DESCRIBE

The Chinese New Year, also known as the Spring Festival, celebrates the new year, the family, and the new growing cycle for food. It's an amazing celebration where the streets and neighborhoods are decorated in dancing dragons, cheerful lanterns, tons of special food, garlands and flowers, and strings of lights. In the background are firecrackers exploding throughout the sky, parades of music, dancing, and all kinds of festivities. In preparation, people clean their homes to perfection as a sign of removing the old year and welcoming the new year. The food itself is spectacular, cooked to perfection with loving care in order to best symbolize the prosperity of the coming year. Family members gather together for the New Year's feast of dumplings, fish, cabbage, rice, cake, etc. Adults give children bright red envelopes hopefully full of money as a treat to begin the New Year.

INFORM

The most important holiday for the Chinese culture is the Chinese New Year. It occurs on the first day of the first month. This calendar is based on a traditional Chinese lunisolar calendar whose date shows both the moon phase and the time of the solar year. ("Luna" is the Latin root word for *moon* while "Sola" is the Latin root word for *sun*.). Since a lunar month is approximately 2 days shorter than a solar month, the Chinese added an "extra" month every few years in order to "catch up" with the solar calendar. Due to this insertion of an extra month once in a while, the actual Chinese New Year begins on a different date each year. In 2015, for instance, the Chinese New Year began on February 19, 2015 and on February 8, 2016. 2017's New Year began on Saturday, January 28. Regardless of the actual day the holiday begins, it will last 15 full days and remains the most significant and exciting holiday in Chinese culture.

EXPLAIN

How to Make a Chinese Paper Lantern

Step 1:
Fold the red paper in half
Use the pencil and ruler to trace lines perpendicular to the folded side about 3/4" apart and leaving 3/4" at the top
Use the scissors to cut through the lines, this will form the bars in the middle of the lantern.

Step 2:
Roll the gold paper lengthwise to form a tube. This will be the center of the lantern. Secure it with some glue.

Step 3:
Open the red paper. Match the red paper cut out with the gold tube at one end and secure with glue. Next, match the other side leaving some of the gold tube visible depending on how tall or short you want your lantern to be.

Step 4:
Cut any excess gold tube at the bottom, or just leave it as part of the decoration

Step 5:
You can use the excess gold strip to make the handle. Glue on both sides at the top. It's ready now!

Daniel Hale Williams not only founded a hospital with an interracial staff working together, but he was also one of the first doctors to perform open-heart surgery successfully in the United States.

No Excuses

Born on January 18, 1856, it wasn't common for an African-American to pursue medicine. Not letting anything get in his way, he opened. opened Provident Hospital in 1893 which was the first hospital with an interracial staff. He was also one of the first doctors ever to complete open heart surgery on a patient successfully. Against all odds, Dr. Williams became one of the most important surgeons in the world during a time that was among the most difficult for African-Americans.

Open-Heart Surgery

In 1893, Dr. Williams performed a successful operation on James Cornish, who had suffered a life-threatening stab wound in his chest. There was no blood transfusion, and there was nothing in the way of what is now seen as modern tools or equipment for doctors. Dr. Williams successfully stitched up the heart wound caused by the stabbing, and the patient survived for many years post-surgery. This made Dr. Williams one of the first people to perform open-heart surgery successfully.

A family trip to the huge state of Alaska would have to result in adventures! Known as "the last frontier", it does feel like you're at the end of the world out there!

The Arrival

We landed in Anchorage at the airport and even though it was nearly 11 p.m., it was like broad daylight. Since it was a Friday night, we easily found a restaurant that was open and crowded and after that long flight, we were starving!

A Long Bike Ride

Upon waking the next morning, we rented bicycles and hit the Tony Knowles Coastal Trail. It winds along the coast of Alaska for miles and miles, through lush forests and super-cool condos where people live. I think we biked nearly 30 miles that morning. We were all in pretty good shape to be able to do that!

Hiking Around Bears

The next day, we decided to go hiking through some of the mountains right there in Anchorage. The trails were clear and well-marked, but we'd heard there were bears in the area. The possibility of seeing bears sounded amazing at first, but as we hiked deeper into the woods and further away from people, it really didn't seem so great! We sang annoying songs loudly, laughing and clapping along the way in order to make sure any bears nearby knew we where there. They typically only attack if they're caught off guard, so we wanted to make sure that every bear in a five mile radius knew we were there…

Everyone burps, whether they'll admit it or not! Check out how burps actually happen:

First, gazillions of minute bacteria live in your intestines to help digestion. That's normal! It's considered "good" bacteria, and you have to have it to survive. Next, this good bacteria turns some of the undigested food into different vitamins which your body needs. In the process of doing this, however, bacteria releases odorous gases like methane, which make us burp … and pass gas from other areas, too!

Other Sources of Gas

Besides eating, just walking around with your mouth open causes you to swallow gases like oxygen and nitrogen. By the end of a long day, you've taken in so much extra gas that it needs to escape out one end or the other. Nutritional experts estimate we release about a quart of extra gas each day.

Another source of gas that makes us burp is the carbon dioxide in carbonated beverages. We're talking about fizzy drinks: soft drinks, energy drinks, etc. That carbon dioxide is responsible for some really massive belches!

Finally, eating or drinking too fast or using a straw can cause burping to happen because of the extra air that gets shoved into the stomach along with the food and drink.

Last Thoughts

If you think about it, burping is completely normal. We can't live with gas in our bellies.