

AUGUST 2022

HIGHLIGHTS

Zumba Classes Every Monday & Wednesday 10:30-11:15

No Zumba on Monday August 1st and Wednesday August 3rd.

Knitting Club: Every Thursday 9:00-1:00

Bible Study with Bruce: Every Monday 9:30-10:30

Chair Yoga: Every Friday 12:00



Tuesday August 2 10:00 **Dominique's Smiles** (Mini Therapy Horse)

11:30 **Ice Cream Sale** (\$1.00)

Wednesday August 3rd **Celebrate National Watermelon Day:** Wear Pink & Green

Thursday August 4th 10:00-1:00 **Commodity Supplemental Food Box** for Seniors with the Cheese (Must come inside)

Tuesday August 9th 10:30-12 **Bingo @ Shiloh Fire Hall** w/ West Manchester Township

Wednesday August 10th 10:00 **S'mores Sale** (\$1.00)

Thursday August 11th 10:00 York City Health Bureau Table Event

Friday August 12th **Minnich's Pharmacy:** Let's Talk About Meds (Ice Cream Provided)

Tuesday August 16th 9:30-11:30 **Mental Health Awareness Course Presented by Wellspan**

Thursday August 18th 9:00-1:00 **Field Day**



Friday August 19th 10:00-11:00 **Active Shooter Presentation by Roque**

Saturday August 20th, **Cash Bingo**

DOORS OPEN: 11:00 AM, BINGO STARTS: 12:30 PM Refreshments Available for Purchase!

COST: Advance Tickets - \$15.00, Tickets at the Door - \$20.00

Monday August 22nd 12:00 **Price is Right**



Wednesday August 24th **Waffle Sale** (\$2.00)

Tuesday August 30th 10:00-11:00 **Self-Care for the Caregiver Program** by Karen Stauffer
(Community Hospice)

Virtual Programs: Monday August 1st **Zoom: Virtual Jeopardy** & Monday August 29th 2:00
Zoom Virtual Friendly Feud



At this time, our Office Hours remain 8:00 am – 4:00 pm, Monday Through Friday,
and our Hours for Inside Services are 9:00 am – 1:00 pm.

AUGUST 2022

THE ROSE

White Rose Senior Center

27 South Broad Street
York PA. 17403

717-843-9704

Monday - Friday 8:00 AM - 4:00 PM
www.whiteroseseniorcenter.org



food
friendly
sunshine.



a friend loves at all times

PROVERBS 17:17

“Let’s Talk About Meds”

A presentation to help you manage your medications and use medications wisely

You are in the best position to avoid drug related problems

Becoming your own medication manager-in partnership with your Doctor and Pharmacist- has never been more important

Learn important information and resources for yourself or loved one/parent/spouse/friend

DATE: Friday August 12th

LOCATION: White Rose Sr. Center

Presented by



Tuesday August 2nd 10:00 AM

Visit from Dominique’s Smiles

Dominique travels across the Mid-Atlantic Region bringing smiles to all.

The Story Behind Dominique’s Smiles

I started Dominique’s Smiles because a child once asked me if I would bring a horse to the hospital for a visit. I simply did not have a small suitable horse for that wish or one that would even fit through the door! I promised that child I would train a miniature horse to take around to hospitals for children with cancer and other life-threatening health problems. I had to keep that promise. Dominique’s Smiles is my fulfillment of that promise. It is our mission to bring smiles and love into everyone’s life. By visiting private homes, nursing facilities, hospitals, schools, and wherever needed, we hope to bring some sunshine into the lives of both children and adults. Dominique is five years old and 33” high. His size makes it easy for him to fit in between beds and get around equipment. His gentleness softens hearts as he brings smiles with love to all. This little horse loves people and seems to instinctively know he needs to be patient, sensitive, and calm around the people we visit. Dominique is a Certified Level 1 Mini Therapy Horse and I am a Certified Master Handler by Seven Oaks Farm in Ohio. After much investigation, I have found this to be the most complete course.

Dominique’s Smiles is a non-profit organization and all services are free of charge. Donations to help offset Dominique’s care and travel expenses are gratefully accepted!

About Sandy (Dominique’s Handler)

Sandy Smith is the founder of Dominique’s Smiles and the proud owner of Dominique the mini therapy horse. Sandy has been a horsewoman most of her life teaching students of all ages along with training and showing horses. She started an Easter Seal and Girl Scout riding program in York County.

Sandy steeplechased as an owner, trainer, and jockey, and is a licensed racehorse trainer. She understands the pure joy a horse can bring to someone who is lonely, troubled, sick, and hurting.



Every Thursday: 9:00-1:00

Knitting Club



Loom Knitting and Straight Knitting (Needle) Interested in Needle Work/ Embroidary / Crochet

Stop by anytime! Any Questions, please see Ruth Frey.

2nd Thursday of Every Month



York City Health Bureau

Kim Hall joins us for a Table Event --- Join to have conversations related to public health in addition to sexual wellness.

For anyone interested in donating items for Cash Bingo, the following items are appreciated: Pre-Packaged Baked Goods (Please make sure they are fresh and good for August 20th), Door Prizes- \$5.00 Gift Cards, Multiple Dollar Store Prizes that can be put together, Gift Cards for Giant, Weis, Lidl's, Walmart, Sam's, or BJ's for food supplies, small bags of snacks, Cheetos, etc.

WARMEST WELCOME TO OUR NEWEST MEMBERS:

MARY ROSADO

GLORIA GOMEZ

JOSE GONZALEZ

HEIDI ROBINSON

ANA DIAZ CALDERON

ELLEN REELING

AMOS ATLAND

WAYNE SINER

DANIEL RAMOS

BYRON PRESTON

ELFREDA HERNANDEZ

TODD CLARK SR.

White Rose Senior Center Staff

Lisa Krout *Executive Director*

Brendaliz Gonzalez *Bilingual Program Coordinator*

Jenna Wray *Program Coordinator*

Raquel Rivera *Assistant Program Coordinator*

Elba Zambrano *Food Service & Cleaning Specialist*

Chotz Grove *Customer Service*

Cheri Bowersox *Bookkeeper*

Street Sweeping

The First Tuesday and First Thursday of each month is Street Sweeping.



There is NO Parking on the far side of Broad Street (First Tuesday) from 7:15am-11:45am. and NO Parking the close side of Broad Street (First Thursday) from 12:45pm-3:15pm.

You will be ticketed!!!



Attention Center Members!

This announcement is in regards to bed bugs and to remind everyone that if you feel as though you may have them, **YOU MUST CONTACT AN EXTERMINATOR.** We also ask that you do not come back to the center until you know they have been exterminated (this could take a couple of weeks)! If you live in Broad Park Manor, (one of the towers on King St) you can contact Maintenance (717-843-6309) & Penn Pest will come to your home with no cost to you! First they will come to check your home, then schedule a date to treat your home and finally they will come in for a follow up to make sure the treatment worked! Please keep this in mind so we can protect our members & our staff. Bed bugs are not biased pests. You can contract them from **ANY WHERE.** Such as yard sales, movie theaters, someone else's home and again they are not biased, **it can happen to anyone.** Thank you for your cooperation!

A decorative graphic for the month of August. It features large pink flowers in the corners and a central text area. The text reads "Friendship in the Bible August" in a large, orange, cursive font. Below this, there is a paragraph of text and two columns of Bible verses. The background is a soft, light yellow and pink gradient.

Friendship in the Bible
August

Take 10 minutes each day to read that day's Bible verse and the surrounding passages. Write it in your journal and pray over it. Ask God to reveal to you what He wants to show you through His Word.

1 st Proverbs 13:20	17 th Proverbs 24:5
2 nd Luke 6:31	18 th Proverbs 22:24-25
3 rd Proverbs 17:17	19 th Ecclesiastes 4:9-12
4 th Philippians 2:3	20 th Colossians 3:12-14
5 th Colossians 3:13	21 st Proverbs 27:5-6
6 th Galatians 6:2	22 nd John 15:12-15
7 th Proverbs 18:24	23 rd Proverbs 17:9
8 th 1 Samuel 18:4	24 th Proverbs 27:17
9 th Proverbs 16:28	25 th Proverbs 12:26
10 th James 4:11	26 th Job 16:20-21
11 th 1 Corinthians 15:33	27 th James 4:4
12 th Psalm 37:3	28 th Proverbs 27:9
13 th 2 King 2:2	29 th Philippians 1:3-5
14 th Job 2:11	30 th Romans 12:10-11
15 th Proverbs 18:24	31 st 1 Thessalonians 5:11
16 th Proverbs 19:20	

www.womanofnoblecharacter.com

Senior Box Program

Commodity Supplemental Food Box

Senior Food Box Program

Federal Poverty Income Guidelines

Form 402004 – Effective 2/10/22

2022-2023 Income Guidelines; Elderly 130%



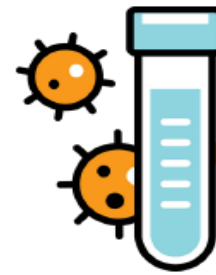
Household Size	Annual	Monthly	Weekly
1	\$17,667	\$1,473	\$340
2	\$23,803	\$1,984	\$458
3	\$29,939	\$2,495	\$576
4	\$36,075	\$3,007	\$694
5	\$42,211	\$3,518	\$812
6	\$48,347	\$4,029	\$930
7	\$54,483	\$4,541	\$1,048
8	\$60,619	\$5,052	\$1,166
For each add'l household member, add...	\$6,136	\$512	\$118

*CSFP agencies must implement the adjusted income guidelines for elderly applicants immediately upon receipt.

Do You Qualify?

- MUST BE 60 OR OLDER AND LIVING IN YORK COUNTY
- MONTHLY INCOME REQUIREMENTS
- MUST HAVE VALID ID

THE SENIOR FOOD BOX PROGRAM PROVIDES SENIORS WITH A FREE BOX OF FOOD EVERY MONTH TO HELP STRETCH THEIR INCOMES AND IMPROVE THEIR NUTRITIONAL HEALTH. BOXES TYPICALLY INCLUDE MILK, JUICE, CANNED MEAT, POULTRY, OR FISH, OATS, READY-TO-EAT CEREAL, RICE, PASTA, DRY BEANS, PEANUT BUTTER, AND CANNED FRUITS AND VEGETABLES.



FREE Walk-In COVID-19 Testing

Pruebas GRATUITAS de COVID-19 sin cita previa

George Street Center (1st floor)
116 S. George St. York, PA 17401
717-873-4003

Every Monday (Todos los Lunes)
Walk-ins from (sin cita previa de) **12:00 - 3:30 pm**



COVID-19 Testing | Pruebas de COVID-19



Safety Education | Educación Sobre Seguridad



Safety Resources | Recursos de Seguridad



PROVIDED BY:
FAMILY FIRST HEALTH

WHERE: WHITE ROSE
SENIOR CENTER

FIRST WEDNESDAY OF
EVERY MONTH

FREE BLOOD PRESSURE CHECKS

**WEDNESDAY
AUGUST 3RD**

10:00 AM - 11:00 AM





Bruce's Bible Study

Every Monday

9:30-10:30

Join Bro. Bruce Shaub

Zumba Gold®

with Heather Cintron



Mondays & Wednesdays

10:30 - 11:15

Appropriate footwear must be worn for your own safety!

CLASS STARTS AT 10:30. PLEASE ARRIVE BY 10:20 TO AVOID ANY DISRUPTIONS.

Chair Yoga

NEW

w/ Stephanie

Every Friday

12:00-1:00



Please wear comfortable clothes.



Fresh Express will continue to be distributed at approximately 10:00am. (time subject to change based on delivery time from Central PA Food Bank). We will no longer be loading up your vehicles. You are expected to come inside with your cart/bags/boxes to go through the line (just like we were doing pre-Covid) and have your products handed off to you. You will not go through the line until your table is called up to retrieve your products.

Please note, JUST BECAUSE YOU ARRIVE FIRST does NOT mean you will be **served first**. Tables will be called in a **Random Order**. We are serving approximately 80 individuals, while supplies last. You will not go through the FOOD line until your table is called.

Please remember, we do not provide bags or boxes. Please treat Staff, Volunteers, and other Members with respect. *It is our pleasure to serve you.*



PLEASE MAKE SURE IF YOU ARE PICKING UP YOUR MEALS AT THE FRONT DOOR that you are parking on the correct side of the road (facing the correct direction) to avoid a ticket or causing an accident!

Additionally, pickup time is from 11:30-12:30. **After that, your lunch is not guaranteed, and you must come inside for your meal.**

Those who are eating inside should be seated and ready for lunch prior to 11:30, as we do NOT hold lunches.

It is your responsibility to Pre-Register for your own meals.

While we are "Serving" lunch between approximately 11:00 and 11:30 in the kitchen, we ask that you do not request coffee or hot water during this time, as it interrupts serving. *We appreciate your cooperation.*



CASH BINGO

to Benefit White Rose Senior Center

Come Join Us For an Afternoon of
FUN AND GAMES!

PLACE: White Rose Senior Center

27 S. Broad St., York, PA 17403

WHEN: Saturday, August 20th, 2022

DOORS OPEN: 11:00 AM

BINGO STARTS: 12:30 PM



Refreshments Available for Purchase!

COST: Advance Tickets - \$15.00

Tickets at the Door - \$20.00



(Includes 6 Cards; Extra Strips \$3.00
or 2 for \$5.00)

**CALL: 717-843-9704 for Additional
Information**

Limited Seating...Hurry and Get Your Ticket!



Greater Pennsylvania Home Fire Campaign

The Home Fire Campaign helps save lives by installing free smoke alarms in homes that don't have them, and by educating people about home fire safety.



Do You Need a Smoke Alarm?

If you cannot afford to purchase smoke alarms or are physically unable to install a smoke alarm, the Red Cross may be able to help.

[LEARN MORE AND REQUEST A SMOKE ALARM](#)

Just One Day of Your Life Can Change Someone Else's Forever

(Para español, visite ActivaTuAlarma.org)

Home fires claim seven lives every day, but having working smoke alarms can cut the risk of death by half.

That's why the American Red Cross is rallying volunteers to install 50,000 free smoke alarms nationwide, as part of our *Sound the Alarm* events.

This spring we'll:

- Install free smoke alarms and share safety information in at-risk communities where it's safe to do so
- Fundraise to help families prepare for, respond to and recover from home fires

Join us for a rewarding day at a *Sound the Alarm* event near you and invite others to fundraise or simply donate to help save lives.

<https://www.redcross.org/local/pennsylvania/greater-pennsylvania/about-us/our-work/home-fire-campaign/smoke-alarm-request.html>



CHECK OUT THE S.T.A.R.S. PROGRAMS

"Senior Time Activities for Residents of Springettsbury"

Springettsbury Township and White Rose Senior Center are proud to bring you a variety of classes to adults 50 and over. "S.T.A.R.S." stands for "Senior Time Activities for Residents of Springettsbury", although any person, 50 and over, are welcome to attend. The Summer 2022 classes are as follows:



STARS Program Class: Bingo and Lunch at Hoss's Steak & Seahouse White Rose Senior Center and Springettsbury Township offer "Bingo" at Hoss's Steak & Seahouse. Prizes will be given to all of the winners. Lunch will be served prior to Bingo. Come and join in the fun!

Date: August 17, 2022

Day: Wednesday

Time: 11:00 – 1:30pm

Location: Hoss's Steak & Seahouse –
3604 E. Market St, York, PA 17402

Cost: \$5.00

Payable to Springettsbury Township prior to the class for bingo.
(No Resident / Non-Resident Differentiation); Lunch is on your own.
(Approximately \$11.00-\$13.00 for your meal and beverage)
You must eat there in order to play bingo!



STARS Program Class: Paisley Chicken Gourds

This must be the year for cute Chicken Gourds!!! Marti Leader will show us how to create a decorative addition to your kitchen or to add a conversational piece to anywhere in your home! She will bring a special gourd for each person and show you how to paint a creative paisley design with bright colors.

Supplies: Marti will supply everything.

Instructor: Marti Leader

Date: August 23, 2022

Day: Tuesday

Time: 2:00 – 4:00pm

Location: White Rose Senior Center
27 S. Broad St., York, PA 17403

Cost: R-\$10 NR-\$15

Payable to Springettsbury Township Prior to Class

Maximum for Class: 8 Participants



Thursday August 18th



9:30 Baseball Game

10:30 Turtle Trot

12:00 Beach Volleyball

Celebrate National Beach Day

**Early* (Wear your appropriate
Beach Attire)*

Prizes will be awarded!

the squiggle challenge...

The squiggle game was invented by a psychoanalyst named Donald Woods, or "D.W.", Winnicott. Turn the squiggle into a picture of something. The key is to try and transform it into a picture of something that is meaningful, as opposed to an incomprehensible squiggle. Winnicott believed that this exercise was much more than a child's game, but an act of therapy. By creating meaningful images out of meaningless squiggles, he argued we are in fact accessing our inner fantasy world that we often don't acknowledge or believe in our regular lives. He would get his patients to talk about the images they seemingly spontaneous and random images they drew, asking them to try to unpack what hidden meanings might lie beneath the images as part of attempt to reconcile him with the inner workings of their mind.

Try it yourself! Be creative.

Go on, release your inner fantasy world!
To be included in the challenge, pick up your Handout on Tuesday August 2nd!
Return your completed Art Work by August 12th to be included in Voting!
Winner to be announced on Monday August 22nd!

Secret Pal



Please continue to keep in touch with your Secret Pal! This includes sending them letters or cards to just say Hello, or if you want, send them a little gift to let them know you're thinking of them.

While purchasing gifts throughout the year is not required, it is kindly appreciated. Many people have not received anything and are beginning to think they've been forgotten. This only works if people actively participate so, please be involved 😊

White Rose Senior Center



While we recognize the need for individuals to access phone services, please note that our business lines cannot be tied up by the use of Members. Public use is off limits and we thank you for understanding.

12 Small Habits That Actually Reveal a Lot About Your Personality

<https://www.rd.com/list/personality-habits/>

Show, don't tell

People show who they really are in very subtle ways—including their habits. In fact, your choices and preferences are almost as telling as your Myers-Briggs personality type or the career personality test you take for work. These tests can shock us with how accurate they are sometimes, as results can even show you could have the rarest personality type! Read on to learn more about the habits that speak volumes and that reveal more about your personality than you think.

The way you roll toilet paper

The debate about the “right way” to hang your TP has raged nearly since the roller’s invention. However, therapist Gilda Carle, PhD, claims that she can learn about your personality through your preference on this matter. She surveyed 2,000 men and women about whether they hang their toilet paper in the overhand or underhand position. She also asked her volunteers to fill out questionnaires that would probe how assertive they were—on a scale of 1 to 10—in their relationships. Dr. Carle’s results suggest that those who prefer the overhand method are more dominant, while the underhanders tend to be more submissive. (Some extremely dominant types even admitted to switching the paper direction in other bathrooms they visited.) “What first began as a fun exercise actually turned into an accurate assessment tool. While it adds humor to the conversation, it also provides insight on your compatibility with a prospective partner,” Carle tells the Independent.

Your shoe choices

A study published in the Journal of Research in Personality suggests that you can read someone’s personality through their choice of footwear. Volunteers submitted photos of their shoes and then completed a questionnaire on their personality traits. Another group gazed upon the photos and then described the personality of the wearer—and they were remarkably accurate. They gauged the age, income, and attachment anxiety of someone based solely on the shoes. Their results indicate that people who wear comfortable shoes tend to be relatively agreeable. Ankle boots are generally worn by those who are more aggressive. Wearing uncomfortable shoes implies that you’re more of a calm person, while those with new and well-maintained footwear have a more anxious or clingy persona.

The way you walk

Body language expert Patti Wood tells Men’s Health that your stroll reveals your personality. If your weight is usually forward and your stride is quick, you are extremely productive and highly logical. People admire you for that, but you may come off a bit cold and competitive. If you walk with your chest forward, shoulders back, and your head held high (common in a lot of politicians and celebrities), you are fun, charismatic, and socially adept, though you may tend to hog the spotlight. If your weight is over your legs, not forward or back, you’re more interested in people than in tasks and more focused on your personal life than your career. You’re great when part of a group, but tend to get distracted. Lastly, if you’re light on your toes when you walk and your eyes are glued to the floor, you’re most likely introverted and polite. A study published in the Journal of Interpersonal Violence suggests that jail inmates with psychopathic tendencies were able to judge vulnerability and pick potential victims simply by viewing the way people walk; you might want to adopt some of those more assertive styles.

Your Handshake

A study published in the Journal of Personality and Social Psychology found your handshake can alter people’s impressions of you. In the experiment, judges were trained to assess eight characteristics of a handshake: completeness of grip, temperature, dryness, strength, duration, vigor, texture, and eye contact. The results indicate that participants with firmer handshakes described themselves as more emotionally expressive, extroverted, and positive than others. Those with looser grips were more shy and neurotic. The judges’ first impressions correlated with this—they agreed that the participants with firmer handshakes were more confident and less socially anxious.

Your email etiquette

If you’re trying to pick up cues from your coworker, the answer may lie in your inbox and how you handle your emails. Psychologist Tomas Chamorro-Premuzic, PhD, writes in Fast Company that there is a strong connection between our email persona and our real-life character. Text mining studies have found associations between certain keywords and major traits. Narcissists will generally use words such as “I,” “me,” and “mine” frequently. Extroverts tend to be more casual and talk about fun-related things, like music and parties. And it’s not only what you say—it’s how you say it. An absence of typos is a sign of someone’s conscientiousness, perfectionism, and potential obsessions, whereas poor grammar indicates lower levels of IQ and academic intelligence. Interestingly, long emails reflect energy and thoroughness, but also some degree of neediness.

Nervous ticks

Are you a nail biter or skin picker? Scientists call these “body-focused repetitive behaviors” (BFRB). In a 2015 study published in the Journal of Behavior Therapy and Experimental Psychiatry, researchers analyzed people’s personalities and then filmed while they were in a situation that was extremely frustrating, relaxing, or boring, looking for ticks that might emerge. People who compulsively tugged on their hair or bit their nails tended toward perfectionism, and their actions are a result of trying to soothe boredom, irritation, and dissatisfaction. Because it feels better to do something instead of nothing, repetitive behavior proves comforting.

Your punctuality

A study published in the Journal of Research in Personality suggests that timeliness is an accurate assessment of positive character traits. In the study, researchers asked participants to complete a personality assessment at home and come to the laboratory for a group experiment. By analyzing the participants time of arrival, they found punctual people were more conscientious and agreeable; being early was connected to neuroticism. And those who are chronically late tended to be more laid-back. Are you often tardy?

Your eating habits

You are what you eat—but science suggests you also are how you eat. Julia Hormes, PhD, a psychologist specializing in food behavior, and Juliet Boghossian, a Los Angeles-based behavioral food expert, told HuffPost that food-related behaviors can tell us a lot about personality. Slow eaters are usually people who like to be in control and know how to appreciate life, but fast eaters tend to be ambitious and impatient. The adventurous eater is a thrill-seeker and risk-taker, while picky eaters are likely to exhibit anxiety and neuroticism. Lastly, if you’re someone who likes to separate different foods on their plate, you’re very cautious and detail-oriented in your everyday life.

Your shopping habits

Want to get to know someone better? Take them to the mall. A series of experiments, published in the Journal of Consumer Research, found that there are two types of consumers: the explanation fiend and the explanation foe. A fiend is the type to meticulously scrutinize every single shampoo bottle in the aisle before settling for something. On the other hand, a foe will quickly decide and be done. According to the researchers, the fiends score high on measures of cognitive reflection, meaning they analyze information to death and are detail-oriented. Explanation foes don’t do well with details and prefer more general information.

Your selfie style

Your Instagram or Facebook feed may reveal more about your personality than you realize. In a 2015 study from Nanyang Technological University in Singapore, researchers analyzed 123 selfies taken from a popular Chinese social media site. Each person then completed a personality questionnaire. The researchers found that more agreeable people tended to take pictures from below; conscientious types were less likely to reveal a private space in the background. People who displayed positive expressions (smiling, laughing) were more open to new experiences, while the duck face revealed a more neurotic personality. Who knew selfies are a window into your personality?

Your handwriting

Graphology is the analysis of handwriting and how it relates to personality, and it has been a science since the days of Aristotle. Master graphologist Kathi McKnight tells Business Insider that handwriting experts can detect more than 5,000 personality traits from your scrawl. People who write large, for example, are people-oriented and attention-seeking, whereas those with small handwriting are introverted and are capable of acute concentration. Writing with a slight right slant means you’re friendly and impulsive; a left slant means you’re reserved and individualistic. No slant suggests you’re logical and pragmatic. Lastly, handwriting with heavy pressure indicates you have strong emotions and are quick to react, but a light pressure implies an easiness and ability to move from place to place.

The way you carry a bag

You might spend days or weeks picking out a handbag, but how much thought do you give to how you carry it? Here’s what that mindless choice reveals, according to body language expert Patti Wood: Wearing a purse in the crook of your arm shows you are high-maintenance and place a lot of emphasis on social status. Wearing the strap across your body with the bag in front means you prioritize protection and accessibility; toting your bag behind you demonstrates a cool, calm, and collected personality. People who sport a backpack are more independent and want to take care of themselves and the people around them, while those who carry their bag in their hands tend to be assertive, well-organized, and efficient.

Reader’s Digest