



What Your Blood Type Says About You! Ketsueki-gata, Japanese Blood Personality Traits



In Japan, blood type is more than a medical trait; it's a cultural lens called Ketsueki-gata, linking personality, behavior, and compatibility. Much like astrology in the West, it's used to interpret temperament and relationships.

The concept began in 1916 when Japanese doctor Kimata Hara proposed a connection between blood types and temperament. It gained momentum in the 1920s, particularly in the military, where blood typing was used to assess soldiers' strengths and weaknesses. Despite being discredited scientifically, the idea persisted and flourished in Japanese culture.

Each of the four blood types—A, B, O, and AB—is believed to reflect distinct personality traits:

- **Type A:** Organized, responsible, sensitive, but reserved
- **Type B:** Creative, independent, passionate, but unpredictable
- **Type O:** Confident, ambitious, pragmatic, but competitive
- **Type AB:** Rational, unique, diplomatic, but aloof

Ketsueki-gata extends into relationships and work, where blood type compatibility is thought to affect harmony. Employers, schools, and teams sometimes use it for grouping or assigning roles.

Though its scientific basis is weak, ketsueki-gata remains a cultural phenomenon, featured in media, dating apps, and even anime character profiles. Whether serious or playful, it offers a unique way to explore personality and relationships, highlighting the interplay between tradition and modern culture in Japan.

January is National Hot Tea Month: Sip, Savor, get Healthy

Celebrate National Hot Tea Month by exploring the health benefits of popular teas like black, green, oolong, and rooibos.

Black tea: Rich in flavonoids, it supports heart and gut health, lowers blood pressure, and improves cholesterol levels.

Green tea: Packed with catechins like EGCG, it reduces inflammation, boosts metabolism, supports weight loss, and promotes heart health.

Oolong tea: Combines the benefits of black and green teas, aiding weight management, heart health, and mental alertness.

Rooibos tea: A caffeine-free herbal tea high in antioxidants, it reduces oxidative stress, improves cholesterol, and supports skin health.

Each tea offers unique flavors and wellness benefits, making it the perfect time to savor your favorite brew and toast to health and comfort.



Upcoming Events for January - February

January 16 - 19
WildLanterns (Animal Lanterns)
Woodland Park Zoo
Seattle, WA

January 17 - 19
Monster Jam (Monster Trucks)
Tacoma Dome
Tacoma, WA

January 18
Jet City Roller Derby
Edmonds Community College
Lynnwood, WA

January 18 - February 22
Motorcycle Racing
Puyallup Flat Track
Puyallup, WA

January 18
Kraken vs. LA Kings
Climate Pledge Arena
Seattle, WA

January 20
MLK Celebration (Free)
NW African American Museum
Seattle, WA

January 23
Totally '80s Sing Along
Central Cinema
Seattle, WA

January 31 - February 2
Olympia Funk Festival (3 Days)
Capitol Theater
Olympia, WA



Note: Check official websites and venues for details.



Get to Know Your Newsletter Staff

Since we have been publishing for almost a year now, we thought we would give you a bit of background on the newsletter team.

Steven Sterne Seattle, General Manager (contributing writer): Steven enjoys attending hockey games, hiking, photography, and drama – he is an avid amateur director and actor in his off hours.

Amy Hansen, Marketing Director (contributing writer/ editor): Amy trains at a gymnastics center for a February competition. She hikes with her dogs and photographs lifestyle and wedding events for clients on weekends.

Nicole Mairena, Sales Associate (contributing writer, creator of renderings): Nicole is a painter and snowboarder with a strong passion for sports and

exploring new destinations. She loves immersing herself in different cultures, learning new languages, and trying unique foods from around the world.

Sandra Lopez, Interiors Specialist (contributing writer, creator of renderings): Sandra enjoys baking cookies, cakes and cupcakes. She is a passionate reader, who enjoys romance novels and mystery books.

Scott Elkins, Marketing Coordinator (editor and layout, contributing writer): Scott is devoted to music discovery of upcoming bands as well as music from decades back. He enjoys live performances and photographing bands on stage. Scott is also a daily green tea drinker.

Pantone Color of the Year: Mocha Mousse

According to Pantone, “Mocha Mousse, is an exquisite brown that radiates a quiet elegance.”

What do you think?
[Link to our survey.](#)



Design Inspiration for the New Year



Davis - SoMod Lounge Seating, **Memo** - Ida Coffee Table, **Kimball** - Davis Edward - Frill Occasional Table, **Davis** - Prat Bench, **Davis** - Q6 Laptop Table, **OFS** - Porter Planters, **Hightower** - Level Lounge Benches, **Rug** - Mohawk Group - Creative Spark BT426 Reflective Raspberry, **Flooring** - Mohawk Group - Terrazzo C0180 Messina.



Kimball - Fixt Mobile Table, **OFS** - Raya Bar Stool, **Kimball** - Narrate Panels, **Kimball** - Joelle Lounge Seating/Booth, **Kimball** - Priority Table, **Flooring** - Mohawk Group - Terrazzo C0180 Messina.



OFS - Gathr Modular Seating, **Kimball** - Kore Mobile Media Cart, **Flooring** - Mohawk Group - Terrazzo C0180 Messina.



Kimball - Frill Occasional Table, **Kimball** - Fixt Bookcase, **Hightower** - Gimbal Low Lounge Rocker, **Rug** - Mohawk Group - Creative Spark BT426 Spark Graceful Green, **Flooring** - Mohawk Group - Terrazzo C0180 Messina.