

# EXTRA!

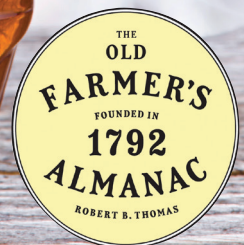
FROM THE OLD FARMER'S ALMANAC

MUST-MAKE MAPLE RECIPES

A BIT OF "LIGHT" READING

DON'T BE  
OFF YOUR ROCKER!

THE POWER OF  
ONE SMALL THING



JANUARY 2023

PHOTO: EASYBUY4U/GETTY IMAGES

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# JANUARY

*Holidays, Full Moon Names, and More*

## CALENDAR THIS 'N' THAT

In parts of Germany on New Year's Day, the *Neujahrsbrezel* (a sweet, unsalted pretzel) is a symbol of good luck when eaten at midnight or breakfast.

## HOLIDAY HAPPENINGS

**Jan. 1:** New Year's Day

**Jan. 6:** Epiphany

**Jan. 7:** Orthodox Christmas (Julian)

**Jan. 8:** Elvis Presley's Birthday

**Jan. 16:** Martin Luther King Jr.'s Birthday, observed

**Jan. 17:** Benjamin Franklin's Birthday

**Jan. 22:** Lunar New Year (China)



Keep up to "date" in 2023! Order your calendars at [Almanac.com/Shop](https://www.almanac.com/shop).



## EYE ON THE SKY

### JANUARY'S FULL MOON NAMES

Wolf Moon, Center Moon, Frost Exploding Moon

### MOON PHASES

**Full Moon:** Jan. 6, 6:08 P.M. EST

**Last Quarter:** Jan. 14, 9:10 P.M. EST

**New Moon:** Jan. 21, 3:53 P.M. EST

**First Quarter:** Jan. 28, 10:19 A.M. EST



TAP FOR MORE ABOUT MOON PHASES



TAP FOR MORE ABOUT JANUARY'S FULL MOON

# Take your pick:



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## BEST DAYS TO DO THINGS

These January dates, deemed to be propitious in astrology, are based on the astrological passage of the Moon. However, consider all indicators before making any major decisions. *–Celeste Longacre*

### PERSONAL

Advertise to sell: 1, 2, 28, 29

Ask for a loan: 15–17

Begin diet to gain weight: 2, 25

Begin diet to lose weight: 7, 17

Buy a home: 1, 2, 28, 29

Color hair: 1, 2, 28, 29

Cut hair to discourage growth: 13, 14

Cut hair to encourage growth: 1, 2, 28, 29

Entertain: 8, 9

Get married: 13, 14

Have dental care: 10–12

Move (house/household): 3, 4, 30, 31



Perm hair: 22, 23  
Quit smoking: 7, 17  
Straighten hair: 18, 19  
Travel for pleasure: 8, 9  
Wean children: 7, 17

### **AROUND THE HOUSE**

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Bake: 5–7  
Brew: 15–17  
Can, pickle, or make sauerkraut:  
15–17  
Demolish: 15–17  
Dry fruit, vegetables, or meat: 8, 9,  
18, 19  
End projects: 5  
Lay shingles: 8, 9  
Make jams or jellies: 24, 25  
Paint: 1, 2, 28, 29  
Start projects: 22  
Wash floors: 24, 25  
Wash windows: 26, 27

### **ON THE FARM**

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Breed animals: 15–17  
Castrate animals: 22, 23  
Cut hay: 26, 27

Purchase animals: 5–7  
Set eggs: 3, 4, 12, 13, 30, 31  
Slaughter livestock: 15–17  
Wean animals: 7, 17

### **OUTDOORS**

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Begin logging: 20, 21  
Go camping: 18, 19  
Go fishing: 1–6, 21–31  
Set posts or pour concrete: 20, 21

### **IN THE GARDEN**

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Destroy pests and weeds: 26, 27  
Graft or pollinate: 5–7  
Harvest aboveground crops: 1, 2,  
28, 29  
Harvest belowground crops: 10–12  
Mow to promote growth: 24, 25  
Mow to slow growth: 15–17  
Pick fruit: 10–12  
Plant aboveground crops: 5, 24, 25  
Plant belowground crops: 15–17  
Prune to discourage growth: 8, 9,  
18, 19  
Prune to encourage growth: 26, 27



## GARDENING BY THE MOON'S SIGN

Use the January dates shown in the Moon's Astrological Place calendar below to find the best days for the following garden tasks:

**PLANT, TRANSPLANT, AND GRAFT:** Cancer, Scorpio, Pisces, or Taurus

**HARVEST:** Aries, Leo, Sagittarius, Gemini, or Aquarius

**BUILD/FIX FENCES OR GARDEN BEDS:** Capricorn

**CONTROL INSECT PESTS, PLOW, AND WEED:** Aries, Gemini, Leo, Sagittarius, or Aquarius

**PRUNE:** Aries, Leo, or Sagittarius. During a waxing Moon, pruning encourages growth; during a waning Moon, it discourages growth.

### THE MOON'S ASTROLOGICAL PLACE IN JANUARY

<b>1</b> Taurus	<b>9</b> Leo	<b>17</b> Scorpio	<b>25</b> Pisces
<b>2</b> Taurus	<b>10</b> Virgo	<b>18</b> Sagittarius	<b>26</b> Aries
<b>3</b> Gemini	<b>11</b> Virgo	<b>19</b> Sagittarius	<b>27</b> Aries
<b>4</b> Gemini	<b>12</b> Virgo	<b>20</b> Capricorn	<b>28</b> Taurus
<b>5</b> Cancer	<b>13</b> Libra	<b>21</b> Capricorn	<b>29</b> Taurus
<b>6</b> Cancer	<b>14</b> Libra	<b>22</b> Aquarius	<b>30</b> Gemini
<b>7</b> Cancer	<b>15</b> Scorpio	<b>23</b> Aquarius	<b>31</b> Gemini
<b>8</b> Leo	<b>16</b> Scorpio	<b>24</b> Pisces	



TAP FOR  
MERCURY IN  
RETROGRADE  
DATES



TAP FOR  
JANUARY  
MOON  
PHASES

## MERCURY IN RETROGRADE

Sometimes the other planets appear to be traveling backward through the zodiac; this is an illusion. We call this illusion *retrograde motion*.

Mercury's retrograde periods can cause our plans to go awry. However, this is an excellent time to reflect on the past. Intuition is high during these periods, and coincidences can be extraordinary.

When Mercury is retrograde, remain flexible, allow extra time for travel, and avoid signing contracts. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions.

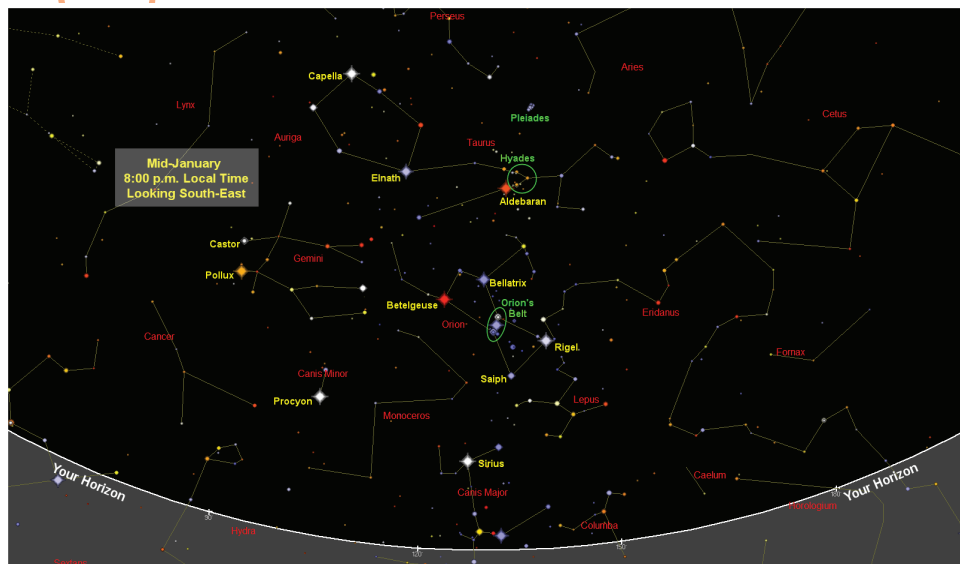
Mercury's 2023 retrograde periods: **January 1–18, April 21–May 14, August 23–September 14, and December 13–(January 1, 2024).**

–*Celeste Longacre*

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Celebrating its 46th anniversary in 2023, the best-selling *Old Farmer's Almanac* Gardening Calendar is filled with beautiful art, helpful tips, insightful quotes, and an easy-to-use grid with holidays and Moon phases. Order yours today at [Almanac.com/Shop](https://www.almanac.com/Shop).





## THE BRIGHTEST SKY OF THE YEAR!

**T**he combination of crisp, clear winter nights and a southeastern sky filled with celestial wonders makes it well worth bundling up and scanning the heavens in January.

Orion, the Hunter, is not the largest constellation, but it is unquestionably the brightest. It's home to a pair of the sky's Top 10 brightest stars, ruddy Betelgeuse and blue-white Rigel. Star colors are notoriously difficult to discern, but on a clear night, the differing hues of Betelgeuse and Rigel are plain to see at Orion's right shoulder and left knee, respectively.

Somewhat less luminous are Bellatrix at the Hunter's left shoulder and Mintaka, Alnilam, and Alnitak, which comprise Orion's Belt. Saiph, at his right knee, would be a noteworthy star in any other celestial neighborhood, but it doesn't even crack the Top 5 in mighty Orion.



TAP TO GET  
A PRINTABLE  
JANUARY  
SKY MAP



TAP TO  
FOLLOW  
OHIOAN JEFF  
DETRAY'S SKY  
ADVENTURES



Above Orion stands Taurus, the Bull, his long horns jutting to the left and one baleful eye represented by the reddish star Aldebaran. Nearby lies a group of stars that make up the Hyades star cluster. The members of the Hyades lie fairly close together in space, but despite its apparent proximity, Aldebaran is *not* a part of the cluster. It is much closer to us than the Hyades (one reason that it appears brighter) and just happens to lie along the same line of sight. This is one of countless examples where celestial objects appear near one another from our point of view, but vast differences in distance mean that they are actually far apart.

Above the Hyades are the Pleiades, also known as the Seven Sisters, which are among the most famous of star clusters. This cluster is so distinctive and its location so prominent that dozens of ancient cultures found a place in their mythologies for the Pleiades. Most people with good vision can spot five stars when they gaze at the Pleiades. However, if your eyesight is especially acute and the sky is wonderfully clear, you may see seven or even more. If you do, you have “the eyes of a warrior,” as ancient lore decreed.

Off to the left is the five-sided figure of Auriga, the Charioteer. The star Elnath is shared between Auriga and Taurus, making it one of the few stars that belongs to two constellations.

Swinging downward, we find Gemini, the Twins. Their names are Castor and Pollux, with stars of those names representing the heads of the reclining twins. They lie holding hands, their legs and feet stretched out toward Orion.

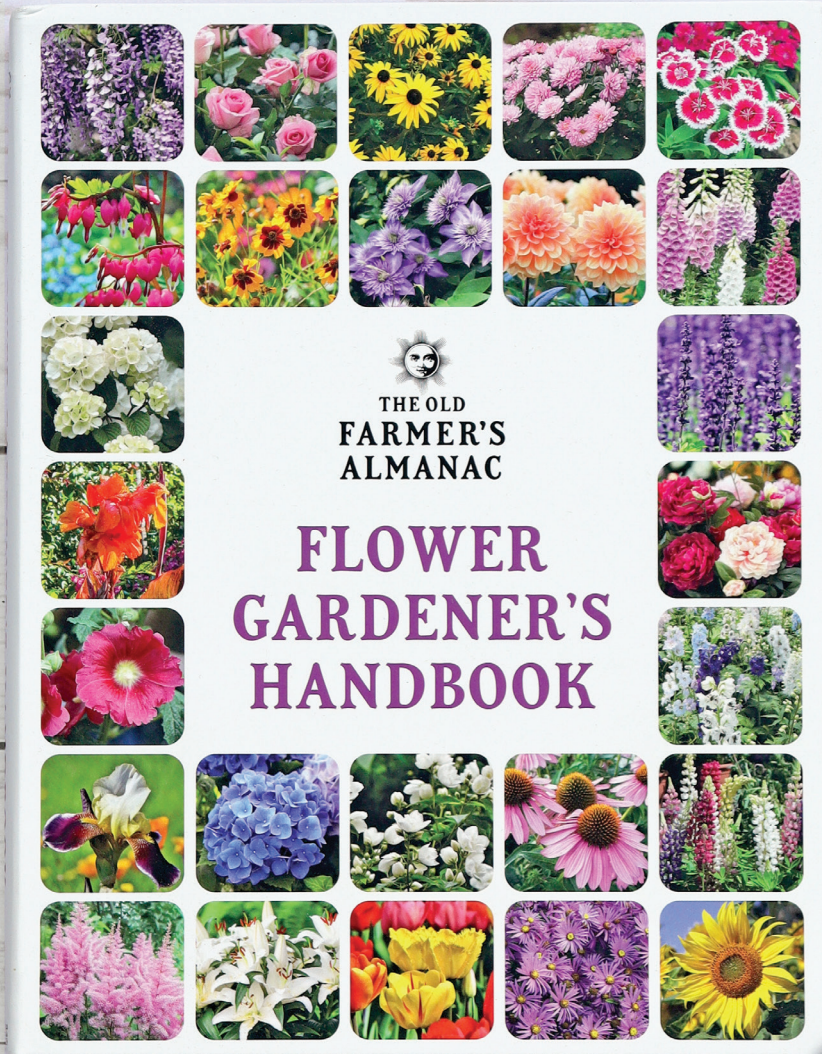
Continuing counterclockwise around the sky, we reach Canis Minor, the Lesser Dog. Its only bright star is Procyon, a name meaning “before the dog.” This refers to the fact that on any given night, Procyon rises above the horizon a few minutes before the bright star Sirius, whose nickname is “the Dog Star.” Thus, Procyon rises “before the dog.”

We’ll skip over the dim constellation Monoceros to reach Canis Major, the Greater Dog. This figure is home to the aforementioned Sirius, which just happens to be the brightest star in the night sky—almost twice as bright as any other! Sirius appears so bright to us because it is both extremely luminous and relatively nearby.

Enjoy the January sky—the brightest of the year!

–Jeff DeTray

# Created for enthusiasts of all experience levels



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# Must-Make Maple Recipes

*Many of us are inclined to associate maple syrup only with pancakes and French toast, but it is indeed a versatile (and delicious) ingredient in other types of dishes, too. Here are some recipes to get your entire family requesting maple syrup for breakfast, lunch, dinner, and dessert.*

FOOD

# Maple Granola

## MAPLE GRANOLA

3-1/2 cups old-fashioned rolled oats

2/3 cup maple syrup

1/2 cup shredded unsweetened coconut

1/2 cup chopped almonds

1/4 cup vegetable oil

1/4 cup sesame seeds

1 cup raisins, dried cranberries, and/or dried cherries

Preheat oven to 225°F. Line a large, rimmed baking sheet with parchment paper.

In a bowl, thoroughly combine oats, maple syrup, coconut, almonds, oil, and sesame seeds. Spread on prepared baking sheet.

Bake until granola is golden brown, up to about 1-1/2 hours; stir mixture several times so that it toasts evenly.

Transfer warm toasted granola to a large bowl. Stir in dried fruit and let cool. Store in a tightly sealed container at room temperature.

**Makes about 6 cups.**

FOOD

# Maple Barbecue Ribs

## MAPLE BARBECUE RIBS

1/4 cup maple syrup, preferably grade A

1/4 cup spicy brown mustard

1/4 cup apple cider vinegar

1/4 cup ketchup

1/4 teaspoon cayenne pepper (optional)

4 pounds pork or beef ribs

1 tablespoon salt

If cooking in an oven, preheat oven to 350°F. (For grill, see instructions below.)

In a bowl, combine maple syrup, mustard, vinegar, ketchup, and cayenne (if using).

Cut ribs into 4- to 5-inch lengths. Sprinkle lightly with salt and roast 1 to 1-1/4 hours. Pour off all fat. Baste with sauce and roast for another 30 minutes, basting and turning every 5 to 6 minutes. Let sit 5 minutes. Baste one last time and serve.

If cooking on the grill: Set it up for moderate indirect heat, set the ribs away from the heat source, and cook, covered, for the times indicated.

**Makes 4 to 6 servings.**

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FOOD



# Bacon Maple Cream Pie

PHOTO: BECKY LUIGART-STAYNER

## BACON MAPLE CREAM PIE

2-1/4 cups whole milk

2-1/4 cups maple syrup, preferably grade A, divided

3 egg yolks

1/2 cup all-purpose flour

3 tablespoons cornstarch

2-1/2 teaspoons vanilla extract, divided

1 baked 9-inch single piecrust, cooled

1-1/4 cups whipping cream, chilled

1 tablespoon sugar

4 slices thick-cut bacon

1 teaspoon Dijon-style mustard

freshly ground black pepper, to taste

In a saucepan, whisk together milk, 2 cups maple syrup, and egg yolks.

In a bowl, sift together flour and cornstarch. Gradually whisk flour mixture into milk mixture. Stir in 2 teaspoons vanilla. Heat to boiling, cooking for 8 minutes, or until very thick, stirring constantly.

Pour into prepared crust. Refrigerate.

In another bowl, whip cream with sugar and remaining 1/2 teaspoon of vanilla. Spread over chilled pie. Refrigerate.

Preheat oven to 375°F. Line a rimmed baking sheet with aluminum foil. Set a cooling rack on foil. Arrange bacon slices across rack in rows, not overlapping.

Whisk together remaining 1/4 cup of maple syrup and mustard. Generously spoon over bacon. Bake for 12 to 15 minutes. Turn over bacon slices and baste again. Bake for 5 to 10 minutes more, or until bacon reaches desired crispness. Remove from oven and sprinkle with pepper. Set aside for 5 minutes. Coarsely chop cooled bacon. Sprinkle on top of pie.

**Makes 6 to 8 servings.**

AMUSEMENT



# Don't Be Off Your Rocker!

*Expert tips on how to choose and enjoy a rocking chair*

**F**rom infants to the elderly, anyone who experiences the pleasure of a rocking chair pretty quickly succumbs to the calming effects of its forward-and-back motion. Here are some considerations to help you in choosing a rocker that will last a lifetime—and longer.

### **MATERIAL CONCERNS**

**Wood:** Solid hardwood is best, with red oak preferred because it seems to make the most durable rocking chair. Ash and maple are good but not as strong as red oak, which also bends better—an important feature in the manufacturing process. If a rocker says “oak finish,” this refers only to the stain on the wood; it does not necessarily mean that it is solid oak.

**Drying:** Ideally, the wood should be a combination of air- and kiln-dried. Even though rockers don’t usually travel between the extremes

of the porch and the hearth anymore, they do have to withstand the fluctuations of temperature and humidity caused by central heat and air conditioning. The two drying procedures allow one type of wood to tighten around the other.

### **Backs and seats:**

Most people find a cane seat and back the most comfortable because cane is cool in summer and more forgiving to your bottom and back than wood. If you choose cane, make sure that it is real cane and not rush, which is just twisted paper that is harder and less comfortable.

### **CONSTRUCTION AND DESIGN**

#### **Headrest and back**

**posts:** Ideally, the headrest and back posts should be steam-bent, a process that curves the pieces gently for comfort and makes them more durable than they would be if they had been sawed by hand. A steam-bent headrest will cradle

your head better than a flat headrest would, and slightly curved back posts will prevent the chair from sitting you up too straight.

**Runners:** Many fine rockers also have steam-bent runners, which some say give a better “rock.” Even if the runners are not steam-bent, look for a reverse arch at the back of the runner, which makes the chair more resistant to tipping over backward.

**Stretchers:** Make sure that there is an adequate number of stretchers—usually two on each of the four sides—and that they are of a size that seems to be in proportion to the rest of the rocker.

#### **Caned seating:**

Examine the seat to see if it is caned to the chair on all four sides or if it’s a dropped-in type; a seat that’s caned to the chair by hand is said to last longer. Also, as the handwoven cane dries around the cane rounds, it shrinks, further tightening the chair. The rounds themselves

should be slightly elliptical in shape—fatter in the middle than at the ends—so that they can withstand the pull of the cane as it dries. The cane should be double-woven for strength and durability. The more cane per square inch, the sturdier the seat.

**Sanding and staining:** The chair should be sanded and stained by hand, then lacquered. If the chair is to be used outdoors, it should be painted with an industrial-strength enamel or marine-grade polyurethane.

### **THE WELL-FORTIFIED ROCKER**

If the angles of a rocker are out of whack, it will “walk” across the room rather than stay put. All rockers need something to keep the angles straight. Some glue is used even in the best chairs, but glue should not be the main element holding the pieces together. An exceptional rocker will be fortified by nails in strategic places

to hold the angles true over time, but the nails should not be noticeable.

A fine chair also will have the front post hand-wedged to the arm (for a natural expansion joint) and a shaft of steel running from the back post to the arm for added strength. Look for carriage bolts, preferably brass, in the runners. The bolts allow you to tighten the runners to the front and back posts when the wood shrinks.

### **THE RIGHT FIT**

Sit all the way back in the chair and make sure that the seat is not too deep. Your back should be well supported by the chair’s back. The headrest should be curved for comfort and wide enough to catch your head.

The seats of most rockers are usually 16 to 18 inches from the floor. When you sit in the chair, your feet should rest on the floor so that you can alight easily and quickly. Your shoulders should be supported on the arms in a natural position, not

elevated or dropped.

Now try to get up. The arms should be wide enough to assist you, and you should be able to get up easily without scooting out to the edge of the seat.

If you are buying a rocker that will be used by several people, choose one that is slightly larger than is most comfortable for the smallest adult.

Test the pivotal balance point, which is critical for a secure and long-lasting chair. Sit in the chair and stick your feet out straight in front of you. The chair should remain steady and not pitch you forward.

Get up and give the chair a push to make sure that the rockers are even. If they are, the chair will rock back and forth several times. If they’re not, the chair will rock only one time.

Finally, rock in the chair. All chairs rock differently, so try out several—you’ll soon figure out which one suits you best.

—Mary Lee



# A Bit of “Light” Reading

*Some illumination on starting seeds indoors*

**A**ny gardener who can successfully start seeds indoors can grow just about any vegetable variety, thus gaining liberation from the popular but common varieties offered as seedlings in nurseries and garden supply stores. In many cases, proper lighting will even bring vegetable plants to maturity and harvest indoors, too.

One secret to this success is lighting: You need grow lights. Each grow-light type has an array of power requirements, brightness levels, and color temperatures. If you're in the dark about all of this, read on.

## LIGHT TYPES

**E**ach type of grow light has pros and cons. Your choice depends on your purpose: starting seeds

to transplant, growing vegetables to maturity, or providing extra light for houseplants.

### **Compact Fluorescent Lamp (CFL) Lights:**

Common household fluorescents provide relatively low levels of light (around 800 lumens) and are an effective supplement to natural (window) light for houseplants. If you're starting seeds, use a "full-spectrum" fluorescent bulb; these are made specifically for fruiting or flowering plants. As the name suggests, these give off a full spectrum of color temperatures, from warm white light (3,000K) to daylight (6,000K).

### **High-Intensity Discharge (HID) Lights:**

Full-spectrum HID grow lights are powerful and bright (2,500 to 3,000 lumens). They're ideal for maturing edible plants or growing large houseplants and are widely used in nurseries and large-scale

grow houses. However, HIDs need to be changed more frequently, use electricity (watts) inefficiently, and give off heat.

**Light-Emitting Diode (LED) Lights:** These are efficient for growing large numbers of plants; full-spectrum LEDs provide the best results. They use less power (wattage) to produce more light (1,000+ lumens) than CFLs and produce very little heat. LEDs are more expensive than fluorescents, but the LED lifetime is far longer. To compare LEDs with other bulbs, read the package label; the equivalent wattage is always given.

## GETTING GROWING

**W**hen arranging a grow-light system, calculate how many bulbs you'll need based on the number of plants that you want to

illuminate and the area that they will occupy under the light(s).

Most houseplants, herbs, leafy greens, and root crops require 600 to 900 lumens per square foot to thrive; fruiting plants, such as cucumbers, tomatoes, peppers, and squashes, need about 1,000 to 1,200 lumens per square foot to produce a harvest.

To be most effective, each light should be a specific distance from the plants:

- Fluorescents should be no more than 12 inches above the tops of the plants.

- LEDs, 12 to 24 inches.
- HIDs, 24 to 48 inches.

Plan to alter the distance between the light(s) and the plants as the plants grow. For example, suspend the lights from chains and adjust the length of the chains. Or, stabilize the light(s) and raise or lower the plant(s) on a stack of books, adding

or removing volumes as needed.

### IT'S ABOUT TIMING

**P**lants under grow lights need more hours of light indoors than the same plants do outdoors. Grow lights should be on for at least 14 but no more than 18 hours per day; even indoor plants need a minimum of 6 hours of darkness each day.

*—Benjamin Kilbride*

## THE GLARING FACTS

Watts (W) are a measure of electrical energy. The greater the wattage, the more electricity the bulb uses.

Lumens are a measure of brightness. A key chain flashlight might provide 5 lumens; a car's high beams might produce about 3,000 lumens.

The Kelvin (K) scale measures the color temperature of light, which is calculated in degrees Kelvin, from 1,000 to 10,000:

- Light in the 2,000K to 3,000K range is warm white.
- 3,100K to 4,500K, cool white.
- 4,600K to 6,500K, daylight.

The 6,500K range provides enough light for most seedlings, root crops, leafy greens, and herbs. Fruiting plants (cucumbers, tomatoes, peppers, squashes) require a period of high-range warm white light as seedlings before exposure to the high-daylight range.



LIVING NATURALLY



# The Power of One Small Thing

PHOTO: ILDO FRAZAO/GETTY IMAGES

## LIVING NATURALLY

I'd describe most of the meaningful changes in my life as quantum changes, seemingly sudden transformations when I felt as if I'd fallen asleep in my old life and awoken into an entirely new one, seemingly without effort or even intention.

After some period of adjustment, I've always welcomed these transformations. Intractable problems and impossible challenges faded away, while new, previously unforeseen possibilities swam into view.

But when I've wanted and known that I've needed a quantum change, I've never learned how to make one happen.

I've been reintroducing myself to the concept of small, intentional changes—micro-changes—and wondering if they might trigger a cascade that precipitates lasting, quantum change.

One of my former colleagues, an outreach worker for a nutrition-education program, tells the story of a young, morbidly obese client. At their initial meeting, she learned that he was drinking two six-packs of sweetened soda every day.

A believer in the power of small steps, my colleague suggested that the man begin by substituting a glass of water for just one of the sodas each day for a week and put the money that he would have spent on that soda into a jar.

After 6 weeks of weekly visits and conversations with my colleague, the man had stopped drinking soda entirely, made a few more small changes in his habits, lost 15 pounds, and saved enough money to pay that month's electric bill.

As I've thought more deeply about it, I see that even the aftermath of quantum change means taking and staying with

it. This requires a lot of small changes to the affairs of everyday life. The difference is, once you turn the quantum corner, you usually don't turn back. The change takes hold. The trick with taking small steps is that you have to keep remembering to take them.

When trying to describe to myself the power of small, I think about the seeds that I planted last season in my 7,500 square feet of vegetable gardens. If I had poured them out of their packets, all of these seeds, including the big ones like those for beans, peas, and winter squashes, would have fit handily into a gallon measuring container, with room to spare.

The crops that grew from these seeds have fed us since late April and now fill our root cellar, two big freezers, and several rows of canning shelves.

I stumbled across



James Clear's 2-Minute Rule a while back, and find that its two steps speak directly to the power of small steps:

- If something will take less than 2 minutes, do it now.
- When you start a new habit, it should take less than 2 minutes to do.

Can all of your goals be accomplished in less than 2 minutes? Obviously not. But every goal can be started in 2 minutes or less. And that's the purpose behind this little rule. If a task takes less than 2 minutes to complete, then follow the rule and do it right now.

Ancient wisdom and traditions have long recognized the

psychological value of one small step: "The journey of a thousand miles begins with a single step."

Applying something similar to the Two-Minute Rule, I've begun attacking the long-dreaded and seemingly impossible task of mucking out decades of stuff that's accumulated in my house and outbuildings by selecting three things each day to toss into the trash, recycle, give away, or begin using immediately.

"What saves a man is to take a step. Then another step. It is always the same step, but you have to take it," wrote Antoine de Saint-Exupéry.

That next small step is part of the bargain. Ralph Waldo Emerson emphasized this:

"All great masters are chiefly distinguished by the power of adding a second, a third, and perhaps a fourth step in a continuous line. Many a man had taken the first step. With every additional step, you enhance immensely the value of your first."

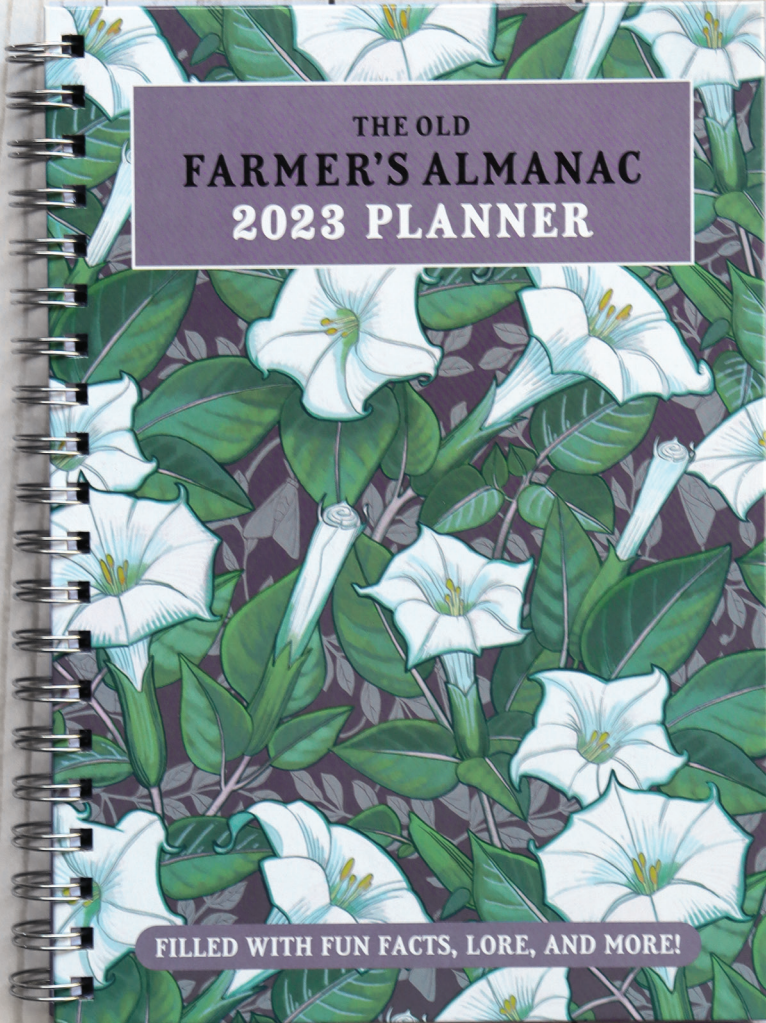
That big and awful chore seems impossible. You're not ready?

Step into it. It's only for a moment.



TAP TO READ MORE OF MARGARET BOYLESS' POSTS IN HER "LIVING NATURALLY" BLOG

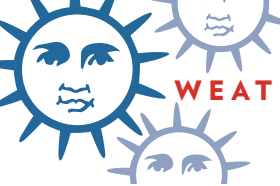
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MARCH IN JANIVEER, JANIVEER IN MARCH, I FEAR.

# HOW WE MAKE OUR PREDICTIONS

We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

Over the years, we have refined and enhanced this formula with state-of-the-art technology and modern scientific calculations. We employ three scientific disciplines to make our long-range predictions: solar science, the study of sunspots and other solar activity; climatology, the study of prevailing weather patterns; and meteorology, the study of the atmosphere. We predict weather trends and events by comparing solar patterns and historical weather conditions with current solar activity.

Our forecasts emphasize temperature and precipitation deviations from averages, or normals. These are based on 30-year statistical averages prepared by government meteorological agencies and updated every 10 years. Our forecasts are based on the tabulations that span the period 1991 through 2020.

We believe that nothing in the universe happens haphazardly, that there is a cause-and-effect pattern to all phenomena. However, although neither we nor any other forecasters have as yet gained sufficient insight into the mysteries of the universe to predict the weather with total accuracy, our results are almost always very close to our traditional claim of 80 percent.

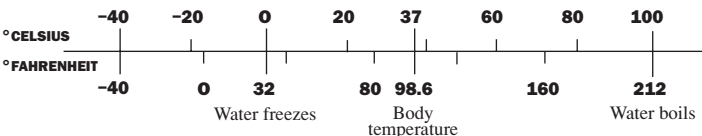


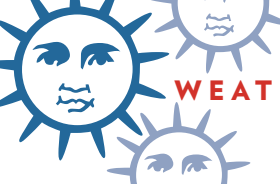
TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



LOVE ALL THINGS WEATHER? TAP FOR THE WEATHER FOLKLORE OF THE DAY

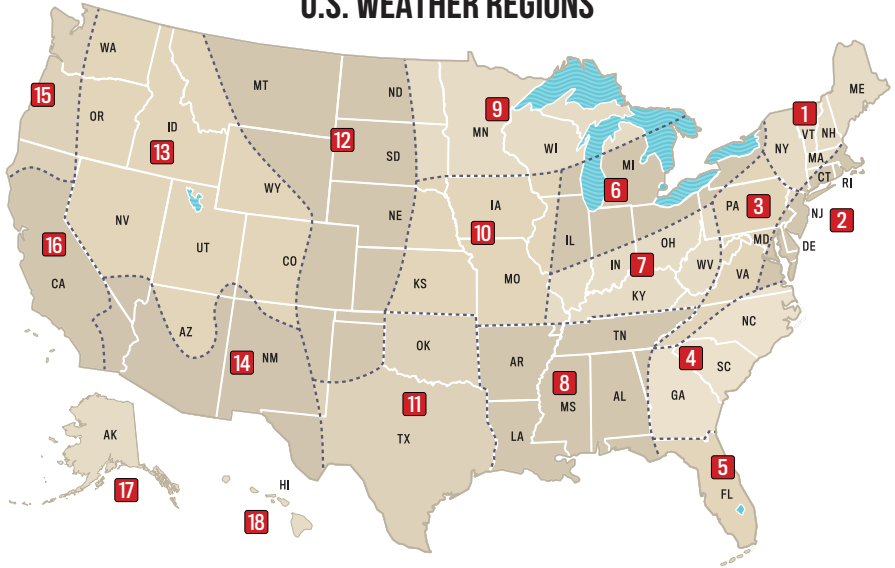
## CELSIUS-FAHRENHEIT TABLE





# WEATHER FORECASTS

## U.S. WEATHER REGIONS

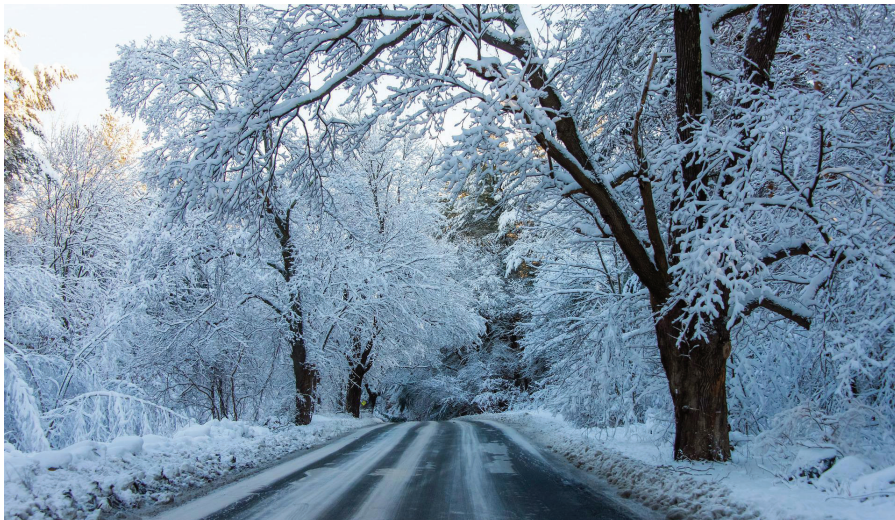


## CANADIAN WEATHER REGIONS



CLICK HERE TO  
FIND JANUARY  
WEATHER  
PREDICTIONS  
FOR THE U.S.  
AND CANADIAN  
REGIONS





## WHEN LA NIÑA HANGS AROUND

**T**he New Year will get off to a stormy start across much of the eastern United States. Snow is expected across New England, with a rain/snow mix across the mid-Atlantic and Appalachians and some rain across the Southeast. Some lake-effect snow is possible through the Great Lakes. The sunniest weather across the U.S. will likely be in the nation's midsection, although 2023 will be off to a cold start in that region. Much like the East Coast, the West will be stormy as well, with some rain and mountain snow around. Up north, while this looks to be a sunny period in the Maritimes, there will be pockets of snow and rain elsewhere throughout Canada.

In the U.S., National Static Electricity Day arrives on the 9th—which is quite appropriate since the phenomenon is certainly most common during the winter months, when indoor locations get quite dry. Folks will get the most charge out of things across the Plains and in the eastern U.S., where a cold, dry air mass will set up shop. The western U.S. will be milder and possibly see some storminess, too, which should cut down on the static a bit. Across Canada, the greatest cold will be cutting into northern and eastern areas.

Martin Luther King Jr. Day on January 16 looks mainly dry and cold across



the Northeast and in the mid-Atlantic region. There will be some showers in the Southeast, while some snow is expected from the Central Plains to the Great Lakes. Pockets of heavier snow are a possibility across the Rockies, while much of the West Coast looks to be dry and sunny.

Temperatures throughout the month of January are expected to be below average for much of the U.S. from the Plains eastward, although New England will likely turn out to be above average, as will also be the case for the western contiguous U.S., as well as Alaska and Hawaii. In Canada, temperatures will be warmer than normal from Yukon and the Northwest Territories across into the Maritimes, while most southern areas will experience a cold January.

Precipitation is expected to be near or above average across much of the U.S. in January, although Hawaii will be drier. Much of Canada will likely experience above-average precipitation as well, although southern British Columbia may end up drier than average as the potential storm track sets up more to the south across the western U.S.

Looking at our forecast for the winter, one element that has changed somewhat has been the ENSO (El Niño Southern Oscillation) pattern in the Pacific. When we were putting together the Almanac forecast (ENSO is one of many factors that we use), the pattern was forecast to switch to either neutral or a weak El Niño. However, in recent months, it's become apparent that the most likely scenario is La Niña holding on throughout the winter.

Having La Niña 3 years in a row is a very rare occurrence that has not happened since 1998–2001. The only other “triple dip” La Niña since 1950 occurred from 1973–1976. The 2000–2001 winter (the third winter in that La Niña cycle, and the weakest La Niña of those 3 years) looks pretty similar to what we have forecast, as it turns out—it was a stormy winter across California, although drier in the Northwest. There were also waves of frigid air that impacted much of central and eastern parts of Canada and the U.S.

The bottom line is that not all La Niña years are created equal. This being said, if this winter ends up being more of a “traditional” one, the weather may turn out to be a little drier than we forecast in the Southwest, and the East might not be quite so cold. The jury—and La Niña—is still out on this one.

–Bob Smerbeck and Brian Thompson,  
Old Farmer’s Almanac meteorologists





# HUMOR ME

GRINS AND GROANS FROM THE ALMANAC



## SHEEPISH

He: “You know, after studying them, I think that sheep must be the dumbest creatures alive.”

She: “You don’t say, my lamb.”

## NOT ACCOUNTABLE

“Yesterday, Dinwiddie told me that his family is a very old one. They

were one of the first to come across.”

“Yes, well, yesterday the grocer told me that they are now the last to come across.”

## ARTFULLY SAID

One of those country gentlemen who lives in Indianapolis and only spends weekends on his farm in Brown

County asked one of his neighbors down in the county, “Did you know that T. C. Steele sold the picture that he painted on your farm?”

The farmer made no reply to this, but then the country gentleman told him the price that Mr. Steele had gotten for the canvas.

“I just wish that I



had known that the feller liked the place well enough to pay that for a picture of it,” the farmer said. “I’d have sold him the farm for \$200 less than that.”

### SELF-EXPLANATORY

Air show enthusiast: “Don’t the spectators tire you with the questions they ask?”

Aviator: “Yes. What else do you want to know?”

### MISSION ACCOMPLISHED

It was time for “baby girl” to be in bed, but no amount of coaxing could get her there. At last, her father offered to lie in bed with her until the Sandman arrived. Off to bed she went, piggyback, and the tired mother leaned back in her chair with a sigh of content, ready

for a hard-earned rest.

Ten minutes—20—half an hour, and still she was wondering when her husband would be returning, when all at once she heard the soft, stealthy, pit-a-pat of feet. Nearer came the steps, and then a little white-robed form, with a tiny finger at the lip, stood in the doorway.

“Hush, hush, Mama,” she said. “I finally got Father to sleep.”

### AUDIENCE OF NONE

Sweeping his long hair back with an impressive gesture, the young man faced the proprietor of the film studio.

“I would like to secure a place in your moving picture company,” he said.

“You are an actor?” asked the film man.

“Yes.”

“Had any experience in acting without audiences?”

A flicker of sadness shone in the visitor’s eyes as he replied:

“Acting without audiences is what brought me here!”

### TIMELY SPEED

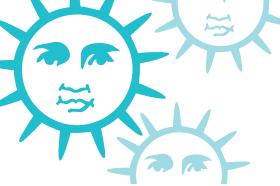
When a lady who was “burning up the road” on the boulevard was overtaken by a traffic officer and motioned to stop, she indignantly asked:

“What do you want with me?!”

“You were going 40 miles an hour,” answered the officer.

“Forty miles an hour? Why, officer, I haven’t even been out for an hour,” said the lady.

“You can go ahead,” said the officer. “That’s a new one on me.”



# WHAT'S NEXT



## LIVING NATURALLY

The ABCs of Plantar Warts



## CALENDAR

Moon phases; February holidays and full Moon names; George Washington's *real* birthday



## ASTRONOMY

Explore with our Sky Map



## GARDENING

Make the Most of Compost



## FOOD

It's Muffin Time!



## AMUSEMENT

State Song Hit Parade, A–M: fun facts about 26 state tunes

Plus: • Weather Update • U.S. and Canadian Weather Forecasts  
• Gardening by the Moon's Sign • Best Days to Do Things  
• Humor • and much more in the February *EXTRA!*

**CELEBRATING THE ALMANAC'S 232ND YEAR!**