

New Years Traditions

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New Year's may be all about looking ahead, but there's something undeniably nostalgic about the holiday that falls at midnight on December 31. After all, the iconic tune "Auld Lang Syne" roughly translates to "old long since," or "times gone by." There are many fun and interesting New Year's traditions that your grandparents probably practiced.

Make New Year's Resolutions—It wasn't all tinsel and tipples for good old Gram. Making resolutions is perhaps the most popular New Year's tradition, but previous generations in particular practiced the art of goal-setting for the upcoming year.

...And Actually Keep Them!—

More importantly, your predecessors probably *stuck* to their goals. This year, we resolve to have the perseverance of our parent's parents.

Decorate a New Year's Tree—Who says the fun has to end after Christmas? The tradition of the New Year's tree goes all the way back to 1600s, and you can easily transition your Tannenbaum to suit the celebrations.

Look Sharp—"When you look at old photos of our parents and grandparents, you see that everyone is dressed nicely at big holiday gatherings," Lizzie Post, cohost of the *Awesome Etiquette* podcast, said of Christmas parties from back in the day. The same goes for New Year's Eve celebrations.



Embrace Your Heritage—The way your grandparents commemorated the New Year might have something to do with your roots. In Scotland, New Year's Eve, or Hogmanay, as they call the last day of the year, is a bigger deal than Christmas ("Auld Lang Syne" is a Scottish song). The massive party goes on for days and incorporates age-old acts, such as first-footing: It's considered good luck to have a tall, dark man enter the home for the first time after midnight—bearing auspicious gifts (coal, shortbread, salt, and whiskey were common).

Germany has Bleigiessen, a "lead-pouring" custom, and the Irish apparently bang bread against the walls to beat off bad luck. You could also coordinate your undies to your hopes for the year (red for love, yellow for happiness, etc.)—a Latin American Custom. Start calling your Christmas tree a New Year's tree, as they do in Russia, dive into icy waters like in Konstanz, Germany, or similarly, participate in a Canadian inspired polar bear plunge.

Food—Yes, there are New Year's Eve *food* traditions. Different cultures consider certain foods to be fortuitous for the New Year, especially when eaten right as the clock strikes 12. In Chili, it's lentils, while in Spain, it's 12 white grapes. In case you needed any excuse to indulge in donuts and pretzels, several cultures believe ring-shaped foods represent coming full circle. And on New Year's Day, the traditional Southern spread consists of black-eyed peas and collard greens (symbols for wealth—coins and green folding money, respectively), ham or pork (for prosperity, and cornbread (for gold). Louisiana Hoppin' John recipe includes all three!

*Congratulations to the following newly elected (or reelected)
Officials of the City of North Little Rock*

Ward 1—Council Member Debi Ross
Ward 2—Council Member Linda Robinson
Ward 3—Council Member Steve Baxter
Ward 4—Council Member-elect Jane Ginn
City Attorney Amy Fields

*A Swearing-In Ceremony will be held
Tuesday, January 1, 2018
at 10:00 a.m.
in the lobby area of City Hall.*



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