

# FP WEEKLY NEWSLETTER

January 28-Feb 1st

## Old Sayings And Where They Come From

2019

### WEATHER ACCORDING TO BARB...

**MONDAY:**  
CLOUDY  
HIGH OF 24

**TUESDAY:**  
SNOW  
HIGH OF 22

**WEDNESDAY:**  
AM SNOW  
HIGH OF 23

**THURSDAY:**  
CLOUDY  
HIGH OF 16

**FRIDAY:**  
MOSTLY  
CLOUDY  
HIGH OF -1

Interested in writing  
for the FP Weekly  
Newsletter?

See a Staff Member

#### Submission ideas:

- ◆ Weekly Polls
- ◆ History
- ◆ Interesting Facts
- ◆ Poetry
- ◆ Unique holidays

Saying: Break The Ice

Meaning: To commence a project or initiate a friendship

History: Before the days of trains or cars, port cities that thrived on trade suffered during the winter because frozen rivers prevented commercial ships from entering the city. Small ships known as “icebreakers” would rescue the icebound ships by breaking the ice and creating a path for them to follow. Before any type of business arrangement today, it is now customary to “break the ice” before beginning a project.

Saying: Butter Someone Up

Meaning: To flatter someone

History: An ancient Indian custom involved throwing balls of clarified butter at statues of the gods to seek favor.

Saying: Caught Red-Handed

Meaning: To be caught doing something wrong

History: The saying originated because of the law. If someone butchered an animal that didn't belong to him, he had to be caught with the animal's blood on his hands to be convicted. Being caught with freshly cut meat did not make the person guilty.

Saying: Go The Whole 9 Yards

Meaning: To try one's best

History: World War II Fighter pilots received a 9-yard chain of ammunition. Therefore, when a pilot used all of his ammunition on one target, he gave it “the whole 9 yards.”

Saying: Jaywalker

Meaning: One who crosses the street in a reckless or illegal manner

History: Jay birds that traveled outside of the forest into urban areas often became confused and unaware of the potential dangers in the city—like traffic. Amused by their erratic behavior, people began using the term “Jaywalker” to describe someone who crossed the street irresponsibly.

Saying: Let Your Hair Down

Meaning: To relax or be at ease

History: Parisian nobles risked condemnation from their peers if they appeared in

## Weekly Activities

**Monday:** Ymca ‘surprise’

**Tuesday:** \*Bird feeder activity 10:30am

**Wednesday:** “If” Convo, UW Extensions 1pm

**Thursday:** Watercolor 12:30pm, Blood pressure w/ Julie 1:15pm

**Friday:** Quiz answers 1pm

work, so of course it was a relaxing ritual for those aristocrats to come home at the end of a long day and let their hair down.

Saying: No Spring Chicken

Meaning: Someone who is past his prime

History: New England chicken farmers generally sold chickens born in the springtime that yielded better earnings than the chickens that survived the winter. Sometimes, farmers tried to sell old birds for the price of a new spring chicken. Clever buyers complained that the fowl was “no spring chicken,” and the term came to represent anyone past their prime.

Saying: Saved By The Bell

Meaning: Rescued from an unwanted situation

History: As scary as it sounds, being buried alive was once a common occurrence. People who feared succumbing to such a fate were buried in special coffins that connected to a bell above ground. At night, guards listened for any bells in case they had to dig up a living person and save them “by the bell.”

Saying: Show Your True Colors

Meaning: To reveal one’s true nature

History: Warships used to fly multiple flags to confuse their enemies. However, the rules of warfare stated that a ship had to hoist its true flag before firing and hence, display its country’s true colors.

Saying: Sleep Tight

Meaning: Sleep well

History: During Shakespeare’s time, mattresses were secured on bed frames by ropes. In order to make the bed firmer, one had to pull the ropes to tighten the mattress.

Saying: Spill the Beans

Meaning: To reveal a secret

History: In Ancient Greece, beans were used to vote for candidates entering various organizations. One container for each candidate was set out before the group members, who would place a white bean in the container if they approved of the candidate and a black bean if they did not. Sometimes a clumsy voter would accidentally knock over the jar, revealing all of the beans and allowing everyone to see the otherwise confidential votes.

Saying: Waking Up on the Wrong side of the Bed

Meaning: Waking up in a bad mood

History: The left side of the body or anything having to do with the left was often considered sinister. To ward off evil, innkeepers made sure the left side of the bed was pushing against a wall, so guests had no other option but to get up on the right side of the bed.

Saying: Big Wig

Meaning: Important people

History: In the 18th century when many men wore wigs, the most important men wore the biggest wigs. Hence today important people are called big wigs.

Saying: Born with a Silver Spoon In Your Mouth

Meaning: Born wealthy

History: Once when a child was christened it was traditional for the godparents to give a silver spoon as a gift (if they could afford it!). However a child born in a rich family did not have to wait. He or she had it all from the start. They were ‘born with a silver spoon in their mouth’.