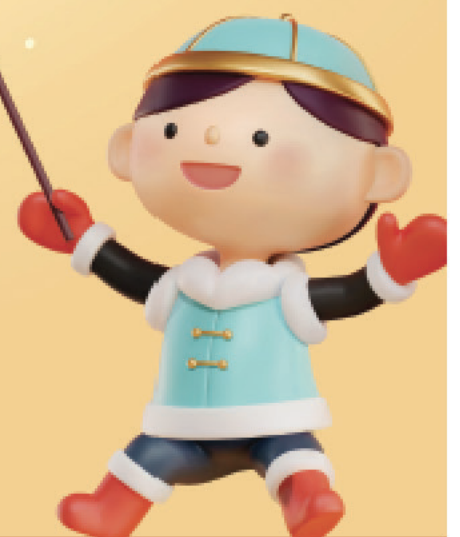


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Lunar new year rituals from around the world



By MINHAЕ SHIM ROTH
@GOODHOUSEKEEPING3.COM

While people around the globe welcome the new year by counting down to midnight on December 31, members of Asian communities also celebrate new beginnings during Lunar New Year, which begins on Feb. 1 in 2022. While Lunar New Year is commonly referred to as Chinese New Year, the holiday—which spans the first 15 days of the first month of the lunar calendar—is also celebrated across Asia and Southeast Asia in countries like Korea, Vietnam, the Philippines, Tibet, Mongolia, Singapore, Thailand, Malaysia and Indonesia. China's Lunar New Year is known as the Spring Festival or Chūnjié in Man-

darin, while Korea calls it Seollal and Vietnam refers to it as Tết.

Asian Americans in the U.S. celebrate Lunar New Year in their own ways, mixing traditions from the East and West to satisfy our unique cultural identities. While traveling and spending time with friends and family is at the heart of Lunar New Year, with the pandemic, many are celebrating with their loved ones virtually and navigating the time differences over FaceTime, KakaoTalk, WeChat and Zoom. Whether you're an immigrant, Asian American or an ally, take Lunar New Year as an opportunity to reaffirm your goals and recharge your hopeful energy for the coming year. After all, Lunar New Year is about starting on a

clean slate, cleansing the negative and welcoming the positive, and setting intentions for a prosperous, lucky and fulfilling year—and who doesn't need some extra positive vibes in this year of the Tiger?

What are the traditions of Lunar New Year?

Each country and every individual celebrate Lunar New Year a little bit differently with distinctive traditions, foods and festivities, but here are a few you might experience.

Cleaning house

It makes sense to welcome in a new era with a cleanse, and those who celebrate Lunar New Year often prepare for the holiday by literally

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Wishing you luck, love, and health this Lunar New Year!

Gong Xi
Fa Cai



David M. Apatang
Mayor of Saipan & Staff



LUNAR

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cleaning every corner of their house, or at least trying to. Dr. Jianguo Chen, an associate professor of Chinese at the University of Delaware, says, "It is customary for people to completely clean their houses to get rid of bad fortune from the old year." In China, after cleaning, people decorate their houses with the color red in forms like festive scrolls, folk painting, papercuts, and lanterns. "Bright red is the preeminent color of festivity, symbolic of good health and fortune, wealth, prosperity and longevity," he says.

Offering greetings

While we greet people in January with a basic "Happy New Year" in the U.S., various Asian countries have different sayings in their respective languages. In Korea, to honor elders, people say "Sae-hae bok mani badeuseyo," which means, "Please receive a lot of good fortune for the New Year." Chen says that in China, people greet each other with phrases like "Gong xi fa cai" in Mandarin and "Gung hei faat coi" in Cantonese, which mean "Wishing you a happy and prosperous Chinese New Year." In Vietnam, people say, "Chúc mừng năm mới," which simply means "Happy New Year" in Vietnamese.

Gathering with family

Like any other major holiday, Lunar New Year is a time to be with your loved ones, and for many, it is the one time a year they travel back to see their families. "Typically, on the first day of the festival, people would pay a visit to their elderly and respected by offering good wishes," says Chen. Travel guides often warn of congested streets and overbooked international flights during the period. Coming from different parts of the globe, several generations of family gather to eat the family reunion dinner, catch up, and reminisce during Lunar New Year.

Giving and receiving red envelopes

Nothing signifies Lunar New Year more in pop culture than little red envelopes adorned in gold and stuffed with cash. During a visit to older relatives, people are usually gifted money in these red envelopes, known as Hóng bao in China. In the Philippines, the red envelopes are called Ang Pao and Vietnam calls them "Li xi," or "lucky money." In Korea, however, money from the elders called sae bae don, translated as "new year's money," is usually given not in red but in white or patterned envelopes.

Buying new clothes

To refresh the wardrobe and prep to impress the grandparents, people who celebrate Lunar New Year will sometimes purchase and wear new traditional clothing. In Korea, people wear traditional garb called Hanbok for formal occasions and holidays, including Lunar New Year. Women's Hanbok consists of a long skirt and a short jacket in colorful patterns and lustrous materials. In China, women can wear Qipáo or Cheongsam, a high-necked and often short-sleeved dress, for the holiday.

Attending a lantern festival

In China, Lunar New Year ends with the Lantern Festival, a celebration that includes folk dancing, traditional games, lantern parades, and dragon and lion dances. People also eat glutinous rice balls called Yuanxiao or Tangyuan, which are sweet treats with various fillings like black sesame, peanuts, red bean, rose petals, and rock sugar. According to Chen, in China, the Lantern Festival is sometimes known as China's Valentine's Day, where singles hope to meet their new flame. He says, "Needless to say, setting off firecrackers is an important part of the Chinese New Year and also of the Lantern Festival."

What foods are traditionally eaten for Lunar New Year?

"Holidays are about eating, and the Spring Festival [in China] is particularly so," says Chen. You might see:

Dumplings

While some associate moon cakes with Lunar New Year, the delicacy is actually used for the Mid-Autumn Festival. Dumplings, or Jiaozi in Mandarin, are a staple for Lunar New Year celebrations. "Since the shape of Jiaozi looks like gold ingots used as currency in the Ming dynasty (1368-1644), eating Jiaozi, so it was believed folklorically, would bring prosperity," says Chen. "Some parents would even hide a big clean coin inside a Jiaozi for the lucky kid to find as a table game on Chinese New Year's Eve."

Rice Cake Soup

For Seollal, Korea's Lunar New Year, Koreans eat Tteokguk, literally translated as "rice cake soup." The savory soup is made with thin disk-shaped rice cakes that resemble coins, which symbolize prosperity. In Korea, they say you get one year older when you eat a bowl of rice cake soup. The dish, which is made with water, small chunks of beef, green onion, egg, and rice cakes, is predominantly white in color, which signifies purity and new beginnings.



Happy Lunar New Year!

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May the new year bring you new possibilities, new horizons, and new joys.

Gong Xi

YEAR OF THE TIGER

Fa Cai

From the management and staff of



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Forecast for the year of the Water Tiger

By DATO' JOEY YAP
NEWS.YAHOO.COM

Every year, about a quarter of the planet celebrates a special day called the Spring Festival. You might know this day better as the Chinese New Year. However, the significance of this celebration goes beyond the arrival of a new year.

Instead, it is also believed that each year has its own form of vibrational energy that can affect one's luck for better or worse. In 2022, we will be entering the Water Tiger year, which affects you more than you may realize.

But not to worry, here are some valuable insights that'll help you anticipate the challenges and opportunities coming your way this year and how you can use them to your advantage!

RAT

They say tough times build character; 2022 will be the year to be put to the test.



For those born under this animal sign, it is your year to prove your worth

in terms of independence, self-assurance and self-reliance. So rise up to the occasion and take what's given to you with stride.

While awareness of what's coming is one factor to take note of, another key to turning this year around for the better would be to seek internal strength. Get in touch with your spiritual side so you'll have the peace of mind and clarity to overcome the challenges ahead. Learn to see things as they are.

Health-wise, it goes without saying that the stress and fatigue would accumulate over a year. Therefore, the spiritual aspect can also help abate this issue. Make a conscious effort to give yourself a break from time to time. Always remember

to be kind to yourself.

OX

If your animal sign is the Ox, you should be focusing on relationships this year. As they say, no man is an island. As human beings, we rely on one another for our various needs and wants. So 2022 is a great year for you to make new connections and strengthen pre-existing ones.

Where your career is concerned, wealth opportunities await you, and it is reachable through networking. Remember, people like happy people. So rather than waiting for external circumstances to come and make you happy, find reasons to be happy internally, and everything will fall into place.

However, one thing to note is the quality of people

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you meet. Being a networking year for you, it's inevitable that you might meet one or two bad apples. But don't let their negativity get to you or affect your mental health when that happens. There are plenty of other people deserving of your time and attention.

TIGER

As the Grand Duke of the year, all eyes will be on you. You'll want to be prepared for your moment in the spotlight to ensure you'll be the breakout star of the year. That means steering clear of distractions and focusing on improving your knowledge and skills. Your efforts will be noticed, especially at work.

It'll take a while for the growth in your career to show itself as returns in your personal wealth. So don't count your chickens before they hatch and spend money that hasn't made its way to your wallet. Instead, create a sustainable budget for the year and set aside some cash savings for a rainy day.



You'll want to do some planning when it comes to your relationships as well. With all these new demands on your time and attention, your relationships may inadvertently end up suffering as they're pushed to the back seat. To ensure a balanced life, schedule time in your day to spend time with your loved ones. After all, your star will shine brighter with a good supporting cast.

RABBIT

Rabbits can rejoice after a challenging 2021 as 2022 is the year you'll receive plenty of support for every move you make. Help will flow in from every corner as long as you're clear about your goals and are spotted actively working towards them.

This makes it the perfect year to start a business, as the partnerships you form and the people you hire are likely to be particularly capable and helpful this year. It's your opportunity to build a strong foundation that will carry your business through both easy and tough years.

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Sending love and luck to you and your family this *Lunar New Year!*

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If you're an employee, things are looking up as well. Put in a good performance, and you'll be rewarded with a promotion - especially if your boss is male. Your prowess at work may even attract a partner - an office romance is in the cards if you're up for it. Alternatively, the people around you will also be playing matchmaker. So ensure you're up for all the excitement this year has to offer by keeping physically and mentally fit - that's where your main challenges lie this year.

DRAGON

This year promises to be one of self-reflection for the Dragon. The challenges you meet this year will open the door to deep realizations about yourself and your direction in life. So don't dismiss these big questions; they'll lead the way to discover your true self and develop a truly unshakeable spirit.

You'll have the capacity

for all this deep thinking because things will proceed smoothly when it comes to your finances and career. As long as you've done your homework, you can expect steady growth in your investments and work.

However, your relationships will take a step back this year. This especially applies if you're single - chances are slim if you're seeking a new partner. Those already married will enjoy a stable marriage, but don't expect excitement as it's likely that your partners can't give you their full attention this year. That's alright - it will leave you with more time for the self-reflection that will lead to your major personal breakthrough.

SNAKE

2022 is looking to be an inspirational year for those born under the Snake animal sign. When you're inspired, it's not difficult to find the motivation to take action that can create a positive impact in your life. When matched with the right action and mindset, this could be the year where you'll gain significant wealth.

In terms of your career,

you will definitely see some opportunities to show your worth. However, if you decide to take this head-on, it's your chance to showcase your talents. This, in turn, will open the doors to more opportunities and the likelihood for you to meet mentors who can take you a step further.

Love might not be something to prioritize this year, but it's definitely worth keeping an eye on. In your newfound independence, you might potentially neglect those close to you. As such, try to make it a habit to stay in touch with them from time to time and spare a thought whenever you can.


HORSE

Your wealth luck looks good in 2022. If you're planning to expand your business, the outcome is favorable, and there may be an unexpected windfall. If you're an employee, you will find yourself flourishing in your field this year.

You'll find yourself more motivated and energized to accomplish your goals, and your efforts and hard work finally pay off. In addition,

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To our Korean friends and families, the New Year brings lots of positive hope, spirits, and wishes for a prosperous year.



Happy Seollal
2022

Enjoy the New Year and stay safe.
David M. Apatang, Mayor of Saipan & Staff

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tion, you'll be handsomely rewarded.

Your love luck is on the average side as you'll be focusing more on work than anything else. Therefore, it's best to strike a work-life balance and spend any available time with your partner while cherishing the moment.

Health-wise, your physical health is also good, but the same cannot be said for your emotional and spiritual wellbeing. But don't worry, with the proper care and lifestyle adjustments, you can overcome these problems.

GOAT

Your wealth would double this year for those born under the Goat animal sign. However, windfalls don't just happen with you doing nothing about it. For example, if you're in sales, you'll need to work for your money. Expand your contacts to gain support from your loyal clients or customers. Just stay clear of any unnecessary spending and continue to manage your finances wisely.

In terms of career, your efforts will bear fruit in 2022, and you could gain the chance for a promotion and raise. In addition, there'll be no shortages of helpful people around you who are willing to get you out of trouble if need be. It's not a suitable year to switch jobs, though, if you're planning to do so.

For those of you in a relationship and wanting to tie the knot, this will be an excellent year to do it. Your general health outlook is positive, and as for those that have been feeling under the weather on and off, you may find yourself recovering completely.

MONKEY

This year will be challenging where wealth is concerned. There'll be monetary losses or excessive spending. However, if you're a business owner, start an international online business or engage in foreign investments. Now is a great time for expansion, growth or starting a new business overseas.

And suppose you're aspiring to become a Key Opinion Leader or simply want to garner more viewers and engagement to your social media platforms. In that case, 2022 will be a good year to jumpstart your online career as you'll have the ability to do so, and your popularity could be off the charts.

Your health may not be at its best. Be careful when driving as there might be accidents. Relationship-wise, it may be challenging for you this year as you'll be dealing with some conflicts and maybe an emotional betrayal.

ROOSTER

In 2022, you'll be sought after as you'll gain the knack for problem-solving and turning unexpected situations favorable for you and others. But, on the other hand, there'll be those around you who'll thoroughly guide you and help you see the opportunities that are coming your way.

If you're ready to make a career shift, don't be afraid to take that leap of faith. Just make sure before you leave, do the proper handover to avoid official or personal disputes with your colleagues.

Your wealth luck looks promising, especially for those in sales, real estate or law. There'll be an increase in opportunities offered to you, and your network of clients will grow. However, you may face some unexpected illness this year. So, be wary of your diet.

For those who are single, pay close attention to those around you in the office this year as you might find 'the one.' And if you're married, patience and honest communication are critical this year.

DOG

This year you'll get creative with everything you do, and it will be extra beneficial for those in the creative field.

There'll also be career advancement and pursuit towards your professional interest. So, remember to flex those creative muscles, and you'll start bringing in the money in 2022.

Watch your spending and only buy the things you need. For business owners or entrepreneurs, be careful with your investments as there may be monetary losses.

Also, be wary of your health as you tend to get hurt easily. And if you're single, this year you'll take your time to find love.

PIG

In 2022, there'll be opportunities to boost not only your network but also con-



nect and nurture new relationships and gain new wisdom from helpful people. There'll also be a chance for promotion and salary increment.

10 Chinese New Year superstitions

Whether you believe it or not, here are some superstitions to ponder.

Don't sweep or take out garbage. The idea here is that if you do this on New Year's Day, you'll be sweeping wealth away or taking good fortune out of the house by taking out the garbage.

Use your words wisely. Refrain from swear words or arguing. Speak of prosperity and good luck so that more of that will be welcome in the upcoming year.

Avoid washing hair and getting a haircut. It is seen as "washing one's fortune away" at the beginning of the year. Get a new haircut or get a new hairstyle before Chinese New Year for a new look and start in the upcoming year.

Along with no hair washing, don't wash clothes. According to Chinese lore, to wash clothes is regarded as disrespect to the god of wa-

ter. Wait three days after the new year to do your laundry.

Avoid using scissors or knives as they are sharp and believed to "cut ties" with friends and family.

When giving red envelopes containing money to children, make sure the amount is even. Chinese believe even numbers are lucky. The only exception to this rule is unlucky numbers such as 4 and 40 because the number 4 sounds like the word "death" in Chinese.

Wear red because it's vibrant and the same color as the envelopes that contain money. Avoid wearing white as it represents mourning or death.

Chinese believe wearing new clothes and shoes will symbolize wealth and abundance in the upcoming year. Consequently, if purchasing a new outfit is not within your budget, avoid wearing damaged clothes as they

symbolize "rags." Avoid lending and borrowing money. Avoid visiting hospitals.

Chinese horoscopes

While growing up, the fun part was reading about the various traits of each animal associated with our birth year. The zodiac animal is oftentimes used to assess the future of a child born during that year. Similar to Western astrology, horoscopes also exist for the Chinese zodiac.

Rat (1948, 1960, 1972, 1984, 1996, 2008, 2020) - quick-witted, resourceful, flexible, smart.

Ox (1949, 1961, 1973, 1985, 1997, 2009, 2021) - hardworking, dependable, strong, determined, thrifty.

Tiger (1950, 1962, 1974, 1986, 1998, 2010, 2022) - brave, confident, versatile.

Rabbit (1951, 1963, 1975, 1987, 1999, 2011, 2023) - quiet, kind,

from snacking, drinking or smoking too much.

Relationship-wise, the Peach Blossom Luck is on your side, and this will be a great year for you to meet someone you like. Also, it's a year to make many happy memories with loved ones, friends and colleagues.

homebody.

Dragon (1952, 1964, 1976, 1988, 2000, 2012, 2024) - confident, temperamental, powerful.

Snake (1953, 1965, 1977, 1989, 2001, 2013, 2025) - charming, wise, intelligent.

Horse (1954, 1966, 1978, 1990, 2002, 2014, 2026) - freedom-loving, spirited, independent.

Goat (1955, 1967, 1979, 1991, 2003, 2015, 2027) - gentle, quiet, empathetic.

Monkey (1956, 1968, 1980, 1992, 2004, 2016, 2028) - quick-witted, sharp, natural.

Rooster (1957, 1969, 1981, 1993, 2005, 2017, 2029) - likes being the center of attention, outgoing, observant, speaks the mind.

Dog (1958, 1970, 1982, 1994, 2006, 2018, 2030) - loyal, diligent, adventurous.

Pig (1959, 1971, 1983, 1995, 2007, 2019, 2031) - thoughtful, generous, soft-spoken. (www.cincinnati.com)



New Year 2022
YEAR OF THE TIGER

Gong Xi Fa Cai

From the staff and management

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*May this new year bring prosperity,
good health, and success to everyone.*



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