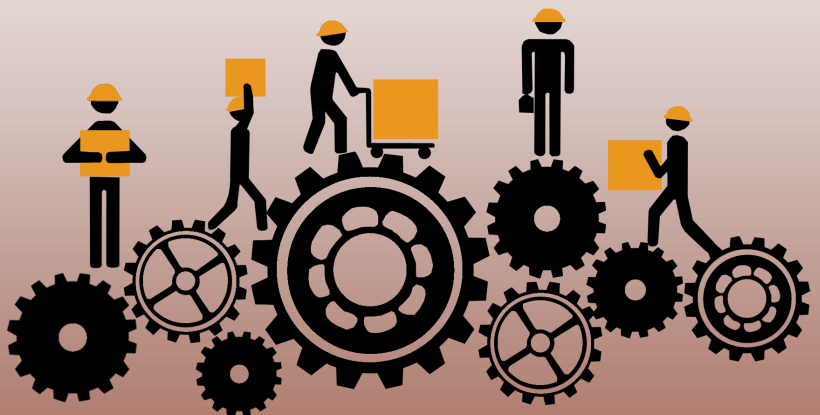
Employment: Job Development

With William H.

With the month of January comes a new year, resolutions, and accidentally writing 2021 on various things. Along with this new period of our lives, we get energy to change ourselves for the better, to lose that weight, go back to school, or find a new job. Whatever you might want to do 2022 is a blank slate and anything is possible. A few of our members have taken that to heart and have decided to enroll in various trainings. Three of our members have decided to follow in Demetrius R. and Kristina B.'s footsteps and enroll in the CVS Job Training program, or as CVS calls it Abilities in Abundance. This great program provides our members with eight one hour in a half online sessions, an in person register training, and then an externship at a CVS store where they will work as a store associate. These members will learn the necessary skills to perform well at not only a CVS, but also other jobs that they may want to apply for. We are extremely excited for Bryce L., Alecia M., and David H. to all start this program!

The next training program I would like to highlight is Whole Foods and Price Chopper Training Program that Matt S. has agreed to participate in. He will be taking classes online from 9 am until about 1 pm three times a week, Monday Wednesday, and Friday. Following the training Matt will have a paid internship at the store in South Weymouth. Throughout this training he will learn about all the different roles in a supermarket, how to perform these roles, and other work skills. We are extremely proud and excited for Matt to pursue his dream of working! Another member we would like to highlight is Lateisha E. She has been studying hard for her learner's permit test with staff, taking online exams, and studying the driver's manual. She is slowly building up the courage to schedule her exam and cannot wait to drive!

Thank you so much to all our membership who participate in our unit and we look forward to this upcoming month.



Health & Wellness with Wilma

11 HEALTHY HABITS THAT WILL IMPROVE YOUR LIFE

Practicing a lifestyle of holistic wellness includes more than eating right and working out. It also includes making time for yourself and doing what you love. Spending your down time on your favorite hobbies benefits your overall wellbeing in many ways.

According to a 2015 study, engaging in leisure activities was defined as “self-selected, self-rewarding behavioral pursuits that take place during non-work time.” Participants in this study who engaged in leisure activities were found to be happier, less bored, less stressed, and had lower heart rates. Leisure activities were also considered to be a great way to increase productivity and job performance, as they help boost creativity and give your brain a much-needed break.

There are many hobbies that can be turned into fun and healthy activities. Here are eleven of them:

DANCING

This pastime has been shown to promote heart health, strengthen bones, and manage a healthy weight. Not only is dancing wonderful exercise, but it's a lot of fun too! There are many different types of dancing, from hip-hop to ballroom. Taking some dancing classes will help you discover which type of dancing suits you the best, plus you'll meet some new friends too!

COOKING

Learning to cook nutritious meals is great for your health and wallet. Cooking healthy meals at home saves you money in the long run, and it's a great way to bond with your family as well.

VOLUNTEERING

Having a presence in your community is great for your emotional and social health. Volunteering can help keep you physically and mentally active. Giving back will also give you a sense of purpose and fulfillment.

GARDENING

There are many unexpected health benefits of gardening. Getting your hands dirty has been shown to decrease stress and promote self-esteem. It's also a great way to get in some physical activity while it improves your hand strength and dexterity. Another perk of gardening? Beautiful flowers to decorate your home and delicious vegetables to add to your dinner!

OWNING A PET

Animals have been shown to improve well-being on both a physical and mental level. Owning a pet decreases the risk of depression, stress, and anxiety. On the physical side of things, owning a pet has been shown to lower blood pressure and help keep you active.

MUSIC

While music can be difficult to pick up after a certain age, it's definitely not impossible. Playing an instrument is fantastic for boosting creativity and happiness. Music also improves visual and verbal skills and reduces depression and anxiety.

YOGA

One of the best things about yoga is that it is beneficial for any age and any fitness level. Yoga increases physical strength, boosts energy, and promotes cardio and circulatory health. Yoga is also an excellent way to practice mindfulness, which will leave you less stressed and more productive.

WALKING

Regular brisk walking is incredible for weight management and your overall physical health. While walking may not sound like the ideal way to spend your free time, walking clubs and hiking make this healthy hobby and an enjoyable and versatile way to live better.

TRAVELING

Planning a trip and hitting the road is satisfying for anyone who loves to explore or try something new. Traveling and experiencing new cultures shifts your perspective and promotes self-discovery. It offers you a chance to meet and connect with people so you can learn and grow. Traveling will also keep you active and on your feet.

READING

Pick up a book! The mental benefits of reading are too good to pass up. Reading has been shown to increase mental stimulation, reduce stress, improve memory, and boost concentration. Not only is reading a good book fun and entertaining, it also produces a sense of tranquility and wellbeing.

WRITING

Journaling, blogging or even creative writing serves as an outlet for self-expression. Writing for leisure has been shown to reduce stress and improve sleep. If you choose to share your writing with the public, it's also a great way to form connections with other people who have similar interests.

The next time you feel bored or stressed out, skip spending time in front of a screen and pick up one of these healthy hobbies to make some significant improvements to your wellbeing.

What are some of your favorite healthy hobbies?

By: Alan Kohll, Contributor

Founder & president of Corporate Health & Wellness services provider, TotalWellness.



Linda Bove

By Kristina B.

(Continued from page 6)

Bove also performed on the soap opera Search for Tomorrow as Melissa Hayley Weldon in 1973 and cast and crew members also learned sign language from Bove. In 1980 Bove appeared in an episode of Happy Days as Allison, Arthur Fonzarelli's deaf girlfriend.

Linda Bove and some of her colleagues founded The Little Theatre of the Deaf. This organization focused on communication and promoting the importance of learning sign language. This company gained national and international attention. In 1979 Bove and the theatre company traveled on a 30,000-mile world tour. Their biggest success was in Japan where their show was attended by the royal family and they were invited to come to a television show.

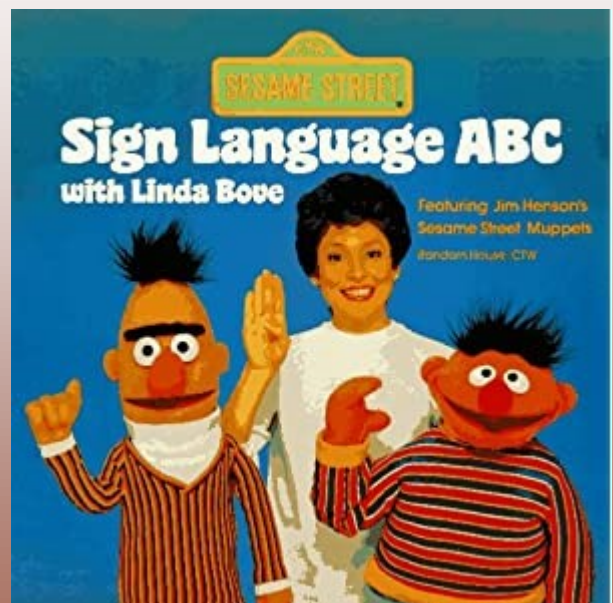
In 1991 Bove and her husband founded The Deaf West Theater Company in Los Angeles, the first theater company based on deaf actors and actresses. During this time, Bove also starred in George Bernard's Saint Joan, based on Joan of Arc. The plays that the company performed are translated into sign language and adjusted accordingly. The company also uses speech along with the signs to help bridge the gap between the deaf and hearing worlds. In 2003 Deaf West Theatre produced their adaptation of Huckleberry Finn into a musical Big River which combined deaf actors with hearing performers acting as on-stage voices.

In 2005 Bove starred in the stage debut of the drama Open Window. Linda Bove also worked on several projects to support children in the deaf community. One example is in the movie The Land Before Time IV which features talking dinosaurs; for this, Bove appeared in a pop-up box in the corner of the video and interpreted in sign language. This helped children who are deaf learn what the dinosaurs are saying in the movie.

Bove was also associated with the famous play Children of a Lesser God. She starred in several productions of this well-known piece including playing the lead Sarah Norman on stage and appearing in the film version in a small role as Marion Loesser. In 1987 she also made a video called Sign Me a Story and wrote two books Sign Language Fun and Sesame Street Sign Language ABC with Linda Bove a collaboration between Sesame Street and the National Theater for the Deaf.

Linda Bove has received several awards, earned an Honorary Degree from Gallaudet, won the Bernard Bragg Artistic Achievement Award. Also, in recognition of her success in advancing the civil, human and linguistic rights of the American Deaf and Hard of Hearing Community using social media, Bove received the Media Advocacy Award.

In conclusion Bove is an inspiration for all deaf actors and actresses. She successfully introduced sign language to children on TV, as well as the global community. Bove also raised awareness of the deaf culture to children and adults. Her greatest lesson is that all individuals, whether deaf or hearing, share common experiences and are valued.



Creative Corner

Introspection

By Jake C.

If you go deep into the heart
what do you find there?
The joy and peace of the daily grind
that satisfies the need for justification

When I Think About Myself

By Jia L.

When I think about my life,
my eyes well up with tears
The sadness, the sorrow
The pain and the hurt
takes me over my maximum threshold

When I think about my life
I cry and bawl like an infant
for I am turmoiled and sad that my life
came to what it is now
The penetration of scary emotions
engulf my mind, for if I die
I will believe in a higher power
that will protect me until it is my destiny

Stay true to myself
and I will prosper
for this is the reality and it is what it is
but I will be alright as long as I believe
that trivial things do not matter
But life and love engulf my emotional myriad
For this is my life



Inside

By Lateisha E.

Inside my heartlove
Inside my mind.....peace and honor
Inside my brain.....smarts and respect
Inside my soul.....happiness
Inside my stomach.....strength
These are the keys to my life

Untitled

By Barbara H.

The snow pelted down on me as I walked. My feet stepped in and out of slush puddles. I was cold and my jacket was too small to zip up correctly. The trees belied my cold as they stuck up proudly in the sky. It was only 10 minutes until I would get some heat. I wasn't worried, determination can do anything for 10 minutes.

My journey is to succeed in
my life.—Ishmail S.

Yes, I would like to support the Atlantic Clubhouse
Here is my gift to help

Atlantic Clubhouse
338 Washington Street
Quincy, MA 02169
617.770.9660

Name: _____

Email: _____

Please accept my gift of:

\$10.00 \$25.00 \$50.00 \$75.00 \$100.00 \$500.00 Other_____

Your investment in the Atlantic Clubhouse is critical to ensuring that today's and future members have the opportunity to be productive and respected members of our community

Comments or questions are welcomed. Feel free to contact the Program Director, Janette Tibets @ 617.770.9660 or by email tibetsj@vinfen.org.

Please make your contributions payable to Vinfen with a memo designating Atlantic House. Our parent agency, Vinfen Corporation, is a 501c3 organization and all gifts are tax-deductible.

Thank you for your generous gift!

Employment w/ Nuria

How does Employment Help with Recovery?

Employment can play an important role in recovery. People with a history of mental illness and other disabilities often want to work given the opportunity and support to do so.

This month I asked some of the clubhouse members how employment helps support recovery.

Robert M.: Employment gives purpose, I'm able to support myself.

Alecia M.: I'm motivated to get a job because it will give me something to do. Being employed will help me with getting out of bed and help with my depression.

James M.: For me, employment gives me stability and the feeling of achievement.

George S.: Being employed can motivate other members at the Clubhouse, by seeing others succeed at their job.

Tony A.: Having a job kept me busy and got me out of the house.

Barbara H.: When I worked in the past it made me feel better about myself, reduced my anxiety, and helped with my depression.

Bobby O.: Being employed made me feel good about myself.

Wayne C.: Being employed helps me get motivated and stops me from getting more depressed.

Donna H.: Working gave me something to do. I was involved in my community and able to earn money.



Meet Our New Intern: Jillian

Interviewed by Tony A., Bryce L. & Alecia M.

How did you hear about Atlantic House? I learned about Atlantic House through my twin sister who babysits for Janette at times and passed on my name. I spoke with Janette on the phone about the program and we decided this would be a good fit.

What are you currently studying? I am working towards my Masters in Social Work. I originally started as a Nursing major and did not enjoy that. As part of the major I took a class in Psychology and fell in love. Also, as part of my studies I worked at an internship at the Healing Path Care Farm for 300 hours where I helped adolescents and teenagers coping with mental illness. The organization provided a multi-disciplinary approach and offered a variety of supports such as animal and art therapy. This truly drew me to social work as a vehicle for bringing together different services to best serve the whole individual.

What are your future career goals? As part of the Master's program, I need to work 2000 hours under a clinician to become a licensed social worker (about 2-3 years) My hope is to start a private practice and work in the field. Long-term, I would like to earn my PhD in Forensic Psychology. Growing up I witnessed family struggling with mental health and addiction. This instilled in me the desire to be part of the solution, help change views on mental illness and break the cycle of generational trauma.

What do you think of the clubhouse so far? I love it. I love the community and the family feel. Everyone is treated with respect and the staff are great. It is always nice to see a friendly face.

What would you like to bring to Atlantic House? I would like to start up a workshop on Improvisational theatre, pop culture, or something in the health and wellness arena.

What do you like to do in your free time? I like to walk my three year old Siberian Husky (Zeus). I also enjoy scary movies and true crime documentaries. I go to the gym and take spin classes and Pilates. I am looking into a kick-boxing class. Exercise is greatly beneficial to improving our mental health.

What piece of advice would you like to pass on to our members? Take one step at a time, one task at a time, one assignment at a time.



Snowflakes: Are they truly all different?

With trillions of them falling every year, surely some snowflakes must be exactly alike, right? Well... This story begins when way up in the air water vapor first condenses into droplets and then freezes into tiny ice crystals inside clouds. Eventually, dust particles passing through that air saturated with such supercooled vapor electrostatically attract the water molecules suspended in it and thus generate snowflakes.

Snowflakes, hence, are single ice crystals that “grow” onto dust particles. Since snowflakes are all water (H₂O) molecules with the same electrostatic structure, they show a six-sided structure. As more water molecules condense and freeze onto them, for a while the crystals keep this simple six faceted shape. Eventually, branches begin to sprout from the six corners. They can grow symmetrically, yet most snow crystals are irregular. The main constituent shapes for ice crystals are needle, column, plate, and rime.

Gravitation makes these ice crystals fall to earth when they achieve a given size, or clump together with others into flakes. Combinations occur while flakes move as snow through differing temperature and humidity zones in the clouds. These atmospheric changes morph the arms into complex shapes, such that individual snowflakes differ in detail from one another.

Until the advent about 150 years ago of macrophotography (left) and microphotography (right), it was impossible to study the structure of snowflakes—they melted too quickly to be accurately sketched under a microscope. Wilson Bentley, a farmer from Jericho, Vermont, was the first person to successfully photograph an individual snowflake. After finding some 5,000 different shapes he observed that every snowflake is unique. How is that possible?

Bentley understood that snowflakes form as they fall through the sky, and their growth and appearance are shaped by changing conditions into hundreds of combinations. While they grow inside clouds, winds blow the crystals around, due to factors such as altitude, temperature, humidity, velocity, and many more random cloud turbulences, giving the snowflakes their diverse shapes. It is hence almost impossible for two snowflakes to attain the exact same complicated form. Scientists estimate that there are up to 10^{158} snowflake possibilities. (That is 1 with 158 zeros behind it! There are more design possibilities than particles in the whole universe!) Yet, they can be sorted into about forty categories.

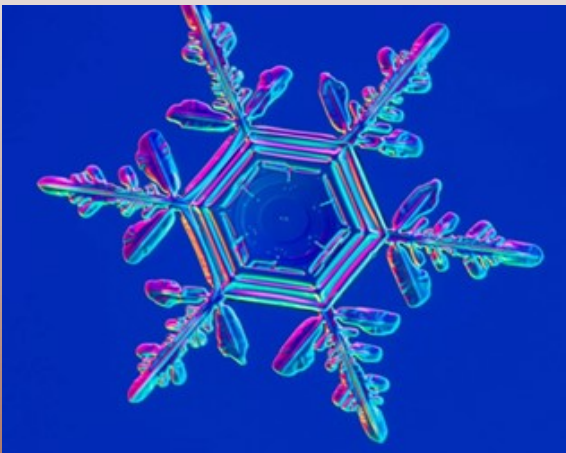
Why spend all this time classifying snowflakes? As Libbrecht explains, this is really the study of how any crystals form. And that knowledge can be applied to making crystals (in space or even in time) for many applications—chips are built of crystals, for example.

While infinitely diverse in shape, apparently snowflakes are alike in one thing: they all astoundingly flash the color “white”, which is no color at all! “White” is the combination of all colors in light reflected off the small facets of colorless and transparent ice crystals.

Thus, crystals keep mysterious surprises as a form of matter. Let us enjoy these tiny ephemeral things that with their stunning shapes constitute beauty and let us see all the colors of the rainbow at once!

Libbrecht, K. <http://www.its.caltech.edu/~atomic/snowcrystals/faqs/faqs.htm> retrieved 01/11/2022

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DIVERSITY & INCLUSION

Chinese New Year: Year of the Tiger

Dating back 3,500 years ago, Chinese New Year, also known as the Lunar New Year and Spring Festival, is an annual celebration to welcome in the coming year. New Year celebrations first appeared in the Zhou Dynasty (1046-256 BC) with the custom of offering sacrifices to ancestors to honor nature and bless the harvest. During the Han Dynasty (202BC-220 AD) New Year became a fixed day falling on the first day of the first month of the Chinese Lunar Calendar. It was not until the Wei and Jin Dynasties (220-420) that villagers started to entertain themselves incorporating new customs of families gathering, sharing meals, staying up late on New Year's Eve, and celebrating. All these new traditions originated amongst the common people. Overtime the festival changed from a more religious holiday to a social festival of celebration.



This year, the Lunar New Year falls on February 1st and lasts for 16 days. The first 7 days of the festival are a public holiday. The tradition also includes a lantern festival on February 15th. 2022 is the year of the Tiger. As described, the tiger is a symbol of bravery, competitiveness, confidence, and unpredictability.

Around three weeks before New Year's Day, people start cleaning their homes, sweeping away any bad luck, and making preparations for the festival. The reason for this is that it is taboo to clean during the festivities for fear of sweeping away good luck. It is also taboo to say negative words or break glass—this may sever the connection to prosperity and fortune. Another guideline is to avoid using scissors or knives as this may cut off your stream of wealth and success. In this vein, it is forbidden to cut your hair during the holiday. Also forbidden is asking for debt repayment as this allows everyone to celebrate the New Year without worry. Likewise, it is bad luck to borrow money. Avoiding fights is also critical as all issues should be solved peacefully to ensure a smooth path for the coming year.

Fireworks, parades, and the color red are dominant themes during the festival. This flows from two Legends. The first involves the mythical beast Nian who, on New Year's Eve, emerged from the sea to feed on crops, animals, and humans. To abate Nian, villagers left food on their porches until one day a wise man stood up against Nian arming himself with the color red and cracked bamboo to make loud noises. This scared Nian away and the reason the festival includes fireworks, red lanterns, and red scrolls placed on windows.

The next legend regards red envelopes and the demon Sui, who, on New Year's Eve comes to terrify children while sleeping. If Sui touches an asleep child, they become too petrified to cry out, turn feverish, and mentally unstable. To keep children safe, parents light candles and try to keep their children awake. One New Year's Eve, a family gave their child eight gold coins wrapped in red paper. The child played by wrapping and unwrapping the coins until she fell asleep and her parents placed the wrapped coins under her pillow. When Sui came to touch the child's forehead, the coins emitted a bright light that repelled Sui away. This is why elders give red envelopes to children and those unmarried.