

# Food For Thought For The New Year

by Lynne Belluscio

I've never been one to put together a list of New Year's resolutions. They would probably be the same each year ... Get the car washed more frequently in the winter. Empty the cat litter before it smells. Clean the garage in the fall instead of the winter. Weed and feed the lawn in the spring. Put all the tax receipts in the drawer.

The tradition of making New Year's resolutions is ancient ... the idea that all of our old habits are in the past and it's time to clean the slate and start new. The Romans believed that the god Janus could see both the future and the past. The month of January is named for Janus. He is depicted as having two faces and his image was often on gold coins.

Traditions for the New Year are often steeped in history. In LeRoy, the LeRoy Business Council is sponsoring a fireworks display on New Year's eve. This tradition can be traced to China. Like other cultures, they wanted to drive out the demons of the old year and the best way to do that was to set off fireworks - - the more the better. The Chinese also believe that New Year's day is to be celebrated with cleaning the house and giving the front door

a new coat of red paint.

The Japanese, like many other cultures have special food traditions. It's important to serve soba noodles. These long thin buckwheat noodles insure longevity. They can be served cold or hot and are very tasty. The soba made from fresh buckwheat have a very nutty flavor. The soba noodle is to be "slurped" ... the noisier the better.

My mother insisted on serving lentil soup on New Year's day. I'm not sure which side of the family that tradition came from, but lentil soup is a European tradition in many countries. The small round flat lentils resemble small coins and were served to insure prosperity.

I have read where in Spain it was the tradition to eat 12 grapes as the church bells toll 12 times which symbolizes the 12th hour and the 12 months of the year. In Sicily it was important to serve lasagna. Eating any other kind of pasta brought bad luck. And in many southern states in America, it is tradition to serve black-eyed peas. So here are some of my thoughts for New Year's resolutions for 2011:

Make sure the *Pennysaver* article is into the office by the deadline.



Keep the library tables clear – at least part of them.

Delete old e-mails weekly.

Make a concerted attempt to clear off my desk and find the floor in my office.

Be civil to the people wanting to sell me a better offer on electrical service.

See that the historic marker on Keeney Road is moved to the right place on Route 5.

Collect as many stories as possible about LeRoy's one room

schoolhouses.

Edit the collections policy.

Catch up on the accessioning of donated objects.

Assemble the new exhibit "A Museum of Curiosities" for the summer.

I'm sure there are many more, but if the list is too long, I'll forget most of them.

So whether you're eating lasagna, soba, lentil soup or grapes, I hope everyone has a good New Year.



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