

GOOD NEWS SUNDAY FAIRFIELD

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www.goodnewssundayfairfield.com

goodnewssundayfairfield@gmail.com

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56th edition – January 30, 2022



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This is our 56th edition, bringing you good news, inspiring stories, and useful information.

National Compliment Day

Did you know 24 of January was National Compliment Day? National Compliment Day was created in 1998 by Kathy Chamberlin and Debby Hoffman. It was created so people remember to take time to give compliments. Spreading kindness, happiness, inspiration and more is what compliment day is about.

If you did not celebrate yet, there is still time. Here 10 ideas to do so:

1. Write a letter to a service worker (mailman, garbage person, bus driver, police officer, firefighter, doctor, etc.)
2. Write a letter to a lonely elder. Writing to a lonely elder, relative, or friend will cheer them up and they won't be so lonely.
3. Help someone with their groceries; bring their bags in their cars or help an elderly get everything
4. If you see someone trying to take a photo. Offer to take a photo of them
5. Be a good listener, listen and people will feel like their voice matters
6. Smile more, smile to people you don't even know, it does not look like a lot but it will make difference. People will smile back too.
7. Send someone a tiny gift like, flowers or candy something to get their spirits up
8. Give tips to people and advice they will appreciate that someone is looking out for them.
9. Pay for someone else's drink or snack. It does not have to be huge; it could be even a pack of gum.
10. Leave a good tip with a tiny note, on the note write "thank you" or "have a good day". They will feel happier with kind words.

Compliments makes someone's day better. Try each day to give a compliment to someone. It will have a big impact on you and the person.

Black History Month

This Tuesday will be the beginning of Black history month. During February America will be celebrating African-Americans' impact on America, their history and culture. In Black History month we celebrate people like Rosa Parks, Martin Luther King Jr and more. Below are fun facts about some people who made a big impact on our daily life.

George Washington Carver

- Born in slavery in Jul 12, 1864
- His father died when he was born and his mother was kidnapped
- His owners raised him but he soon got sick and Susan Carver taught him about planets
- His neighbors and farmers would ask him for advice for plants and gardens etc.
- He first studied how soil affects crops yields
- He got a master's degree and went to another school to teach
- He spoke in front of congress and they grew to like him so much that they gave him all the time he needed, to talk about peanuts
- He encouraged crop ration and taught many farmers and gave them tips
- He started to make over 300 peanut products like
 - Soap
 - Paper
 - Lotion
 - Flour
 - Soup and much more
- He made 118 products from sweet potatoes including
 - Candy
 - Rubber
 - Vinegar and more
- He also made 75 products from pecans and made a building material out of cotton stalks

George Washington Carver did a lot for agriculture. He taught people about how to sustainably farm and how to get better crop yields. He was a hard worker and against all odds succeeded to become a very successful scientist. He died on January 5th 1943 at the age of 78.

Chinese New Year is on February 1st. The year 2022 is the year of the Tiger. The festivities last for 16 days ending in the Lantern Festival. If you want to learn more about this fascinating holiday go to [Chinese New Year 2022 – Year of the Tiger](#).

Quote of the week.

"Education is the key to unlock the golden door of freedom."

- George Washington Carver

"Ninety-nine percent of the failures come from people who have the habit of making excuses."

- George Washington Carver

Name: _____

Created with TheTeachersCorner.net Word Search

George Washington Carver

Find the words!

P	Z	A	M	M	P	A	B	S	Y	T	V	O	A	E	X	F	K	S	B
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Q	U	A	W	M	B	P	G	X	I	E	Z	V	L	M	C	X	I	K	G

GEORGE
PEANUTS
FARMING

WASHINGTON
SWEETPOTATOS
AGRICULTURE

CARVER
PECANS
CROPS

Announcements



Although resolutions sound like a good idea, people often set themselves up for yet another failure.

Statistics show that somewhere in the vicinity of **97% of New Year's resolutions will be discarded**, about half of them by the end of January! **That's why I say "practice resolution absolutism!"**

There is only one secret to making a change. **Decide whether the commitment is a worthy one.** If making a commitment to getting and staying fit is **important to YOU** (not your spouse, your kids, or your doctor)... then you'll have a better chance of achieving your goal.

Scott Fitzgerald got it right when he said "**Vitality** shows not only in the ability to persist, but in the ability to **start over.**" If I can help you get fit (finally) **this year** - all virtual!- Let's chat- no obligation... I've been helping folks figure out fitness for over 30 years, maybe I can help you, too. Linda@FitTraining.net - FitTraining.net

Groundhog's Day

Don't forget to check out what Punxsutawney Phil has to say on February 2nd. The first Groundhog's day in Punxsutawney was held in 1886 and has been held there since. Phil predicts if spring will come early or not. To learn more go to [Home | The Punxsutawney Groundhog Club](#).

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Have a great Sunday!