



# 2024

## 365 Days of Celebrations

*Find things that make you happy, do more of that!*



By Debbie Schwarm

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# How to Use Your Celebration Book

The 2024 Celebration Book is the perfect companion for anyone looking to infuse their days with a little more festivity and fun. With a holiday for every day of the year, you'll never have to worry about feeling bored or uninspired. It's the perfect reference for planning ahead for ways to celebrate every day or dare to pick a day you like just for the fun of it. We promote happiness, and celebrating is a great way to do that, so we've made it easy for you to bring celebration into your everyday life.

For each day of the year, you'll find fun information about the day and ways to celebrate. Each day is also represented by an artistic image. Each artistic image is available on totes, tees, home décor, partyware, and more on our associated [38 Hertz Zazzle Store](#). Visit our Zazzle store for more ways to celebrate, and be sure to press the **FOLLOW** button to stay up to date on new designs and Zazzle promotions and sales.

Read all about [38 Hertz on our website](#). We're in the happiness business. Get the [FREE Guide to Happiness and sign up for our newsletter](#) too. We want to hear from you! There's a link under the How to Celebrate section of each holiday that will take you to the associated page on our website. Share your ideas there in the *Click to Comment* section of each page on the website. Don't be shy, we want to hear your ideas too!

## Follow Us Everywhere



365 Days of Celebration 2024

## Celebration Tips

Celebrating is one of the most delightful and satisfying things we can do in life. It can enhance our mood, lift our spirits, and bring us closer to the ones we love. There are numerous reasons why we should celebrate on a regular basis, and each of these reasons is just as compelling as the last. Celebrating creates an opportunity to acknowledge our accomplishments, both big and small, and gives us a chance to reflect on our journey thus far. It also allows us to cherish our current circumstances, be grateful for what we have, and set meaningful goals for the future. Celebrating brings joy and positivity into our lives, helps us socialize and connect with others, and can even improve our mental health and wellbeing. Whether it's a birthday, anniversary, graduation, or simply a beautiful day, there's always a reason to celebrate!

- ❖ Plan ahead – Use the Celebration Book to plan for upcoming celebrations.
- ❖ The artistic image on each day is available on fun novelty items in [Zazzle](#).
- ❖ No need to stick to the calendar. Find fun things to do any day.
- ❖ Create a habit to look each day for ways to celebrate – even easy things.
- ❖ Just reading about celebrations can make you feel happier.
- ❖ Browse the calendar and find things that interest you or something new you want to try.
- ❖ Scan the celebrations for theme party ideas.
- ❖ Stock up on holiday greeting cards for the entire year (available in the [38 Hertz Zazzle store](#)).
- ❖ Engage children in the idea of celebration.
- ❖ Celebrate significant holidays, as well as silly made-up ones.

**Find things that make you happy, do more of that!**



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**Let's Celebrate!**



# January 1 – New Year's Day

Ah, New Year's Day—the one day of the year we get to wipe the slate clean, indulge in a bit of reflection, and look forward to all that lies ahead. With the first sunrise of the new year comes opportunity for celebration, joy and laughter. The possibilities are endless when starting fresh with each passing January 1st. What better occasion than to gather with family and friends, share stories from the past year, and revel in dreams of what lies ahead? Here's to a happy (and hopefully healthy) New Year!

## History of New Year's Day

New Year's Day has been celebrated for centuries in many different ways! Ancient Babylonians held a massive eleven-day festival known as Akitu, while the Julian calendar (honoring Julius Caesar) set January 1st as the official start date of the new year. In more recent times, fireworks and parades have become classic traditions associated with ringing in January 1st.

## Five Ways to Celebrate New Year's Day Around the World

- ❖ Japan counts down the New Year by ringing bells 108 times to symbolize ridding 108 worldly sins.
- ❖ Norway has a whirligig spinning tradition which is said to bring good luck and fortune in the new year.
- ❖ In Peru, it's customary for citizens to store their worries in a suitcase for the New Year, ensuring a worry-free new year.
- ❖ The Irish fling open their doors as soon as midnight strikes for good luck and health for all.
- ❖ France takes a more culinary route with its tradition of chomping on twelve grapes — one for each time at midnight — when it's believed that by completing this task your wishes can come true.

## How to Celebrate New Year's Day

- ❖ Go around the table and share one positive moment or highlight of the year.
- ❖ Focus on self-reflection by writing down three things from the past year that you want to release to your past, three things you're looking forward to in the next year, and one thing you want to carry over into the coming year.
- ❖ **Start a gratitude jar.** Each day, place in the jar one thing you are thankful for on that day, then enjoy opening them all next New Year's Day.
- ❖ **53 New Year's recipes for good luck.**
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# January 2 – Motivation and Inspiration Day

Let's face it, life can be pretty tough, and sometimes you just need a little motivation and inspiration to keep going. That's why Motivation and Inspiration Day was created! Every year on this special day take some time out of your hectic schedule to reset your mind and body. Take a nature walk, read your favorite book, transfer into an entirely new environment - whatever gives you the boost you need. It's important to have selfcare days like this so that when it comes time to conquer life again, you'll have the extra surge of energy needed for success!

## History of Motivation and Inspiration Day

Throughout history, humans have always been driven by some sort of motivation or inspiration. From the earliest civilizations to modern times, people have sought out ways to propel themselves forward in pursuit of their dreams. One of the first documented examples of motivation comes from ancient Greece, where athletes competed in the Olympic games to earn fame and glory for themselves and their city-states. Today, motivation and inspiration can come from a variety of sources, whether it be a personal goal, a role model, or even a motivational speaker. For centuries, people have sought out ways to fuel their passion and drive, and the search for inspiration continues to this day.

## Five Ways to Become Motivated and Inspired

- ❖ Take a break from whatever you're working on and do something fun - it may sound counterintuitive, but taking some time out actually helps clear your head and give you fresh perspectives.
- ❖ Get yourself organized - set achievable goals for yourself and make sure everything is laid out in an orderly fashion.
- ❖ Create a supportive work environment by surrounding yourself with like-minded people who inspire you to reach your fullest potential.
- ❖ Set aside time for self-care such as meditating or listening to music to relax your body and mind.
- ❖ Take on challenging new tasks – even if they seem daunting at first – it'll help stretch your skillset while giving you the excitement of conquering something challenging!

## How to Celebrate Motivation and Inspiration Day

- ❖ Listen to [YouTube motivation and inspiration videos](#).
- ❖ [23 Best Motivational Podcasts](#).
- ❖ Embrace these habits in "[Get off Your Butt](#)."
- ❖ [Take a course](#) on how to get motivated.
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# January 3 – Festival of Sleep Day

Festival of Sleep Day is the perfect excuse you need to skip that 8AM meeting and hit the snooze button all day long! Whether it's a power nap, afternoon siesta, or an all-night slumber, this holiday is the time to celebrate the restful benefits associated with a good night's sleep, especially as we all come down from the busy holiday season! From physical health to mental well-being, getting enough sleep on Festival of Sleep Day offers a range of advantages that you simply can't afford to ignore. So go ahead and plan that sleep party – wake up feeling refreshed and excited for the new day ahead!

## A Little History About Sleep

Sleep has been an integral part of our lives since centuries ago. Our ancestors were well aware of how vital regular and quality sleep is for our physical and mental wellbeing, which can be proved by some historical moments about sleep such as the 13th century postulating that someone needs to have a minimum of 6 hours of sleep in order to keep up with their life; or the 15th century holy books stating that one should no longer put off getting enough rest as it can significantly reduce productivity; or even Hippocrates in the 5th century BC proving that lack of quality slumber can cause brain damage. All these examples stand proof to the fact that people have known about the importance of sleep since ancient times, though some might have chosen not to adhere to that wisdom until now!

## Five Ways to Get Better Sleep

- ❖ Create a space that is comfortable, dark, and cool.
- ❖ Start winding down mentally before hopping into bed – remove distractions such as screens and stick to more calming activities like reading or listening to soothing music.
- ❖ Incorporate regular exercise into your daily routine; physical activity not only helps build better sleep patterns throughout the day but also helps boost overall mood and energy levels.
- ❖ Explore new sleeping techniques - why not try lucid dreaming if you're feeling adventurous?
- ❖ Feed your body with nutritious foods to give your body the fuel it needs for optimal performance when it comes time for rest.

## How to Celebrate Festival of Sleep Day

- ❖ Indulge in extra sleep today, give yourself permission to sleep more!
- ❖ Consider purchasing a [new mattress](#).
- ❖ Replace that [ratty pillow](#)!
- ❖ Take a [sleep course](#).
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# January 4 – Pop Music Chart Day

Pop music adds a little bit of pizzazz to any situation! From classic tunes to modern-day anthems, it's the perfect soundtrack to accompany your life. Even the most serious of events can be lightened up with a great pop tune. Whether it's totally electric or has melancholy undertones, there's something out there for everyone! With its cheerful vibes and stylish rhythms, pop music has been bringing people together for generations. Who wouldn't want to have some fun and groove along?

## History of Pop Music

Music has truly come a long way throughout history. Pop music first emerged during the 1950s as a cosmopolitan version of rock 'n' roll and grew from there, involving beat and rhythm changes. Since then, it has continued to evolve through different sounds, fashions, and cultural movements - from bubblegum pop to funk and soul to rap and hip-hop. While these genres encompass different eras of music, the one thing they all have in common is the undeniable emotional power they had (and still have) on listeners all over the world. Even though today's pop hits sound very different than what was popular in the past, they both reflect social values while offering listeners an escape into a world of upbeat dance rhythms that just can't be beat!

## Five Things About Pop Music

- ❖ Pop music is upbeat and catchy, making us feel energized when we hear it.
- ❖ Pop songs are characterized by simple lyrics that everybody can relate to.
- ❖ Many mainstream artists collaborate on pop tracks - from beloved Disney stars to renowned producers - which energizes the listener even more.
- ❖ There are many different sub-genres of pop music like retro-pop and newcomer alt-pop - meaning there's something for everyone. Lastly, who doesn't love a good chorus? Pop hooks always stay stuck in our heads for days!
- ❖ One of the greatest selling singles of all time is Elton John's 1997 hit, "Candle in the Wind", with over 33 million copies sold!

## How to Celebrate Pop Music Chart Day

- ❖ Download new music today - get some ideas from [Rolling Stones 500 Greatest Songs of All Times](#).
- ❖ Purchase some [Bluetooth speakers](#).
- ❖ Read, "[The Healing Benefits of Music](#)."
- ❖ Share your favorite music on social media. Use the hashtag #popmusicchartday.
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# January 5 – Twelfth Night

The Twelfth Night celebration is a delightful event chock-full of fun activities to enjoy! Every January 5th, loved ones come together to take part in this special occasion. Whether you decide to attend a formal event or organize a small gathering of your own, there's something for everyone throughout the evening. Many attendants dress up in costumes and join in on the array of activities that could involve playing cards, eating cake and decorated cookies, singing traditional songs, or all those things combined! Let's not forget: No Twelfth Night celebration is complete without the eating of a delicious King cake. Your taste buds will thank you! Twelfth Night is sure to be an amazing way to spend time with family and friends this festive season!

## History of Twelfth Night

Dating back to the Middle Ages, Twelfth Night was originally celebrated on what is now known as 'the Epiphany' which marks the visitation of the Magi to Jesus. The celebration ran from Christmas Eve through until the 12th night when kings were crowned and roles were reversed - servants became masters and masters became servants. It was also thought that this opened up a magical portal allowing cakes to become charmed so somebody would find a bean (or other item) in their cake that would make them king for the day - something that's still celebrated today in many parts of Europe! Today Twelfth Night is primarily marked by festivities and merriment, ensuring we end our long Christmas season on a truly joyous note.

## Five Things About Twelfth Night

- ❖ Twelfth Night is a Christian feast day that marks the end of the Christmas season and is celebrated on January 5th or 6th depending on the liturgical calendar.
- ❖ In Elizabethan England, Twelfth Night was celebrated with revelry and feasts, often accompanied by music and dancing.
- ❖ According to some interpretations, the number twelve has significant religious symbolism tied to it; for example, there are twelve tribes in Israel, twelve apostles of Christ and twelve hours in the night.
- ❖ Many people mark Twelfth Night by marking with a cake or King Cake that's been decorated with a bean or pea hidden inside — whoever finds the bean or pea is said to be king for the night!
- ❖ In Shakespeare's comedy play 'Twelfth Night', 'twelve nights' refers to twelve days of chaos and mischief-making before order can be restored.

## How to Celebrate Twelfth Night

- ❖ **Host a Twelfth Night party!**
- ❖ Make a **King Cake**.
- ❖ **Serve Wassail**.
- ❖ Watch a **Twelfth Night Shakespeare play**.
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# January 6 – Epiphany

Epiphany is a fabulous holiday filled with joy and lots of delicious treats! It's often celebrated on January 6th and it marks the end of the twelve days of Christmas. This day symbolizes the arrival of the Three Wise Men to Bethlehem, which signified that Jesus was born and his path was known. Traditionally, it's associated with kingship, so celebrations might include dressing up in crowns or wearing garments worthy of royalty. On this day, we commemorate the events around Jesus' birth, such as the visitation from the Magi who brought gifts as symbols of adoration and reverence. Epiphany is one of those special occasions you never forget - so come join in and get your celebration on!

## History of Epiphany

The holiday of Epiphany originates from Greek "epiphainen" meaning "to manifest." Although its roots are steeped in religious history and traditions, it can still be celebrated in other fun and meaningful ways today. Many cultures around the world have Epiphany as a celebration for the wise men arriving at Baby Jesus's nativity scene. In more recent times, many areas have adapted the tradition to also honor their own special local events or figures. It can be a great way to come together with friends and family both old and new, focusing on fun activities like storytelling, creative treats, and festive lights which all act as reminders that no matter your beliefs or backgrounds, you can still share meaningful moments full of joy!

## Five Things About Epiphany

- ❖ Epiphany is celebrated twelve days after Christmas day on January 6th.
- ❖ Epiphany traditionally marks the arrival of the wise men to visit and honor baby Jesus.
- ❖ There are some great symbols associated with this holiday such as star-shaped cakes and blessed chalk used to write the year.
- ❖ Another fun activity during Epiphany season is taking a piece of the blessed cake home or setting sail in a cup full of water for good fortune in the new year.
- ❖ Finally, it's believed that during this time a lot can be revealed about an individual's soul since it marks a transition from Christmas celebrations to Lent.

## How to Celebrate Epiphany

- ❖ Bless your home with Epiphany chalk.
- ❖ Take down your Christmas decorations today! [Get it organized.](#)
- ❖ [Decorate for Epiphany](#) too!
- ❖ Make a [Feast for the Three Kings](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# January 7 – Orthodox Christmas

Orthodox Christmas is a special time of the year for many. Celebrated mainly among Orthodox Christians, it usually falls on January 7th, instead of December 25th. For those who observe it, Orthodox Christmas is an important religious holiday that's filled with joy and happiness. People often take part in long church services during the evening of January 6th, with traditional carols sung throughout the night. After attending such joyful celebrations, many attend feasts together with family and friends to continue the celebration. Truly, it's an occasion to be cherished and remembered!

## History of Orthodox Christmas

Orthodox Christians celebrate Christmas on January 7th to commemorate the birth of Jesus Christ. This day is based on the Julian calendar, which is why it falls 13 days later than the more widely used Gregorian calendar. Orthodox Christians are those who follow the teachings of the Eastern Christian churches, which have been in existence since at least the 4th century CE. The core beliefs of Orthodoxy focus on the divinity of Christ, the Trinity, and the authority of Scripture.

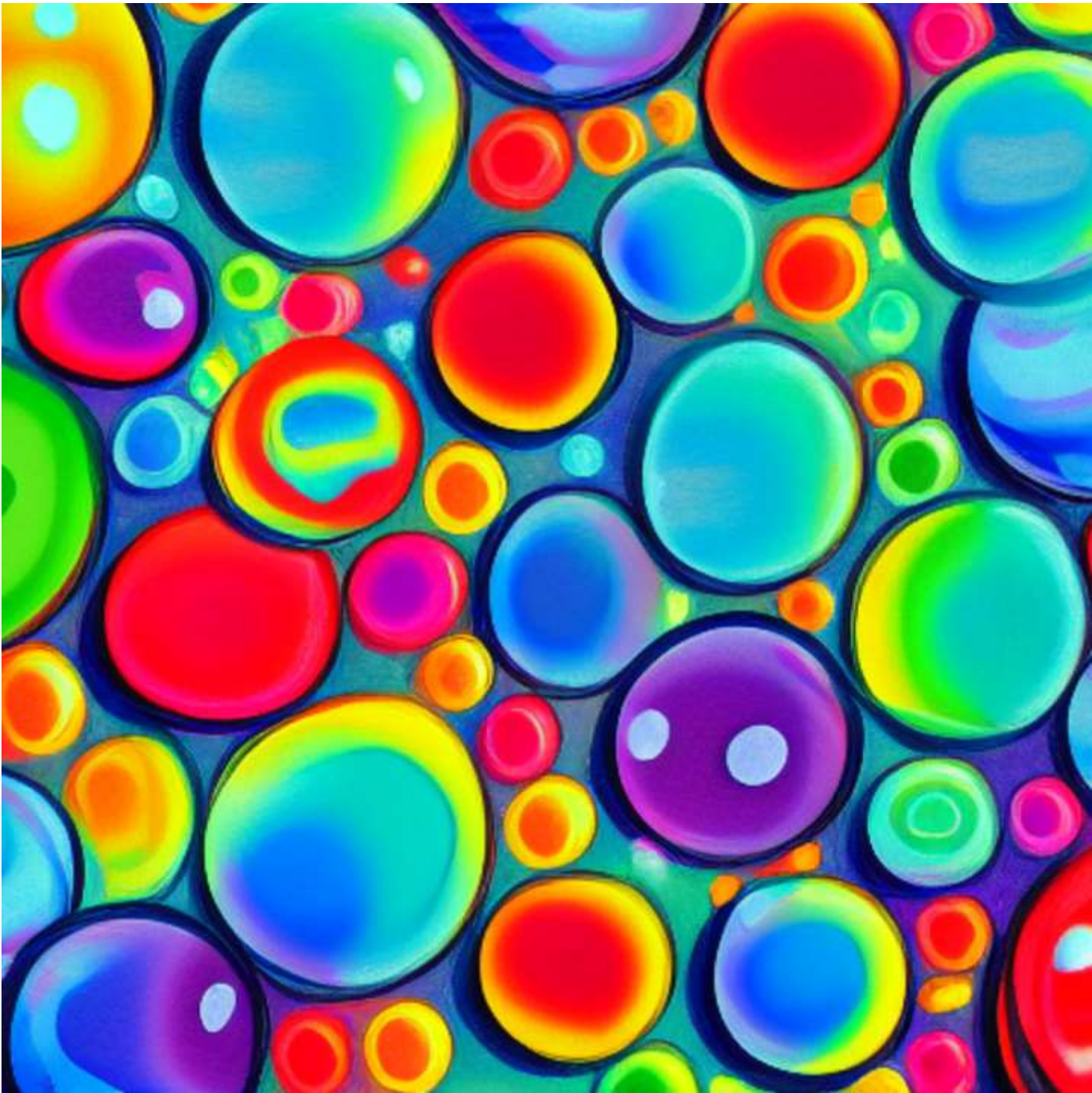
## Five Things About Orthodox Christmas

- ❖ People in some countries may fast for an entire week leading up to Orthodox Christmas.
- ❖ Countries that celebrate Orthodox Christmas include They include Belarus, Egypt, Ethiopia, Georgia, Kazakhstan, Macedonia, Moldova, Montenegro, Serbia, Russia and Ukraine. Armenia observes Christmas Day on January 6.
- ❖ Candy canes are often hung as a symbol of Jesus' purity.
- ❖ One of the oldest surviving Christmas traditions among Eastern European countries is 'Koleda', where costumed characters go door-to-door singing carols and sharing stories about the baby Jesus.
- ❖ It is believed that Santa Claus - who is known in some regions as 'Ded Moroz' - delivers presents to Russian children during the week leading up to Orthodox Christmas.

## How to Celebrate Orthodox Christmas

- ❖ Read the article, "[Here's How to Celebrate Orthodox Christmas.](#)"
- ❖ Read about the [fasting process for 40 days](#) starting on November 15.
- ❖ Try out these delicious [Russian food recipes](#).
- ❖ Beautiful [Russian ornaments and decorations](#).
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# January 8 – National Bubble Bath Day

There's nothing quite like taking a luxurious bubble bath after a long day! Whether it's a hot bath loaded with some decadent bubbles, or a cool bath full of more subtle and natural scents, nothing beats sinking into a soothing tub. It's not just the smell and feel of the bubbles that makes bubble baths so enjoyable; it's also the sensory experience as your cares melt away as you relax in the warmth. There are few sensations that can top the feeling of emerging from that steaming tub afterwards and leaving all your troubles behind. Bubble baths provide an effortless escape to another world, creating a momentary paradise that we can return to whenever life gets too overwhelming.

## History of Bubble Baths

The first records of bubble baths didn't come until the 19th century, when syrupy and heavily-perfumed mixtures were being sold as a luxury. These soapy products didn't turn into the familiar mountain of bubbles we know today related to bubble baths until much later, with wands coming into play in the 1940s and 50s.

## Five Things About Bubble Baths

- ❖ There are trace amounts of beer in most bubble bath solutions. That's due to the yeast extract found in most formulas, which helps create a thick layer of bubbles.
- ❖ Bubble baths have been around since the 4th century BC. It was ancient Egyptians who discovered that oils left behind a film on top of water.
- ❖ It takes up to 15 minutes for soap molecules to form a structure strong enough to make bubbles.
- ❖ The foam produced by bubble bath solutions creates a delicate massage on the surface of the body which helps promote relaxation.
- ❖ Adding essential oils to your bath can improve mental health.

## How to Celebrate National Bubble Bath Day

- ❖ Treat yourself to some [new bubble baths](#).
- ❖ More [bubble baths](#) by Sephora.
- ❖ Read about the fun [bathing habits around the world](#).
- ❖ How to take [the most relaxing bath](#), according to science.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



365 Days of Celebration 2024

# January 9 – Law Enforcement Appreciation Day

Today is the perfect reminder of why we should show appreciation to those individuals who put their lives on the line every single day in order to keep us safe. The work done by these brave men and women should be recognized, so let's take this day as an opportunity to thank them for all they do. From organizing police drives around our town, writing thank-you cards, or even hosting a party in their honor – whatever we can do to say "thank you" will help make this appreciation day extra special! We owe these brave officers an immense debt of gratitude, so let's make sure that Law Enforcement Appreciation Day is one that remembers and celebrates their service.

## History of Law Enforcement Around the World

Have you ever wondered who was patrolling the streets during the time of Ancient Greece? Well, the answer might surprise you! Back then, large-scale law enforcement didn't really exist. Instead, court authorities would hire a private individual to investigate questionable activity. As for Roman-era cities and towns, they got their own police force around 300 BC, comprising of slave-like police officers tasked with patrolling particular districts. Fast forward to Medieval Europe and things got a little more organized. Law enforcement officers were typically appointed by feudal leaders or bishops and expected to look out for public order and criminal behavior throughout the region they resided in.

## Five Things About Law Enforcement

- ❖ US Marshalls have been around since 1789. They predate both the FBI and local police departments!
- ❖ Department of Justice attorneys manage over 1.2 million cases every year, and have recovered over \$56 billion during its lifetime!
- ❖ 99% of all police interactions end in peaceful resolutions.
- ❖ According to the FBI, there are about 800,000 law enforcement officers in The United States.
- ❖ The first police force in the US was established in Boston in 1838.

## How to Celebrate National Law Enforcement Day

- ❖ [Thank law enforcement](#) for their service.
- ❖ [Donate to a police charity](#).
- ❖ Host a [police-themed party](#).
- ❖ Post a positive experience you've had with police on social media.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# January 10 – National Houseplant Day

Something about houseplants that is extra special is the ability to create a sense of life in almost any environment. With their vast array of shapes and colors, they can add an immediate touch of nature to even the simplest living space. Watching them grow, flower and become more vibrant with each day brings a certain feeling of joy - providing warmth, lightness and that all-important breath of fresh air into your home. Plus, if you're feeling creative you can indulge in the satisfying activity of potting; let your imagination run wild with choosing pots and saucers...it's sure to put an involuntary smile on your face!

## History of Houseplants

Houseplants have been enjoyed as decorations by people since ancient times. Evidence of luscious greenery in homes has been found in ancient Egyptian tombs and art, though perhaps the most widely known example is from the Hanging Gardens of Babylon dating back to 600 BC. In more recent centuries, having potted plants gracing a home interior was a staple for both fashion and health reasons.

## Five Things About Houseplants

- ❖ Houseplants can purify the air inside your home. They absorb and eliminate poisonous chemicals like formaldehyde that are found in everyday items like furniture and carpeting.
- ❖ Research shows houseplants have even been proven to boost productivity and memory.
- ❖ Plants need only small amounts of energy from natural or artificial light in order to survive indoors.
- ❖ Recent studies have found that plants help reduce stress levels in humans!
- ❖ Caring for a plant can actually help you worry less about other things since focusing on caring for the plant takes up some mental bandwidth.

## How to Celebrate National Houseplant Day

- ❖ Purchase some [new houseplants](#) today!
- ❖ Pair your new plants with [decorative vases](#).
- ❖ [30 Best Plants That You Absolutely Won't Kill](#).
- ❖ [Take a course](#) on houseplants.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# January 11 – National Secret Pal Day

Secret pals, like secret Santas, is always a fun activity! Connecting with someone you don't know and giving them little surprises over the course of a set time period can be an exciting challenge. In some cases, talking to and getting to know your secret pal through various forms of communication can lead to forming lasting friendships. There's something special about finding joy in a simple act of kindness while remaining anonymous. Whether you're choosing gifts for someone or sending them letters and cards, it's sure to bring you both as much happiness as it brings your secret pal. Secret pals are definitely great for spreading cheer!

## History of Secret Pals

Secret pals have been around since way before modern technology like the internet. Back in the day, Secret pals had to be found the old-fashioned way - word of mouth! The concept was simple: each person would write a list of a few gifts they would like for their "pal", seal it in an envelope and place it in a central location. Then, other people would take an envelope, purchase the gifts, and deliver them anonymously to the recipient. It was so much fun - no one ever knew who gave them their gifts! This tradition has become even more popular today as new technologies give us better ways to stay connected and show our appreciation to others.

## Five Things About Secret Pals

- ❖ Anyone can be someone's secret pal.
- ❖ It's a great way to practice random acts of kindness.
- ❖ There is no time limit for being a secret pal.
- ❖ It's all up to your imagination in terms of what you do for your pal.
- ❖ Secret pals can be an exciting journey full of surprises.

## How to Celebrate Secret Pals Day

- ❖ Set up a [secret pal program](#).
- ❖ Send your secret pal some [Kind Notes](#).
- ❖ Send a small gift from [Greetabl](#). So cute!
- ❖ Use the tool [Sneaky Pal](#) to set up a virtual group.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# January 12 – Stick to Your Resolutions Day

Sticking to resolutions might seem like a drag, but it doesn't have to be! Instead of harping on the fact that you "have" to make positive changes in your life, turn it into a game and make a plan of attack. Give yourself plenty of breaks and rewards; for instance, if you reach the end of the month with no slip-ups in your resolution-keeping plan, give yourself a treat like an extra hour on the weekend doing something fun. And when things get tough (because let's face it - old habits die hard!) don't be afraid to ask for help from friends or family. If all else fails, take some time off from your resolutions and recoup: sometimes starting over with renewed energy can take you even farther than trying to tough it out. It's not easy, but hey - with the right attitude nothing is impossible!

## History of Making New Year's Resolutions

Making New Year's Resolutions is a beloved tradition practiced all around the world. This tradition was first documented in Ancient Babylon, with promises to their gods helping to bring joy and prosperity in the coming year. In Medieval Europe, knights would take an annual vow on New Year's Day to maintain their code of chivalry throughout the upcoming year - ensuring they stayed true to form as guardians of justice and goodness. Fast-forwarding to modern day times, making resolutions has become something almost everyone looks forward to every December 31st!

## Five Tips for Keeping Your Resolutions

- ❖ Break down your goal into manageable parts that you can achieve in the short-term. This is key!
- ❖ Evaluate what may prevent you from achieving the goal, such as skipping days doing the activity due to a busy work schedule. And then come up with an alternate plan on how to avoid these potential obstacles.
- ❖ Grab yourself an accountability partner or hire a coach - there's no better way of staying motivated than having somebody cheer and encourage you along the way!
- ❖ Track your progress and make adjustments if necessary, so that the goal does not become overwhelming.
- ❖ Reward yourself for small victories - that way you can take regular breaks and stay engaged.

## How to Celebrate Stick to Your Resolutions Day

- ❖ Take the course, "[How to Make and Keep Goals and New Year's Resolutions.](#)"
- ❖ Download the [Habit Tracker app](#).
- ❖ Watch the video, "[Epictetus - How to Keep Your New Year's Resolutions.](#)"
- ❖ Purchase a [book on New Year's resolutions](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# January 13 – Korean-American Day

Korean American Day is an amazing occasion that celebrates the many contributions of Korean Americans to our great nation. On this special day, individuals gather in homes and community centers all across the country to share a celebration of their heritage with family, friends, and all those they hold near and dear. It's the perfect opportunity to reminisce on the rich history of the Korean American population: their journey to pursue an American dream, their traditions passed down through generations, and their accomplishments shared over years of hard work. Join us in welcoming Korean American Day with joyous enthusiasm and gratitude!

## History of Korean-American Day

On January 13th of 1983, the United States President at the time, Ronald Reagan, made a proclamation officially proclaiming January 13th as Korean American Day. This day was created to recognize the vast contributions of Korean Americans throughout history and still today in politics, economy, culture and much more. This day celebrates their bravery, courage and resilience to constantly strive to succeed in any environment or situation they find themselves in. Since its inception in 1983, Korean American Day has been marked by festivals across the country that celebrate everything from music and traditional shared customs to food -all showcasing the unique diversity within Korean American Communities. It's also a time for family gatherings with friends often hosting potlucks that reflect their mutual cultural heritage!

## Five Things About Korean Americans

- ❖ The first Korean immigrants to arrive in America were students looking to further their studies in 1902? That puts them ahead of other Asian American groups for the earliest immigration!
- ❖ During World War II, Korean Americans served in huge numbers relative to their tiny population, over 10,000 serving across all branches of the U.S. Military!
- ❖ Furthering their presence, nearly 75% of all adult Korean Americans have a bachelor's degree or higher today - making them one of the most educated ethnic groups in America.
- ❖ Three quarters of bilingual Koreans primarily speak Korean at home!
- ❖ Korean Americans have become quite successful in owning their own businesses, and currently there are more than 200,000 Korean-owned businesses in the United States alone.

## How to Celebrate Korean-America Day

- ❖ Try some new Korean recipes by [BeyondKimchee](#).
- ❖ Explore [Korean culture](#).
- ❖ [Listen to some K-Pop](#).
- ❖ Purchase the well-known super food, [Kimchi](#)!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# January 14 – Dress Up Your Pet Day

January 14th is no ordinary day, my friends. It is the day where you get to spoil your furry amigo and show them some love. It's Dress Up Your Pet Day! Whether it's your loyal Labrador, your sassy Siamese, or your cheeky Chihuahua, show them off in their cutest or craziest outfit. You could put them in a fancy dress or a superhero costume - the options are endless. Celebrate the bond between you and your pet by indulging them with some fun and perhaps some treats! So, mark your calendars and get ready for Dress Up Your Pet Day on January 14th. Your pet will thank you with licks and cuddles!

## History of Dress Up Your Pet Day

It all started with royalty - the ancient Egyptians used to adorn their cats with jewelry and even gave them tiny headdresses. Later on, during medieval times, dogs were dressed in armor for battle. However, it wasn't until the 20th century that pet costumes became mainstream. In the 1920s, dogs would dress up as flappers, and in the 1950s, canine cowboy costumes were all the rage. Today, pet costumes are a staple in our culture, with people dressing up their furry friends for Halloween, Christmas, and other special occasions.

## Five Things About Dressing Up Your Pet

- ❖ Make sure the clothing fits properly. Just like humans, pets need to be comfortable in what they're wearing.
- ❖ Consider the weather. If it's hot, don't put your pet in anything too heavy. If it's cold, layer up with a sweater or jacket.
- ❖ Choose clothing that is easy to clean. Pets can get dirty quickly, so opt for items that are machine washable.
- ❖ Always supervise your pet while they're wearing clothing. Some pets may try to chew or eat the clothing.
- ❖ Do not leave them unsupervised while dressed up to prevent any accidents.

## How to Celebrate Dress Up Your Pet Day

- ❖ Dress up your pet, [find pet clothes here](#).
- ❖ Take a [pet photography course](#).
- ❖ Host a [pet dress-up party](#).
- ❖ [Enjoy these images](#) of pets dressed up.
- ❖ Try out the [Thunder Shirt](#) for dog anxiety.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# January 15 – National Hat Day

Have you been trying to think of ways to express your love for hats? Then look no further because National Hat Day is here! On January 15th, people from all over the U.S. will be donning their favorite hats to celebrate this beloved accessory. From baseball caps to fedoras, from beanies to berets, hats come in all shapes, colors, and sizes. National Hat Day is the perfect occasion to showcase your unique style and personality through your favorite headpiece. So, whether you're a collector, a fashion-forward trendsetter, or simply love hats for their practicality, get ready to tip your hats to National Hat Day this January 15th!

## History of Hats

Throughout history, hats have been much more than just a means of keeping one's head warm. In ancient Egypt, hats were seen as a status symbol, with different types of headwear denoting one's social standing. During the Middle Ages, hats were a necessity to protect against the sun and rain, but also held significant cultural and religious meaning. In the 18th and 19th centuries, hats became a fashion statement, with various styles and materials used to convey one's individuality and taste. Today, hats are still worn for practical purposes, but also for fashion and as a way of expressing one's personality. The history of hats offers insight into not only fashion and style trends but also the societal and cultural values of different time periods.

## Five Fascinating Things About Hats

- ❖ The earliest hats were made out of materials such as straw and animal fur.
- ❖ Certain hats, such as the top hat, have been associated with specific professions and social classes.
- ❖ The tallest hat ever made was over 15 feet tall and was worn by a man in Australia.
- ❖ The term "mad as a hatter" came from the mercury poisoning that hat makers used to experience due to the fumes from the process.
- ❖ The phrase "hats off" actually originated in the military as a sign of respect.

## How to Celebrate National Hat Day

- ❖ Go shopping for a [new hat](#).
- ❖ Host a hat party, hats at work, or hat day at school - prize for best hat.
- ❖ More than 600 crazy, fun, [foam party hats](#).
- ❖ [Make-a-Party-Hat Party](#) for kids.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# January 16 – National Nothing Day

January 16th may seem like an ordinary winter day, but for some, it's a very special occasion. That's because it's National Nothing Day! While some might think it's strange to celebrate doing nothing, others see it as the perfect opportunity to relax and recharge. National Nothing Day was created in the 1970s by columnist Harold Pullman Coffin as a day to celebrate "nothing," to "think, meditate, or just plain veg out." So take a break from the hustle and bustle of everyday life and embrace the nothingness. Whether that means curling up with a good book, going for a walk in nature, or simply sitting in silence, National Nothing Day is a chance to do absolutely nothing - guilt-free.

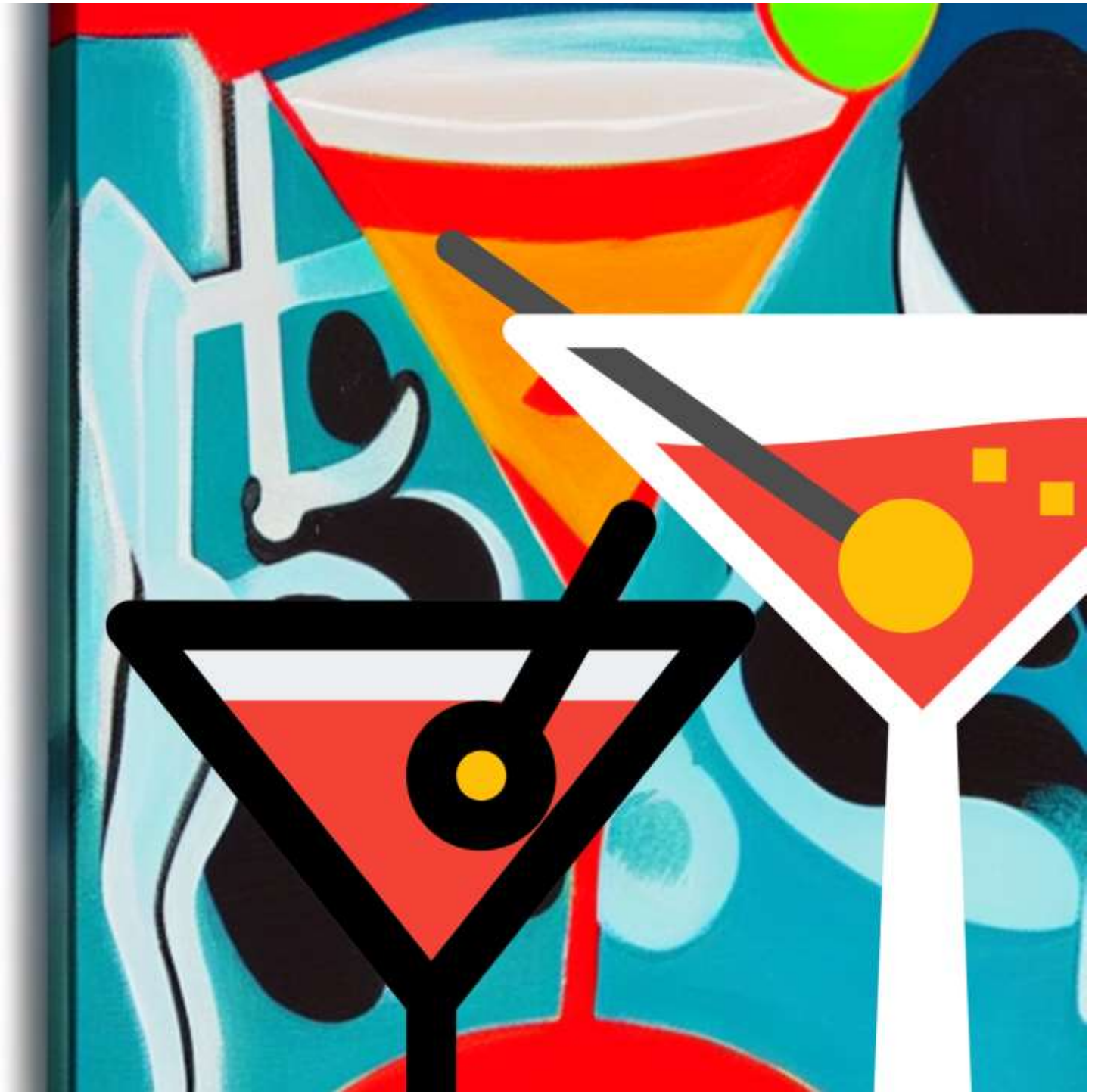
## History of the Value of Doing Nothing

Throughout history, figures such as Thoreau and Emerson have extolled the virtues of solitude and contemplation. In many cultures, meditation and stillness are integral parts of daily life. The value of doing nothing extends beyond just rest and relaxation; it also allows for creative thinking and problem-solving. So while our society may push us to constantly be productive, it's important to remember that taking a break and simply allowing ourselves to be idle can be just as valuable.

## Five Healthy Reasons to do Nothing

- ❖ One value of doing nothing is that it allows us to recharge mentally and physically, enabling us to be more efficient and productive in the long run.
- ❖ It provides us with the opportunity to be more mindful and present in our daily lives, helping us to find greater meaning and fulfillment.
- ❖ Doing nothing fosters creativity, allowing us to explore ideas and thoughts that we may not have considered while busy.
- ❖ It encourages us to connect with ourselves and others, which can ultimately lead to deeper and more meaningful relationships.
- ❖ By slowing down, we can reconnect with ourselves, appreciate the present moment, and gain a new perspective on life.

## How to Celebrate Nothing Day





# January 17 – National Bootlegger Day

Bootleggers were rule-breakers of the Prohibition era, when the sale and transportation of alcoholic beverages was illegal in America. They acquired liquor through illegal means and then transported it in secret to other locations to sell or trade. To avoid capture, bootleggers used various cunning tactics such as camouflaging cars with fake covers, altering car engines to make them more agile and faster, and even using coded language while on the phone. Bootlegging could be a dangerous business, but some earned huge profits from their illicit activities. Nowadays, bootlegging has become a term for illegitimate activity related to any item – not just alcohol!

## History of Bootleggers

Bootlegging has a long and interesting history. The term is said to derive from British slang and was first used in the late 1700s meaning to carry smuggled contraband. But it's most famously associated with America's Prohibition-era, when gangsters like Al Capone became legendary figures while making a killing off bootlegged alcohol.

## Five Things About Bootlegging

- ❖ Booze is expensive, and prohibition made it even more so. So if you wanted to drink during prohibition, you had to get creative. That's where the term "bootlegger" comes from. Bootleggers would smuggle alcohol into the country in the soles of their boots.
- ❖ Not only did bootleggers have to be creative, they also had to be resourceful. They had to find ways to transport the alcohol without getting caught and figure out how to distill it without being caught.
- ❖ Bootlegging was illegal, so bootleggers were constantly at risk of being caught and going to jail. But they took the risk because the rewards were high.
- ❖ Bootlegging was a business, and like any business, it required entrepreneurial skills. Bootleggers had to be able to market their product, set prices, and keep their customers happy.
- ❖ Bootlegging was a tough business, and bootleggers had to be tough to survive. They had to be able to handle tough situations and tough people.

## How to Celebrate National Bootlegger Day

- ❖ Host a [Roaring Twenties Party](#).
- ❖ [Read about Al Capone](#).
- ❖ Watch the video, "[Prohibition](#)."
- ❖ Purchase some [Templeton Rye](#) and drink it in these [TR glasses](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# January 18– National Gourmet Coffee Day

Wake up and smell the gourmet coffee! Gourmet coffee is a whole new level of flavor, quality, and experience. Roasted to perfection and carefully sourced from around the world, it can elevate your morning routine to a luxurious ritual. Taking the time to grind your own beans, boil water over an open flame, and hand-pour each cup will leave you feeling like you are masterfully crafting each cup just for yourself. Plus, who doesn't love a delicious pick-me-up to get the day started off right? Whether you choose dark French roast or light Colombian roast, gourmet coffee provides an out-of-this-world flavor and aroma that can't be found in any old Keurig pod. So why not take your coffee drinking experience to the next level with some seriously yummy gourmet java?

## History of Gourmet Coffee

Fans of gourmet coffee could never have predicted that its humble origins began in the 9th century in present-day Ethiopia. According to legend, an Ethiopian goatherd noticed his animals ate a certain berry and became energized after consuming it. This "magical" berry was said to be the first type of coffee bean! From there, coffee spread throughout the Arab world where it quickly gained popularity among locals who creatively created different types of brews to enjoy. Fast forward hundreds of years and from high-end cafes to sleekly designed espresso machines at home, gourmet coffee all started with a playful goatherd, some curious goats and a wild berry.

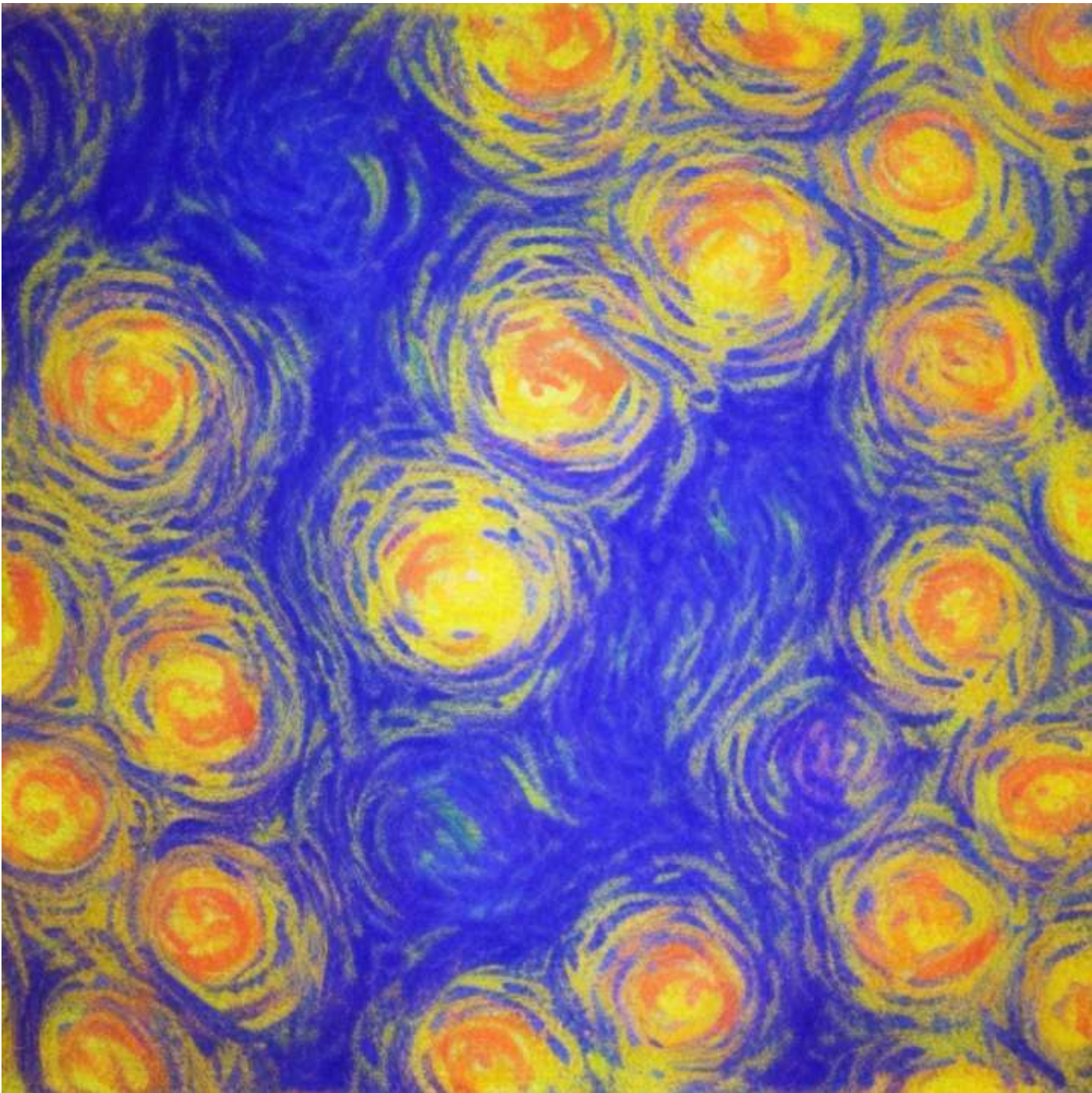
## Five Things About Gourmet Coffee

- ❖ Gourmet coffee is typically made from high-quality beans that are grown in specific regions of the world.
- ❖ The best gourmet coffees are roasted in small batches to ensure that each bean is roasted to perfection.
- ❖ Gourmet coffee is typically ground much finer than regular coffee, which results in a richer flavor.
- ❖ Gourmet coffee is typically brewed using filtered water to further improve the flavor.
- ❖ Gourmet coffee is typically served black, without any added cream or sugar.

## How to Celebrate National Gourmet Coffee Day

- ❖ Treat yourself to some new [gourmet coffees](#) today!
- ❖ Purchase one of our [gourmet coffee mugs](#) on Zazzle (BTW, all of our designs are available on coffee mugs).
- ❖ Beautiful [gourmet coffee things](#)!
- ❖ Host a [coffee tasting party](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# January 19 – National Popcorn Day

Popcorn is a favorite snack of people all over the world. It can be enjoyed sweet or savory, but no matter how it's served, popcorn always adds a light and crunchy flair to any meal. A science experiment almost as popular as that of making homemade play dough, popping corn kernels in hot oil is sure to draw an audience in any kitchen. The resulting fluffy popcorn clouds can be salted and buttered to perfection or even coated with chocolate for special occasions. Popcorn is a real crowd pleaser and its widespread appeal means there's sure to be something delightfully finger-licking good for everyone!

## History of Popcorn

Popcorn - one of the most popular snacks in the world. While we may all love the buttery treat, did you know that popcorn has been around for thousands of years? Dating back to ancient civilizations like the Aztecs and the Mayans, popcorn was used in important celebrations and religious ceremonies. In fact, popcorn was so important that the kernels have been found in burial tombs of these ancient cultures! The fun history of popcorn doesn't stop there - during the Great Depression, popcorn became a cheap and easy snack for families to make at home. It grew even more popular during World War II when sugar was rationed and candy was hard to come by. Today, we enjoy our popcorn at the movies, at parties, and even fancy popcorn shops. Who knew that a simple snack could have such a fascinating and fun history!

## Five Things About Popcorn

- ❖ Popcorn is a type of corn that was first domesticated by the indigenous people of Mexico.
- ❖ Popcorn is one of the oldest types of corn in existence and was first cultivated by the Aztecs and Mayans.
- ❖ The word "popcorn" comes from the Aztec word "pocorni", which means "to pop or burst open".
- ❖ Popcorn was introduced to the United States by Native Americans in the early 1600s.
- ❖ Popcorn is a whole grain and is a good source of fiber, antioxidants, and vitamins.

## How to Celebrate National Popcorn Day

- ❖ Get your favorite movie on and enjoy some **popcorn!**
- ❖ Purchase a new **popcorn popper**.
- ❖ How to make **perfect popcorn balls**.
- ❖ Enjoy all things popcorn at **popcorn.org** (about, games, recipes).
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# January 20 – National Penguin Day

Penguins may not be the most graceful of animals, but they sure know how to make an impression! These funny creatures inhabit the icy regions of the Southern Hemisphere, and can be found waddling along Antarctica's coastline. Penguins are well adapted for cold climates, with thick layers of waterproof feathers and even a layer of blubber to keep them running. They feed mainly on krill, using their sharp bills to catch small fish. Plus, like many other flightless birds, penguins have extra-long feet and flippers to help them "fly" through the water with ease. With so many unique qualities, it's no wonder why we're fascinated by these quirky birds.

## History of Penguins

Penguins have been around for centuries, but weren't discovered by humans until the 17th century! Our understanding of these adorable birds has evolved dramatically since then, and our knowledge of the over 18 species of penguin that exist today continues to grow. While at first we viewed these creatures as a source of food, now they are an inspiration to many – with their spirited disposition and charming tuxedo-like feathers.

## Five Things About Penguins

- ❖ Penguins are flightless birds that are native to the Southern Hemisphere.
- ❖ There are 17 different species of penguins, and they range in size from the little blue penguin, which is about the size of a chicken, to the emperor penguin, which can be nearly four feet tall.
- ❖ Penguins eat a variety of seafood, including fish, squid, and krill. Some species of penguins also eat land-based prey, such as insects and small mammals.
- ❖ Penguins are excellent swimmers and can reach speeds of up to 15 miles per hour in water. However, they are relatively clumsy on land and often wobble when they walk.
- ❖ Penguins have a number of adaptations that help them to survive in cold environments, including thick feathers, a layer of fat beneath their skin, and webbed feet.

## How to Celebrate National Penguin Day

- ❖ Watch "[March of the Penguins](#)."
- ❖ Donate to World Wildlife Organization to [save the Penguins](#).
- ❖ Check out the [Penguin Cam](#) at the Monterey Aquarium.
- ❖ Host a [penguin-themed party](#). [Buy penguin things!](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under [click to comment](#) at the very bottom.



# January 21 – Martin Luther King Jr Birthday

Martin Luther King Jr. was a brilliant leader and powerful advocate for equal rights, who forever changed the course of history. His legacy is honored in countless ways, from yearly celebrations to memorials around the world - though let's be honest, his greatest accomplishment was making it socially unacceptable to discriminate against people based on the color of their skin! Although he tragically met an untimely end, MLK's work will remain relevant for generations to come - hopefully, one day we can all proudly say "We have truly been able to create a society where everyone is equal."

## History of Martin Luther King, Jr. Day

In 1983, eight years after Martin Luther King Jr was assassinated, President Ronald Reagan signed the civil rights leader's birthday into a national holiday. Congress had attempted to introduce the holiday 18 years prior in 1969 during the Johnson administration, but it was vetoed repeatedly by Presidents Nixon and Ford before being accepted by President Reagan in 1983. Martin Luther King Jr's birthday is on January 15; we celebrate MLK Day on the 3rd Monday in January each year.

## Five Things About Martin Luther King, Jr.

- ❖ Martin Luther King Jr. was born Michael King Jr.
- ❖ His father, Michael King Sr., changed both of their names to Martin Luther in honor of the German Protestant leader.
- ❖ Dr. King was a gifted singer and often sang in his church choir.
- ❖ Dr. King was nearly assassinated a year before his actual assassination when someone threw a bomb at his house.
- ❖ Martin Luther King Jr was imprisoned 29 times.

## How to Celebrate Martin Luther King, Jr. Day

- ❖ Host a dinner featuring traditional **soul food dishes**.
- ❖ **Read a new book** about Martin Luther King Jr.
- ❖ Purchase **Martin Luther King Jr quotes things**.
- ❖ Familiarize yourself with **The King Center**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# January 22 – Answer Your Cat’s Questions Day

We can all agree that our furry feline friends have a certain air of mystery about them. They stare at us with those big eyes, and we can't help but wonder what they're thinking. And while we might not always have the answers, January 22nd aims to change that. Answer Your Cat's Questions Day is the purrfect opportunity to finally give your cat the answers they're looking for. Maybe they want to know why you're always gone during the day, or why you won't share your human food. Whatever their inquiries may be, take some time to have a conversation with your cat on this special day. Who knows, you might learn a thing or two about your feline friend as well.

## History of Answer Your Cat’s Questions Day

Answer Your Cat's Questions Day is a holiday that's hard not to love! Celebrated on January 22nd, the holiday provides a unique opportunity for cat lovers to indulge in one of their favorite pastimes: talking to their furry friends. While it may seem a bit silly to some, for cat owners, communicating with their pets is a daily occurrence. But on this special day, the conversation is all about the cats - their meows, their tail twitches, and their curious looks all become prompts for sparking conversation and answering the questions that their feline friends may have. What better way to deepen your bond with your cat than by dedicating an entire day to listening and communicating with them?

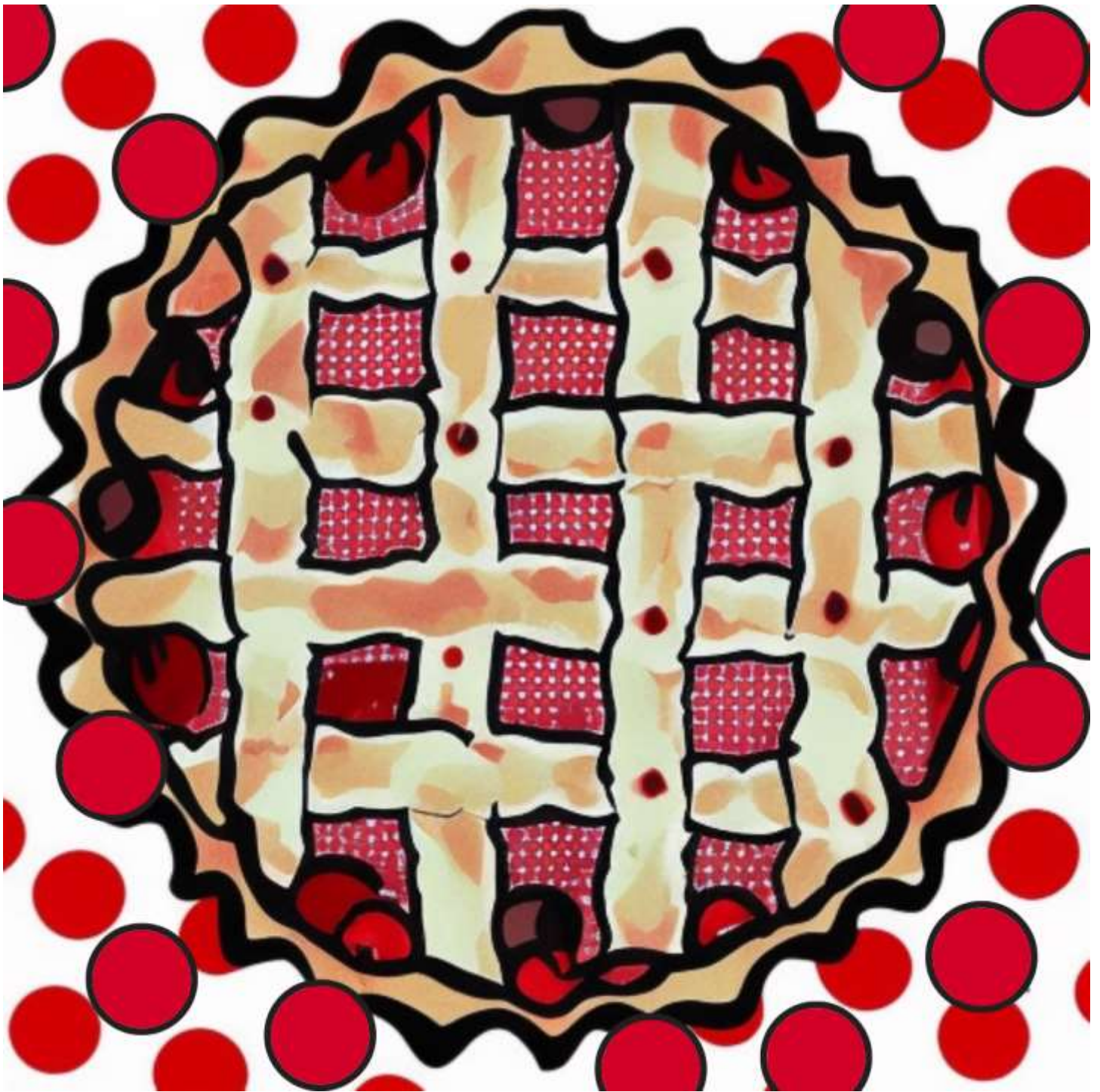
## Five Ways to Communicate with Your Cat

- ❖ Pay attention to their body language - a twitching tail may mean they're agitated, for example.
- ❖ Try mimicking their vocalizations - you may be surprised how much a "meow" back can make them feel understood.
- ❖ Make eye contact and blink slowly, which is a sign of affection in feline language.
- ❖ Experiment with different types of toys and treats to see which ones seem to make your cat the happiest.
- ❖ Don't forget the importance of physical touch - a gentle petting session can be incredibly soothing for both cat and human.

## How to Celebrate Answer Your Cat’s Questions Day

- ❖ [Understand What Your Cats Want When They Meow.](#)
- ❖ Follow [Grumpy Cat \(RIP 2019\) on Facebook.](#)
- ❖ If you love cats, [find lots of them on the internet.](#)
- ❖ Treat yourself to your favorite [cat-themed gifts.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# January 23 – National Pie Day

Pies are undeniably delicious treats that bring people together, providing an enjoyable dessert to any festive gathering. But they go beyond simply tasting delectable; pies offer a unique baking experience that can be both experimental and comforting. From the sound of rolling dough to scoring crimps between fingertips, making a pie is therapeutic and exciting. Additionally, pies are versatile enough to fit any occasion – whether it's a flaky apple pie in autumn or a fruity strawberry-rhubarb blend in summer. With countless flavor options (and combinations) available, pies are endlessly fun to create with friends and family. All in all, pies make for amazing desserts – and amazing memories!

## History of Pies

Pies have a long and illustrious history that dates back centuries. Archaeological records suggest that pies were enjoyed as early as 9500 BC in the area of the Tigris and Euphrates Rivers. Ancient Greeks filled their pies with honey, cheese, fish, onions, and herbs to make delicious savory dishes. The Romans continued this tradition and by the 1300s, medieval citizens of England began using their own unique ingredients including beef, chicken, pork, fish, fruits, spices and even eggs. While all these were considered delicacies for their times, it was the development of pastry dough around the 1500s that marked the true beginning of pie making as we know it today. Modern pies have all kinds of fillings and come in an almost limitless range of shapes and sizes; all testament to our baking ingenuity over many centuries!

## Five Things About Pies

- ❖ The first pies were made by the Ancient Egyptians and they were made with wheat flour, honey, and nuts.
- ❖ Pies were brought to America by the Pilgrims on the Mayflower. The most popular pie in America at that time was called a "mince pie," and it was made with meat, sugar, spices, and dried fruit.
- ❖ Apple pie is the most popular type of pie in America.
- ❖ There is a town in North Carolina called Pie Town.
- ❖ Pi Day is a thing. March 14th is known as Pi Day because the date (3/14) corresponds with the first three digits of pi (3.14).

## How to Celebrate National Pie Day

- ❖ Bake a pie today! Choose from these [52 pie recipes](#).
- ❖ Try out my recipe for the [Best Apple Pie ever](#).
- ❖ How to make a [great pie crust](#). [Pie crust cutter](#).
- ❖ Indulge in a [beautiful new pie plate](#).
- ❖ Host a pie contest, "[Pie Contest in a Box](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# January 24 – Belly Laugh Day

Belly laughing is a form of humorous expression that has been known to improve one's wellbeing, overall sense of happiness, and mental health. It is characterized by a deep and uninhibited laughter, often accompanied by uncontrollable giggling or convulsions. Research has shown it can boost endorphins, reduce stress hormones, raise body temperature and heart rate, release tension from the body, stimulate circulation and contribute to relaxation. Belly laughing can also help deepen interpersonal connections with other people as it encourages greater openness and understanding in conversation. Consequently, many have come to appreciate the therapeutic benefits that come from belly laughing together in everyday life!

## History of Laughing

When we take the time to compare a statement from centuries ago to one from today, it becomes apparent how drastically our views on laughing have changed. Throughout history, commenting positively on laughter was not always commonplace. While some cultures actively encouraged humor and joy as part of their everyday lives, others viewed it with scorn and suspicion. Aristotle referred to laughter as an emotion that resulted from being "lesser," a symptom of a lack of sense and reason. However, in contrast, other historical figures like Pliny the Elder viewed laughing as a way to relax after work and transcend negative emotions, while Pope Gordon XIII said that when done in moderation, it can achieve health benefits. Thankfully the tide has changed - nowadays we celebrate laughter! We include jokes in conversation and use humor to bridge divides between us; embracing 'a laugh' is no longer considered something shameful.

## Five Things About Belly Laughing

- ❖ Belly laughing releases endorphins which in turn helps boost both your mood and overall happiness.
- ❖ The deep breathing that naturally occurs during a laugh gives your whole body an aerobic exercise!
- ❖ Belly laughing helps to reduce chronic pain such as headaches and backaches due to improved postural alignment and increased blood flow.
- ❖ A hearty laugh can help with digestion by stimulating certain muscles in the abdomen.
- ❖ Laughing is contagiousness and makes it an easy thing for almost anyone to do with friends or colleagues when simply smiling becomes too dull.

## How to Celebrate Belly Laugh Day

- ❖ Read the 38 Hz article, "[Laughter as Medicine](#)."
- ❖ Post funny quotes, pictures, jokes on social media. Use the hashtag #bellylaughday.
- ❖ Do the [Bollywood Laughter Yoga Dance](#).
- ❖ [175 Bad Jokes to Get You Laughing](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





365 Days of Celebration 2024

# January 25 – Burns Night

Burns Supper Day is a public celebration held throughout the world to commemorate the Scottish poet Robert Burns, who is widely considered to be one of Scotland's national literary icons. The event involves recital of his famous works, such as "Auld Lang Syne" and traditional Scottish dishes like haggis and whisky. In addition to food and speech-making, attendees may also participate in celebratory activities such as dancing, singing, and other cultural performances. Burns Suppers can be formal or informal occasions full of pomp, tradition and good times, to honor the work of an iconic figure whose vision remains deeply relevant today.

## History of Robert Burns

Robert Burns was born in Alloway, a small town near Ayr, in 1759. With his impressive works he gained immense popularity throughout the United Kingdom in the late 18th century. His works mainly focused on common people's life and mainly dealt with philosophical topics such as human rights, social justice and compassion. Written mainly in Scots dialect and many other languages popular within his era, there are 425 of Robert Burns's poems available to this day.

## Five Works of Robert Burns

- ❖ A Red, Red Rose is one of Burns's most memorable pieces - it captures the sentimentality normally associated with love in an accessible way.
- ❖ To a Mouse contemplates the fate of a mouse from Burns' garden that was awakened from its home as he was turning over some soil. It reveals a complex understanding of nature that rare for its time.
- ❖ No discussion about Burns would be complete without mention of Scotland's unofficial national anthem: Auld Lang Syne. Burns allowed us to remember our memories fondly as we start each New Year with this classic poem.
- ❖ "My Heart's in the Highlands," is a magnificent poem that reflects on the emotions that arose in Burns when he traveled away from his homeland of Scotland and its dramatic Highlands. The poem highlights his nostalgia for home, describing its beauty and sublime grandeur to the reader.
- ❖ "Tam O'Shanter," is a classic plaid or tartan bonnet traditionally worn by Scottish men. It has a perky, rounded shape with deep back and front pleats that hug the head, and long ties that can be woven in a bow around the chin or draped casually down the back.

## How to Celebrate Burns Night

- ❖ Select a [Robert Burns poetry book](#).
- ❖ [Beginner's Guide to Hosting a Burns Supper](#).
- ❖ [All about haggis](#) - can you have it in America? The [North American version of haggis](#).
- ❖ [17 Best Ever Scottish Recipes](#).
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
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# January 26 – National Fun at Work Day

Workdays are often associated with formal attire, official meetings and stressful deadlines. Well, they used to be anyway! However, no one ever said work had to be serious all week long! A fun at work day is an enjoyable way to break up the monotony of a regular routine and give employees time to de-stress and connect with their coworkers in a positive environment. This day can either be structured around planned activities or have an unstructured, casual atmosphere where the focus is on laughter and enjoyment. Traditional activities like curling tournaments, office Olympics, and potluck lunches can add excitement to the office while activities like yoga classes, art workshops, and scavenger hunts can foster creativity. And when you cap it off with music, movies or team building exercises, you're sure to create an event that's both pleasantly memorable and rewarding for everyone involved. Have fun at work today!

## History of Fun at Work Day

Fun at work day is a relatively recent phenomenon, though it has grown in popularity in recent years. The purpose of this day is to foster relationships among coworkers, and to reduce stress levels for employees. It was originally created in 2008 by the UK based company Team Builders, who wanted to encourage teams of co-workers to engage in creative activities together.

## Five Reasons It's a Good Idea to Promote Fun at Work

- ❖ It promotes collaboration as colleagues learn more about each other through snippets of conversation.
- ❖ It boosts creativity as workers come up with innovative ideas while sharing a laugh or two.
- ❖ It increases motivation by breaking up dull routines or providing rewards for doing well on tasks.
- ❖ It can lead to improved productivity and better performance since people often do their best work when they're relaxed and comfortable.
- ❖ Having fun in the workplace can even help strengthen relationships among colleagues, as humor always makes people feel closer and more connected.

## How to Celebrate National Fun at Work Day

- ❖ Hold a theme day at work - [here are 33 Fun ideas!](#)
- ❖ Review the [The Ultimate HR Calender](#).
- ❖ More fun at [27 Shockingly Easy Ways to Have Fun at Work!](#)
- ❖ Host an office pot luck - [50 pot luck recipes](#).
- ❖ Find partyware on our Zazzle store for over [230 celebration themes](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# January 27 – Holocaust Memorial Day

This solemn occasion serves as a reminder of the atrocities committed during one of the darkest periods in human history. Millions of innocent lives were taken simply because of their ethnicity, religion, or beliefs. It is important that we honor the memory of those who perished, and vow to never let such horrific events happen again. By commemorating this day, we not only pay tribute to the victims, but also stand in solidarity with those who continue to fight against intolerance and hatred in all its forms. While it may be filled with sorrow and grief, it is also a chance to remember and celebrate the resiliency of the Jewish people.

## History of Antisemitism

Antisemitism, the irrational and violent hatred of Jewish people, has been present throughout history and continues to persist in the world today. Evidence of anti-Jewish sentiment dates back to ancient times, with the Jews being blamed for societal woes such as natural disasters or economic recessions. Over time, antisemitism has taken on different forms, including religious, racial, and political. In Europe during the Middle Ages, Jews were accused of being responsible for the Black Death, and in modern times, conspiracy theories surrounding Jewish control of the world continue to circulate.

## Five Things About the Holocaust

- ❖ The word "Holocaust" comes from the Greek word "holokauston," which means "a completely burnt sacrifice."
- ❖ The famous refrain "Arbeit macht frei," which translates as "work sets you free," was actually a cruel slogan that Nazi soldiers made prisoners repeat as they entered concentration camps.
- ❖ The number of lives ranges between five to six million Jews alone with numerous other groups targeted, including Romas, homosexuals, political dissidents, and the disabled.
- ❖ Between 15,000 and 20,000 Jews and other prisoners escaped from the concentration camps during the war.
- ❖ The swastika was originally an ancient Hindu symbol for good luck and well-being.

## How to Celebrate Holocaust Memorial Day

- ❖ Visit Holocaust Memorials - [directory around the world](#).
- ❖ A virtual visit to the [US Holocaust Memorial Museum](#).
- ❖ Read [The Diary of Anne Frank](#) and other books about her.
- ❖ Visit [Virtual Tours in the Diaspora](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Find more 38-Hertz Jewish-themed art and products [here](#), [here](#), and [here](#).
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# January 28 – National Daisy Day

Daisies have a unique beauty that has captivated the hearts of many for centuries. With their white petals and sunny yellow centers, daisies have a cheery and fresh look that can liven up any room. This delightful flower is popular in bouquets and in wildflower fields alike, as its versatile design has been embraced by cultures around the globe. The bright colors of daisies make them perfect to give as gifts or to display in one's home. Whether gifted to a loved one or placed atop a shelf in your living room, daisies bring instant joy and serenity wherever they are seen.

## History of the Daisy

The daisy has been known by many names over centuries, such as *Bellis perennis*, and *Marguerite* which allude to its wonderful white petals surrounding a bright yellow or pink center. Daisies are native to Europe but are found throughout North America and much of the rest of the world. Even though these beautiful flowers were used for medicinal purposes long ago, today they simply bring joy and beauty to any room or garden.

## Five Things About Daisies

- ❖ Daisies are a member of the Asteraceae family, which also includes sunflowers, chrysanthemums, and zinnias.
- ❖ The name “daisy” comes from the Old English word “dægeseage”, which means “day’s eye”. This is because daisies open their petals during the day and close them at night.
- ❖ The scientific name for the common daisy is *Bellis perennis*, which means “beautiful everlasting”.
- ❖ Daisies are native to Europe, Asia, and Africa, but they have been introduced to North and South America, Australia, and New Zealand.
- ❖ Daisies are often considered to be a symbol of innocence and purity.

## How to Celebrate National Daisy Day

- ❖ Celebrate the day with [daisy gifts!](#)
- ❖ Make a [Fresh as a Daisy cake](#) by Wilton.
- ❖ Enjoy assembling this [Daisy jigsaw puzzle](#).
- ❖ A slideshow of [25 Colorful Types of Daisies](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# January 29 – National Puzzle Day

Puzzles are fascinating objects that can provide hours of intellectual stimulation and challenge. From complex jigsaws to intricate Rubik's cubes, puzzles come in a variety of forms and each type of puzzle offers opportunities for improving problem-solving skills, developing logical thinking, and honing concentration. Puzzles are also enjoyable tools for entertainment purposes and often bring family and friends together as they challenge one another to solve one. Whether it's simple crosswords or elaborate 3D puzzles, there's something enchanting about the mystery of trying to make things fit together while discovering the solutions they offer.

## History of Puzzles

Puzzles have been around since the advent of civilization itself. Ancient Egyptians and Chinese societies were among the first to create puzzles as a form of entertainment and education, but their puzzles were crude compared to today's sophisticated designs. In the modern era, early 19th century pencil and paper puzzles like crosswords created an entirely new market for all kinds of intellectual pursuits. By the mid 20th century, mechanical brainteasers captivated young and old alike - perhaps none more famous than the Rubik's Cube. Now in the 21st century, electronic games, augmented reality, and 3D printing technologies bring us a limitless range of complex logic challenges for years to come. The history of puzzles may be ancient, but their appeal will remain timeless.

## Five Things About Puzzles

- ❖ The first jigsaw puzzle was made in 1760 by a British engraver named John Spilsbury. It was an educational tool used to teach children geography by putting together a map made up of small pieces.
- ❖ The world's largest Rubik's Cube measures over 5 meters high and includes 43,252 pieces.
- ❖ Puzzlers in Colombia solved a 567,600-piece jigsaw in 2015 which set the world record for size.
- ❖ Pittsburgh holds an annual 24-hour puzzathon called 'Piece Out' where teams compete to build 10,000-piece puzzles as quickly as possible.
- ❖ The Golden Gate Bridge served as inspiration for one of the oldest mechanical puzzles with its intertwined cables providing the basis for an interlocking compact puzzle called The Interlocked Tower.

## How to Celebrate National Puzzle Day

- ❖ Start a [new jigsaw puzzle](#) today.
- ❖ Host a [jigsaw puzzle party](#).
- ❖ Also try these really [unique wood puzzles](#).
- ❖ [40,000 free online crossword puzzles](#).
- ❖ [Create your own puzzle](#) using SnapFish.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# January 30 – National Plan a Vacation Day

Are you ready to break free from the routine of everyday life and start exploring new destinations? The holidays are over so time to work on some new kind of excitement! January 30th is National Plan Your Vacation Day, the perfect opportunity to kick off your travel planning for the year. Take a moment to dream big and think about where you'd like to go - maybe it's a tropical beach or the bustling streets of a city. Whether you prefer adventure or relaxation, there's something out there for everyone. Start researching flights, accommodations, and activities now to ensure you have the trip of a lifetime. Don't wait any longer - it's time to plan your perfect vacation. Happy National Plan Your Vacation Day!

## History of the Concept of Vacations

The concept of vacations can be traced back to ancient civilizations such as the Greeks and Romans who would take time off work to participate in activities such as festivals and games. However, the idea of modern-day vacations didn't emerge until the 19th century when the Industrial Revolution led to longer work hours and stressful living conditions. The wealthy started traveling to escape the city and enjoy the countryside, and soon it became a popular concept among the middle class as well. Today, vacations are considered an essential part of a healthy work-life balance, and people all over the world continue to seek out new and exciting destinations to relax and recharge.

## Five Things to Consider When Planning a Vacation

- ❖ Consider your budget and what you can afford when it comes to transportation, lodging, and activities.
- ❖ Determine the type of vacation you want, whether it's a relaxing beach getaway, an adventurous mountain trek, or a cultural excursion.
- ❖ Weather and climate should also be taken into account, as you'll want to avoid rainy seasons or unbearable heat.
- ❖ The type of accommodations you prefer can also affect your decision, whether it's a luxurious resort or a quaint Airbnb rental.
- ❖ Finally, think about any cultural experiences you want to have, like trying local cuisine or visiting historic landmarks. Keeping these factors in mind will help you narrow down your choices and make the most of your vacation.

## How to Celebrate National Plan Your Vacation Day

- ❖ Purchase a [vacation planner](#).
- ❖ Travel Character's list of [top 50 travel places](#) in the world.
- ❖ Replace your ratty luggage with [new bags](#).
- ❖ How to throw a [going away party](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under [click to comment](#) at the very bottom.





# January 31 – National Zebra Day

Zebras are distinctively recognizable wildlife that are natives of the African continent. These graceful animals have black and white striped coats and move with a peculiar, flowing style of locomotion that is both elegant and captivating to observe. Unlike horses, zebras have a broader jaw, shorter mane, and their tails can actually swat flies. It should also be noted that these striking creatures are totally unique; no two zebras share similar stripes - each one has its own distinct pattern! Zebras mainly thrive in hot temperate zones, where they graze on grassland plains exploiting seasons of plentiful abundance. They live in herds led by a single stallion who will protect his territory together with the other members of the group. Zebras continue to fascinate people around the world with their mysterious beauty and adaptive environment survival skills.

## History of Zebras

Zebras originated in Africa and have been around approximately two million years. Zebras were initially seen as agricultural animals, used to help with transport, ploughing and tilling fields. Though their exact history is unknown, it is believed that domesticated zebras are the result of interbreeding with horses in the late 19th and early 20th centuries by animal breeders who wanted to create work animals with better resistance to disease and harsh climate conditions. There is still debate among experts on how much today's wild zebra populations owe to those earlier efforts. Whatever the case may be, they remain a captivating species that has intrigued us for thousands of years.

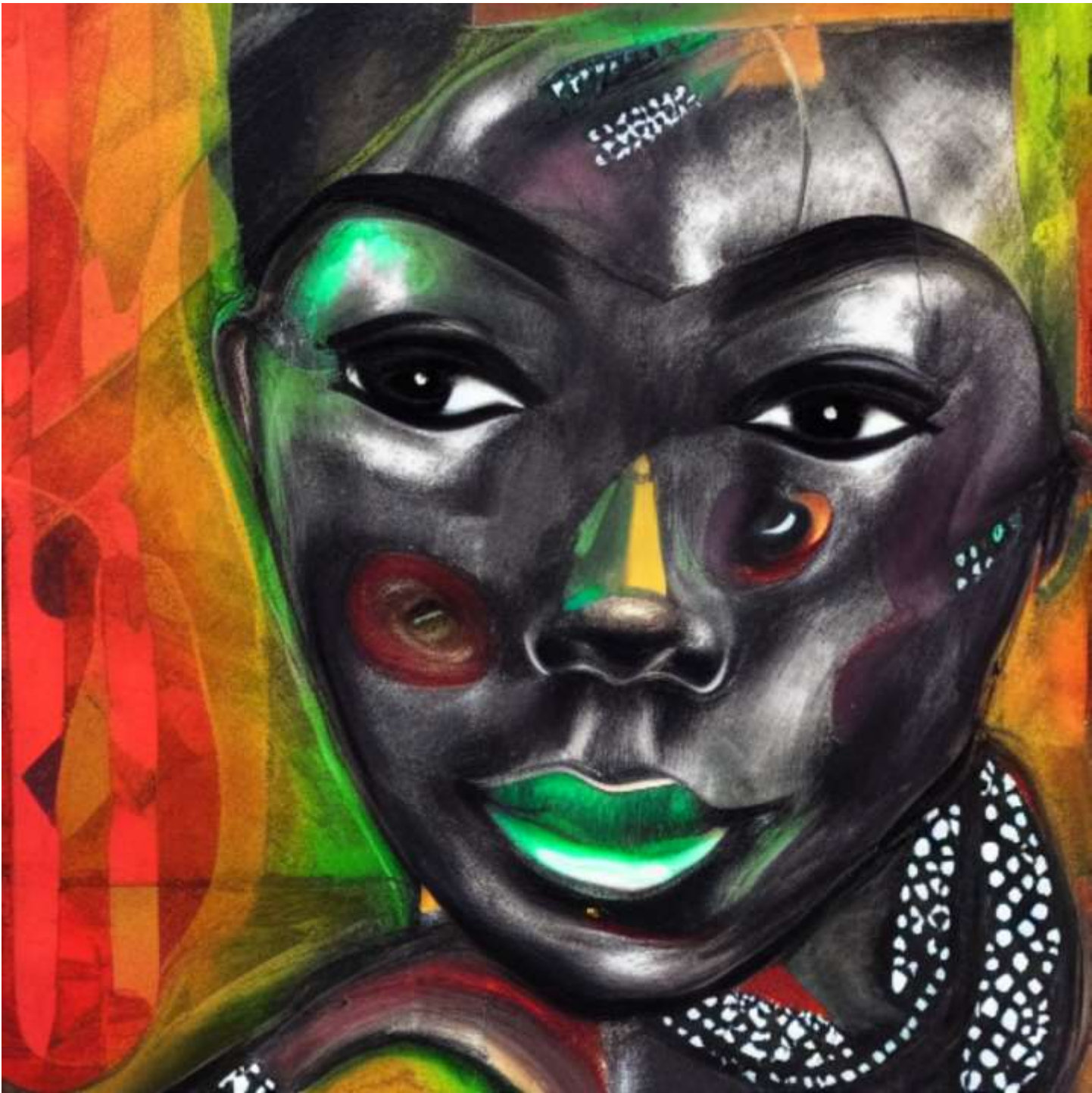
## Five things About Zebras

- ❖ Zebras are actually more closely related to horses and donkeys than any other type of animal – meaning that zebras really are “the midway form” between these two species.
- ❖ Another rare anomaly is the quagga zebra: while it looks different from other zebras due to its lack of stripes on its hindquarters, it is actually the same species.
- ❖ On the subject of stripes, no two zebras have identical patterns - each accorded with a hue combination as unique as our own fingerprints!
- ❖ Zebras feed almost exclusively on grass.
- ❖ Some researchers suggest that when running together in large herds from predators, the contrasting stripes create an optical illusion known as ‘motion dazzle’ – making zebras difficult for predators to capture.

## How to Celebrate National Zebra Day

- ❖ Have fun  **dressing in Zebra** today!
- ❖ Bake a  **Zebra cake** .
- ❖ Support Zebra conservation by  **adopting a Zebra at World Wildlife Fund** .
- ❖ Awesome  **Zebra Art**  on Pinterest.
- ❖ If you love the article image, purchase it on  **these fun products on Zazzle** !
- ❖ Have some great ideas of your own?  **PLEASE share them**  on the article page on 38 Hertz under  **click to comment**  at the very bottom.







# February 1 – Black History Month Starts

February marks an important time for black history and culture as we kick off Black History Month. Beyond celebrating and reflecting on the remarkable contributions of black leaders, thinkers, and activists, it is important to remember the weight and significance of these individuals and events. We are reminded of the civil rights victories that were hard-earned and the work that still remains. Black History Month is not only a time to honor the past, but to celebrate the present and future and continue to push for progress, equity, and justice. Let us all take this month to educate and empower ourselves, honor those who have come before us, and work towards creating a more inclusive and equitable society.

## History of Black History Month

Black History Month was first celebrated in the United States in February 1970, but its roots stem back to the early 20th century. Historian Carter G. Woodson established the precursor to this month-long celebration, "Negro History Week," in 1926. Woodson, the son of enslaved parents and the second African American to earn a doctorate from Harvard University, understood the importance of recognizing and celebrating the accomplishments and contributions of Black Americans throughout history. Today, Black History Month is observed not only in the United States but also in Canada, the United Kingdom, and other countries around the world. It serves as a reminder of the ongoing struggle for racial equality and the resilience and perseverance of the Black community.

## Five Important Things About Black History

- ❖ Black people were brought to America as slaves against their will, and this grim chapter in American history lasted for centuries.
- ❖ Despite the dehumanization and oppression they faced, Black people have often been catalysts for change and progress, from the Civil Rights movement to the current fight for racial justice.
- ❖ Black culture has influenced and shaped American culture in significant ways, from music and art to literature and fashion.
- ❖ Black people have made significant contributions to various fields, from science and mathematics to politics and sports.
- ❖ Understanding and acknowledging the impact of systemic racism and discrimination on Black people is crucial in addressing the inequalities that still exist today.

## How to Celebrate Black History Month

- ❖ Visit a Black History museum - [directory](#). [Virtual Museum](#).
- ❖ Purchase a [Black History book](#) for you or your kids.
- ❖ [38 Ways to Intentionally Celebrate Black History](#).
- ❖ White People: [Me and White Supremacy](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# February 2 – Groundhog Day

Groundhog Day is an annual event celebrated on February 2nd in North America where prognosticators attempt to predict the arrival of spring. It all began in 1887, when a beloved groundhog named Punxsutawney Phil emerged from his burrow and whether he saw his shadow or not would decide when spring-like weather would arrive. This day has become a tradition for many families and communities who gather around to witness the groundhog appear every year. People have adapted the holiday over time in inventive ways, such as performing live theatrical shows as well as hosting parties and chili cook-outs to celebrate at home. Groundhog Day is a fun and festive day to think about spring coming!

## History of Groundhog Day

Groundhog Day has been celebrated in North America since 1840s. It originated in the Pennsylvania Dutch region of what was then known as German-speaking settlers. The celebration became an official event in Punxsutawney, Pennsylvania, on February 2, 1886 and has grown each year since. This belief comes from a combination of older European traditions surrounding Candlemas and asking for help from animals for predicting the weather. Groundhog Day is presented as a fun way to anticipate when winter will end with the main activities being observing a groundhog check for its shadow and enjoy festivities such as singing, dancing, eating and creating decorations inspired by this seasonal event.

## Five Things About Groundhogs

- ❖ Groundhogs can eat their weight in food every day. They mostly eat plants and grasses, but sometimes insects or small animals too!
- ❖ Their diet gives them great strength - they can even lift up to five times their own body weight!
- ❖ Groundhogs can live up to 6 years in the wild, or even longer if they are kept in captivity.
- ❖ Groundhogs are great swimmers since they spend a lot of time searching for food near water sources like ponds and streams.
- ❖ Groundhogs practice drey budding, which is the process of building an extra nest outside of their underground homes

## How to Celebrate Groundhog Day

- ❖ [Folklore, history, and science of Groundhog Day.](#)
- ❖ [How accurate is Punxsutawney Phil?](#)
- ❖ Watch the movie, "[Groundhog Day.](#)"
- ❖ [Fun food](#) for Groundhog Day.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# February 3 – Feed the Birds Day

Watching birds take flight and hearing their melodic chirping can bring a sense of tranquility into any day. However, the joy of feeding birds goes beyond just observing their beauty. It is a way to give back to nature and create a connection with the wildlife around us. When you set up a bird feeder and fill it with seeds, you are creating a space for these creatures to gather and nourish themselves. As they nibble away, you can observe the variety of birds that come to your feeder, each with their unique colors and personalities. There's something wholesome and fulfilling about being responsible for providing food to these tiny beings that rely on us for sustenance. The joy of feeding birds is not just a way to bring positivity into our own lives, but it's a way of supporting and sustaining the bird community around us. Celebrate Feed the Birds Day today!

## History of Birds

Birds have been around since the dinosaurs, and their evolution can be traced back to over 150 million years ago. From fossils to drawings and paintings, people have been depicting the beauty and majesty of birds for centuries. The study of birds has helped shed light on not only their biology and characteristics, but the larger ecological systems they inhabit. As we continue to learn more about these remarkable creatures, their place in the natural world becomes increasingly vital to our understanding of the planet we call home.

## Five Things About Birds

- ❖ The common swift can fly non-stop for up to 10 months of the year, covering a distance of around 14,000 miles.
- ❖ Birds have the ability to navigate using the Earth's magnetic field, helping them to locate their migration destinations.
- ❖ Some species can even see ultraviolet light, which helps them to detect predators and search for food.
- ❖ The rufous hummingbird has a heart rate that can reach an incredible 1,200 beats per minute, the fastest of any bird species!
- ❖ Many birds have a highly developed sense of hearing, with some species able to detect sounds at a frequency of up to 20,000 hertz, far beyond the range of human hearing.

## How to Celebrate Feed the Birds Day

- ❖ [Purchase a bird feeder.](#)
- ❖ Get a [bird feeder kit](#) and make your own.
- ❖ Tips and Tricks from the [Audubon Society](#).
- ❖ A [Quick Guide to Seed Types](#).
- ❖ Learn [all about birds](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# February 4 – National Thank a Mail Carrier Day

Today is a day that we can pause and give thanks to those individuals who help connect us to one another - our mail carriers. Whether it's the newspaper, birthday cards from across the country, or an important package containing a special gift, our mail carriers are tirelessly delivering with a smiling face on sunny days and rainy days alike. With their unwavering commitment to connecting us with one another, let's pause today to appreciate the hard work of our mail carriers. Let them know they are appreciated by simply saying thank you as they deliver - a small gesture that goes a long way in recognizing their dedication.

## History of Mail Carriers

Long before the invention of the internet and email, citizens relied on mail carriers to deliver their letters from one destination to another. Regular mail service dates back thousands of years; as early as 2,000 BC in ancient Persia, kings sent messages via a relay system of mounted couriers. This was eventually expanded to include other nations—Roman emperors and medieval rulers hired postmasters and set up post roads for travelers and merchants. In the 19th century, the United States Postal Service (USPS) was created to protect the sanctity of people's mail, increasing safety along with convenience by ensuring that all packages were insured by law. Since then there have been numerous improvements in technology which have helped make our postal services more reliable than ever before.

## Five Things About Mail Carriers

- ❖ Postal workers must be physically fit as many positions require them to carry packages that weigh up to 70 pounds.
- ❖ An average mail carrier will walk between three and six miles a day, so it's no wonder that mail delivery is considered one of the most physically challenging careers one can pursue.
- ❖ As a profession with centuries of history behind it, some carriers have even gained notoriety for their impressive feats. One Texas man earned a spot in the Guinness Book of World Records for driving 10 million miles without having an accident!
- ❖ Approximately 50 million pieces of mail are transported daily by postal trucks
- ❖ Data states that on average, a single package-car delivered 100,000 pieces of mail within a one-year period—that's almost 200 deliveries each day.

## How to Celebrate Thank a Mail Carrier Day

- ❖ Write a [thank you note](#) and include a [gift card](#) (\$20 limit for federal workers).
- ❖ [Great gifts for mail carriers.](#)
- ❖ [Take a Virtual Tour](#) of the Smithsonian Postal Museum.
- ❖ Treat your mail carrier with a food gift - [72 Patriotic Recipes](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# February 5 – National Chocolate Fondue Day

Chocolate fondue is the ultimate indulgence when it comes to sweet treats. It's a decadent dish of melted chocolate that can be enjoyed in so many ways. It allows everyone to get creative with their favorite dip-able combinations, like fruit, cake, cookies, and marshmallows. Deliciously smooth in texture, each bite is satisfyingly luscious yet delicate in flavor. Adding customizable toppings can heighten the scrumptious experience even further. There's no denying that eating chocolate fondue is an enjoyable experience that any lover of chocolate will appreciate!

## History of Chocolate Fondue

Chocolate fondue has been enjoyed by people for hundreds of years. It is believed to have originated in 18th century Switzerland when it was served as a catalyst for socializing and partying. Chocolate fondue began to become popular in the United States during the 1950s and 60s, spurred on by a recipe published in 1940 for Swiss Fondue au Chocolat that used melted semisweet chocolate with various items such as fruit, marshmallows, or biscuit pieces dipped into the concoction. By the end of the 1960s, chocolate fondue had entered the mainstream, and variations involving other ingredients like cream and liqueurs started appearing at upscale restaurants.

## Five Fascinating Things About Chocolate

- ❖ In the New World, cacao beans were used as currency to purchase goods and services.
- ❖ Although dark chocolate is known to be far healthier than milk or white chocolate, it was actually invented much later.
- ❖ Scientists have found that when we eat chocolate, our brains release endorphins – naturally-occurring morphine which make us feel happy!
- ❖ Cocoa trees generally only produce for about 20 years; however, in Jamaica a tree survived for over 300 years and still produced succulent pods.
- ❖ Theobroma, a scientific word for chocolate, means "food of the gods," which captures its divinely indulgent flavor profile.

## How to Celebrate Chocolate Fondue Day

- ❖ Purchase a new fondue pot [here](#) or [here](#). And [dippers](#).
- ❖ Make a [chocolate fondue and charcuterie board](#).
- ❖ Lots of [delicious dippers](#) to choose from.
- ❖ Download Martha's [Fondue Party Planner](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# February 6 – National Chopsticks Day

Chopsticks are one of the most recognizable symbols of Asian culture. Many people use chopsticks on a daily basis, whether in an East Asian restaurant or at home. The fact that so many cultures have independently developed chopstick use speaks to its universal popularity across Asia. Additionally, using chopsticks has its benefits: it can help reduce food waste by allowing for better portion control, as well as improve dexterity and strengthen hand-eye coordination. Learning how to properly use chopsticks can offer enjoyment even outside of meals; games like cup and ball require only two chopsticks in order to play the game!

## History of Chopsticks

Chopsticks have been around for many centuries, with the first historical mention dating back to ancient China. From there, chopsticks spread eastward and became a common eating utensil throughout East Asia, eventually becoming one of the most popular utensils in the world. It wasn't until recently that they spread further into other cultures around the globe, largely due to increased international trade and travel. It's said that the convenience of chopsticks stems from the environmental conditions of ancient China ensuring that firewood was limited and hard to come by. Using chopsticks was easier than carving out larger pieces of food with knives and not needing as much heat for cooking made them very useful in these times. Whether based on necessity or preference, chopstick usage has become part of many traditional cultures over time and will likely remain one of our most iconic eating utensils for generations to come.

## Five Things About Chopsticks

- ❖ Chopsticks were invented by the Chinese in the year 1200 BC?
- ❖ Depending on the area of their origin, the shape and size of chopsticks may differ.
- ❖ Chopsticks can be made out of various materials such as wood, horn, bone and even metal.
- ❖ Chopsticks can cool food off quickly.
- ❖ In Japan, people use a hashioki to place alongside the plate at dinner time to indicate the end of a meal.

## How to Celebrate National Chopsticks Day

- ❖ You might need a new set of [beautiful chopsticks!](#)
- ❖ And a set of [hashiokis](#) (chopstick rest).
- ❖ [Learn how to use chopsticks](#) in one minute.
- ❖ Learn the [chopsticks game](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# February 7 – National Send a Card to a Friend Day

The joy of sending cards to friends is a timeless pleasure that few things can match. A simple gesture of caring and love, it allows us to show our appreciation for those close to us, no matter the occasion. It is an act that often feels more meaningful than other forms of communication, as it requires truly taking the time to recognize someone in a thoughtful way. Receiving a card can often bring a greater sense of delight than an email or phone call, which further contributes to the joy of sending cards. Ultimately, it puts us in touch with what really matters in life - relationships and connections we maintain with our friends and loved ones.

## History of Greeting Cards

Greeting cards are one of the oldest forms of communication, with examples dating back as early as 600 B.C. Though there were various iterations throughout different cultures and eras, the modern greeting card dates back to the mid-19th century, when advances in printing technology allowed for large-scale production of cards during the festive holiday season. Today, a variety of occasions are celebrated with special greetings ranging from birthdays and anniversaries to graduations and other major life events. Greeting cards remain one of the simplest yet most powerful ways to connect with loved ones around the world.

## Five Fun Things About Greeting Cards

- ❖ The earliest known paper greeting card was created in China during the 15th century.
- ❖ The greeting card industry generates approximately \$7 billion dollars in annual revenue.
- ❖ Valentines Day is the largest grossing holiday for card sales, with 25% of all yearly cards bought being Valentine's Day specific.
- ❖ Hallmark holds a large portion of the market share – estimated at more than 75%.
- ❖ While today we mostly mail out physical cards or use e-cards to show our loved ones we care, some ancient traditions included sending greetings via carrier pigeons or scrolls!

## How to Celebrate National Send a Card to a Friend Day

- ❖ **Send a card today or stock up on them** to have on hand (there are cards in each collection)!
- ❖ Always be ready with a **greeting card organizer**.
- ❖ **Messages to write** in cards for every occasion, **100 birthday greetings**.
- ❖ Stock up on **beautiful postage stamps**.
- ❖ Hundreds of card designs in our **Zazzle Store at 38 Hertz** - click on each collection.
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# February 8 – National Kite-Flying Day

Flying a kite is an experience that many people forget about in the hustle and bustle of everyday life. It requires a unique combination of focus, resilience, and imagination - qualities that are surprisingly difficult to come by these days. Taking some time out to fly a kite can be incredibly rewarding; it is an opportunity to appreciate nature, the power of the wind, and our own ingenuity. Whether it's by yourself or with loved ones, flying a kite is a great way to reconnect with ourselves and discover what true freedom feels like. There's something special about letting go of the strings as your kite takes flight - it's an incredible reminder of just how beautiful life can be. Go fly a kite!

## History of Kites

Kites have been around for centuries, with their history stretching back as far as ancient China between 3000 and 4000 BC. Pioneers of kite-flying during this time began to establish the creative design potential of the kite, with archeologists discovering numerous shapes crafted by trial-and-error experiments. By 200 AD, Chinese generals were employing kites strategically in warfare and eventually worked out how to sky-write messages using different types of combustibles. In Japan, kites became popular for bringing good luck before taking on a more recreational role in the late 17th century. Kite flying then spread from China via trade routes into other countries including India who developed intricate designs that are still adored today. The kite has evolved dramatically over certain periods, becoming an increasingly diverse and expressive form of art throughout its expansive history worldwide.

## Five Things About Kites

- ❖ Kites were developed more than two millennia ago in China and created as tools for warfare and communication before becoming the recreational objects we know today.
- ❖ During Europe's Industrial Revolution kites were used to explore weather patterns and measure electrical forces in relation to lightning strikes.
- ❖ During WWII British naval authorities used giant kites over battleships with cables attached so they could detect incoming secret radio signals.
- ❖ Windholes is one of the oldest kite festivals celebrated since 1898 near Rio de Janeiro in Brazil.
- ❖ Kites were used by Benjamin Franklin to study electricity in 1752.

## How to Celebrate National Kite-Flying Day

- ❖ It's definitely the day to [buy new kites!](#)
- ❖ Watch the video, "[How to Fly a Kite.](#)"
- ❖ How to make a [DIY kite.](#)
- ❖ [55 kite flying party ideas.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# February 9 – National Pizza Day

Pizza is perhaps one of the most beloved culinary creations of all time, loved by people everywhere. Its simple yet versatile combination of crust and toppings can be found on menus around the world. Not just an indulgence for those with a taste for cheesy goodness, pizza is a popular choice for busy families and college students looking for something satisfying after a long day. Its endless possibilities mean that everyone can find something they like - from pork sausage to pepperoni to classic cheese, there's no wrong topping to top off your slice. Prepared in minutes with fresh ingredients, pizza is truly a great option for piquing hunger and appeasing taste buds alike.

## History of Pizza

Pizzas have been around since time immemorial, even though they weren't always the same as they are today. The ancient Greeks and Romans ate a flatbread called 'plankuntos' that was seasoned with herbs and oil — likely being an early precursor to the modern pizza. Over time, the base of pizza evolved from a flatbread to include yeast and made its way across Europe until it arrived in Italy, where tomatoes were added as toppings for the first time. In 1889, Raffaele Esposito created one of the most famous pizzas of all time — Napoletana — which is attributed with bringing pizzas global fame and recognition. Immigrants brought the pizza pie love to the US in the 1940s, and it has been an American food staple ever since, becoming the #2 favorite fast food (behind the #1 hamburger) in the US.

## Five Things About Pizza

- ❖ First pizzas were prepared in Naples, Italy all the way back in the 18th century.
- ❖ The founders of modern pizza made pies with ingredients such as tomatoes, mozzarella cheese, and basil to create the first Margherita pizza (named after the queen).
- ❖ Americans eat on average around 100 acres of pizza each day!
- ❖ There a variety of styles of pizza - Italian, American, Chicago deep dish, and even Californian.
- ❖ The most popular topping across the world remains cheese.

## How to Celebrate National Pizza Day

- ❖ Go have pizza for dinner tonight - [survey of top pizza chains in the US](#).
- ❖ Need [pizza-making things](#)? We've got you covered! [More here](#).
- ❖ [Host an epic pizza party!](#) Try an [outdoor pizza oven](#).
- ❖ In a hurry? Celebrate the day with [delicious frozen pizzas](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# February 10 – Chinese New Year

The Chinese New Year is an important celebration in numerous Asian countries and communities and celebrated with great enthusiasm around the world. It's a time to mark the passing of one lunar cycle and welcome another, usually beginning between January 21st and February 20th. The holiday symbolizes a fresh start, giving people an opportunity to come together with family and friends to share stories and traditional customs. Festivities typically include brightly colored decorations, vibrant parades filled with music, giving good luck gifts known as "red envelopes", firecrackers to ward off evil spirits, and feasts of delicious cuisine shared amongst everyone. This holiday is truly a spectacular event that helps bring unity within families and across nations.

## History of Chinese New Year

Chinese New Year is a time-honored holiday with ancient roots. The celebration is thought to have derived from the Shang Dynasty veneration of ancestors, during which people would make sacrifices to the gods in hopes of pacifying them. Over time, the tradition evolved into celebrating with parades, dragon dances and light displays while eating traditional foods like fish and dumplings. Chinese New Year is celebrated by over one billion people each year, making it the most widely observed cultural event in the world. The extensive ceremonies and timeless traditions involved in this festival are part of what makes Chinese New Year so special.

## Five Things About Chinese New Year

- ❖ Chinese New Year always falls between late January and mid February based on the Chinese lunar calendar.
- ❖ There are fifteen days of celebrations filled with feasting and gathering with family and friends.
- ❖ Children usually receive red "lucky" envelopes containing money from their elderly relatives as an expression of good luck.
- ❖ There are decorations such as red lanterns, paper cut-outs and scrolls that people use to decorate their homes in preparation of this festive time.
- ❖ Traditional dragon dancing is performed across many cities in China during this time as a representation of luck and harmony.

## How to Celebrate Chinese New Year

- ❖ What's your **Chinese zodiac animal**.
- ❖ Host a **Chinese New Year celebration**.
- ❖ Purchase everything you can think of for the **Chinese New Year!**
- ❖ Beautiful **Chinese New Year Gifts and Flowers**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# February 11 – Super Bowl

Super Bowl Sunday is one of the most anticipated days of the year for many Americans. With the excitement surrounding this annual event, it's no surprise that it draws in millions of viewers from across the globe each season. From innovative commercials to thrilling game day plays, Super Bowl Sunday always offers something for everyone. Whether you love football or not, it's hard to ignore the hype that precedes this big sporting event and all the fun that comes with it -friends and family gathering together to watch the game, delicious snacks and appetizers, special halftime performances- making it an unforgettable experience each year!

## History of Super Bowl Sunday

Super Bowl Sunday has been a premier American event since its inception in 1967. The first championship was known as the AFL-NFL Championship Game which pitted the NFL's Green Bay Packers against the AFL's Kansas City Chiefs for bragging rights. As the professional football leagues merged in the following years, Super Bowl Sunday became an ultimate display of athletic prowess and national pride. Millions of Americans throw watching parties every year complete with food, drinks and colorful costumes and decorations, helping solidify Super Bowl Sunday as one of pop culture's best celebrated holidays.

## Five Interesting Things About the Super Bowl

- ❖ Super Bowl I was broadcast in black and white. The price for a 30-second commercial during this historic broadcast was a mere \$42,500!
- ❖ It is estimated that over 100 million viewers will watch the 2022 Super Bowl.
- ❖ Fans of the sport would be amazed to learn that 105.9 million pounds of chips are consumed annually in preparation for Super Bowl Sunday.
- ❖ From 2002 to 2018, twenty-seven championship rings were awarded. Each one worth an estimated \$45,000!
- ❖ Janet Jackson's infamous wardrobe malfunction during her halftime performance during Super Bowl XXXVIII was viewed by an estimated 140 million people.

## How to Celebrate Super Bowl Sunday

- ❖ Host an amazing [Super Bowl Sunday party!](#) [Get supplies here.](#)
- ❖ Enjoy amazing past [Super Bowl National Anthems.](#)
- ❖ Fun [Super Bowl Statistics.](#)
- ❖ An illustrated history of [The Super Bowl Halftime Show.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# February 12 – National Poop Day

Get ready to celebrate National Poop Day! Yes, it's a thing, and it's February 12th. While some may find the idea of celebrating feces humor juvenile, the reality is that our bowel movements can reveal a lot about our overall health. National Poop Day aims to raise awareness about the importance of regular bowel movements, as well as how to keep our digestive systems happy and healthy. So, don't be shy about talking about your poop on this special day. It's a chance to learn more about our bodies and appreciate the complex processes that allow us to eliminate waste. Let's embrace this quirky holiday and celebrate the call of nature. So, mark your calendars for February 12th and get ready to drop a #2!

## History of the Word “Poop”

The word "poop" comes from the Middle English word "poupen," which means "to break wind." Yes, that's right, the word we use to describe a solid bodily waste actually started as a way to describe flatulence. Over time, the meaning of the word shifted to include the excrement itself. Despite its humble beginnings, "poop" has become the go-to slang term for feces in English-speaking countries around the world. It just goes to show that even the most unappealing words can have a rich linguistic history.

## Five Fascinating Things About Poop

- ❖ Some animals actually use poop as camouflage. For example, the sloth moth uses the poop of its host, the sloth, to blend in with its surroundings and avoid predators.
- ❖ Whales excrete a fatty substance called ambergris that is used in high-end perfumes and can sell for up to \$50,000 per pound.
- ❖ Ancient Romans used a sponge on a stick, called a tersorium, to clean themselves after using the toilet.
- ❖ The Japanese Kanji for poop? It's a combination of the characters for "gold" and "soil," showing their appreciation for the valuable nutrients found in feces.
- ❖ The average person produces about 128 grams of poop per day.

## How to Celebrate National Poop Day

- ❖ [11 Icky but Interesting Facts About Poop.](#)
- ❖ Order a [colon cancer screening test](#).
- ❖ Prank a friend with [fake poop](#).
- ❖ Buy [fun toilet paper](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# February 13 – Mardi Gras

Mardi Gras is an event that is celebrated in many parts of the world. Originating in New Orleans and popularized by its vibrant parades, Mardi Gras has become a favored holiday for many. The colorful floats, extravagant costumes, and lively music create a truly unique atmosphere that keeps people coming back year after year. In addition to being a cultural experience, it is also tradition to dine on Cajun food as well as special snacks created just for this yearly celebration. From the beads thrown from parade floats to throwing parties while donning masks in anticipation of Fat Tuesday, Mardi Gras offers something exciting for everyone who seeks to enjoy its fervor.

## History of Mardi Gras

Mardi Gras is an iconic celebration that dates all the way back to medieval times. It originated in France and spread throughout Europe from there. Eventually, it made its way across the ocean to North America where it became a popular celebration in many French-influenced cities, in particular, New Orleans. For centuries, people have been gathering to celebrate with parades and revelry to mark the beginning of the Lenten season. Today, Mardi Gras continues to be one of the most beloved annual festivals around the world - lending a unique air of magic and merriment wherever it is celebrated.

## Five Things About Mardi Gras

- ❖ Mardi Gras dates back centuries and has evolved over time into multiple incarnations across the world.
- ❖ It's filled with unimaginable extravagance and pageantry, from parades and concerts adorned in lighted beads to marching bands in full regalia, and amazing food!
- ❖ The iconic King Cake is an indispensable part of the festivities.
- ❖ Intricate masks have featured prominently throughout Mardi Gras history.
- ❖ While costumes vary by region, they all share a common goal of creating merriment along the way.

## How to Celebrate Mardi Gras

- ❖ Host a [Mardi Gras Party](#).
- ❖ Enjoy EarthCam's [LIVE feed of Bourbon Street](#).
- ❖ Decorate with these [amazing balloon garland ideas](#).
- ❖ [39 Mardi Gras recipes](#) with beautiful photos.
- ❖ All about [Mardi Gras Traditions](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# February 14 – Valentine’s Day

Valentine's Day is a day to celebrate love and devotion, traditionally shared between two people who care deeply for each other. The holiday has been celebrated for centuries, with many cultures marking similar holidays in the middle of winter as a way to remember the love shared by their ancestors. Whether it's a gift of candy, flowers, or cards, celebrating Valentine's Day with those we love helps bring us joy and happiness. It's also a good reminder to show kindness and appreciation to everyone in our lives who put so much effort into making each day enjoyable. On Valentine's Day, take some time out of your schedule to remind family members and special someone how much you love them.

## History of Valentine’s Day

The origin of Valentine’s Day is steeped in mystery, though some experts believe it dates back to ancient Rome. During this time, people would celebrate a festival known as Lupercalia on February 15th each year. As part of the festivities, men and women were paired up at random and the match was meant to last an entire year. Over time, many of the customs surrounding Lupercalia changed and the Christian church declared that February 14th would be St. Valentine’s Day. This day marked the martyrdom of Saint Valentine, who was known for his deep love and devotion towards others. To commemorate his legacy today, we exchange roses, cards and gifts on this day as tokens of our love for one another.

## Five Things About Valentine’s Day

- ❖ It is said that the first Valentine’s Day card was sent in 1415 by Charles, Duke of Orleans, to his wife.
- ❖ Candy boxes were introduced in the 1800s and were known as Bon Bon.
- ❖ During the Middle Ages in Europe lovers used to share hand-made paper cards representing bird symbols.
- ❖ Each year an estimated one billion Valentine’s Day cards are exchanged worldwide!
- ❖ According to an ancient Roman legend, a young blind poet named Valentinus wrote love poems so beautifully they made birds restart singing after a long winter.

## How to Celebrate Valentine’s Day

- ❖ **Send flowers, candy, or other treats!**
- ❖ **Host a valentine party - hundreds of ideas!**
- ❖ **Purchase Valentine's Day supplies.**
- ❖ **Who was the real Saint Valentine?**
- ❖ **Shop our Five Valentine Collections. [All here.](#)**
- ❖ **Have some great ideas of your own? PLEASE share them on the article page on 38 Hertz under **click to comment** at the very bottom.**





# February 15 – World Hippo Day

Hippopotamuses are some of the most unique and fascinating creatures on earth. Also known as 'hippos', these incredible animals inhabit rivers and lakes in parts of Africa and have a reputation for being aggressive and ill-tempered. Despite their intimidating nature, hippos are social animals that form close bonds with members of their own species. What separates them from other animals is not only their distinctive gray skin but also their huge size; an adult hippo can weigh up to 3,300 pounds! Despite weighing so much, these colossal creatures are surprisingly nimble on land. Just like all mammals, they feed on grasses and other plants. Humans must respect hippos just as they do other wild animals; it's essential to protect them if we hope to keep this incredible species alive and thriving in the years ahead.

## History of Hippos

Hippos are one of the world's oldest mammals; their origins date back to over 10 million years ago. They have been found in many areas around Africa, Asia, and North America though today only remain in Africa. Hippos measure up to 16 feet long and can weigh between 3,000-9,000 pounds. Ancient drawings found in caves show evidence of their presence throughout human history which suggests that humans had early encounters with the mammal. Today Hippos are listed as vulnerable in the IUCN Red List but conservationists are actively trying to conserve them from looming threats such as habitat destruction and ivory trade.

## Five Things About Hippos

- ❖ Hippos can close their nostrils and ears while they are in the water? This helps them to protect themselves from predators and stay submerged for up to 5 minutes!
- ❖ Hippos also produce an incredibly thick skin that functions as a sunscreen, protecting their bodies from harm.
- ❖ Hippos also live in large groups of 20-50 individuals called pods or bashes, they are very social creatures!
- ❖ Hippos have outsized lungs and hearts to facilitate their ability to stay under water for long periods of time - a necessity when living in such hot climates.
- ❖ Hippos have an average lifespan of about 43 years.

## How to Celebrate World Hippo Day

- ❖ Read [African Wildlife Foundation's](#) article on the Hippopotamus.
- ❖ Save the species by [donating to AWF](#).
- ❖ Watch the movie, [Madagascar: Escape to Africa](#).
- ❖ Totally fun [Hippo gifts](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under [click to comment](#) at the very bottom.







# February 16 – Do a Grouch a Favor Day

Have you ever encountered someone who seems to always be in a bad mood? Well, February 16th is the perfect day to turn that frown upside down! It's "Do a Grouch a Favor Day", a day dedicated to performing acts of kindness for those who tend to be a bit grumpy. Whether it's bringing them their favorite coffee or simply offering a kind word, doing something nice for a grouch may just be the key to brightening their entire day. Who knows, maybe they'll even crack a smile and show a hint of their hidden cheerful side. So, spread the love this February 16th and make it a day to remember by performing a kind gesture for a grouch in your life!

## The History of Famous Grouchy People

From Queen Victoria's notorious bad temper to Beethoven's irritable disposition, many historical figures left a lasting impression on those who encountered them. While some have been remembered for their achievements and positive contributions, there are others who have gained notoriety for their notoriously grouchy demeanors. Among these figures are famous artists, politicians, and even inventors. One such example is Beethoven, the renowned composer who is known for his explosive temper and difficult personality. Another is Winston Churchill, the former British Prime Minister whose gruff exterior often belied his genius and strategic prowess. And of course, let's not forget the likes of Groucho Marx, W.C. Fields, and Oscar the Grouch - Ebenezer Scrooge, even Simon Cowell and Andy Rooney, Albert Einstein, film director Alfred Hitchcock, renowned poet Sylvia Plath, and Queen frontman Freddie Mercury.

## Five Things About Being a Grouch

- ❖ Being in a constant state of negativity can lead to stress, anxiety, and depression.
- ❖ Being a grouch can strain relationships with friends, family, and coworkers, making it difficult to maintain social connections.
- ❖ A grouchy attitude can impact overall productivity and success, as people are less likely to want to work with someone who is always complaining.
- ❖ Being a grouch can lead to a lack of empathy for others and hinder personal growth and development.
- ❖ Being aware of the impact a negative attitude can have is the first step towards making a change and developing a more positive outlook on life.

## How to Celebrate Do a Grouch a Favor Day

- ❖ Do something nice for a grouch - download [30 Days of Happiness](#) for ideas.
- ❖ Are you being a grouch? Find out with a [mood ring](#).
- ❖ Learn [how to get out of a bad mood fast](#).
- ❖ How to [Get Along with Difficult People](#).
- ❖ Learn how to [tap away](#) a grouchy mood in five minutes.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# February 17 – Random Acts of Kindness Day

February 17th is a special day dedicated to celebrating random acts of kindness. There is something truly precious about unexpected kindness that can make someone's entire day. A simple smile or holding the door open for someone can brighten up someone's world and spread positivity. On this day, people can do something kind for someone else just because they can. Whether it's paying for someone's coffee or offering a kind word, showing kindness doesn't need to be grand or costly. It's the small gestures that can make the biggest impact. This is the perfect opportunity to spread joy and make a difference in someone's life.

## History of Random Acts of Kindness

Throughout history, there have been countless random acts of kindness that have inspired and uplifted humanity. One such act was performed by Anne Frank's family, who provided shelter to the Van Pels family and later Fritz Pfeffer during the Holocaust, despite the risk it posed to themselves. Another incredible act was demonstrated by Oskar Schindler, who saved the lives of over 1,000 Jewish people during World War II by employing them in his factory. Similarly, during the Rwandan genocide, Paul Rusesabagina, a hotel manager, protected and sheltered over 1,200 refugees at his hotel. In 1995, when a truck carrying explosives detonated in Oklahoma killing 168 people, firefighter Chris Fields was photographed carrying a one-year-old survivor from the rubble, reminding us of the immense bravery and kindness of first responders in times of crisis.

## Five Things About Random Acts of Kindness

- ❖ They boost your mood and make you feel happier. By doing something nice for someone else, you experience a sense of gratification that can improve your mood and overall well-being.
- ❖ They increase your social connections and sense of belonging. Kindness allows for a deeper connection between individuals and can lead to a stronger community.
- ❖ They reduce stress and anxiety. Doing something kind for someone else helps take your mind off your own problems and can promote a more positive outlook on life.
- ❖ They promote feelings of empathy and compassion. Being kind to others can help increase your capacity for empathy and compassion towards others.
- ❖ They can create a ripple effect of positivity. When one person experiences a random act of kindness, they are more likely to continue the chain and do the same for someone else, passing on positivity and kindness to others.

## How to Celebrate Random Acts of Kindness Day

- ❖ Download the FREE [30 Days of Happiness Guide](#) for daily RAOK ideas.
- ❖ Get a deck of [RAOK cards](#) for fun and inspiring daily reminders.
- ❖ Make some kindness stones with these [perfect rocks](#) and [paints](#).
- ❖ [Send someone a RAOK card](#) - choose from over 230 designs.
- ❖ Visit the [Random Acts of Kindness Foundation](#) for inspiration.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# February 18 – Cow Milked While Flying in an Airplane Day

On February 18th, Elsworth W. Bunce etched his name in the history books as he became the first person ever to milk a cow on an airplane in a feat co-starring Elm Farm Ollie, who was also the first cow to ever be flown and milked in an aeroplane. This remarkable achievement reflects Elsworth's incredible talent for completing seemingly impossible tasks despite all odds. The experiment piqued public interest at the time since such endeavors were unheard of prior to this event taking place. Even though Elm Farm Ollie will remain absent from this part of history we are always reminded of her contribution owing to her being both a stately cow and one that revolutionized breakthroughs in dairy farming.

## History of Cow Milked While Flying in an Airplane Day

Elm Farm Ollie, the history-making first cow to fly in an airplane and be milked at 10,000 ft., captured the attention of many when she performed her incredible feat on June 11, 1930. Outfitted with a custom seat and connecting milk pail, Ollie successfully took off from Missouri in the Ford Trimotor plane and had no difficulty standing during the 45-minute flight. However, her first attempt at milking went awry upon landing due to turbulence and equipment issues. Fortunately, with a second try milking 1000 pounds of milk was collected into barrels and taken away by train. In honor of her intrepid endeavor Ollie received a silver medal from the National Daisy Air Rifle Company which she proudly wore until her death four years later.

## Five Things About Cows

- ❖ Cows have excellent memories and can remember things for up to five years.
- ❖ They spend approximately 8 hours a day eating. This makes them quite the grazing specialists!
- ❖ Most cows each produce around 4 gallons of milk a day.
- ❖ Their long eyelashes act as sun protectors.
- ❖ A cow's stomach has four chambers which allow it to break down and digest plant matter.

## How to Celebrate Cow Milked While Flying in an Airplane Day

- ❖ [Dress like a cow](#) today.
- ❖ [32 Ways to Use up a Gallon of Milk](#).
- ❖ Watch the [History Pod video](#) on Ollie's story.
- ❖ [50 Cow Jokes](#) that will Make You Spit Up Your Milk.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# February 19 – Presidents' Day

Presidents' Day is an important holiday that has been celebrated in the United States since 1885. The holiday was initially established to remember our first president, George Washington, but it has expanded to honor all of our nation's presidents throughout history. On this special day each year, we acknowledge their contributions and accomplishments as well as the principles these men have strived to uphold and protect during their time in office. Celebrating Presidents' Day allows us to recognize the leaders who helped shape our country and reminds us of how far we have come over the years. Moreover, it is a chance for fellow Americans to reflect on the importance of civic responsibility and be proud of our unified nation.

## History of Presidents' Day

Presidents' Day was first established in 1885 by President Grover Cleveland as an effort to combine two individual holidays honoring George Washington and Abraham Lincoln, two of the greatest presidents of the country in its early establishment. Through the years, it has become a national day to honor all chief executives of the US, no matter when they held office. It is celebrated on the third Monday in February around Washington's birthday, which falls on Feb. 22.

## Five Things About President Washington

- ❖ Did you know George Washington was an accomplished surveyor? Before becoming the first President, he made a lot of money surveying land in Virginia and Pennsylvania.
- ❖ He was also one of the richest men at the beginning of the Revolutionary War due to his land holdings.
- ❖ George Washington never attended school, he later became a great reader and acquired a large library consisting of more than 900 books.
- ❖ Washington was known for his athleticism and height - standing 6'2".
- ❖ He was an excellent horseman and judge of horse quality—it's even reported that he could tell horses apart just by looking at their teeth!

## How to Celebrate Presidents' Day

- ❖ Read [The Presidents Timeline](#).
- ❖ Get "[Fun Facts About the Presidents](#)."
- ❖ Host a [Presidents Day Party](#).
- ❖ Put together a [presidents-themed puzzle](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# February 20 – Hoodie Hoo Day

Can you feel it? Spring is on its way! And what better way to welcome the new season than by participating in the Hoodie-Hoo-Day? This lighthearted holiday encourages everyone in the northern hemisphere to step outside and let out a good old-fashioned "Hoodie-Hoo!" at high noon to scare away winter. It's a fun and silly way to say goodbye to winter and hello to warmer weather, which is just one month away. And let's be honest, who doesn't love an excuse to shout at the top of their lungs in broad daylight? So mark your calendars, gather your friends and family, and get ready to yell your heart out. It's sure to be a day filled with laughter, joy, and lots of Hoodie-Hoos!

## History of Scaring Away Winter

For centuries, people throughout the world have sought ways to scare away winter. From ancient rituals to modern celebrations, the desire to banish the colder months and welcome springtime has long been a part of human culture. Some of the earliest recorded methods of scaring away winter come from pagan societies, who would perform animal sacrifices or light fires to drive away evil spirits that were thought to bring sickness and death during the cold season. Today, in many cultures, we see the continuation of these age-old traditions in the form of festivals and holidays that celebrate the coming of spring. While the exact methods of scaring away winter may have changed over time, the impulse to drive away the cold and dark remains as strong as ever.

## Five Fascinating Things About Winter

- ❖ The lowest temperature ever recorded on Earth is a breathtakingly cold -128.6 degrees Fahrenheit (-89.2 degrees Celsius). This record-breaking temperature was recorded in Antarctica at the Soviet Union's Vostok Station on July 21, 1983.
- ❖ The length of the day actually increases by almost an hour between the winter and spring solstice.
- ❖ The changing of the seasons triggers a resurgence in the natural world. Trees start to blossom and flowers begin to bloom, creating a picturesque backdrop for any outdoor excursion.
- ❖ The return of birds and other migratory creatures is a common sight during the spring. It's always a joy to hear the sweet songs of birds after months of quietness.
- ❖ The annual spring-cleaning ritual is an age-old tradition that feels more therapeutic and necessary during the beginning of this season.

## How to Celebrate Hoodie Hoo Day

- ❖ Build an **outdoor fire**.
- ❖ Gather friends, go outside and yell, "Hoodie Hoo," to scare winter away.
- ❖ Serve a nice **winter meal** (say goodbye to winter) with a **spring dessert** (say hello to spring).
- ❖ **Get all the essentials** and start your spring cleaning.
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# February 21 – Greeting Card Reading Day

Reading a handwritten note or a heartfelt message on a greeting card can brighten up anyone's day. Today, we celebrate the joy of reading these small yet meaningful gestures on National Celebrate Reading Your Greeting Cards Day. Whether it's a 'Get Well Soon' card from a loved one or a 'Happy Birthday' card from a friend, taking a few moments to read the words written with love and care can make us feel appreciated, loved, and supported. So, go ahead, pick up that pile of greeting cards, and indulge in the simple pleasures of reading the kind words that someone took the time to write just for you.

## History of Greeting Cards

For centuries, sending greetings to loved ones and acquaintances has been a heartfelt tradition. From handwritten letters filled with extravagant penmanship, to colorful printed cards adorned with designs, the history of greeting cards is a story of human connection. Early greetings were exchanged during ancient festivals, religious observances, and social events. Individuals would write eloquent prose and send them via courier. However, with the invention of the printing press in the 15th century, mass produced greeting cards became commercially available for the first time. Ever since then, individuals have taken advantage of this convenient way to express their well wishes. From Valentine's Day cards to Christmas greetings, there is no doubt that the exchange of these cards have helped connect us to our loved ones during the most special times of the year.

## Five Things About Greeting Cards

- ❖ Valentine's Day is the biggest day for greeting card sales, with approximately 190 million cards being exchanged annually.
- ❖ The first commercial Christmas card was created in 1843 by Sir Henry Cole.
- ❖ Americans purchase an estimated 6.5 billion greeting cards each year, with the most popular occasions being birthdays, Christmas, and Mother's Day.
- ❖ Greeting cards have also been used in space! In 1969, astronaut Neil Armstrong took a greeting card with him to the moon.
- ❖ The largest greeting card in history? This oversized card was unveiled in Brazil and measured a whopping 60 feet by 90 feet, about the size of a basketball court! The card was created to celebrate the 65th anniversary of a Brazilian greeting card company, which used the gargantuan card to set a new record.

## How to Celebrate Greeting Card Reading Day

- ❖ Get out that pile of greeting cards and enjoy reminiscing.
- ❖ **Organize** the cards you've received or cards you want to send.
- ❖ **Things to do with old greeting cards.**
- ❖ Read about the fun **history of greeting cards.**
- ❖ Choose from over **230 38 Hertz card designs on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# February 22 – National Chili Day

Chili is a delicious and comforting dish that is enjoyed by many people all over the world. It is a popular item on restaurant menus, as well as in home kitchens everywhere. Chili is a unique blend of spices and ingredients that make it a unique culinary experience. It can be made with an array of different meats, vegetables, herbs, and other components that bring together this classic dish. Whether you like your chili mild or spicy, there's sure to be something for everyone who loves this timeless classic!

## History of Chili

Spicy, flavorful, and filling - chili is a beloved dish enjoyed by many. But have you ever wondered where exactly it came from? The origin of chili is a bit of a mystery, with a few different theories floating around. Some say it was first created by native peoples in what is now Texas and Mexico, using ingredients readily available to them such as chili peppers and meat. Others argue that it was actually invented by Spanish colonizers who brought spices like cumin and paprika over from Europe to flavor their stews. Regardless of its exact origins, one thing is for sure - chili has come a long way since it was first cooked up centuries ago. Today, it's enjoyed all over the world in a variety of forms, from hearty bowls of meat and beans to vegetarian options bursting with veggies and spices.

## Five Things About Chili

- ❖ The original recipe for chili dates back hundreds of years to Mexico, making it an ancient food.
- ❖ According to the rule book maintained by the International Chili Society, no beans can be used if it to be considered true chili.
- ❖ Over 300 varieties of chili are prepared throughout the United States every year during chili competitions, such as Cincinnati's annual Chili fest.
- ❖ Combining chili with chocolate is not unheard of; tamales flavored with bittersweet dark chocolate have been popular amongst Mexicans since pre-Columbian times.
- ❖ Texan folklore claims that adding rattlesnake meat to chili was once a common practice!

## ❖ How to Celebrate National Chili Day

- ❖ [Host a chili cookoff.](#)
- ❖ [100 chili recipes.](#)
- ❖ [27 chili side dishes.](#)
- ❖ Enter a national chili cookoff festival - [directory here.](#)
- ❖ Purchase some [beautiful new chili bowls.](#)
- ❖ Host a gathering with this amazing [family chili board.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# February 23 – International Stand Up to Bullying Day

International Stand up to Bullying Day marks an important annual event dedicated to tackling the growing problem of bullying. The day recognizes that everyone has suffered from this form of violence, which often leaves lasting effects on people's lives. It's an opportunity to remind ourselves how serious bullying can be and take action against it. It encourages students, teachers, and school administrators to work together in creating a safe environment for all people regardless of age, race or gender. Additionally, it promotes respect and understanding with initiatives such as anti-bullying campaigns and support networks for those affected by bullying.

## History of Anti-Bullying Movements

The fight against bullying has been an ongoing battle for many years, with the earliest recorded anti-bullying movements taking place in the 1940s. Since then, a wide variety of approaches have been used to combat bullying including zero tolerance policies, school-based initiatives, and increased public awareness campaigns. Despite these efforts, bullying still remains a problem in many communities today, but increasing understanding about the harms it can cause to its victims is helping to bring attention to this growing issue. As more people come together to work toward ending bullying, hopefully more children will be able to live in environments free from the distress that comes with being bullied.

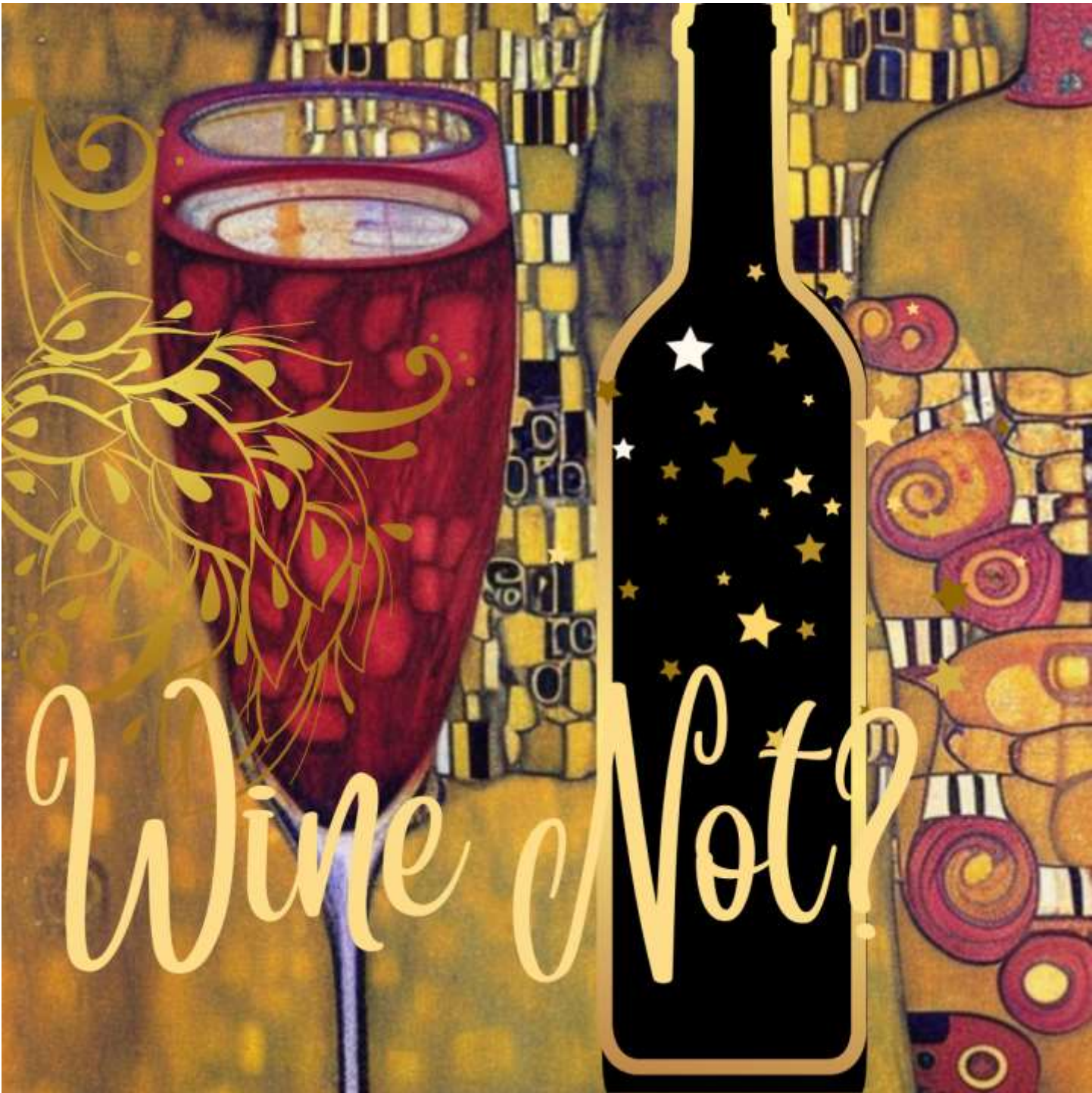
## Five Ways Bullying Affects Children

- ❖ Fear and anxiety, depression and loneliness, low self-esteem and feelings of helplessness.
- ❖ Physical health problems due to stress such as headaches or insomnia, and in some cases increased aggressiveness towards other kids or even adults.
- ❖ Decreased academic performance.
- ❖ Increased risk of suicide.
- ❖ Sleep disturbances.

## How to Celebrate International Stand Up to Bullying Day

- ❖ Share an [anti-bullying quote](#) - post it on social media.
- ❖ [Watch and share videos](#) on anti bullying.
- ❖ [Promote anti-bullying](#) with these things.
- ❖ Download the [Run, Walk, Roll Against Bullying](#) Event Planning Toolkit.
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# February 24 – Open that Bottle Night

Celebrating a great night with a special bottle of wine can be so thrillingly memorable and fun. Whether it's uncorking a vintage claret, or allowing the bubbles of a crisp champagne to tantalize your taste buds, making this evening extra special with an exquisite bottle of wine is sure to add that extra bit of cheer into your celebrations. Uncork the memories and mark this night with the perfect accompaniment; special nights deserve special bottles. This night is intended to let people celebrate a shared sense of obligation, getting together with loved ones, letting go, and enjoy an evening around meaningful conversation accompanied by their favorite bottle of wine.

## History of Open that Bottle Night

Open That Bottle of Wine Night has been around since 1999, when Dorothy Gaiter and John Brecher began writing the weekly wine column for The Wall Street Journal. They wanted to find a way to finally open bottles of wine that may have been saved for special occasions or anniversaries that had not occurred yet—basically any excuse not to open it. So, in response, they created Open That Bottle of Wine Night which allows people from all walks of life and every corner of the world to break out their favorite bit of vino simultaneously as if it were one giant cocktail-party.

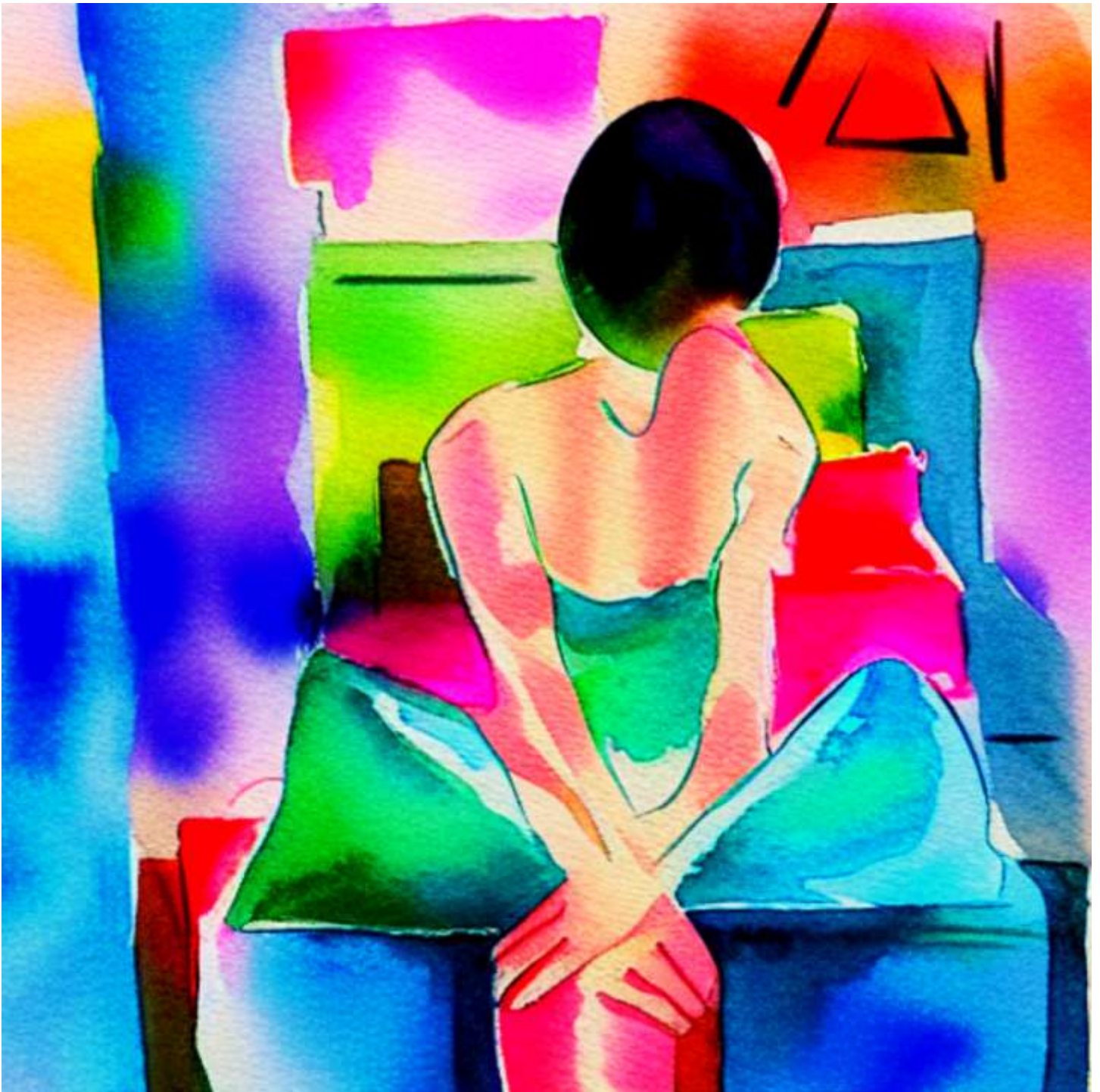
## Five Things About Drinking Wine

- ❖ Make sure the wine is stored properly - at the correct temperature and humidity.
- ❖ When tasting, your sense of smell is just as important as your sense of taste - use short snippets to experience how the character of the wine changes with aeration.
- ❖ Don't overlook food pairings. A good rule of thumb is to match bold reds with fatty proteins and lighter whites with delicate proteins.
- ❖ Take notes as you sample different wines - this will help you become well-acquainted with different styles later on.
- ❖ Understand that it often takes a while to find what you really like best - don't be afraid to experiment!

## How to Celebrate Open that Bottle Night

- ❖ Open that special bottle of wine (if you don't have wine, [buy some!](#))
- ❖ Read the 38 Hertz article, "[Wine Tasting is Fun!](#)"
- ❖ [Host the Best Wine Tasting Party Ever!](#)
- ❖ Buy some beautiful new [wine glasses](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# February 25 – Quiet Day

The hustle and bustle of daily life can easily make us forget the beauty of simplicity and solitude, which is why a "quiet day" can be just what we need to recharge our batteries. Celebrating such a day can be an excellent opportunity to pause, reflect, and focus on our inner selves, away from the distractions and noise of the world around us. But how can we make the most of it? There are many ways to embrace quietness, such as meditating, reading, journaling, taking a long walk in nature, or simply sitting still and letting our thoughts wander. Whatever we choose to do, the key is to let ourselves be fully present, let go of external pressures, and tune into our own intuition. So why not give ourselves the gift of a quiet day and see where it takes us?

## History of the Value of Being Quiet

Throughout history, being quiet has been seen as a sign of wisdom and strength in many cultures. In ancient Taoist philosophy, silence was considered a way to achieve inner peace and enlightenment. The Native American tradition valued the power of silence, using it in their spiritual rituals and as a means of communication. Even in modern times, many successful leaders and intellectuals have attributed their accomplishments to the skill of listening and observing quietly. In a world where noise and distractions are constant, taking the time to be still and quiet can bring about a deeper understanding of ourselves and the world around us.

## Five Benefits of Being Quiet

- ❖ Research has shown that experiencing silence on a regular basis can improve brain function, including boosting creativity and problem-solving abilities.
- ❖ Quiet time has been linked to increased empathy and mindfulness, both of which can improve interpersonal relationships.
- ❖ Being quiet allows for more introspection, helping individuals better understand their own thoughts and emotions.
- ❖ When we spend time in silence, our brains have the opportunity to rest and reset, which ultimately boosts productivity and creativity.
- ❖ Taking quiet time can lower cortisol levels, which is the hormone responsible for stress.

## How to Celebrate Quiet Day

- ❖ Purchase something to [help you meditate](#).
- ❖ Listen to "[The Sounds of Silence](#)."
- ❖ Read reviews about the [top 10 silent films](#).
- ❖ Where is the [quietest place on earth](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# February 26 – Letter to an Elder Day

Celebrating Letter to an Elder Day is a great opportunity to honor those who have come before us. It encourages all of us to reflect on the power, wisdom and impact of our elders in our lives. On this day, we can take a moment to connect with an elder and express our appreciation for all they have done and taught us. Writing letters is a powerful way to recognize their sacrifices, values and cherished memories. This special day can also be an opportunity for people of all ages to learn from one another. Everyone has a unique story and perspective which can help bridge generations and create greater understanding. Celebrating Letter to an Elder Day is one way that we can show our gratitude, deepen relationships, and foster intergenerational community connections.

## History of Letter to an Elder Day

Jacob Cramer had an unbreakable bond with his grandpa; however, it was tragically cut short. In honor of him he began volunteering in a local senior living community and gained the nickname “Bingo Boy” due to his lively approach when hosting bingo games there - something any regular will tell you! While aiding elderly people at this center Jacob noticed that many suffered from loneliness as hardly anyone ever visited or sent messages their way. So, he decided to make use of technology to bring some light into seniors' lives by writing letters full of love for them; hoping these would brighten up each day and remind our elders how much they are still loved. Jacob's letter-writing journey began when he found grace and love in his relationships with the senior citizens of his community. Fueled by this warmth, Jacob decided to take it beyond local boundaries and make a global impact - giving birth from Bingo Boy to Letter Boy.

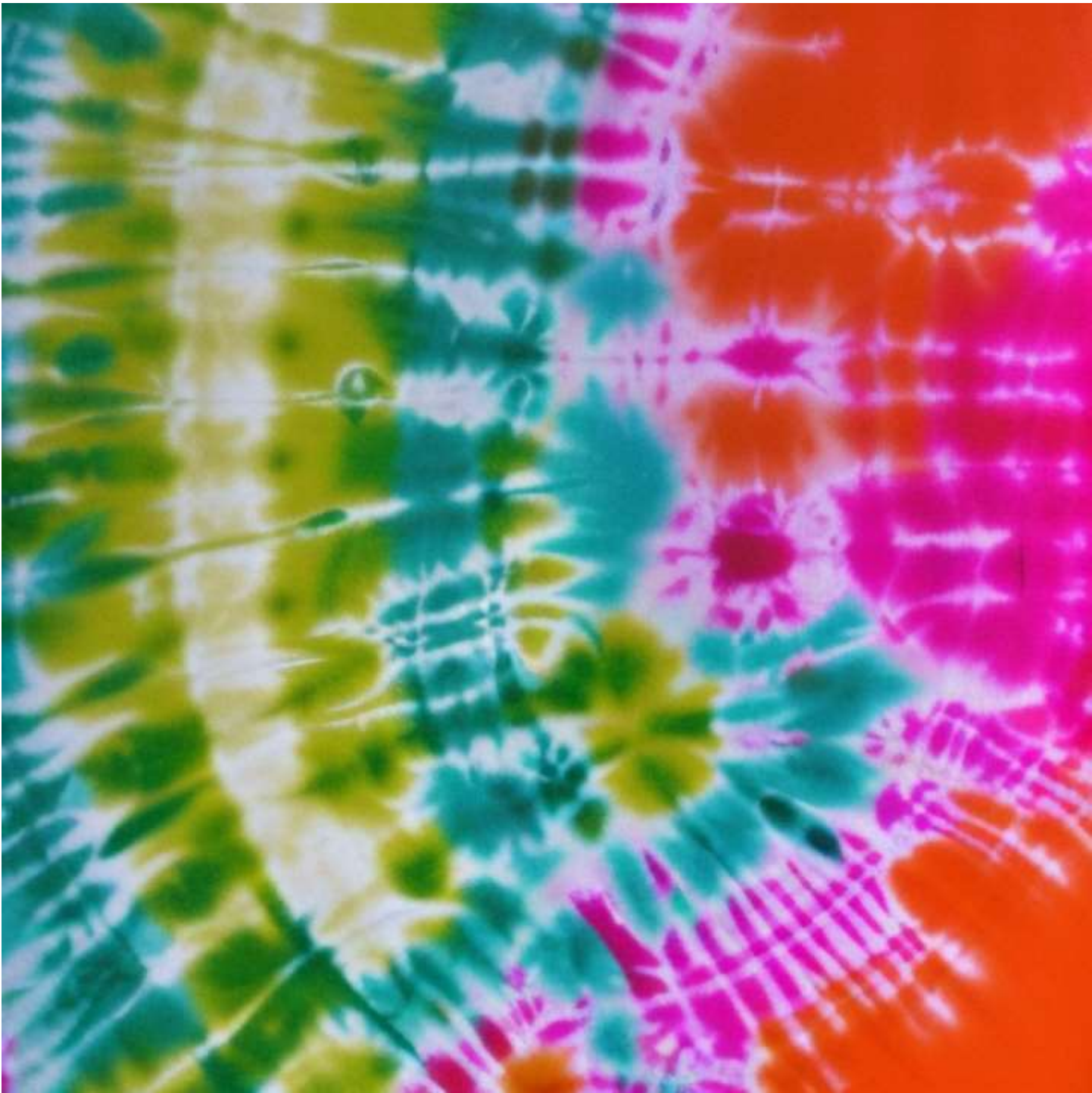
## Five Things Elderly People Love to Hear

- ❖ "They sure don't make 'em like the used to!"
- ❖ Jokes about getting wrinkles from smiling too much.
- ❖ Uplifting funny quips about age being just a number.
- ❖ A voice of gratitude, thanking them for all their stories and shared moments that you were able to be part of and appreciate.
- ❖ "The world needs more people like you!"

## How to Celebrate Letter to an Elder Day

- ❖ Read about the [Love for Our Elders](#) organization. Nominate an elder!
- ❖ [Write a letter](#) to an elder.
- ❖ Spread the word on social media by using the hashtag [#lettertoanelderday](#)
- ❖ Purchase a [supply of cards](#) to have on hand for more letters to elders (cards available in all designs).
- ❖ Get some [new stationery](#) to write a good old-fashioned letter to an elder.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under [click to comment](#) at the very bottom.





# February 27 – Retro Day

For nostalgia fans, Retro Day is like the Super Bowl of the year! Every year, it marks an event where you can take a trip down memory lane and relive childhood memories from days past. As Retro Day approaches, people throw on their vintage best and get ready for a day full of fun. The celebration includes good friends, family, local vendors selling retro items, classic movies playing in the background, and dishes inspired by classic cuisine. This special day celebrates musicals, TV shows and styles we all held dear in our school days with something old being incorporated into everything new. There's nothing quite better than taking break from modern life to enjoy the joys of retro times!

## History of Retro Day

National Retro Day was invented by Robert Duran, Tina Duran, and Hermelinda Aguilar in 2018. Since its inception, many people have embraced this special occasion to reminisce on past decades and share iconic memories from various generations. People around the globe dress up in retro clothing styles, listen to classic songs, or watch old movies to honor this holiday. It has become a tradition that continues to provide an opportunity for lasting connections and celebration amongst family and friends.

## Five Different Decades to Follow on Retro Day

- ❖ With the 20s came classic literature and flapper fashion that still inspires us today.
- ❖ The 50s gave us rock n' roll and great comedy art like those of Lucille Ball.
- ❖ The 60s brought us the British invasion and psychedelic art.
- ❖ The 70s provided an explosion in disco music, film, art, and technology.
- ❖ The 80s reminds us of hair, mullets and big hair alike!

## How to Celebrate Retro Day

- ❖ Watch a [retro movie or retro TV show](#).
- ❖ [Dress in retro wear](#).
- ❖ [Vintage Recipes from Every Decade](#).
- ❖ [Vintage Themed Party ideas](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# February 28 – Floral Design Day

Celebrating Floral Design Day is an opportunity to appreciate the beauty and creativity of various arrangements of flowers. On this special day each year, people can reflect on what makes a stunning flower arrangement, and marvel at the variety of designs that can be created with different floral materials. Whether the arrangement is for a birthday, anniversary, or even for simply bringing beauty into someone's life, enjoying a floral design is always a welcome sight. This special occasion serves as a reminder of how something so simple like fresh flowers has the power to bring joy and make us smile.

## History of Floral Designs

From prehistoric cave drawings to today's computer-generated mockups, floral design is an art form that is constantly evolving. During ancient times, it was common to decorate homes and temples with cut flowers, as well as pressed flowers used in potpourris. In Europe during the Middle Ages, floral garlands and wedding bouquets made of fragrant herbs were very popular. During the Victorian era, it became fashionable to use extravagant flower arrangements in homes and at gatherings. Floral design didn't become an actual profession until the 19th century when professional florists opened up shop. The modern practice of floral design incorporates a wide array of fresh and preserved plants along with intricate accessories, such as ribbons and feathers. Whether for pleasure or commerce, floral design is an exquisite form of expression that continues to captivate people all over the world.

## Five Fascinating Things About Flowers

- ❖ Flower arrangement dates back to ancient Egypt, as remnants have been endlessly studied by archeologists.
- ❖ Traditional Japanese Ikebana emphasizes simplicity over complexity in terms of shape, color and texture.
- ❖ Hydrangeas bloom in different shades depending on the pH level of the soil; fourth.
- ❖ The world's most popular flower is the rose.
- ❖ The Victorians associated certain blooms with different emotions.

## How to Celebrate Floral Design Day

- ❖ Read, "[Flower Meanings: The Language of Flowers.](#)"
- ❖ [280 floral design projects.](#)
- ❖ Take a [floral design course.](#)
- ❖ Purchase [floral design supplies.](#)
- ❖ Click on these floral design images below to purchase fun products on Zazzle!
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# February 29 – Leap Day

Every four years, we get an extra day in February that we call Leap Day. It's a unique phenomenon that causes the calendar to align with the Earth's orbit around the sun. Leap Day, February 29th, is a day that we traditionally use to catch up on all of the things we've been putting off or to do something fun and adventurous. People born on Leap Day only celebrate their actual birthday every 4 years, which can make it a particularly special occasion. The idea of a leap year dates back to ancient times, and it's still something that fascinates us to this day. It's exciting to think that we get a whole extra day, a rare opportunity to do something extraordinary and make the most of our time.

## History of Leap Year

It was in 46 BC that Caesar implemented the Julian calendar, which was the first time a leap year system was used. This calendar system, which was largely influenced by the advice of astronomer Sosigenes of Alexandria, took into account the fact that an Earth year is actually slightly longer than 365 days long. Without this simple yet crucial adjustment, our calendars would be off by several days today. The concept of adding a day to the calendar every four years emerged from early attempts to synchronize solar and lunar calendars, and has since been shaped by scientific discoveries, religious traditions, and political agendas. Through the years, leap year has been celebrated and honored in various ways, with many cultures associating it with good luck, fortune, and fertility.

## Five Things About Leap Year

- ❖ Not all years divisible by four are leap years; the year must also be divisible by 100, unless it is divisible by 400.
- ❖ Leap year is thought to have originated with the ancient Egyptians.
- ❖ According to Irish tradition, women can propose to men on leap day; a tradition that is believed to have begun in the 5th century.
- ❖ People born on leap day are referred to as leaplings or leap year babies.
- ❖ The calendar year is approximately 365.2422 days long, which means that without a leap year, our calendar would become misaligned with the seasons over time.

## How to Celebrate Leap Day

- ❖ Watch this video explaining the math of [why we have leap years](#).
- ❖ Watch the movie, [Leap Year](#).
- ❖ It's a great day for frog lovers to [buy froggy things](#).
- ❖ Learn how to take a [leap of faith](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 1 – National Wedding Planning Day

National Wedding Planning Day is a day to celebrate all the hard work that goes into planning one of life's biggest celebrations. From finding the perfect venue to picking dresses, there are countless decisions and details that go into creating a special wedding experience for the happy couple and guests. Every year on this day, couples around the country plan every detail with special care in order to ensure their big day is as meaningful, beautiful, and stress-free as possible. There's so much joy in celebrating love and commitment with close friends and family– National Wedding Planning Day is a great reminder to take pride in preparing such an important milestone event!

## History of Weddings

The earliest recorded wedding ceremonies come from ancient Sumerian times and involve a ritualistic walk of the bride around a fire four times, with the couple facing away from each other for the first three circuits. It was believed that this ceremony would protect their success and fertility in the union. Later on, Ancient Egyptian weddings included processions with music and religious chanting to signify the joining of two people together under ancient gods' watch. These ceremonies evolved over thousands of years as societies changed to become more complex and elaborate ways of celebrating nuptials emerged. Today weddings still feature bits and pieces from human history's great romances, but with an added personal touch to make it unique and special to couples saying "I do".

## Five Things About Weddings

- ❖ Germans have a tradition called Baumstamm Sägen where they cut a log into two pieces to symbolize working together.
- ❖ In Kenya, the bride's father spits on her dress for good luck!
- ❖ In Borneo the bride and groom must not leave their home or use the bathroom for three whole days after their wedding ceremony, limiting their food and drink. A failure to do this means bad luck in the marriage.
- ❖ It is tradition in Romania for the bride to be kidnapped by her friends; the groom must pay a ransom to get her back.
- ❖ In some areas in China, brides begin a ritual one month before the wedding is crying for one hour each day.

## How to Celebrate National Wedding Planning Day

- ❖ Visit [The Knot](#) for your wedding planning needs.
- ❖ Get a [FREE wedding checklist](#) on Zola.
- ❖ Purchase a beautiful [wedding planner](#).
- ❖ Consider hiring a wedding planner. Find out how [here](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# March 2 – American Citizenship Day for Puerto Ricans

American Citizenship Day is an important day of celebration for Puerto Ricans and all citizens. It marks the anniversary of the 1917 bill, which officially granted citizenship to residents of Puerto Rico. The day is a popular celebration among Puerto Rican Americans who feel especially proud to be part of this country and its great freedoms and opportunities. For many, American Citizenship Day serves as an annual reminder that their culture, history, language, and customs still have a place in America despite the many challenges they face overcoming discrimination and racism. It reinforces that the United States was designed to be a nation made up of immigrants from different backgrounds and cultures, yet unified by common values and shared pride. Celebrating American Citizenship Day for Puerto Ricans is more than just an exercise; it represents a hope for the future and a powerful sense that all are welcome here in America.

## History of American Citizenship Day for Puerto Ricans

First observed in 1917, “American Citizenship Day” was made official by President Warren G. Harding in 1922. It has become an annual tradition in many parts of the country over the last century, celebrated with parades featuring vibrant flags and costumes as well as speeches from local leaders emphasizing the importance of civic duty and participation.

- ❖ Five Things About Puerto Rico
- ❖ Puerto Rico is home to the oldest European-founded city in the U.S., San Juan? It was established in 1521 by Spanish explorer Ponce de Leon after he discovered the island.
- ❖ Puerto Rico served as an important first stopover spot on a maritime trade route between Spain and Latin America back in the 16th century.
- ❖ Puerto Rico holds the title of “Island of Enchantment” not only due to its natural beauty but also its special place in history.
- ❖ Spanish is only one of two official languages spoken throughout the islands, with English being the other official language.
- ❖ The national sport in Puerto Rico is volleyball.

## How to Celebrate American Citizenship Day for Puerto Ricans

- ❖ Learn about [how to become a US citizen](#).
- ❖ Read about [Puerto Rico's unique US relationship](#).
- ❖ Celebrate with [delicious Puerto Rican recipes](#).
- ❖ Learn about the [music of Puerto Rico](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# March 3 – National Moscow Mule Day

With its signature copper mug that keeps it nice and icy cold, the Moscow Mule cocktails pairs ideally crisp ginger beer with a hint of lime and vodka for a distinctly smooth sip. Served in bars worldwide, these tasty libations are one of the most popular cocktail drinks. Unlike other traditional spirit-based beverages, they bring together unique and interesting flavors to create something truly unforgettable. Consider giving them a try this summer to experience all that this tangy concoction has to offer. All you need are three simple ingredients: vodka, lime juice, and ginger beer, and you can create your very own Moscow Mule!

## History of the Moscow Mule Cocktail

The Moscow Mule cocktail is believed to have originated in 1941 or 1942, when a man named Jack Morgan created a mixture of vodka, lime juice and ginger beer for his bar in Los Angeles. This combination of ingredients was served in a copper mug that Morgan got from the owner of Cock 'n' Bull, two bars that were located right next door to each other. The name "Moscow Mule" came from the fact that Morgan served only Russian vodka at his bar, along with the ginger beer imported from England. This popular cocktail quickly spread around the United States and beyond its borders - by 1960 it was known around much of Europe and was even served on some airlines. Even today, it remains a favorite enjoyed all over the world.

## Five Things About the Moscow Mule Cocktail

- ❖ The vodka-lime drink is served in classic copper mugs, giving it a unique look.
- ❖ It has been around since 1941, when it was combined by three people in Hollywood, not Russia.
- ❖ The vodka used was Smirnoff and the ginger beer came from Jack Morgan's Cock 'N' Bull Pub which he owned.
- ❖ The copper mugs were made by a company trying to unload their excess inventory.
- ❖ The cocktail is served cold, only produced in limited amounts once every summer, and each mug is themed according to city and country.

## How to Celebrate Moscow Mule Day

- ❖ Gather you friends and family together for a Moscow Mule celebration.... or go out!
- ❖ Learn how to [make a Moscow Mule](#).
- ❖ Purchase authentic [Moscow Mule copper mugs](#).
- ❖ Find out more on [MoscowCopper.com](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# March 4 – Mother and Sons Day

National Sons Day is a great occasion to take the opportunity to appreciate and show how much sons mean to us. It's an ideal chance to express all you love and give thanks for, no matter how far apart you might be (especially with this year's circumstances). Call or video chat with your son and thank them for being in your life. Appreciate them and spend some quality time together reminiscing fun times you've had before or planning exciting adventures in the future! Giving heartfelt expressions of love and gratitude will no doubt put a smile on your son's face. On this special day, let's not forget to encourage our sons to never give up so that they can have a bright future ahead.

## History of National Sons Day

National Sons Day was founded by Jill Nico to honor the parents and guardians who occupy an important role in raising and caring for young boys. The holiday is celebrated to bring international attention to how vital the figures in a child's life are. It encourages everyone to show appreciation and love to those who dedicate their lives and resources to the growth of future generations. In its inaugural year, National Sons Day was observed worldwide as a day of reflection on how one's parents or guardians were instrumental in molding them into who they are today.

## Five Great Stories About Sons

- ❖ The [Lion King](#) follows the story of Simba, born to be King of Pride Rock. He must learn how to navigate difficult challenges while discovering his true destiny and ultimately saving the kingdom in the process.
- ❖ Rudyard Kipling's [The Jungle Book](#) showcases Mowgli learning wild animal ways and coming into his own as a young man.
- ❖ The biblical parable of [The Prodigal Son](#), wherein a father refuses to give up on a wayward son and ultimately gets rewarded for his immense patience and unwavering love.
- ❖ [Malcom X's Autobiography](#) the poignant journey taken by the protagonist as he grows closer to his father, traveling from religious fanaticism to political radicalism in order to understand who he really is.
- ❖ Jesus's earthly journey demonstrated time and again that He had a special relationship with His Father. Read about "[Jesus, the Son of Man.](#)"

## How to Celebrate National Sons Day

- ❖ [Do something special](#) with your son today.
- ❖ Send a greeting; choose from [50 great son quotes](#).
- ❖ [10 Things We Should All be Telling Our Sons](#).
- ❖ Purchase a [special gift for your son](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# March 5 – Cinco de Marzo

Cinco de Marzo - have you heard of it? While it may not be as well-known as its May counterpart, Cinco de Mayo, this festive celebration is gaining popularity among party-goers and revelers alike. Similar to its Mexican counterpart, Cinco de Marzo is a holiday centered around food, drinks, and good times with friends, but the twist on this holiday is it's in March and serves as a preparation for St. Patrick's Day. What makes it unique, however, is that it's solely dedicated to the month of March. From themed parties to vibrant decorations, there are plenty of ways to embrace this lively holiday. So dust off your sombrero, grab a margarita, and let the good times roll!

## History of Cinco de Marzo

Cinco de Marzo is an imaginative holiday born out of a lighthearted concept. In 2007, a man named 'Carlos Fantastico', while savoring a margarita at The Matador, a Mexican restaurant, came up with the idea. As he noticed the date, March 5th, he realized that St. Patrick's Day was approaching soon. With the combination of Mexican ambiance and the upcoming Irish celebration, Fantastico conceived the notion of a holiday that merges both cultures. Thus, Cinco de Marzo came into existence, a festive celebration that commemorates the joyous revelry associated with St. Patrick's Day under a Mexican name.

## Five Things to Know About the Mexican Culture

- ❖ Family is so engrained in Mexican culture that it is often the cornerstone of daily life. As such, families tend to be very tight-knit and protective of one another.
- ❖ Another amazing aspect of Mexican culture is the delicious cuisine, which takes influence from Spanish, indigenous, and even African cultures.
- ❖ Bold flavors, fresh ingredients, and a huge variety of dishes make Mexican cuisine a true culinary delight. Music is also central to Mexican culture, with traditional forms like mariachi and ranchera still alive and well today.
- ❖ Mexican folklore and mythology are fascinating, with stories of legendary creatures like "el chupacabra" and "la llorona" captivating audiences for generations.
- ❖ Finally, Mexican art and architecture are breathtaking, with stunning examples found all throughout the country. From the colorful murals of Diego Rivera to the ancient pyramids of Teotihuacan, Mexico's rich cultural heritage is truly amazing to experience.

## How to Celebrate Cinco de Marzo

- ❖ Host a Mexican party. [Great ideas here!](#)
- ❖ Purchase [margarita things](#).
- ❖ Make Papel Picado (Mexican perforated paper), [get tissue paper](#).
- ❖ Prepare a [traditional Mexican dinner](#).
- ❖ Make this [delicious cold nacho](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 6 – National Dentist Day

Dental health is an important part of overall well-being, and that is why dentists play such a vital role. These professionals provide critical preventative care ranging from basic cleanings to the most complex procedures. They are the front line in catching any potential problems from developing and providing solutions to restore dental hygiene. With regular check-ups and preventive care, dentists can help people maintain healthy teeth, gums, and jaw structures throughout their entire lifetime. By doing so, they can help improve the quality of life not only through having a better smile but also improving overall health and preventing future costly struggles. Therefore, having routine visits with your dentist is incredibly important for your wellbeing.

## History of Dentistry

The history of dentistry can be traced all the way back to ancient Egypt, nearly 7,000 years ago – when records show that primitive forms of dental treatments were practiced. Even further back, it's believed the ancient Chinese, Babylonians and Greeks started brushing their teeth and taking preventive measures when it came to oral hygiene. Throughout time, various cultures have had their own methods of treating common conditions and ailments related to the mouth. From trading traditional healers in areas like East Africa and South Korea to using natural substances like honey, ginger, pomegranate rinds and lemon juice in parts of India and Pakistan – each culture has its own unique approach to maintaining their dental health. However, professional dentistry didn't truly take off until the late 18th century with modern advances such as porcelain crowns and fillings becoming commonplace throughout Europe during the 19th century.

## Five Interesting Facts About Dentistry

- ❖ Dentistry dates back to 7000 B.C., when early humans would hollow out a tooth and fill it with bitumen.
- ❖ The first metal dental filling was performed by a French dentist in 1816, who filled a tooth cavitated by corrosion with gold foil.
- ❖ Dentists estimate that nearly 15 percent of humans go through life without ever losing a single tooth.
- ❖ X-rays were discovered as part of dental research in 1895.
- ❖ Dental fillings were originally made from things like beeswax, iron and lead? Ancient Egyptians used to use pomegranate skins to clean their teeth!

## How to Celebrate National Dentist Day

- ❖ Make a dental appointment today!
- ❖ Learn how to perform [good oral hygiene](#).
- ❖ Consider these [tooth whitening products](#).
- ❖ Purchase a new [toothbrush system](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 7 – Alexander Graham Bell Day

On March 7th, we honor one of the most important inventors in history, Alexander Graham Bell. This day celebrates Bell's life and his numerous contributions to science and technology, particularly his invention of the telephone. Bell's work revolutionized the way we communicate and paved the way for modern telecommunications. His legacy has continued to shape our world in ways he could never have imagined. This is a day to recognize and appreciate the impact his innovations have had on our daily lives. Let us take a moment to appreciate this remarkable man and his contributions to society. Happy Alexander Graham Bell Day!

## History of the Telephone

It all began in 1876 when Alexander Graham Bell patented the first telephone. But it was his assistant, Thomas Watson, who uttered the famous words "Mr. Watson, come here, I want to see you," during the first successful telephone call. Watson's contribution in helping Bell fine-tune the invention was pivotal and cannot be overlooked. With the invention of long-distance lines, followed by the switchboard, rotary dial, touch-tone, and mobile phones, the telephone rapidly revolutionized the world of communication. Today, smartphones have become a ubiquitous part of our lives, but it all began with a single invention that changed the course of history forever.

## Five Things About Alexander Graham Bell

- ❖ Bell collected a string of patents throughout his lifetime, and though he's best known for inventing the telephone, his contributions extend far beyond.
- ❖ The inventor also came up with many other great ideas, such as the photophone - a wireless communication device - and a device to help children who had difficulty speaking.
- ❖ Bell was also passionate about creating systems to help the hearing-impaired, and he worked relentlessly on a project that would ultimately become the first practical hearing aid.
- ❖ An interesting fact about Alexander Graham Bell is that he was one of the founding members of National Geographic magazine, which he helped to start in 1888.
- ❖ Bell was actually born in Scotland, not America.

## How to Celebrate Alexander Graham Bell Day

- ❖ Read about the amazing [influence of Alexander Graham Bell](#).
- ❖ [Play the telephone game](#) with teams.
- ❖ Have fun making a [play telephone](#).
- ❖ Download [FREE ringtones](#) for your phone.
- ❖ Read about the [history of the telephone](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under [click to comment](#) at the very bottom.







# March 8 – International Women’s Day

March 8 marks a significant date on the global calendar, International Women's Day, a day to celebrate the extraordinary achievements of women from all walks of life. This annual event is dedicated to highlighting the issues women still face in their struggle for equal rights, and the progress being made. It also provides a platform for raising awareness for women's rights, gender equality, and the empowerment of women worldwide.

## History of International Women’s Day

International Women's Day is a celebration of the achievements and advancements women have made in the fight for gender equality. This important day has been observed annually on the 8th of March since 1975, but its history dates back to the year of 1857. On that day, women in New York City protested against their working conditions and demanded better treatment and equal rights. Their courage and determination inspired others around the world and sparked the movement that became International Women's Day.

## Five Important Women Who Contributed to the Women’s Movement

- ❖ Gloria Steinem was a prominent feminist who co-founded Ms. Magazine and helped organize the National Women's Political Caucus. A writer, lecturer, and social activist, Steinem is one of the most dynamic and influential figures in modern feminism.
- ❖ Betty Friedan was a trailblazing feminist and author, best known for her influential book, *The Feminine Mystique*. Through her writing, Friedan urged women to break free from the constraints of traditional gender roles and challenge the societal expectations placed upon them.
- ❖ Susan B. Anthony was an iconic figure in American history, known for her tireless efforts in advocating for women's suffrage and civil rights.
- ❖ Clara Zetkin was an influential and visionary leader who laid an essential foundation for socialist feminism. Her revolutionary work as a politician, journalist, and activist in the late 19th and early 20th centuries challenged societal norms and highlighted the intersectionality of gender, class, and politics.
- ❖ Audre Lorde was a committed feminist and advocate for the rights of people of color, the LGBTQ+ community, and those living with cancer. Despite facing numerous challenges as a black, queer woman in the United States, Lorde never shied away from speaking her truth and using her voice to effect positive change.

## How to Celebrate International Women’s Day

- ❖ Read about the [history of March 8](#) activities.
- ❖ Surprise a woman in your life with a [gift](#).
- ❖ [Purchase a poster](#) as a reminder to celebrate women.
- ❖ Download the [Feminist Activist Toolkit](#). Really good!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# March 9 – National Meatball Day

National Meatball Day is certainly worth celebrating! Whether you like them drenched in marinara sauce or smothered in gravy, meatballs can do no wrong. From the Italian-American classic spaghetti and meatballs to hearty Swedish kottbullar, there are an endless variety of recipes that can satisfy any appetite. Their versatility goes further than the dinner table too—you might find yourself enjoying a traditional Italian arancini hassle ball filled with cheese, or even a pulled pork slider topped off with a delicious pork meatball. No matter how you serve it up, one thing is certain: National Meatball Day is one holiday everyone--meat lovers and vegetarians alike--can get behind!

## History of Meatballs

Meatballs have been a part of culinary culture since ancient times. Ancient Chinese, Roman, and Greek cultures ate large balls of ground beef, often seasoned with spices and served in a variety of dishes. During the Renaissance, it was common for chefs to serve their guests larger versions of these classic meatballs as a main course. In the 19th century, Italian immigrants brought the tradition of shaping small bits of ground beef into spherical shapes to America, where they quickly become popular. Today, meatballs are enjoyed in households all over the world in a variety of delicious traditional recipes as well as creative new takes on this timeless dish.

## Five Delicious Meatballs to Make

- ❖ The classic Italian-style beef and pork combo.
- ❖ Middle Eastern lamb and herb balls.
- ❖ Asian-style ginger and scallion pork balls are fragrant and full of flavor.
- ❖ American barbecued beef or pork just melts in your mouth.
- ❖ Chicken and vegetable balls with plenty of garlic; the subtle richness complements any dish.

## How to Celebrate National Meatball Day

- ❖ Host a potluck meatball party.
- ❖ Get some help [forming meatballs](#).
- ❖ Get the book, "[Oh! 500 Homemade Meatball Recipes](#)."
- ❖ Try some [amazing frozen meatballs](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# March 10 – Pack Your Lunch Day

Celebrate Pack Your Lunch Day! It's a great opportunity to get creative with your meal and energize your lunch break. From nutritious salads to savory wraps, taking your own homemade meal gives you control of portion size and ingredients. And even better: In addition to being tastier than the cafeteria fare, bringing a homemade lunch from home can save you time and money. Bringing a packed lunch to work provides a number of advantages. Not only can it help save money, but it also gives you the opportunity to individualize your meal and ensures that you are eating healthy and delicious food that fits your dietary needs. Bringing your own meal to work allows you to make more informed choices about what types of food you're putting into your body and cuts down on costs too. So, celebrate Pack Your Lunch Day and maybe start a new daily habit.

## History of Lunch Boxes

The modern lunchbox is a unique and utilitarian container that has been around for centuries. Dating all the way back to the Middle Ages, people living in rural areas carried food in pouches made of woven cloth. With the advent of the industrial revolution, companies began marketing the first metal lunchboxes at general stores, often decorated with colorful images from pop culture or educational scenes.

## Five Advantages of Packing Your Own Lunch

- ❖ It gives you greater control over what you're eating, giving more control for healthier options.
- ❖ It's much cheaper than most foods available at restaurants or order delivery.
- ❖ Making your own lunches reduces the amount of plastic waste associated with take-out options, so it's more environmentally friendly.
- ❖ Packing lunch yourself gives you more unique flavor combinations.
- ❖ Having an organized plan for lunches also reduces the stress associated with last-minute food choices.

## How to Celebrate Pack Your Own Lunch Day

- ❖ Check out these [20 lunches you can prep on Sunday](#).
- ❖ Stock up on [lunch prep containers](#).
- ❖ Do it gourmet, [Bon Appetit's bring your lunch ideas](#).
- ❖ [Brown Bag Lunch Savings Calculator](#).
- ❖ [Find your favorite design - click on it and order the lunch box!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# March 11 – Ramadan Begins

Ramadan, hailed as the holiest month in the Islamic calendar, holds a profound spiritual significance for millions of Muslims around the world. This cherished time presents an extraordinary opportunity for believers to deepen their faith and draw closer to Allah through prayer, reflection, and self-discipline. As the month is marked by fasting from sunrise to sunset, Muslims engage in acts of worship, infuse their lives with compassion, and extend charity to those who are less fortunate. Families and communities come together to break the fast each evening with time-honored, sumptuous meals, reinforcing a sense of unity, gratitude, and empathy. Embracing the true essence of Ramadan, Muslims strive to embody its teachings of humility and patience in everyday life, enriching their souls and revitalizing their connection with the divine.

## History of Ramadan

Ramadan goes all the way back to the 7th century when it was first revealed to Prophet Muhammad through revelations from Allah during Ramadan. This sacred month is believed to be the period when the first few verses of the Holy Quran were revealed to the Prophet Muhammad. According to Islamic tradition, it was during the Night of Power or Laylat al-Qadr, that the archangel Gabriel descended and began conveying Allah's message, marking the beginning of a transformative religious journey.

## Five Things About Ramadan

- ❖ Within these 29-30 days, Muslims observe fasting from sunrise to sunset, abstaining from food and drinks, to develop spiritual strength and self-discipline.
- ❖ Engaging in prayer, reading the Qur'an, and giving to those less fortunate are vital components of this month.
- ❖ Ramadan is also known for its festive Grand Iftar, where families and friends come together to break the fast at dusk, relishing in shared meals, while rejoicing in the spirit of togetherness and gratitude.
- ❖ Another key aspect of Ramadan is the nightly Taraweeh prayers, which provide an opportunity for believers to congregate and recite portions of the Quran in order to complete it by the end of the month.
- ❖ Ramadan highlights the importance of charity and generosity, as Muslims are encouraged to assist the needy through acts of kindness or monetary donations.

## How to Celebrate Ramadan

- ❖ Try something new, [45 Ramadan recipes](#).
- ❖ [Non-Muslims education about Ramadan](#).
- ❖ [Decorate your home](#) for Ramadan.
- ❖ Learn [all about Ramadan and Islam](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# March 12 – National Plant a Flower Day

Spring is just around the corner, and with it comes the beauty of blossoming flowers. And what better way to celebrate the arrival of spring than by planting a flower on National Plant a Flower Day on March 12th? This day may seem small, but its significance is massive. It reminds us of the importance of preserving and nurturing the environment around us. Besides, planting flowers is no less than art. It requires patience, dedication, and genuine love for nature. The moment when the first bud blooms in front of you, all the hard work pays off. As a bonus, flowers not only bring a smile to our faces but also serve as a habitat for bees, butterflies, and other pollinators. So, take this opportunity to get your green thumbs ready, and let's make the world a little brighter, one flower at a time.

## History of Flowers

Flowers have been a common sight on Earth for a very long time, but just how old are they? It turns out that scientists believe the first flowers appeared around 140 million years ago during the Cretaceous period. This marks a significant point in our planet's evolutionary history as these beautiful and delicate blooms went on to become one of the most diverse and abundant forms of life on Earth. From the ancient Egyptians to the Victorians, flowers have played an important role in human culture for thousands of years. The history of how flowers came to be such a beloved and integral part of our lives is a fascinating story that continues to captivate us to this day.

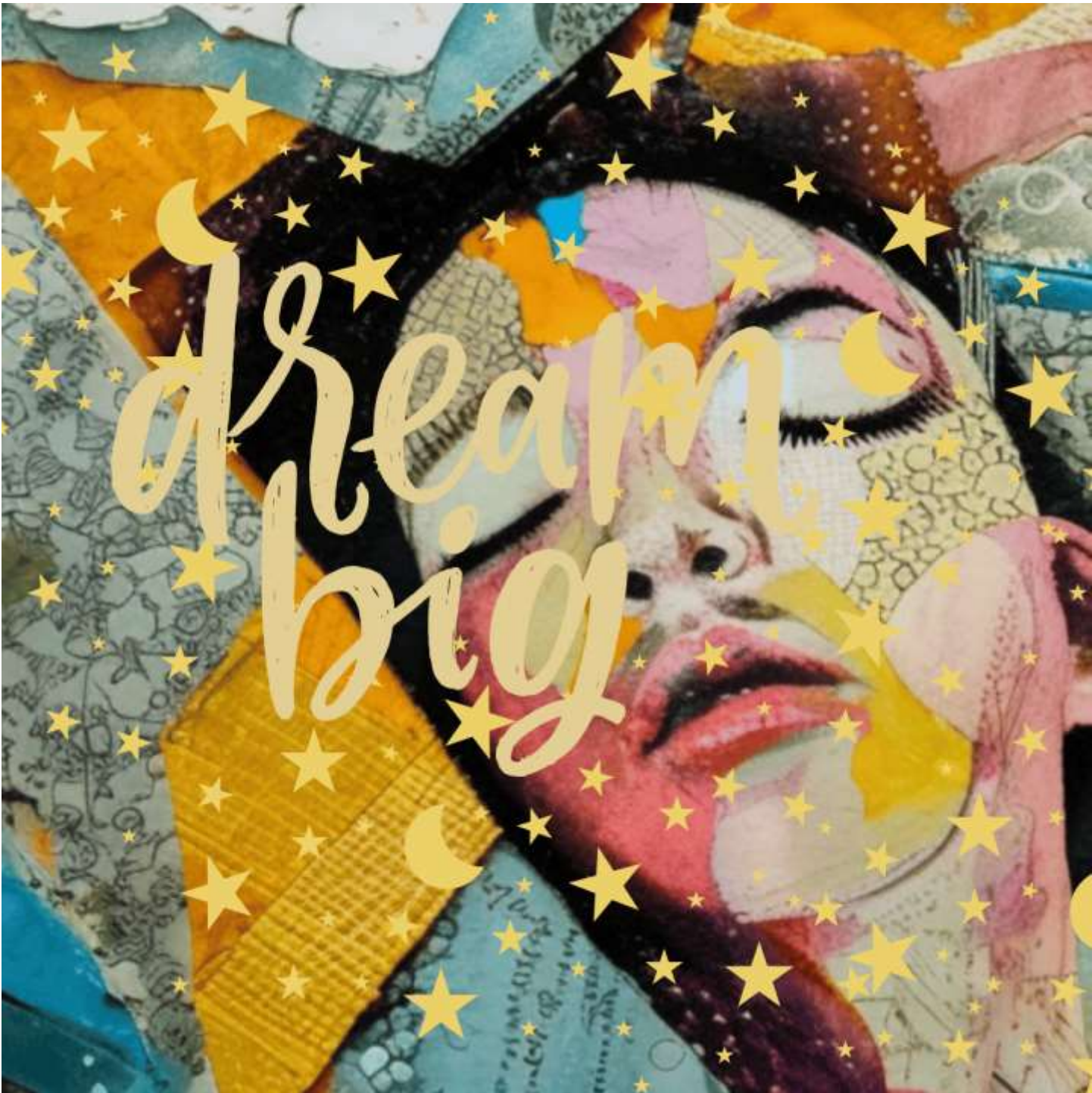
## Five Benefits of Planting Flowers

- ❖ Planting flowers can improve your overall wellbeing by reducing stress levels, enhancing your mood, and boosting your creativity.
- ❖ Flowers can help purify the air by absorbing harmful pollutants and increasing the oxygen levels in the atmosphere.
- ❖ Planting flowers can attract beneficial insects and pollinators, as well as contribute to the growth of a healthy ecosystem.
- ❖ The act of planting and caring for flowers can be a rewarding and satisfying hobby that allows you to connect with nature and gain a sense of accomplishment.
- ❖ The array of colors and fragrances can create a peaceful ambiance and reduce anxiety.

## How to Celebrate National Plant a Flower Day

- ❖ Equip yourself with things you'll **need for gardening**.
- ❖ Learn **gardening tips for beginners**.
- ❖ Purchase **flower bulbs**.
- ❖ Bring it indoors with **these flowers**.
- ❖ If you love the article images, purchase them on these fun products on Zazzle - all floral themes: **Hibiscus, Orchid, Tulips, Easter Lily, Wildflowers, Daisies, Indoor Plant, Poinsettia, Poppies, Bamboo and Flowers, Flowers and Letters, Holiday Bouquet, Autumn Flowers, Rosy Hearts**,
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# March 13 – National Napping Day

Celebrating National Napping Day is a great way to relax and recharge. It can help you cope with stress, improve your emotional well-being, and boost your productivity. Taking a short 20-minute nap during the day can truly make a difference in how you feel! Not only can it provide energy and alertness during the rest of your day, but it can be beneficial to overall health. A good nap helps clear out toxins from the brain, leaving you feeling rejuvenated. Additionally, naps are known to promote better sleep patterns and therefore help regulate our circadian rhythm for improved overall circadian rhythm health. Therefore, grab your softest blanket and cozy up for National Napping Day this March - your body will thank you!

## History of Sleep Science

Ancient civilizations recognized the need for sleep, and even developed murals, paintings, and writings devoted to it. In the 1600s, the field of science first began to explore the mysteries of sleep in earnest, as researchers studied how deeper levels of slumber can lead to dreams and hallucinations. As centuries passed, neurologists, psychiatrists, and scientists alike advanced our understanding by developing theories on human circadian rhythms and detailing the roles that consciousness plays in both falling asleep and staying asleep. Today, we have an expansive body of knowledge on sleep science which has enabled doctors to better diagnose sleeping disorders while also allowing individuals to gain insight into their own sleeping habits.

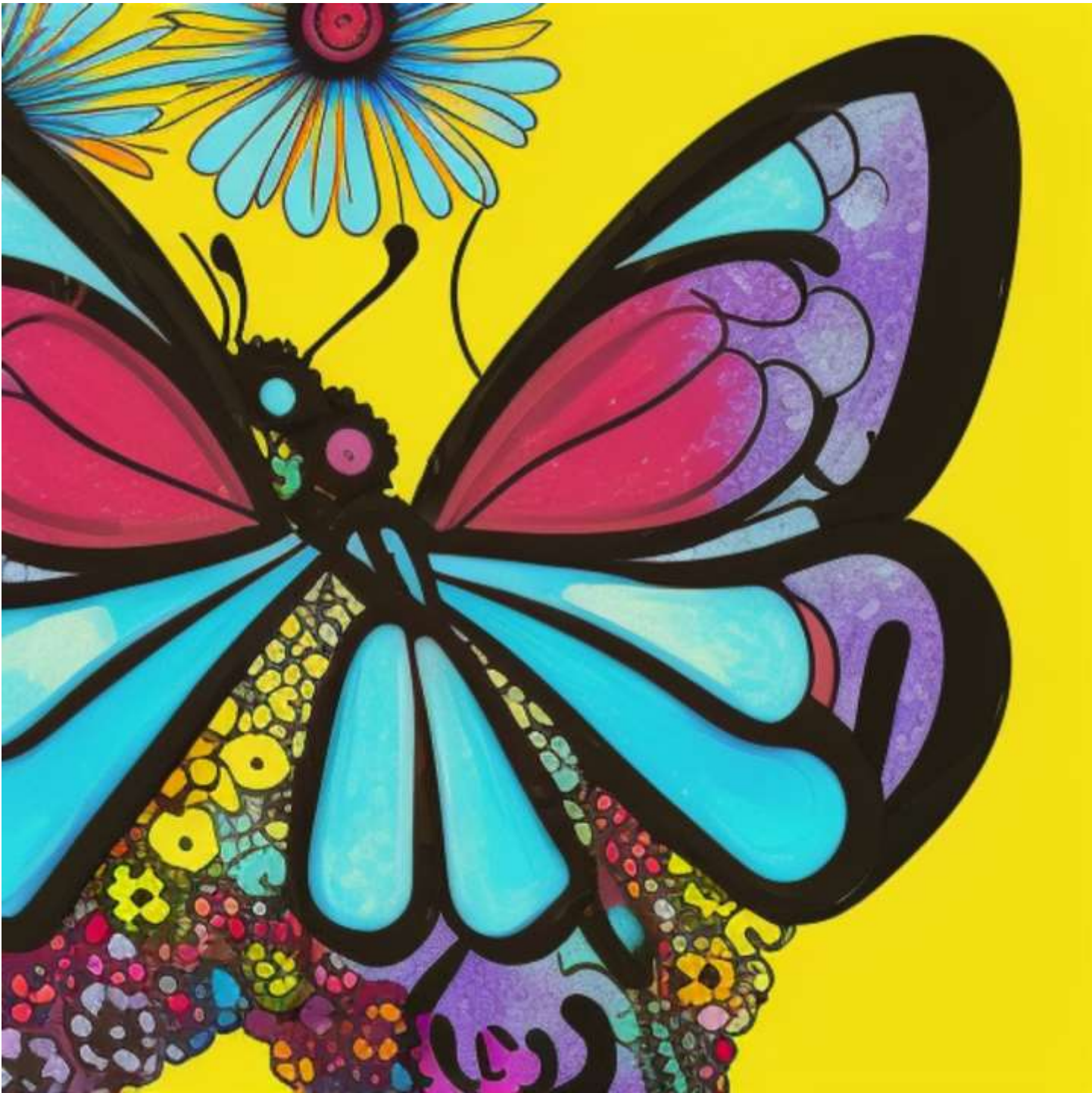
## Five Things About Sleep

- ❖ Cats spend up to 70 percent of their lives asleep.
- ❖ Humans release growth hormones during deep sleep stages, which allow them to stimulate physical development.
- ❖ The human brain continues to be active while we are asleep and can actually generate as much electrical activity as when we are awake.
- ❖ Individuals who suffer from insomnia may have difficulty problem solving and using creative thought processes during the day.
- ❖ Many scientists believe that animals and humans can actually dream in color but we just don't remember them like we do black and white dreams.

## How to Celebrate National Napping Day

- ❖ Learn [how to take the best nap](#).
- ❖ Eat the [best foods to help you sleep](#).
- ❖ Download the [best sleep playlist songs](#).
- ❖ Purchase a [sleep mask](#)!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
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# March 14 – National Learn About Butterflies Day

Butterflies are a sight to behold! With their vibrant colors and elegant flights, they make any landscape come alive. In the world of insects, butterflies certainly stand out from the crowd. All butterflies belong to the order Lepidoptera, which translates literally to 'scale-winged'. They originate from larvae known as caterpillars, and come in an astonishing 15,000 documented species. From sea level all the way up to mountain hikes, you're likely to find these beautifully diverse creatures fluttering around collecting nectar from flowering plants. To observe these magnificent creatures is a true pleasure -- next time you spot one in your garden, take the time to appreciate its beauty!

## History of Butterflies

Butterflies have been a part of humankind's history since the days of the Egyptians, Greeks and Romans, when they symbolized the souls of humans. This ties in historically with many cultures' view of the world as a cycle of death and rebirth. In the 1600s, Carl Linnaeus coined the term "butterfly," originally meant to describe only certain species like yellow brimstones and zebra blues but eventually grew to encompass every winged insect we now call a butterfly today. Even Prior to this time period, butterflies were being studied across Europe leading to one of the first butterfly encyclopedias - Francis Willughby's 'The History Of Insects' in 1686, which detailed 66 British species known at that time. From this point forward our understanding of butterflies has progressively grown leading us towards an age that beautifully encapsulates our relationship with them: The Age Of Enlightenment.

## Five Things About Butterflies

- ❖ Most butterflies must feed on flower nectar while they fly; they're not just doing it for fun, this helps them produce energy and stay in the air.
- ❖ Contrary to popular belief, butterflies don't just suck nectar through their straw-like proboscis – each proboscis contains tiny tubes with 'teeth' that act like a comb to allow the butterfly to neatly siphon off the liquid.
- ❖ A single butterfly has around 12000 individual eye components called ommatidia which help give them panoramic vision – over 180 degrees!
- ❖ Unlike other insects such as moths, adult butterflies cannot hear! They use chemicals in their antennae to sniff out potential mates instead.
- ❖ Butterflies can fly more than twice as fast as an average human can run – up to 40mph!

## How to Celebrate National Learn About Butterflies Day

- ❖ **Plant a butterfly garden.**
- ❖ **Make some fun butterfly crafts. Butterfly gifts.**
- ❖ **Watch a breathtaking butterfly swarm in slow motion.**
- ❖ **Host a butterfly-themed party.**
- ❖ **If you love the article image, purchase it on [these fun products on Zazzle!](#)**
- ❖ **Have some great ideas of your own? PLEASE share them on the article page on 38 Hertz under **click to comment** at the very bottom.**



# March 15 – True Confessions Day

Delve into the world of true confessions, where unspoken secrets are revealed and hushed emotions finally find their voice. This fascinating and intriguing realm invites individuals to share their deepest, most genuine experiences without fear of judgment, while providing comfort for the countless who identify with similar stories. As we explore this powerful space where vulnerability becomes courage, an opportunity arises for meaningful connections and supportive communities to thrive. With true confessions, we learn our human experiences transcend our individuality, shedding light on the universality of our motives, desires, and emotions.

## History of True Confessions

The act of confession has a rich history that stretches across multiple cultures and religions, sowing seeds for personal transformation and community reinforcement. Its origins can be found in ancient civilizations, where people confessed their sins or misdeeds to priests or wise elders. This practice developed into a vital aspect of many faiths such as Christianity, Judaism, and Islam, each with its own particular rituals, but all aimed at seeking forgiveness and redemption. It was in the early 13th century, however, when the sacrament of confession became a cornerstone of the Catholic Church, following the Fourth Lateran Council. From whispered confessions in shadowy church corners, to the birth of the imposing confessional box in the 16th century, the act of confession evolved to provide both solace and liberation for the penitent. Moreover, it has inspired factors beyond religion, impacting the development of modern psychotherapy and legal systems.

## Five Amazing Things to Know About Telling the Truth

- ❖ It results in a reduced cognitive load, since concocting a lie is often mentally exhausting, while speaking the truth can actually lead to mental ease.
- ❖ Being truthful has been shown to improve our overall wellbeing.
- ❖ Several studies have revealed that truth-telling can be contagious, meaning when one person is sincere, others around them are more likely to follow suit.
- ❖ People's perceptions of truth can sometimes be influenced by different factors such as culture, upbringing, or personal values, which means that navigating the path to honesty and transparency may require a little more understanding and compassion for individual perspectives.
- ❖ Engaging in honesty is essential for establishing deep connections with others, as trust is the cornerstone of any meaningful relationship.

## How to Celebrate True Confessions Day

- ❖ Watch, "[The Top 10 Confessions in History.](#)" Wow!
- ❖ Host a party playing [Truth or Dare.](#)
- ❖ [How to Tell Someone You Lied in 15 Steps.](#)
- ❖ [How to Get People to Confess.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 16 – National Artichoke Day

March 16th is a day to celebrate one of the most unique vegetables out there: the artichoke. National Artichoke Day invites us to indulge in this vegetable's fascinating history and various culinary applications. From ancient civilizations to modern day cuisine, artichokes have played a significant role in culinary culture across the globe. Artichokes can be steamed, roasted, grilled or baked. They make an excellent addition to salads, pasta and pizzas. Moreover, they are packed with vitamins and minerals that help support a healthy diet. Whether you enjoy it stuffed, sautéed or boiled, be sure to celebrate National Artichoke Day and honor this delicious and versatile vegetable.

## History of the Artichoke

The artichoke is a fascinating vegetable that has a long and storied history. Its origins can be traced back to the Mediterranean region, where it has been cultivated since ancient times. The ancient Greeks and Romans prized the artichoke for its unique flavor and medicinal properties. In fact, the first known mention of the artichoke dates back to the 4th century BC, when the Greek philosopher Aristotle praised it for its health benefits. Throughout history, the artichoke has been valued not only as a food but also as a symbol of fertility, abundance, and prosperity. Today, it remains a popular culinary ingredient and is enjoyed in many different cultures around the world. If you've never tried an artichoke before, you're missing out on a truly unique and delicious experience!

## Five Things About Artichokes

- ❖ Guinness records the largest serving of artichokes as 1,150 kg (2535 lb 5 oz) and was achieved by Manu Yebras and Jospé, in Pineda de Mar, Barcelona, Spain, on March 17, 2018.
- ❖ The artichoke is a member of the thistle family, meaning it is actually the flower bud of a plant!
- ❖ Artichokes have been believed to have medicinal properties such as being a natural remedy for digestion and liver problems. They are high in fiber, vitamin C, and contain antioxidants, making them a healthy addition to any diet.
- ❖ Marilyn Monroe was once crowned Artichoke Queen at a festival in California.
- ❖ Artichokes have been around for over 4,000 years. They were first cultivated in ancient Egypt, and later introduced to Europe by the Greeks and Romans.

## How to Celebrate National Artichoke Day

- ❖ Purchase traditional and unique [artichoke products](#).
- ❖ Learn how to [cook and eat an artichoke](#).
- ❖ Decorate your kitchen with [cool artichoke things](#).
- ❖ [50 of the Best Artichoke Recipes](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# March 17 – St. Patrick's Day

Ah, St. Patrick's Day, a whirlwind of enchanting celebrations and rich cultural history, brings joy, as it takes us on a journey through the green-clad festivals, brimming with laughter and merrymaking. On this day, we honor St. Patrick, Ireland's patron saint, and the legacy of Irish heritage, reverberating across the globe. It's a day when friends and families gather, adorned in shades of the Emerald Isle, to revel in the exuberance of parades, with cheerful tunes of traditional Irish music ringing in our ears, and those spirited Irish jigs filling our hearts with delight. As the aroma of corned beef and cabbage wafts through the air, we weave together stories, both ancient and new, uniting us in a shared love for the timeless charm of Irish culture. And if we're lucky, we might even stumble across that elusive pot of gold at the end of the rainbow.

## History of St. Patrick's Day

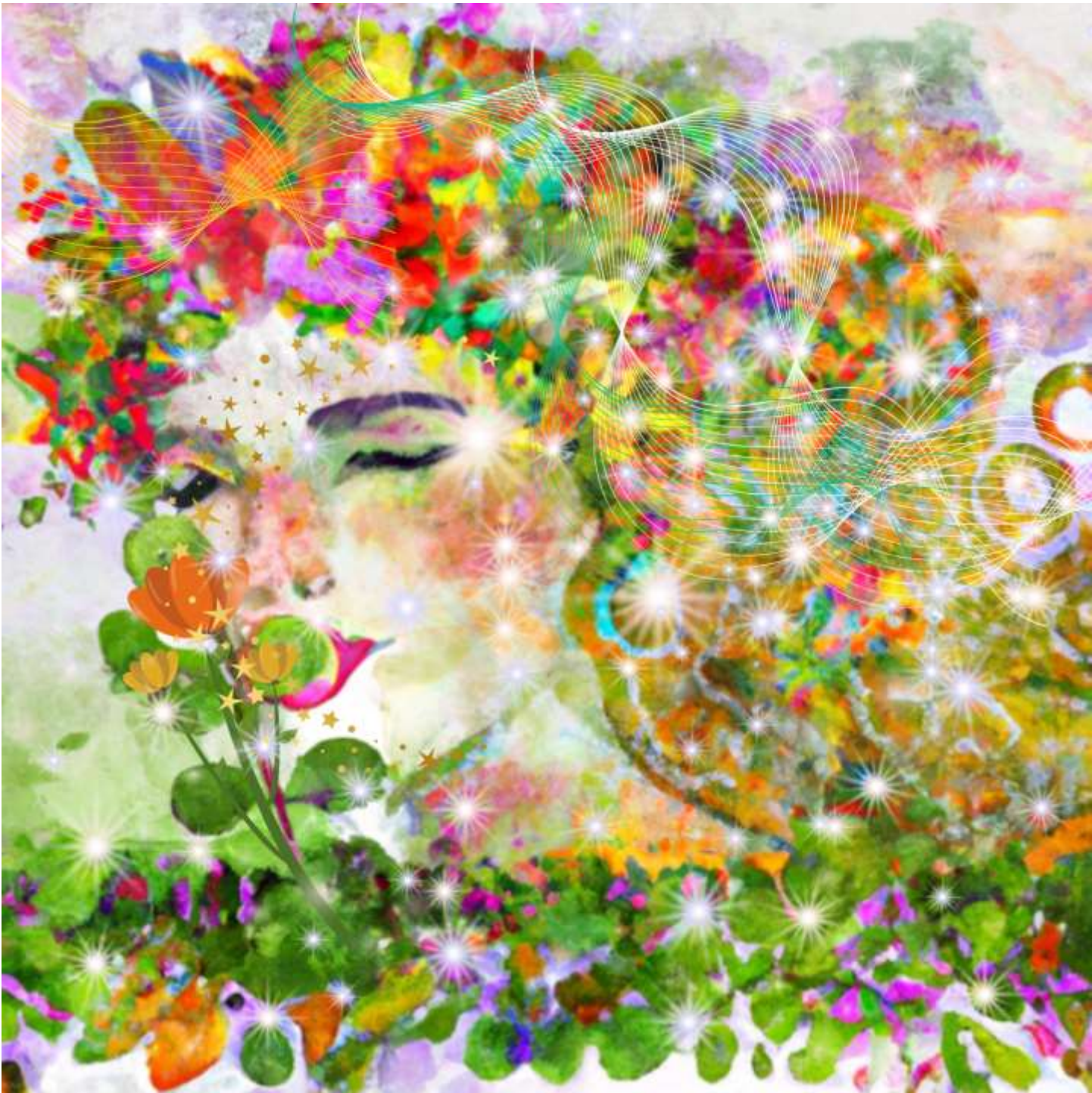
The man behind this jubilant day, St. Patrick, was a young British boy kidnapped and brought to Ireland only to return later as a missionary, determined to bring Christianity to the land. Today, St. Patrick's Day is not only about honoring this courageous figure but also about commemorating Irish heritage and culture. As the echoes of Celtic tunes fill the air, storytellers narrate ancient Irish myths and folklore, ensuring the spirit of the Emerald Isle live on for centuries to come.

## Five Things About St. Patrick

- ❖ St. Patrick wasn't actually of Irish descent. Surprisingly, he was born in Britain and was captured as a teenager by pirates and brought to Ireland as a slave. He later escaped, but returned to Ireland as a missionary, driven by divine visions.
- ❖ The color we typically associate with St. Patrick, green, was originally blue! The shift to green is believed to have occurred because of Ireland's lush landscapes, also known as the "Emerald Isle".
- ❖ Legend has it that St. Patrick used the three-leafed plant to teach the concept of the Holy Trinity to the Irish.
- ❖ St. Patrick is known as the man who banished snakes from Ireland; however, fossil records show that snakes never actually inhabited the island. This intriguing story is likely a metaphor for his efforts in driving out paganism and spreading Christianity across Ireland.
- ❖ He was said to have had prophetic dreams that guided him on his spiritual journey, ultimately leading to his escape from slavery and return to Ireland, where he would work tirelessly to spread Christianity.

## How to Celebrate St. Patrick's Day

- ❖ **Wear green**, of course!
- ❖ **Make green beer**.
- ❖ Host a **St. Patrick's Day party**.
- ❖ **Enjoy Irish Dancing (Riverdance)**.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 18 – Goddess of Fertility Day

In the realm of mythology, the goddess of fertility holds a special place, exuding an aura of mystery and allure. As the embodiment of reproductive power and the very essence of life, the fertility goddess's role has been celebrated and worshipped by ancient civilizations across the globe. These divine beings are intriguing, as they encompass not only the splendid miracles of birth and creation, but also the cyclic patterns of life, death, and renewal. In their various forms, the goddess of fertility transcends cultural boundaries, demonstrating the universal importance and fascination that humanity holds for the circle of life, fertility, and abundance. Each one has a unique story, leaving an indelible mark on history and inspiring generations to come, ever reminding us of our deep-rooted connection with the forces of growth and creation.

## History of the Goddess of Fertility

Throughout humanity's existence, the goddess of fertility has played a crucial role in the beliefs of various cultures, symbolizing life, prosperity, and new beginnings. The rich history of these celestial figures spans back to the earliest civilizations and can be traced to ancient Mesopotamia, where the goddess Inanna reigned supreme. As the world evolved, other goddesses such as Isis in ancient Egypt and Aphrodite in Greco-Roman mythology emerged to celebrate love, sexuality, and motherhood. These mythical figures wove the fabric of fascinating stories that connected people to the divine feminine and laid the foundation for modern religious beliefs. Even today, the legacy of the fertility goddess encapsulates the remarkable resilience of the collective human spirit and our unwavering commitment to life's greatest miracles.

## Five Things About Fertility Goddesses

- ❖ Aphrodite in Greco-Roman mythology emerged to celebrate love, sexuality, and motherhood.
- ❖ Freyja, the alluring Norse goddess of love and fertility drove a chariot pulled by cats.
- ❖ Ishtar, the Babylonian and Assyrian goddess of love and war, represents the dual aspect of fertility and destruction.
- ❖ Demeter, the insightful Greek goddess of agriculture and motherhood, is forever associated with the enigmatic Eleusinian Mysteries.
- ❖ Hathor, the ancient Egyptian goddess depicted as a beautiful woman with horns, is believed to bless the flows of the Nile.

## How to Celebrate Goddess of Fertility Day

- ❖ Envelop yourself in **all things Aphrodite** today.
- ❖ Learn more - **a list of fertility goddesses**.
- ❖ Purchase a **fertility ritual kit**.
- ❖ Celebrate fertility by **planting a live tree**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# March 19 – National Let's Laugh Day

There's something incredibly captivating about the joyful sound of laughter. A celebration of laughing not only enhances our well-being, but it also possesses the power to bring people together from all walks of life. It transcends language barriers, strengthens social bonds, and lightens the atmosphere, allowing us to forget our worries momentarily. Have you ever noticed how laughter can be infectious, spreading across a room like a happy virus? It's no wonder that laughing has become a significant focus in various therapies and laughter yoga classes worldwide. Embracing the pure delight of laughing is indeed an effective antidote to the challenges life throws at us, and it deserves to be celebrated wholeheartedly as a gift that enriches our world in countless ways. So, let's not shy away from throwing our heads back and releasing the most heartfelt laughter, for it's not only a delight for ourselves but also a gift we share with those around us.

## History of Jokes

Humankind has always found solace and connection through humor, and the history of jokes can be traced back to ancient civilizations. Even the earliest human societies relied on shared laughter to alleviate tensions, bond with one another, and navigate the complexities of life. The ancient Greeks, for example, used humor in their works, and Aristotle considered it the bridge between pain and pleasure that allowed people to tap into their creative minds. In the centuries that followed, jokes have continued to evolve, taking different forms and being adapted to various cultural contexts. From traditional folktales to street jesters, and from written literature to contemporary social media platforms, jokes have become a potent way for humans to express their wit, challenge societal norms, and forge emotional connections.

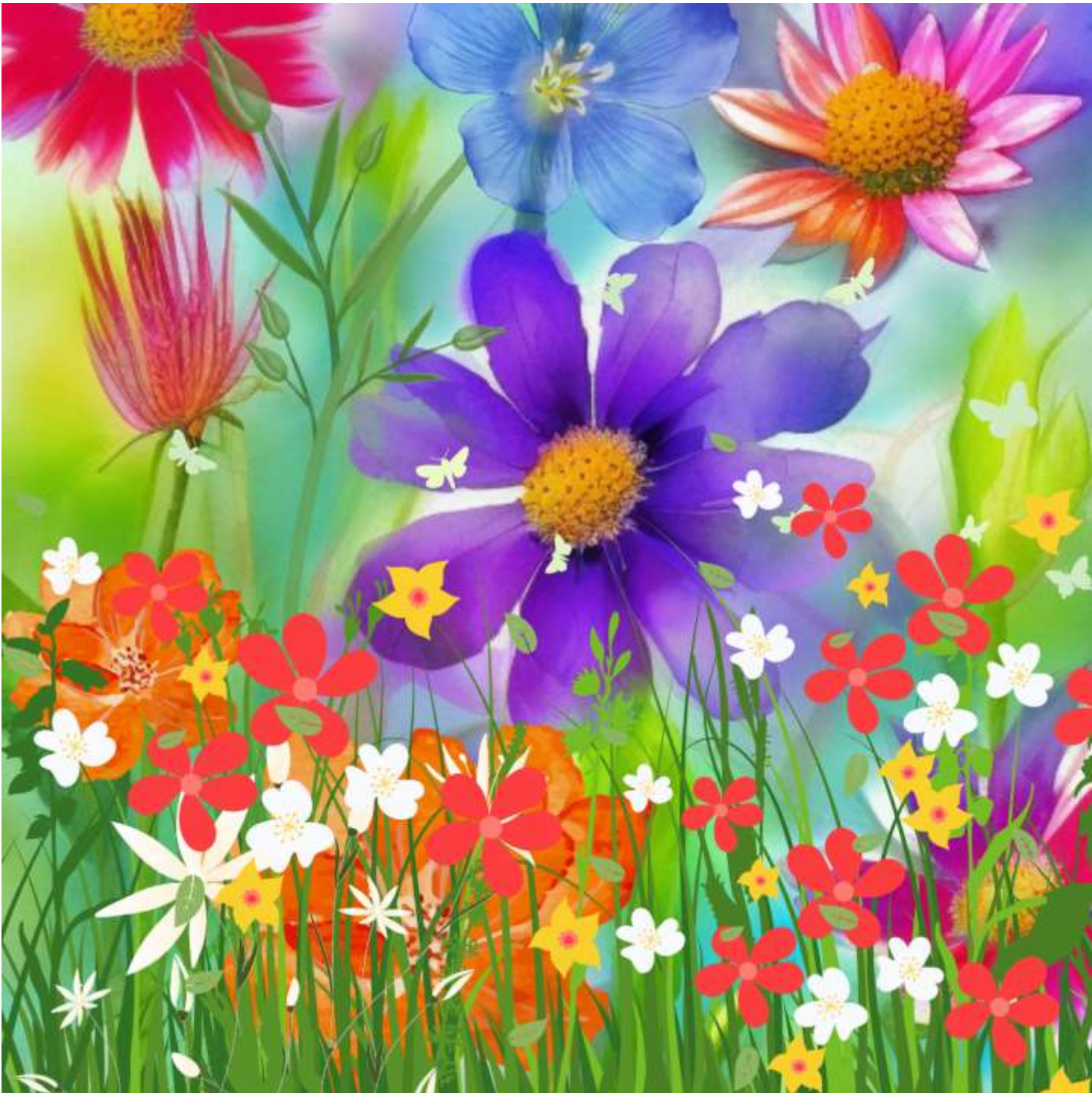
## Five Ways to Tell a Great Joke

- ❖ A perfectly timed delivery can catapult a joke from mundane to hilarious.
- ❖ Having confidence in your comedic talent is vital; if you believe in the humor of your joke, your audience is likely to as well.
- ❖ It's essential to read your audience and gauge their mood.
- ❖ Incorporating an element of surprise in the punchline keeps the audience guessing and adds an unexpected twist, leaving a memorable impact.
- ❖ Practice makes perfect; refining your jokes will result in an effortless and natural delivery, which will delight your listeners and have them craving more.

## How to Celebrate Let's Laugh Day

- ❖ Read the 38 Hz article, "[Laughter as Medicine.](#)"
- ❖ [Comedy on YouTube.](#)
- ❖ [22 Ways to Laugh More.](#)
- ❖ [Watch funny movies](#) today!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 20 – Spring Equinox

The spring equinox, often referred to as the vernal equinox, is a fascinating astronomical event that marks the onset of spring in the Northern Hemisphere. This remarkable occurrence takes place around March 20th or 21st each year, when the earth's axis is tilted neither towards nor away from the sun, resulting in nearly equal hours of daylight and darkness across the globe. This celestial alignment signifies a time of renewal and rebirth, as nature blossoms in full swing across the landscape. The term "vernal equinox" stems from Latin origins, with "vernal" meaning "spring" and "equinox" translating to "equal night." Many ancient civilizations and cultures, such as the Mayans, Celts, and Egyptians, held significant celebrations and built monuments in honor of this event, as it represented the triumph of life over darkness and the balance between opposing forces.

## History of Spring Equinox

The history of the spring equinox is as colorful and fascinating as the season itself, with ancient civilizations closely observing this pivotal moment in earth's cycle. Marking the time when the sun crosses the equator, ushering in longer days, it has long been a symbol of renewal, growth, and fertility. Ancient Egyptians celebrated the spring equinox with the Festival of Isis, honoring their goddess of motherhood and fertility. Meanwhile, the Romans held the Feast of Cybele, marking the rebirth of their agricultural deity following the barren winter months. The Mayans similarly held the spring equinox in high esteem, signifying the Earth's awakening, with their El Castillo Pyramid even designed to align with the sun's rays during this time to project mesmerizing serpent-like shadows.

## Five Things About the Spring Equinox

- ❖ It marks the moment when day and night become equal in duration and occurs twice a year.
- ❖ Spring equinox has an astonishing effect on nature, interrupting the hibernation of countless creatures, who awaken to a vibrant landscape ripe for regeneration.
- ❖ The timing of the equinox depends on the earth's elliptical orbit.
- ❖ The word equinox is derived from Latin, meaning "equal night."
- ❖ Many researchers believe that the Great Sphinx of Giza in Egypt, built around 2500 BCE, might have been designed to face east towards the rising sun during the spring equinox, symbolizing the triumph of light over darkness.

## How to Celebrate the Spring Equinox

- ❖ Celebrate the beginning of renewal by building a [fairy garden](#).
- ❖ Explore new beginnings by creating a [vision board collage](#).
- ❖ Start your spring cleaning and [get organized](#).
- ❖ Start to prepare for Easter with an [Easter tree](#).
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# March 21 – Big Bang Day

The Big Bang Theory is the scientific explanation for the origin of our universe. According to this cosmological model, every particle in existence originated from a single point, causing an explosion that created all energy, matter, space, and time. The theory states that as the universe expanded outward 13 billion years ago, it cooled enough for subatomic particles to form into atoms. This was followed by small clouds of primordial gas slowly condensing under gravity and slowly forming stars and galaxies across cosmic space - a phenomenon which continues to occur today.

## History of the Big Bang

The fascinating history behind the Big Bang Theory takes us on a journey through time and space, allowing us to peer into the origins of our universe. Widely accepted among scientists, this remarkable theory suggests that our universe began as an infinitesimally small, hot, and dense point approximately 13.8 billion years ago. Through a rapid expansion event, space and time unfurled, giving birth to the wondrous cosmos we know today. The origins of this groundbreaking idea can be traced back to the works of great minds like Belgian cosmologist Georges Lemaître, who first proposed the concept of an expanding universe in 1927. Further bolstered by astronomical observations and scientific discoveries such as the Cosmic Microwave Background radiation, the Big Bang Theory has captivated the public imagination and sparked intense debate among scholars. Although our understanding of the universe continues to evolve, the fascination with the origins of the cosmos remains a powerful engine driving scientific research and encouraging us to peer ever deeper into the mysteries of the universe.

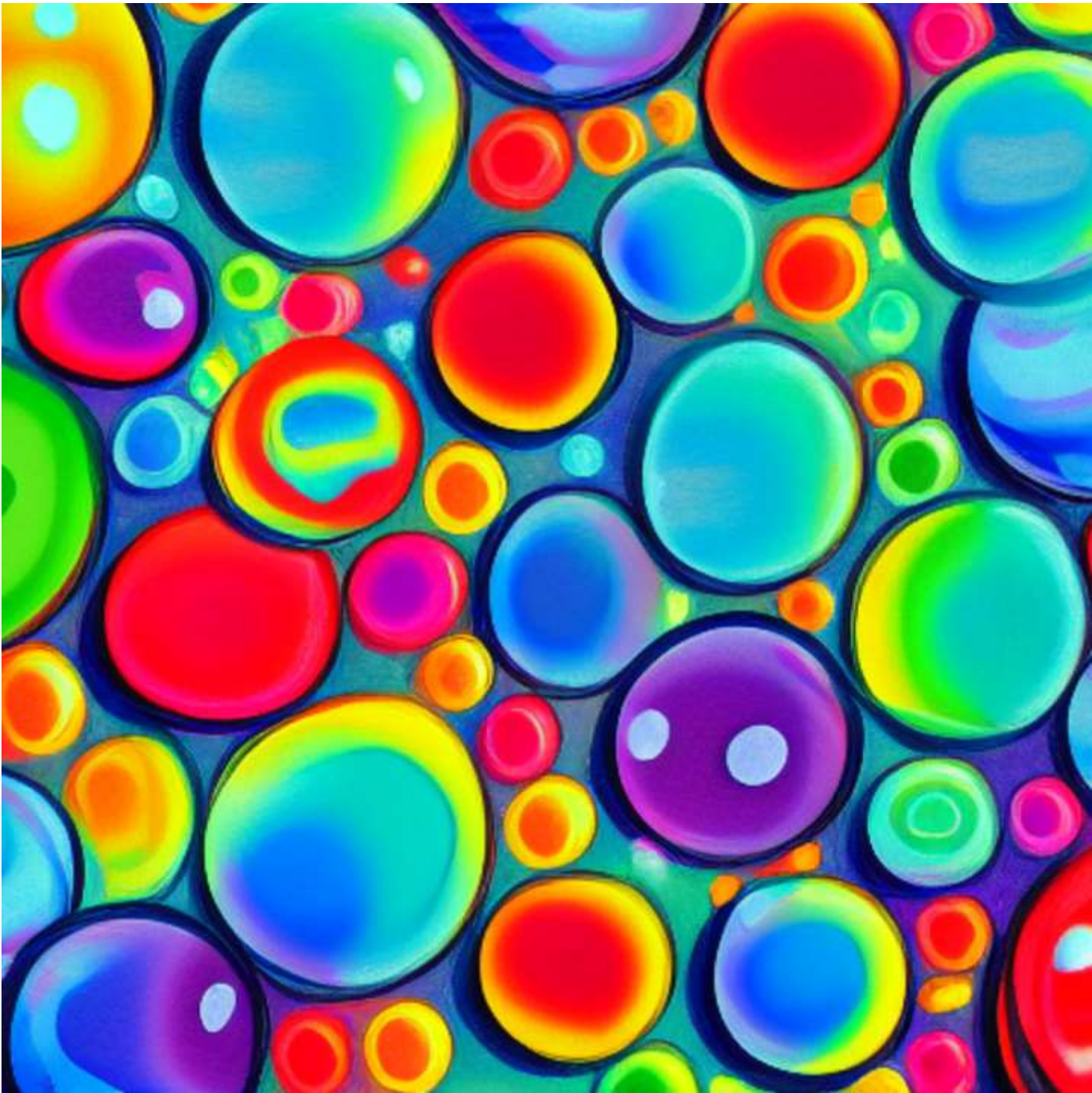
## Five Things About the Big Bang

- ❖ It is thought that the universe began as an extremely dense and hot state which then expanded rapidly in a fraction of a second.
- ❖ Before the big bang, all matter and energy were believed to be packed into a tiny and incredibly dense cluster that was smaller than the known universe today.
- ❖ Mission data suggests some form of dark energy existed before the big bang that caused the expansion of our universe.
- ❖ Galaxy formations occurred more quickly after the big bang than once thought possible - within 500 million years!
- ❖ Elements heavier than helium were formed from nuclear fusion in stars within one billion years after the big bang.

## How to Celebrate Big Bang Day

- ❖ Organize a stargazing event, get a [telescope](#).
- ❖ Host a [cosmic-themed party!](#)
- ❖ Dress up in a [cosmic costume](#).
- ❖ Read more about the Big Bang at [NASA Science](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 22 – World Water Day

World Water Day is a day dedicated to raising awareness about the significance of freshwater and advocating for the sustainable management of water resources. Remarkably instigated by the United Nations in 1993, World Water Day has since grown to become a global movement engaging millions of people from various backgrounds in lively discussions, events, and projects geared towards this essential cause. By focusing on a unique annual theme, the campaign aims to address the diverse challenges surrounding water accessibility, sanitation, and health, thus supporting many communities in need. Through collective efforts of individuals, organizations, and governments, World Water Day endeavors to promote sustainable practices and ensure that clean and safe water is accessible to all, regardless of where they live or how much money they have. The observance of this day reminds us of the profound importance of freshwater and pushes us to be better stewards of this vital resource for future generations.

## History of World Water Day

The origin of this significant day can be traced back to 1992, when the United Nations Conference on Environment and Development, held in Rio de Janeiro, highlighted the criticality of freshwater in sustainable development. Following the conference, the United Nations General Assembly designated the first World Water Day on March 22nd, 1993. Since then, countries around the globe have joined together annually to address crucial water-related issues and implement strategies for better management of water resources. Each year, the United Nations chooses a particular theme to focus on, and these themes have ranged from water scarcity to sanitation and water pollution. By engaging communities, governments, and individuals on these topics, World Water Day has progressed toward ensuring clean, safe, and accessible water for everyone across the globe.

## Five Important Things About Water

- ❖ 71% of the Earth's surface is covered with water.
- ❖ 2.5% of it is fresh and suitable for consumption.
- ❖ Most of this water, approximately 68.7%, is stored in ice caps and glaciers, making it unavailable for direct use by humans and wildlife.
- ❖ Water constitutes about 60% of the average human's weight and plays a vital role in maintaining various bodily functions such as digestion, circulation, and temperature regulation.
- ❖ Water has the highest surface tension of any liquid, not including mercury. This characteristic allows living beings the ability to glide effortlessly across its surface.

## How to Celebrate World Water Day

- ❖ Learn how to [reduce your water footprint](#).
- ❖ Read [The United Nations Water Facts](#).
- ❖ Watch the Netflix documentary, "[World's Water Crisis](#)."
- ❖ Take the course, "[The Healing Powers of Water](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 23 – National Chips and Dips Day

Get ready to indulge on March 23 for National Chips and Dip Day! This day is all about celebrating the perfect combination of crunchy, salty chips with creamy, savory dips. Whether you prefer classic pairings like tortilla chips and guacamole or get adventurous with buffalo chicken dip and pita chips, there's a dip out there to suit everyone's taste buds. So, gather your friends and family, break out the snack bowls, and celebrate this delicious and fun holiday in style!

## History of Chips and Dips

The history of chips and dips is a fascinating journey through the evolution of American snacking culture. In the early 1900s, chips were first introduced as a novelty item at restaurants and country fairs. It wasn't until the 1950s that dips started to gain popularity, with ranch and French onion quickly becoming fan favorites. Today, there are countless varieties of chips and dips available, each with its own unique flavor and texture. So next time you reach for that bag of chips and jar of dip, take a moment to appreciate the rich history and cultural significance of this timeless snack.

## Five Great Chips and Dips Combinations

- ❖ Classic potato chips with creamy spinach dip will leave you drooling for more.
- ❖ Try the crunchy tortilla chips with tangy salsa to give your taste buds a spicy kick.
- ❖ Satisfy your sweet tooth by eating cinnamon and sugar pita chips with creamy cream cheese frosting.
- ❖ You can never go wrong with the bold flavors of BBQ chips and smoky ranch dip.
- ❖ Crunchy pita chips with savory hummus.

## How to Celebrate Chips and Dips Day

- ❖ Make some of these [62 party dips and chip combos](#).
- ❖ Buy some [pre-made chips and dips](#).
- ❖ Purchase some new chips and dips [serving dishes](#).
- ❖ Host a [dip night with friends](#).
- ❖ Make this [delicious cold nacho](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 24 – National Each Person is a Person of Worth Day

National Each Person is a Person of Worth Day serves as a beautiful reminder that every individual, regardless of background or circumstances, carries value and significance in this world. This special day encourages us to recognize and appreciate the worth of those around us, promoting empathy, respect, and a sense of unity. It offers an opportunity to reflect on the diverse qualities we all possess that make us unique, and how our individual strengths contribute to the world's richness. As we celebrate this day, let's foster a spirit of inclusion and cultivate a deeper understanding of the inherent worth in each person we encounter, no matter how different they might be.

## History of National Each Person is a Person of Worth Day

Dr. Mary Jo Podgurski, a compassionate and trailblazing individual, has dedicated her life to advocating for comprehensive health education and empowering adolescents. With her relentless passion for promoting self-worth and positive self-esteem, she founded the Academy for Adolescent Health. Through her unwavering efforts, she created this truly significant and meaningful event. This special day serves as an annual reminder of the inherent value and self-worth of every individual, regardless of their background or personal struggles.

## Five Things About How to Improve Your Self Worth

- ❖ Set achievable goals and celebrate your accomplishments, no matter how small they may be. This reinforces the positive belief in your abilities and fuels further growth.
- ❖ Surround yourself with supportive and uplifting people.
- ❖ Practicing self-compassion will help you handle setbacks with grace and resilience, turning them into opportunities for learning and growth.
- ❖ Engaging in activities that you enjoy and discovering your strengths and talents can also contribute to a strong sense of self-worth.
- ❖ Practicing gratitude can shift your focus towards appreciating your unique qualities and experiences, ultimately leading to an enhanced feeling of self-worth.

## How to Celebrate National Each Person is a Person of Worth Day

- ❖ Watch the "[How Quickly We Judge a Face](#)" TED Talk.
- ❖ [20 Ideas to Build Self Esteem](#).
- ❖ Wear reminders - [self-worth jewelry](#).
- ❖ Zen Habits: [How to Be Less Judgmental](#).
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# March 25 – Old New Year’s Day

The fascination of March 25th as the Old New Year's Day has a riveting history that dates back to many centuries ago. This enigmatic celebration marks the beginning of the new year according to the Julian calendar, which was widely used across the world before the introduction of the Gregorian calendar. This intriguing fusion of past and present, the Old and New Year's Day festivities, resonate a charm that has captivated generations over time. Remarkably, some cultures still cherish this ancient tradition, reveling in the allure of the old world, honoring it with jubilant feasts, and reminiscing the rich legacy of our ancestors.

## History of Old New Year’s Day

The history of the old New Year's Day on March 25th, also known as Lady Day or the Feast of the Annunciation, is a fascinating tale that transports us back in time to a world of different calendars and cultural traditions. In many ancient societies across Europe, this date marked not only the beginning of a new cycle of agricultural activities, but also a pivotal point in the liturgical calendar with the celebration of the announcement to Mary that she would give birth to Jesus Christ. Rooted in both pagan and Christian traditions, this day was once widely observed as a time of renewal, reflection, and new beginnings. It wasn't until the adoption of the Gregorian calendar in 1582 that the date for New Year's Day was moved to January 1st, yet remnants of the old celebration can still be found in various cultural customs that remain popular to this day.

## Five Things About Old New Year’s Day

- ❖ Prior to the Gregorian calendar in 1752, New Year's Day was actually celebrated on March 25th.
- ❖ One remarkable aspect of old New Year's Day celebration was that it marked the moment when the Angel Gabriel appeared to the Virgin Mary, announcing that she would give birth to Jesus.
- ❖ This date held a unique significance in England, as it used to mark the start of the legal and administrative year until 1752.
- ❖ The day also relates to the alignment with the spring equinox, symbolizing the arrival of warmth, new growth, and a fresh start.
- ❖ Many ancient New Year's Day superstitions also encouraged cracking eggs and releasing ladybugs to predict the future.

## How to Celebrate Old New Year’s Day

- ❖ Celebrate the spring New Year by **planting seeds**.
- ❖ **Get out the champagne** and host another New Year's Party.
- ❖ Meditation: **Spring Cleaning of the Mind**.
- ❖ **Vintage Recipes** for the Old New Year.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# March 26 – Make Up Your Own Holiday Day

Today is a blank canvas. Imagine this: a day devoted entirely to celebrating what makes you unique. Welcome to "Make Up Your Own Holiday Day," an annual celebration where you get the opportunity to create a day that resonates with your personality, interests, and aspirations! This fun-filled day encourages people to explore their creativity and think outside the box as they design their own special occasion. Whether you choose to honor your favorite hobby or create a day focused on giving back to your community, the possibilities are endless! It's time to put on your thinking cap, gather your friends and family, and dive into an exciting adventure of traditions and fun as you invent a holiday that's uniquely yours!

## History of Make Up Your Own Holiday Day

Imagine a day where you can celebrate anything you want, a day dedicated to your wildest dreams and most vivid ideas, a day to let your creativity flow unbridled – welcome to the whimsical world of "Make Up Your Own Holiday Day!" It all started in the 1980s when Thomas and Ruth Roy, founders of Wellcat Holidays, were inspired by the myriad of bizarre and quirky holidays that already existed. The couple, keen to encourage others to embrace their imaginative side, decided to create a day where anyone could design their own unique celebration. Since then, "Make Up Your Own Holiday Day" has gained a following, with people worldwide uniting every March 26th to express their passions, embark on exciting themed adventures, or simply indulge in life's little pleasures.

## Five Great Things About Holidays

- ❖ Celebrating holidays can infuse our lives with a much-needed sense of excitement and joy.
- ❖ Festive occasions help to strengthen our bonds with family and friends, as we gather to share memories, laughter, and affection.
- ❖ Holidays can boost our mental wellbeing by offering a break from daily routines and workplace stresses, allowing our minds to recharge and refocus.
- ❖ Immersing ourselves in holiday traditions can also cultivate a sense of belonging and cultural identity, as we embrace the customs and practices that have been passed down through generations.
- ❖ Holidays often present opportunities for self-reflection and personal growth, as we take stock of our lives and give gratitude for our blessings.

## How to Celebrate Make Up Your Own Holiday Day

- ❖ Get the FREE e-book [Creating and Marketing a New Holiday](#).
- ❖ Watch the video "[How to Register a National Day](#)."
- ❖ If you love holidays and historical events, get, "[Chase's Calendar of Events](#)."
- ❖ [Start a club](#) celebrating holidays.
- ❖ If you love holidays, purchase tees, partyware, home decor, and more with [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# March 27 – International Scribble Day

Scribbling is often associated with childlike exploration and creative freedom, bringing joy to those who indulge in it. The uninhibited nature of the pen dancing across paper, making delightful loops and swoops, allows the person to truly express themselves without restrictions. When we let ourselves loose with a pen or pencil and a blank canvas, we find an escape from the often-stifling rules and expectations that come with other forms of communication. The joy of scribbling lies in its simplicity, in the fact that there are no rules or right answers, only the opportunity to create and express. Whether it's to relieve stress and anxiety or to unleash the hidden artist inside of us, scribbling truly is an exhilaratingly joyful experience.

## History of Scribbling

Tracing its roots back to ancient civilizations, scribbling was initially seen as a form of art or an impulsive creative outlet, typically on cave walls and pottery. As societies developed, calligraphy and penmanship became more refined, transforming scribbling into an essential element of written language across different cultures. With the invention of paper and the printing press, scribbling gained new dimensions, offering not only a means of personalizing texts but also as a way of taking notes, fostering creativity, and even as a mechanism to alleviate boredom. Today, scribbling is perceived as an indispensable precursor to learning how to write, particularly for young children. Its intriguing journey through history serves as a testament to its substantial role in shaping human expression, storytelling, and the dissemination of knowledge.

## Five Benefits of Scribbling

- ❖ By unleashing your untamed creativity through the seemingly chaotic strokes, you give your mind a chance to wander, fostering your imagination and enhancing your problem-solving skills.
- ❖ Scribbling bestows a therapeutic effect by helping you cope with stress, maintain focus, and relieve anxiety; just like meditation.
- ❖ Fine motor skills are being developed, gradually refining the coordination between your fingers and cognitive abilities, ultimately bolstering your handwriting.
- ❖ Putting your thoughts down on paper provides you with an outlet for reflections, increases creativity and focus, can be incredibly healing, and allows you to express yourself in ways often unimaginable.
- ❖ Scribbling can give you a break from reality and make learning more engaging by sparking ideas in different formats.

## How to Celebrate International Scribbling Day

- ❖ Go ahead, indulge in some [scribble fun](#).
- ❖ [Pens, pencils, crayons, and pastels](#), oh my!
- ❖ Artists Network: [The Art of Scribbling](#).
- ❖ [Doodle Your Way to Better Mental Health](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 28 – National Something on a Stick Day

There's something incredibly satisfying about eating food on a stick. Perhaps it's the simplicity of it all - just grab it and go. Or maybe it's the thrill of tearing into a juicy piece of meat or a perfectly roasted marshmallow. Either way, there's no denying that food on a stick just feels fun. It's perfect for outdoor gatherings and can add an element of playfulness to any meal. Plus, there's no need to worry about utensils or plates, making it a low-maintenance, high-reward option. From corn dogs to kebabs, there's a whole world of food waiting to be skewered and savored.

## History of Eating Food on a Stick

For centuries, humans have been finding creative ways to consume their meals. One of the most innovative methods is the practice of eating food on a stick. Believe it or not, this tradition can be traced back to medieval times where it was a common way to cook and serve food. In ancient China, skewered meats were also a staple in their cuisine. Throughout history, various cultures around the world have embraced this idea and implemented their own twist. Today, it's common to see food on sticks at outdoor festivals, fairs and carnivals. From corn dogs to kebabs, there's no denying that this fun way of eating has stood the test of time.

## Five Great Foods on a Stick

- ❖ Classic corn dogs - a tried and true favorite among stick food lovers. These golden battered sausages are the perfect combination of savory and sweet.
- ❖ Grilled kebabs that can be made with your choice of meat or veggies.
- ❖ Fruity kebabs with fresh strawberries, pineapples and melons.
- ❖ Crowd-pleasing cheese and fruit skewers that are always a hit at any gathering.
- ❖ A scrumptious caramel apple? This classic treat is already a favorite for many, but when you add in the rich, gooey caramel and the crisp, juicy apple, it becomes a truly unbeatable combination.

## How to Celebrate Something on a Stick Day

- ❖ Try these stick meals [50 Brilliant Recipes for Food on a Stick](#). [Get the sticks!](#)
- ❖ Host a [food-on-a-stick-themed potlucky party](#).
- ❖ [17 Tricked Out Caramel Apple recipes](#).
- ❖ You can make [cotton candy](#) at home! And [popsicles](#) too!
- ❖ On the other hand, how about a [Pogo Stick](#)!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 29 – Mermaid Day

From fairy tales to modern day movies, the allure of mermaids has captivated our imaginations for centuries. Whether it's their mesmerizing beauty or their mythical abilities, there are numerous reasons why we are so fascinated with these half-human, half-fish creatures. Perhaps it's the idea of escaping our mundane world and diving into a fantastical underwater kingdom. Or maybe it's the idea of having the power to breathe underwater and communicate with sea creatures. Whatever the reason, the world of mermaids has an undeniable charm that keeps us hooked. It's no wonder that we continue to create stories and artwork that celebrate these enchanting beings.

## History of Mermaids

For centuries, the mythology of mermaids has fascinated people around the world. Many cultures have tales of aquatic creatures with the upper body of a human and the lower body of a fish, but the story of the goddess Atargatis may have been the inspiration behind these legends. Atargatis was a fertility goddess worshipped by the ancient Syrians, who was often depicted as a woman with a fish tail. According to legend, Atargatis was once a mortal woman who threw herself into a lake to escape her own shame. The goddess emerged from the water with the lower body of a fish and the upper body of a woman, forevermore associated with the ocean and its mysteries. It's no wonder that mermaids have captured our imaginations for centuries; their stories are steeped in ancient mythology and folklore, full of both wonder and melancholy.

## Five Things About Mermaids

- ❖ Mermaids are legendary creatures that are often depicted as beautiful women with a fish tail instead of legs who live in the sea.
- ❖ Mermaids don't age like humans and can live for hundreds of years.
- ❖ Unlike popular belief, mermaids aren't necessarily friendly creatures and have been known to lead sailors to their deaths.
- ❖ Mermaids possess magical singing abilities that can enchant and hypnotize people.
- ❖ Some cultures believe that mermaids have the power to control the sea and influence the weather.

## How to Celebrate Mermaid Day

- ❖ Host a [mermaid-themed party](#).
- ❖ [Dress up like a mermaid](#).
- ❖ Watch [mermaid movies](#).
- ❖ Get the cookbook "[Mermaid Food](#)."
- ❖ Really [unique mermaid recipes](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# March 30 – Doctors’ Day

Doctors are often hailed as heroes, admired for their hard work and commitment to saving lives. However, their contributions to society go far beyond what meets the eye. In addition to diagnosing and treating illnesses, doctors play a critical role in preventing diseases through educating patients and advocating for public health measures. They also work tirelessly to conduct research and develop new treatments and cures for the countless illnesses that afflict our world. Furthermore, doctors are often on the front lines of disaster relief efforts, putting themselves in harm's way to help those in need. As we celebrate Doctors’ Day, let us not only recognize their obvious contributions but also acknowledge the often-overlooked ways in which they make a profound impact on our society.

## History of Doctors

For thousands of years, people have sought medical advice and treatment from those whom they considered experts in the field. These individuals, who we now call physicians, have played an integral role in the history of medicine. Early physicians were often religious figures, and their remedies were based on spiritual and magical practices. Throughout history, the medical profession has played an integral role in facilitating the health and wellbeing of individuals around the world. One of the earliest recordings of physicians dates back to ancient Egypt, where medical texts from over 4,000 years ago detail the duties and responsibilities of these highly respected individuals. Along with extensive knowledge of anatomy and surgery, these physicians were highly skilled in the use of herbs and other natural remedies to treat a wide variety of ailments. Today, we owe much of our modern medical practices to the teachings and discoveries of these early physicians, whose pioneering work paved the way for the advancement of medicine as we know it.

## Five Things About Doctors

- ❖ The average doctor spends around 14 years in education and training,
- ❖ Doctors in ancient civilizations were typically also priests or religious figures.
- ❖ Female doctors didn't become common in the U.S. until the late 19th century.
- ❖ Neurosurgeons, plastic surgeons, and cardiologists are the highest paid types of doctors.
- ❖ The United States has one of the highest numbers of physicians per capita in the world.

## How to Celebrate Doctors’ Day

- ❖ Write a [thank you note](#) to your doctor.
- ❖ Host a [Doctors' Day party](#).
- ❖ Play the silly game of [Operation](#).
- ❖ Bake a [doctor-themed cake](#).
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# March 31 – Easter

Easter is a time of new beginnings, renewal, and hope. It's a time to celebrate the end of winter and the arrival of spring, with colorful flowers, warmer weather, and longer days. For many, Easter is also a time of spiritual reflection, as Christians remember the resurrection of Jesus and the triumph of life over death. Whether you're painting eggs, munching on chocolate bunnies, or attending church services, Easter is a special holiday that brings joy and happiness to people all around the world. It's a time to gather with family and friends, enjoy delicious meals, and make memories that will last a lifetime. So, let's celebrate this Easter with gratitude in our hearts and a spring in our step!

## History of Easter

The origins of Easter can be traced back to ancient pagan festivals celebrating the arrival of spring. These festivals were later combined with the Christian faith and commemorated the resurrection of Jesus Christ. Over time, traditions such as egg decorating and the presence of the Easter Bunny have become staples of the holiday.

## Five Things About Easter

- ❖ The first Easter eggs can be traced back to ancient civilizations such as the Egyptians, Persians, and Romans, who would decorate eggs as a symbol of fertility and rebirth. However, it wasn't until the 18th century that Easter eggs became associated with Christianity.
- ❖ Another interesting fact is that the Easter bunny was originally a hare, which was associated with the moon in pagan cultures.
- ❖ Easter takes its name from the Germanic goddess Eostre, who was a goddess of fertility and the dawn. According to legend, Eostre was responsible for bringing new life to the earth every spring, and her symbol was the hare (which is why we have the Easter Bunny today).
- ❖ The Easter parade tradition started in New York City in the mid-1800s.
- ❖ Easter Sunday is celebrated on the first Sunday after the first full moon of Spring, which can fall anywhere from March 22 to April 25.

## How to Celebrate Easter

- ❖ Attend church or [live stream](#) a service online.
- ❖ [900+ Easter recipes](#). Buy [Easter things](#).
- ❖ Creative [Easter egg dyeing](#) ideas.
- ❖ Send amazing [Easter cookie bouquets](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 1 – April Fools' Day

April Fools' Day is a time for pranks, laughter, and all-around good humor. It's a day where the rules don't apply, and everyone can let loose with their inner jokester. From fake spider webs on the ceiling to whoopee cushions on chairs, the possibilities for mischief are endless. The best part about this holiday is the chance to see your loved ones crack a smile and forget their worries for a moment. Whether you're planning an elaborate prank or just looking to make someone giggle, April Fool's Day is the perfect excuse to let loose and have a little fun.

## History of April Fools' Day

The tradition of playing pranks and practical jokes on April 1st, also known as April Fools' Day, has been around for centuries. However, its exact origins are shrouded in mystery. Some historians believe it dates back to ancient Rome, where people would celebrate Hilaria, a festival dedicated to the goddess Cybele, with practical jokes and merrymaking. Others point to the Middle Ages, when New Year's Day was celebrated on April 1st and some people continued to celebrate in January. Whatever its origins, April Fools' Day has become a beloved tradition across the globe, with people relishing the opportunity to play harmless pranks on their friends and loved ones each year.

## Five Awesome April Fools' Day Pranks

- ❖ Tape down your co-worker's mouse, easy and funny! Get some good tape.
- ❖ "You've been flocked" gag, order flamingos to fill a yard from your local yard greetings company.
- ❖ Using a Q-Tip, swab the inside of your faucets with food coloring.
- ❖ Install a cracked screen image on your person's phone.
- ❖ [Try some of these pranks.](#)

## How to Celebrate April Fools' Day

- ❖ Make April Fools' Day [funny foods](#).
- ❖ Enjoy April Fools' Day [around the world](#).
- ❖ Enjoy these [April Fools' Day jokes](#).
- ❖ Get some help with these [April Fools pranks](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 2 – National DIY Day

DIY Day is a time to celebrate creativity, resourcefulness, and self-sufficiency. Whether it's fixing up an old piece of furniture or crafting a new accessory, there's something truly satisfying about doing it yourself. For many, DIY is not just a hobby, but a way of life. It's about taking control of your own trajectory and expressing yourself through your creations. DIY or do-it-yourself activities have become increasingly popular in recent years. One of the greatest joys of DIY is the satisfaction you get from completing a project on your own. There is something deeply satisfying about seeing a creation come to life, knowing you did it all on your own. Another great benefit of DIY projects is that they allow you to personalize your space in ways that you may not be able to otherwise. You can add your own personality to the things you create, making them truly unique.

## History of DIY Fame

The do-it-yourself (DIY) movement has been around for centuries, with its roots stemming from the necessity of resourcefulness and self-sufficiency. From creating clothes and furniture to repairing tools and machines, people have always found ways to take matters into their own hands. However, it wasn't until the 1950s when the term "DIY" became popularized. With the availability of more affordable tools and materials, as well as the rise of home improvement shows and magazines, DIY began to gain traction as a popular hobby and way of life. The national day was created by the [Craft Box Girls](#) team in 2016.

## Five Reasons to DIY

- ❖ DIY projects allow you to channel your creativity and come up with unique and personalized designs that represent your style.
- ❖ Secondly, the feeling of accomplishment and pride that you get when you complete a project is unmatched, particularly when you experience the satisfaction of creating something useful with your own two hands.
- ❖ DIY projects can be a great way to save money, as you are able to repurpose or upcycle materials instead of buying them new.
- ❖ These projects can serve as stress-reducing activities and offer an escape from the daily routine.
- ❖ DIY projects can provide a sense of community and connection, as it can be a bonding experience when done in a group or when sharing your finished project with others.

## How to Celebrate National DIY Day

- ❖ Get a new [DIY book of ideas](#).
- ❖ Learn how to discover ideas on [Pinterest](#).
- ❖ Get the [DIY tools](#) you need.
- ❖ 75 great [DIY projects to sell](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 3 – World Party Day

There's no denying the joy that comes with hosting a party. Whether it's a birthday bash, a graduation celebration, or just a random get-together with friends, there's something special about bringing people together for a common cause. The anticipation and excitement leading up to the event, the hustle and bustle of preparing your home and selecting the perfect decor, the sound of laughter and conversation filling the air - it's all a recipe for a great time. The joy of having a party isn't just limited to the actual event itself though. It's also about the memories and connections that are made long after the last guest has gone home. There's something truly magical about being surrounded by those you love and care about, and hosting a party is the perfect opportunity to do just that.

## History of Parties

Throughout history, parties have been a cornerstone of human society. From ancient Egypt to modern day, parties have served as a means of celebrating important milestones, gathering with loved ones, and forging new friendships. The first recorded party dates back to 2000 BC, when the Egyptians held a feast in honor of their pharaoh. Fast forward to the 1700s, and we have the emergence of masquerade balls in Europe. These lavish events allowed attendees to let loose and socialize anonymously. In the 1900s, parties took on a more casual tone, with the rise of house parties and backyard barbecues. Today, parties continue to play a vital role in our lives, whether we're celebrating birthdays, weddings, holidays, or simply enjoying a night out with friends. The history of parties is rich and varied, and serves as a reflection of our evolving society and values.

## Five Unique Types of Parties

- ❖ Consider throwing a "reverse" party where guests dress up as the opposite sex.
- ❖ Try a "murder mystery" party where everyone has a role to play in solving a fictional crime.
- ❖ Host a "paint and sip" party, where guests can enjoy a glass of wine while creating their own works of art.
- ❖ For those who love adventure, try a scavenger hunt party.
- ❖ How about a game night with a twist, where classic board games are reinvented with new challenges and rules.

## How to Celebrate World Party Day

- ❖ Host a parties - choose from [100 party themes!](#)
- ❖ Take a [course on party planning](#).
- ❖ Search for great [books on how to be a great party host](#).
- ❖ How to [make 19K/month throwing parties](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 4 – Tell a Lie Day

Have you ever wanted to let loose and tell a fib or two without any consequences? Well, mark your calendars because National Tell a Lie Day is April 4th! This unofficial holiday has been celebrated for years, encouraging people to let their creativity run wild and come up with the most outrageous lies they can think of. Of course, the catch is that the lies have to be harmless and cannot actually hurt anyone. So, gather your friends and family and see who can come up with the most convincing story. Who knows, maybe you'll even discover a hidden talent for storytelling! Happy lying, folks.

## A Historical Viewpoint of Liars

From ancient times to present day, famous liars have always been a topic of interest. These individuals often evoke strong emotions and spark debates among scholars and the general public alike. From the legendary figures such as Odysseus and Baron Munchausen, to political figures like Richard Nixon and Bill Clinton, to celebrities like Lance Armstrong and Ryan Lochte, the history of famous liars is rich and varied. Some lied for personal gain, others for survival, and some merely for amusement. Regardless of their motives, the stories of these individuals have been immortalized in history and continue to fascinate us today. By examining their tales, we get a glimpse into the human psyche and the extremes to which people will go to achieve their goals.

## Five Reasons Why People Lie

- ❖ People lie to avoid facing the consequences of their actions. They know that if they tell the truth, they will face punishment or judgment, and so they lie to protect themselves.
- ❖ Some people lie to maintain their self-esteem. They believe that telling the truth will make them look bad, and so they fabricate stories to keep up their image.
- ❖ Lying can be an easy way out of difficult situations. Instead of confronting conflicts, some people lie to avoid getting into arguments or uncomfortable situations.
- ❖ People lie to gain control over others. They manipulate situations by lying to make others do what they want.
- ❖ Some people lie because they have become habitual liars. They have developed a habit of lying, and it has become a part of their personality.

## How to Celebrate Tell a Lie Day

- ❖ [Play Truth or Dare](#) - 251 Great Questions!
- ❖ [Take a course](#) on how to know if someone is lying.
- ❖ Read "[45 Facts About the Biggest Lies in History](#)."
- ❖ Host a gathering and play [Liar Liar](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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365 Days of Celebration 2024

# April 5 – Walk to Work Day

Walking to work is not only beneficial for our personal health and well-being, but it also has a positive impact on the environment. Walk to Work Day is the perfect opportunity to take a step back from our busy lives and reflect on the small changes we can make to reduce our carbon footprint. By walking instead of driving alone, we can reduce greenhouse gas emissions and contribute to cleaner air quality. Additionally, walking is a great way to clear our minds and reduce stress levels, making us more productive and focused throughout our day. So, let's lace up our sneakers and take a step towards a healthier and more sustainable future.

## History of Walk to Work Day

This day first began in the early 2000s. This event has been celebrated for many years, and its origins can be traced back to Prevention Magazine. As a publication dedicated to health and wellness, Prevention Magazine wanted to promote a healthier lifestyle for their readers, and thus created Walk to Work Day as a way to inspire people to become more physically active. Today, this annual event continues to grow in popularity, and more and more people are using it as an opportunity to embrace an active lifestyle while reducing their carbon footprint. It's celebrate on the first Friday of April.

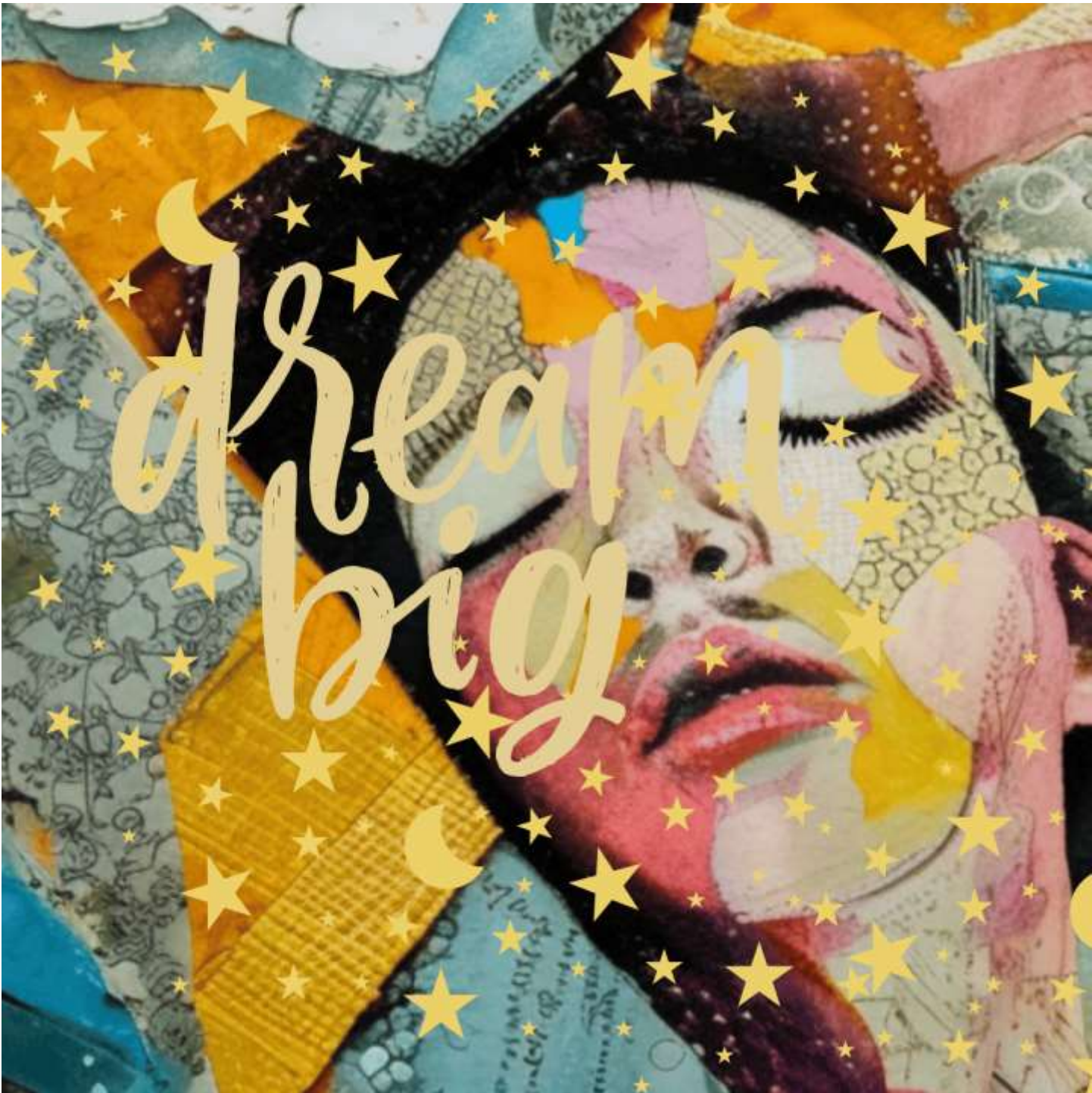
## Five Great Benefits of Walking

- ❖ Walking can help reduce the risk of various chronic diseases, including heart disease, type 2 diabetes, and certain cancer.
- ❖ Regular walking can strengthen bones and muscles while improving balance and coordination, reducing the risk of falls and related injuries.
- ❖ Walking is an excellent mood booster, releasing endorphins that can ease stress, anxiety, and depression.
- ❖ Brisk walking can burn up to 200 calories in just 30 minutes.
- ❖ Walking is a social activity that can foster connections with friends and neighbors, while also providing an opportunity for quiet reflection and meditation.

## How to Celebrate Walk to Work Day

- ❖ Walk to work today..... or at least to the public transport stop.
- ❖ Enjoy the "[Walk to Work](#)" scene from Monsters, Inc and [music by Randy Newman](#).
- ❖ Get yourself some good [walking shoes](#).
- ❖ Create a playlist of [25 great walking songs](#) - with the walk word in it.
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# April 6 – National Pajama Day

Get ready to celebrate National Pajama Day on April 6th! Whether you prefer cozy flannel pants or silky nightgowns, this holiday is all about embracing comfort and relaxation. So kick off your shoes, slip into your favorite PJs, and enjoy some downtime with friends, family, or a good book. National Pajama Day is the perfect excuse to indulge in some much-needed self-care and recharge your batteries. And with a whole day dedicated to loungewear, you don't even have to feel guilty about staying in your pj's all day long. So, mark your calendars and start counting down the days until April 6th - it's time to celebrate the joy of comfy sleepwear!

## History of Pajamas

Pajamas, also known as pyjamas, have a history that spans centuries and continents. The word "pajama" is derived from the Persian word "pāy-jāmeḥ," which translates to "leg garment." The concept of pajamas began in India, where the climate and culture made loose-fitting, comfortable clothing a necessity. Pajamas were made from lightweight cotton or silk and often adorned with intricate embroidery or beading. They were typically worn by men and women alike, and eventually made their way to Europe in the 18th century. It wasn't until the early 1900s that pajamas became popular as a mainstream fashion item in the Western world. Today, pajamas are a staple of modern comfort, offering a cozy and relaxed feel that is perfect for a peaceful night's rest.

## Five Things About Pajamas

- ❖ The longest pajama pants ever recorded were over 100 feet long!
- ❖ In Japan, there is a tradition of wearing "yukata", which are essentially summer pajamas used as loungewear.
- ❖ The Guinness World Record for the largest gathering of people in pajamas is held by Ireland, where over 3,000 people turned up in their sleepwear for a charity event.
- ❖ During World War II, pajamas were repurposed as parachute material due to a shortage of fabric.
- ❖ In 2016, Oxford Dictionary added the word "hygge" which directly translates to the Danish word for cozy, and it was defined with the phrase "the practice of wearing cozy clothes and surroundings."

## How to Celebrate National Pajamas Day

- ❖ You probably should get some **new pajamas**.
- ❖ Host a **pajama party**. **More ideas here**.
- ❖ **Dress the entire family** in themed PJs.
- ❖ Stay in your pajamas all day.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# April 7 – National Make the First Move Day

Taking the first step towards achieving your goals can be challenging, but it's important to remember that every journey starts with a single step. That's what Greshun de Bouse, an entrepreneur and anti-bullying activist, had in mind when she founded First Move Life Coaching on Make the First Move Day 2018. With her coaching services, Greshun helps individuals unlock their full potential by guiding them through the process of making their first move towards the life they want. Her passion for helping others is what sets her apart, and her dedication to tackling bullying is admirable. Don't let fear hold you back any longer – make your first move today with the help of First Move Life Coaching.

## History of First Move Life Coaching

In the 1990s, anti-bullying efforts began to gain traction, with the widespread implementation of school-based programs aimed at preventing bullying. However, it wasn't until the early 2000s that anti-bullying campaigns really began to hit their stride and capture public attention. This was in large part due to the advocacy of figures such as Lady Gaga and Ellen DeGeneres, who used their platforms to bring attention to the devastating impact of bullying on young people. Today, anti-bullying campaigns are a crucial part of our society, serving to raise awareness and promote a message of compassion and inclusion.

## Five Things About Bullying and Anti-Bullying

- ❖ One of the most striking facts about bullying is that it can take many different forms, from physical attacks to verbal abuse and cyberbullying.
- ❖ Another important thing to understand about bullying is that it can have serious impacts on mental health and well-being, leading to increased anxiety, depression, and even suicidal thoughts.
- ❖ Despite being a prevalent issue in schools and other settings, bullying is often underreported and can be difficult to detect.
- ❖ According to the National Center for Educational Statistics, one in five students between the ages of 12 and 18 has experienced bullying. The same report found that 70.6% of students had witnessed some form of bullying in their schools.
- ❖ A survey by StopBullying.gov found that 20-28% of students have been bullied online.

## How to Celebrate Make the First Move Day

- ❖ Learn how to [start an anti-bullying campaign](#).
- ❖ Learn about [bullying and the law](#).
- ❖ Learn about [Lady Gaga's Born This Way Foundation](#).
- ❖ [Purchase things](#) to support anti-bullying.
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- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# April 8 – Feng Shui Day

Feng shui is an ancient Chinese practice that focuses on harnessing the flow of energy, or chi, to create a harmonious environment that promotes greater health, wealth, and happiness. At its core, feng shui is about finding balance and creating spaces that feel both comforting and inspiring. Whether you're looking to improve your career, strengthen your relationships, or simply create a more peaceful space for yourself, feng shui can be a powerful tool for manifesting positive change in your life. With a little bit of knowledge and some thoughtful planning, anyone can use feng shui principles to transform their home or workspace into a more peaceful and productive place.

## History of Feng Shui

Feng shui is an ancient practice that has been around since 4000 BC. The origins of this ancient art can be traced back to China, where it originated from the study of astronomy and the observation of the natural world. Over time, feng shui evolved into a practice that aims to balance energy in a space and create a harmonious environment. The principles of feng shui have been used to design buildings, gardens, and even entire cities.

## Five Elements of Feng Shui

- ❖ Water.
- ❖ Fire.
- ❖ Earth.
- ❖ Metal.
- ❖ Wood

The five elements are represented in the article image.

## How to Celebrate Feng Shui Awareness Day

- ❖ Learn about the [principles of feng shui](#).
- ❖ Increase your wealth with a [feng shui bracelet](#).
- ❖ Take a [feng shui course](#).
- ❖ Read a [beautiful book on feng shui](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 9 – Be Kind to Lawyers Day

On April 9th, we have the chance to celebrate International Be Kind to Lawyers Day! Whether you love them or love to hate them, lawyers play a critical role in ensuring justice is served and helping people through some of the toughest moments in their lives. This day reminds us to take a moment and appreciate the hard work and dedication that lawyers put into their profession. So, whether you have a lawyer in your life or not, take a moment to thank them for all that they do and spread the kindness around. After all, kindness is always the best policy, especially when it comes to lawyers!

## History of Lawyers

The history of lawyers dates back to ancient civilizations, where individuals acted as advocates and advisers in legal matters. However, the first recorded history of lawyers practicing law can be traced back to Ancient Greece and Rome, where legal experts were known as "advocates" or "orators." These individuals were highly respected and were tasked with representing citizens in court and providing legal advice. Over time, the practice of law grew and evolved, with the creation of legal codes and institutions, such as the British Parliament and American Bar Association.

## Five Things About Lawyers

- ❖ Lawyers were not always required to have a degree to practice law, and it wasn't until 1956 that the American Bar Association officially required a law degree.
- ❖ The famous novel "To Kill a Mockingbird" was actually based on author Harper Lee's own father, who was a lawyer just like the novel's protagonist, Atticus Finch.
- ❖ There are nearly 1.34 million lawyers in the United States alone.
- ❖ The average salary for a lawyer in the US is just over \$120,000 a year, although some lawyers can earn significantly more than this depending on their area of specialization.
- ❖ Around 75% of all law school graduates end up working in private practice at some point in their careers.

## How to Celebrate Be Kind to Lawyers Day

- ❖ Send your lawyer a [lawyer gift](#) (or see below item 5).
- ❖ Watch [movies about lawyers](#).
- ❖ Host a lawyer party - [great ideas here](#).
- ❖ [Play lawyer games](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 10 – National Siblings Day

National Siblings Day on April 10th is a perfect day to celebrate the bond between siblings. Whether you grew up with a sibling by your side or found your sibling later in life, they are the ones who know you the best and will always be there for you. This day is not only a reminder to cherish your sibling, but also to acknowledge the special connection you share with them. From childhood memories to grown-up adventures, siblings play an integral role in shaping who we are. So, take some time on this National Siblings Day to reach out and show appreciation for your sibling, and make some new memories that will last a lifetime.

## History of National Siblings Day

While the holiday gained popularity in the United States in the early 2000s, its origins can be traced back to 1995. Claudia Evert, who lost both of her siblings at a young age, created the holiday to honor their memories and celebrate siblings everywhere. The day has since grown in popularity, with people around the world using social media to share photos and memories of their own siblings.

## Five Things About Having Siblings

- ❖ One positive aspect of having siblings is the chance to develop essential social skills. With brothers and sisters around, children are encouraged to interact, communicate, and negotiate, all of which are crucial building blocks for healthy relationships.
- ❖ Siblings also provide a constant source of support, comfort and empathy, which can come in handy during difficult times.
- ❖ Siblings can create a sense of family identity and cohesion that can endure for a lifetime. From sharing inside jokes to forming collective memories, siblings bring a unique perspective to family life.
- ❖ Growing up with siblings can provide an entourage of lifelong friends who are always there to support and celebrate each other's milestones.
- ❖ It has been scientifically proven that having siblings can lead to a healthier life, thanks to the added emotional and social support that comes with having a close-knit family.

## How to Celebrate National Siblings Day

- ❖ Become familiar with [The Siblings Day Foundation](#).
- ❖ [Exchange gifts](#) with your siblings.
- ❖ [Listen to music](#) about brothers and sisters.
- ❖ [75+ siblings photo ideas](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 11 – National Cheese Fondue Day

Cheese fondue is a delectable dish that has been enjoyed by many for centuries. This Swiss specialty has risen to fame worldwide, and it's not hard to see why. The creamy, melted cheese is perfect for dipping all sorts of delicious tidbits, making it an ideal appetizer or main course. Whether it's served at a party or a romantic dinner for two, cheese fondue is always a crowd-pleaser. Its versatility and simplicity are what make it so popular among food enthusiasts. So, if you're looking to impress your guests or simply wanting to indulge in a cheesy delight, cheese fondue is the perfect option.

## History of Cheese Fondue

Originating in Switzerland, this communal dish was originally created as a way for Swiss peasants to use leftover bread and cheese during the winter months. As it gained popularity, it became a staple in Swiss culture and eventually spread throughout Europe and the world. Its popularity even inspired the creation of fondue sets, which became a common household item in the 1970s.

## Five Fun Facts About Cheese

- ❖ There are over 1,800 varieties of cheese in the world.
- ❖ Some cheeses, like Roquefort, are aged in underground caves.
- ❖ Cheese is the most stolen food in the world. Yup, you read that right! It turns out that cheese is so beloved that some people can't resist taking it without paying.
- ❖ Americans consume roughly 34 pounds of cheese each year.
- ❖ Blue cheese gets its distinct color from the same type of mold that is used to make penicillin.

## How to Celebrate National Cheese Fondue Day

- ❖ Choose from [100 Cheese Fondue Recipes](#).
- ❖ You probably need some [beautiful fondue things](#).
- ❖ [31 unique things to dip](#) in cheese fondue.
- ❖ Throw an [amazing fondue party](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# April 12 – International Day of Pink

International Day of Pink is dedicated to promoting kindness, acceptance, and respect for diversity. It started in 2007, when two high school students in Canada urged their classmates to wear pink shirts to show support for a fellow student who was being bullied for wearing pink. Today, wearing pink is just one way to show solidarity and send a message that everyone should be treated with dignity and respect, regardless of their gender identity, sexual orientation, or any other characteristic that makes them unique. The International Day of Pink is an important reminder to stand up against bullying, discrimination, and hate. By wearing pink, we can show our solidarity with those who have been marginalized and promote a world where everyone is treated with dignity and respect.

## History of International Day of Pink

This day was founded by Jer's Vision, a Canadian organization that works to create safe and inclusive spaces for all members of the LGBTQ+ community. Jer's Vision was founded in 2005 by Jeremy Dias, who was inspired to start the organization after being a victim of bullying himself.

## Five Fun Things About the Color Pink

- ❖ Pink was not always associated with femininity. In fact, before the 1940s, pink was considered a masculine color while blue was considered a feminine color.
- ❖ The famous Pink Panther cartoon character was actually named after the jewel he was trying to steal in the original movie.
- ❖ Flamingos, known for their bright pink feathers, are not naturally pink! They get their color from eating shrimp and algae.
- ❖ A type of diamond found in Australia, known as the Argyle Pink Diamond, is extremely rare and highly coveted due to its beautiful pink hue.
- ❖ The phrase "tickled pink" came from the 14th century, where "pink" meant the highest form of perfection.

## How to Celebrate International Day of Pink

- ❖ **Wear pink today** and spread the message of inclusivity.
- ❖ Host a **pink party!**
- ❖ Decorate with pretty **pink balloons**.
- ❖ **Send pink flowers** to your favorite LGBTQ bestie.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# April 13 – National Peach Cobbler Day

Juicy, ripe, and bursting with flavor, peaches are one of the most amazing fruits Mother Nature has to offer. Whether eaten raw, baked into a delicious pie, or blended into a refreshing smoothie, peaches are the perfect summer fruit. Looking for a dessert that's both delicious and comforting? Look no further than peach cobbler. This classic Southern dessert is the perfect way to end any meal, whether you're hosting a backyard barbecue or just cozying up at home. Featuring juicy, ripe peaches topped with buttery, flaky crust, peach cobbler is a true delight for the senses. And the best part? It's easy to make, even for those with limited baking skills. So why not whip up a batch of peach cobbler today? Your taste buds will thank you. Today's day is about canned peaches, however, since we're off season, promoted by the Georgia Peach Council.

## History of Peach Cobbler

It is believed that peach cobbler emerged in the Southern United States during the early colonial period, as peaches were grown abundantly in the region. The origin of the word "cobbler" is also interesting, with some suggesting that it comes from the Old English word "cobeler," which means a mender of shoes. Others believe that it refers to the way the crust is "cobbled" together, similar to a patchwork quilt. Regardless of its origin, peach cobbler has become a traditional dessert for summertime gatherings and a true American classic.

## Five Things About Peach Cobbler

- ❖ National Peach Cobbler Day was initially promoted by the Georgia Peach Council in an effort to increase the sales of canned peaches.
- ❖ Consider making a cobbler when peaches are in season - this is typically from June to August in most regions. The peak season ensures that your fruit is at its sweetest and juiciest.
- ❖ Make a big batch of peach cobbler if you're having a gathering or party. It's a crowd-pleaser that's sure to satisfy everyone's sweet tooth.
- ❖ Experiment with different toppings - from whipped cream to ice cream, there's no wrong way to enjoy this dessert.
- ❖ Peach cobbler is an easy and excellent potluck contribution.

## How to Celebrate National Peach Cobbler Day

- ❖ Make a [peach cobbler with canned peaches](#).
- ❖ [Learn the difference](#) between a cobbler, a crisp, a buckle, a slump, a grunt, and a sonker.
- ❖ Read The Smithsonian's, "[The Fuzzy History of the Georgia Peach](#)."
- ❖ [Listen to 20 songs about peaches](#) - add them to your playlist.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 14 – National Ex-Spouse Day

Despite the common belief that ex-spouses are to be despised and forgotten, you can try a different perspective. Appreciate them for the valuable lessons they have taught you. After all, they were once a significant part of your life, and their presence can never be erased entirely. Instead of holding onto bitterness and resentment, choose to appreciate the good times shared and the ways your ex positively impacted your life. So, here's to ex-spouses, may we always be grateful for the role they played in shaping us into the people we are today, and for many, the beautiful children they created with us. Divorce is never an easy process. Emotions run high, blame is thrown around, and it can be hard to see the light at the end of the tunnel. However, once the dust settles and time passes, it's important to recognize that life goes on. So here's a toast to those former partners who, whether intentionally or not, played a role in making us stronger, wiser, and more resilient. Cheers to you, ex-spouses. You may no longer be life partners, but you're forever a part of our story.

## History of National Ex-Spouse Day

The first recorded divorce dates back to ancient Mesopotamia in 2100 B.C. In those times, marriage was considered a legal contract between families, and could only be dissolved through death or divorce. In ancient Rome, divorces were only granted to men, and even then, only under certain circumstances. Moreover, individuals who were lucky enough to obtain a divorce were often faced with social and religious ostracism. Despite the hurdles that came with trying to end a marriage, the rate of divorce across the world has consistently risen over time.

## Five Really Expensive Divorces

- ❖ Jeff Bezos and his ex-wife MacKenzie Scott, settled for a whopping \$38 billion.
- ❖ Michael Jordan and his ex-wife Juanita, cost him roughly \$168 million.
- ❖ Alec and Jocelyn Wildenstein racked up a bill of \$2.5 billion.
- ❖ Rupert Murdoch and Anna Torv at \$1.7 billion.
- ❖ Bernie Ecclestone and Slavica Radic at \$1.2 billion.

## How to Celebrate National Ex-Spouse Day

- ❖ Read "[Unconscious Coupling, 5 Steps to Living Happily Even After.](#)"
- ❖ Learn how to have [peaceful events that include your ex.](#)
- ❖ Get it off your chest on [LettertoMyEx.com](#)
- ❖ Should you get back together? [Find our here.](#)
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# April 15 – Income Tax Day

Income Tax Day is April 15th. It's a day that looms over many of us, striking fear and dread in our hearts. Income Tax Day. It's a day that requires us to confront our finances, and the reality of just how much money we owe the government. But as scary as it may seem, it's also a day that reminds us of our responsibilities as citizens. By paying our taxes, we contribute to the greater good of our society. We fund schools, hospitals, roads, and so much more. So yes, Income Tax Day may be a stressful day, but it's also a day that reminds us of the importance of being financially responsible and giving back to our communities.

## History of Income Tax Day

The concept of income tax actually goes back centuries, with the first recorded instance being in ancient Egypt around 3000 BC. However, income tax as we know it today in the United States wasn't implemented until the early 20th century. The 16th Amendment to the Constitution, which was ratified in 1913, gave Congress the power to tax income. The first Income Tax Day in the US was actually March 1st of that same year, with taxes due on all income earned in 1913. It wasn't until 1955 that the deadline shifted to the now familiar April 15th.

## Five Things About Income Tax Day

- ❖ The IRS came along in 1862.
- ❖ The Internal Revenue Service (IRS) processes about 150 million tax returns annually.
- ❖ Al Capone's tax evasion case led to its enforcement,
- ❖ Some people celebrate the day as "Taxmas"
- ❖ More than 80% of taxpayers file their returns electronically.

## How to Celebrate Income Tax Day

- ❖ Host an [Income Tax Day party](#).
- ❖ Learn how to [file your taxes late](#).
- ❖ [Get organized](#) for next year.
- ❖ [12 Smart Things to do With Your Tax Refund](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 16 – National Orchid Day

Orchids are a unique and breathtaking species of plant. With over 25,000 different varieties, these flowers come in a wide range of colors, shapes, and sizes. Some orchids are prized for their fragrance, while others are known for their intricate patterns and vibrant hues. Despite their beauty, orchids can be notoriously difficult to care for. They require specific growing conditions and a delicate touch when it comes to watering and fertilizing. However, for those willing to put in the effort, owning an orchid can be an incredibly rewarding experience. Not only do these flowers bring a touch of elegance to any space, but they also have the ability to improve air quality and reduce stress. Overall, orchids are a fascinating and captivating plant that have captured the hearts of plant enthusiasts worldwide.

## History of Orchids

Orchids have a fascinating history spanning millions of years. These delicate and graceful flowers have captured the imagination of artists, collectors, and botanists alike. The earliest known orchid fossils date back to the time of the dinosaurs, and evidence of their cultivation can be found in ancient Chinese and Greek manuscripts. In the Victorian era, orchid mania swept across Europe, with collectors paying exorbitant prices for rare and exotic specimens. Today, orchids continue to enchant us with their vibrant colors and intricate forms, reminding us of the beauty and diversity of the natural world.

## Five Things About Orchids

- ❖ Orchids can live up to 100 years or even longer.
- ❖ They have evolved to survive in some of the most diverse environments like rainforests and deserts.
- ❖ Orchids are also known for their exquisite fragrances and flavors.
- ❖ Some species of orchids are used in traditional medicine and also as flavoring agents in food and drinks.
- ❖ One of the most fascinating facts is that some orchids are known to mimic the appearance of certain insects to attract pollinators.

## How to Celebrate National Orchid Day

- ❖ **Purchase an orchid** for yourself or someone special.
- ❖ Try some **orchid recipes** on Orchideria!
- ❖ Host an **orchid-themed party**.
- ❖ The **Meaning and Symbolism of Orchids**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# April 17 – Haiku Poetry Day

The haiku poem is one of the most beautiful and elegant forms of poetry in the world. With its simple structure of three lines and seventeen syllables, the haiku captures the beauty and essence of the natural world with remarkable precision. Whether describing the changing of the seasons, the colors of a sunset, or the delicate petals of a flower, haikus have a way of capturing the very essence of these moments in time. It's no wonder that they are so beloved by poets and readers alike. Reading a haiku is like taking a deep breath of fresh air, grounding you in the present moment and connecting you with the beauty of the world around you.

## History of Haiku Poetry

The history of haiku is fascinating and rich, tracing its origins back to the 17th century in Japan. Haiku was originally known as hokku, a type of collaborative poetry that was meant to be the opening verse of a larger piece. However, over time, the hokku began to stand on its own as a distinct form of poetry. Haiku is known for its brevity and simplicity, often consisting of just three lines and 17 syllables. The haiku format quickly spread throughout Japan and eventually made its way to other parts of the world, where it continues to inspire poets to this day.

## Five Things About Haiku Poetry

- ❖ Haiku traditionally consists of just three lines and seventeen syllables. Each line is carefully crafted to convey a certain emotion or image, using a combination of vivid imagery and careful attention to structure.
- ❖ Many haiku also incorporate elements of nature, such as the changing seasons or the beauty of a sunset.
- ❖ Ultimately, haiku is a powerful tool for both self-expression and contemplation, inviting readers to slow down and savor the world around them with each carefully chosen word.
- ❖ Many haikus contain a kireji or 'cutting word' that divides the poem into two distinct parts?
- ❖ Haikus are also known for their use of sensory language that encourages readers to imagine sights, sounds, and smells.

## How to Celebrate Haiku Poetry Day

- ❖ [Take a course](#) in Haiku Poetry.
- ❖ Enjoy [100 Haikus](#).
- ❖ Purchase [beautiful Haiku things](#).
- ❖ Write your own using the [Haiku generator](#).
- ❖ Find events and more at [The Haiku Foundation](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 18 – National Exercise Day

National Exercise Day is the perfect opportunity to ditch the excuses and lace up those sneakers! Let's face it, regular exercise can sometimes feel like a chore, but not today. This is a day dedicated to celebrating the benefits of physical activity and having fun while doing it. Whether you prefer a heart-pumping run, a peaceful yoga session, or a game of soccer with friends, the options are endless! So grab a water bottle, pop on your favorite workout tunes, and get moving! You'll be amazed at how great you feel after just a few minutes of exercise, and that sense of accomplishment is something to be proud of. So let's all get up and get active on National Exercise Day!

## History of Physical Exercise

The history of exercise can be traced back to ancient civilizations like the Greeks, who celebrated the human form through athletic competitions like the Olympic Games. In medieval times, physical labor was an integral part of everyday life, providing people with exercise without even realizing it. However, it wasn't until the 20th century that exercise became a widespread phenomenon, thanks in part to the rise of commercialized fitness and exercise equipment. From aerobics classes to weightlifting, there are now countless ways to get moving and stay fit. Through the ages, exercise has played a vital role in human development and will undoubtedly continue to be a cornerstone of healthy living for generations to come.

## Five Things About Exercise

- ❖ Exercise can help improve your memory and cognitive functions. Studies have shown that regular exercise can increase the size of the hippocampus, a part of the brain that plays a crucial role in memory and learning.
- ❖ It's also been discovered that exercise can reduce symptoms of anxiety and depression, which makes it a great natural remedy for improving your mood.
- ❖ Another intriguing fact about exercise is that doing high-intensity interval training (HIIT) can lead to continued calorie burning even after your workout is over. This means that you can keep burning calories even while you're sitting on the couch!
- ❖ Exercise can actually increase bone density, which is especially important as we age.
- ❖ Research has shown that exercising in groups can boost morale and provide a sense of community, making working out a social and enjoyable experience.

## How to Celebrate National Exercise Day

- ❖ Start an exercise plan - **no gym or equipment** needed.
- ❖ Purchase **exercise equipment** for home workouts.
- ❖ Learn what a **complete workout schedule** should look like.
- ❖ Get a **workout plan scheduler**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# April 19 – National Poker Day

Poker - the quintessential game of strategy, skill, and chance. It is a game that has been enjoyed by millions for centuries, and its popularity only continues to grow. What makes poker so fascinating is the variety of different styles and variations to choose from, each with its own set of rules and nuances. Whether you prefer the fast-paced action of Texas Hold'em, the calculated risks of Omaha, or the subtleties of Stud, there is a version of poker for everyone. But no matter which style you choose, one thing is certain - poker is a thrilling game that leaves you on the edge of your seat, and never fails to keep you coming back for more. It's a great way to celebrate!

## History of the Game of Poker

From playing on the riverboats of the Mississippi to being a main event at the World Series of Poker, the game of poker has an interesting and entertaining history. Many different variations of the game have been played throughout the years, each with their own set of rules and strategies. Whether it's Texas Hold'em, Omaha, or Seven-Card Stud, poker has been enjoyed by players of all skill levels for centuries. And let's not forget about the iconic poker faces and bluffs that have become synonymous with the game. It's no wonder why poker continues to be a beloved pastime for many and a billion-dollar industry for others. So, gather your chips, shuffle your deck, and let's take a trip down memory lane with the fascinating history of poker.

## Five Things About the Game of Poker

- ❖ The word "poker" is believed to have originated from the French game "poque."
- ❖ The probability of being dealt a royal flush is only 0.000154%, making it one of the rarest and most desirable hands in poker.
- ❖ The World Series of Poker, one of the most prestigious and well-known poker tournaments, began as a modest event held in a single casino back in 1970.
- ❖ The earliest recorded instance of a flush being used as a hand in poker dates back to 1850.
- ❖ The first online poker site was launched in 1998, allowing players to compete for real money online.

## How to Celebrate National Poker Day

- ❖ Have some friends over for a [poker game](#). [Food ideas](#).
- ❖ If you're new to poker, [take a course](#).
- ❖ Get new [poker sets](#) and [poker tables](#).
- ❖ [Play poker online](#) at these legal sites.
- ❖ [Learn basic rules](#) for poker.
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365 Days of Celebration 2024



# April 20 – 420 Day

Cannabis, also known as marijuana, has long been a controversial topic due to its legal status and potential risks. However, research has shown that this plant has significant health benefits as well. One of the most well-known benefits is its ability to relieve chronic pain, making it a popular alternative to pharmaceutical painkillers. It has also been shown to improve symptoms of anxiety and depression, as well as ease nausea and vomiting caused by chemotherapy. Additionally, some studies suggest that cannabis may even have neuroprotective properties, potentially slowing the progression of diseases such as Alzheimer's. With such promising health benefits, it's no wonder that more and more people are turning to cannabis for medical purposes.

## History of Cannabis

Cannabis has a long and fascinating history that dates back thousands of years. The plant has been used for medicinal, spiritual, and recreational purposes by various cultures throughout history. Ancient Chinese emperors, for example, used cannabis for its healing properties, while ancient Indian religions considered it a sacred plant. In the early 1900s, cannabis was a common ingredient in medicines sold in the United States. However, the plant's reputation would eventually change, and it would become a highly controversial substance in the latter part of the 20th century. Despite this, many people continue to use cannabis today, and its history remains a fascinating topic of study.

## Five Healing Things About Cannabis

- ❖ The first benefit is its ability to relieve chronic pain, making it a popular option for those with conditions such as arthritis or multiple sclerosis.
- ❖ Cannabis has also been shown to reduce anxiety, depression, and PTSD symptoms, leading to improved mental health.
- ❖ In addition, it can assist with nausea and vomiting associated with chemotherapy, as well as reducing inflammation and improving sleep.
- ❖ Cannabis has been shown to have potential in treating serious conditions such as epilepsy and cancer.
- ❖ Cannabis has been shown to possess anti-aging properties, indicating that it may be useful in the prevention of age-related illnesses.

## How to Celebrate 420 Day

- ❖ Read [The Ultimate 420 Guide](#).
- ❖ Purchase [marijuana things](#).
- ❖ Throw a [420-Themed Party](#).
- ❖ Visit [High Times](#).
- ❖ Download the [FREE Cannabis Cookbook](#).
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# April 21 – National Tea Day

As avid tea drinkers, we can all raise our cups to the annual celebration of National Tea Day. This special day gives us the chance to not only indulge in our favorite blends, but also learn more about the fascinating history of this beloved beverage. From the traditional tea ceremonies of Japan to the cozy and comforting British teatime, tea has been an important part of cultures around the world for centuries. Whether you prefer a classic Earl Grey or a fragrant jasmine green tea, National Tea Day is the perfect opportunity to savor a warm cup and appreciate the beauty and complexity of this simple yet profound drink. So let's sit back, relax, and cheers to another year of National Tea Day!

## History of Tea

The history of tea dates back to ancient China. Legend has it that in 2737 BCE, Emperor Shen Nong discovered tea when tea leaves accidentally fell into his boiling water. From China, tea spread to Japan and Korea in the early 9th century, and then to Europe in the 16th century. Tea quickly became a valuable commodity, but it wasn't until the 19th century that tea became a widespread drink in Britain. Today, tea is enjoyed all over the world and comes in countless varieties and flavors. Whether you prefer a classic cup of English Breakfast or a fragrant cup of Chai, the history of tea is full of fascinating stories and cultural significance.

## Five Things About Tea

- ❖ Tea is the most widely consumed drink in the world after water?
- ❖ There are over 3,000 varieties of tea, each with their unique flavor profile and health benefits.
- ❖ Tea contains caffeine and an amino acid called L-theanine, which can improve brain function and reduce stress.
- ❖ The tradition of afternoon tea was popularized in Britain in the 1800s, and remains a popular pastime to this day.
- ❖ Tea was once used as a form of currency in ancient China.

## How to Celebrate National Tea Day

- ❖ [Host a tea party. More.](#)
- ❖ Purchase [beautiful new tea things.](#) and [here.](#)
- ❖ Get the book, "[The Art of Tea.](#)"
- ❖ Find [afternoon tea venues](#) in every state.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 22 – Earth Day

Earth Day is an annual celebration that reminds us of the importance of protecting our planet. On April 22nd, people from all over the world come together to raise awareness about environmental issues and promote sustainable living. The day serves as a reminder that we all have a responsibility to take care of the earth and preserve its beauty for future generations. Whether it's planting trees, recycling, or reducing our carbon footprint, there are countless ways we can make a difference. So this Earth Day, let's all take a moment to appreciate the natural wonders of our planet and renew our commitment to environmental stewardship.

## History of Earth Day

Earth Day, an annual celebration of environmentalism, has been observed worldwide since 1970. Founded by Senator Gaylord Nelson and organized by activist Denis Hayes, the first Earth Day was inspired by increasing concerns over air and water pollution, habitat destruction, and declining biodiversity. Millions of people participated in rallies, teach-ins, and other events in the United States alone. Today, Earth Day has become a global phenomenon, with over 1 billion people participating in events in more than 190 countries. This day serves as a reminder that we all have a responsibility to protect the planet and preserve it for future generations.

## Five Easy Changes You Can Make to Protect the Earth

- ❖ Switch to reusable water bottles and containers.
- ❖ Reduce meat consumption.
- ❖ Choose public transportation.
- ❖ Limit water usage.
- ❖ Properly dispose of e-waste (electronic).

## How to Celebrate Earth Day

- ❖ Find activities on [EarthDay.org](https://www.earthday.org).
- ❖ Buy really fun [Earth Day things](#).
- ❖ Subscribe to [Mother Earth News](#).
- ❖ Pick one of [100 Things You Can Do to Save the Planet](#).
- ❖ Listen to Michael Jackson's "[Earth Song](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 23 – Shakespeare Day

William Shakespeare is widely regarded as one of the most influential and celebrated playwrights of all time. Shakespeare wrote dozens of plays and sonnets that continue to captivate audiences around the world today. His works are known for their intricate plots, complex characters, and insightful commentary on human nature. From his tragic masterpieces such as Hamlet, Macbeth, and Romeo and Juliet to his comedies like A Midsummer Night's Dream and The Taming of the Shrew, Shakespeare's impact on literature and popular culture cannot be overstated. Despite the fact that he lived over 400 years ago, his works continue to inspire and entertain new generations, cementing his legacy as one of the greatest writers of all time.

## History of Shakespeare

William Shakespeare is one of the greatest playwrights to have ever lived, and his life is a fascinating story of talent, success, and drama. Born in Stratford-upon-Avon in England in 1564, he spent much of his early life in relative obscurity. However, his talent for writing plays soon became evident, and he went on to become one of the most celebrated writers of his time. Shakespeare's life was full of twists and turns, from his marriage to Anne Hathaway to his success on the London stage to his eventual retirement back to Stratford. Through it all, his plays have endured as some of the most impactful and beloved works of literature in the English language. During his lifetime, Shakespeare wrote at least 38 plays and 154 sonnets, which were performed at the Globe Theatre in London.

## Five Things About Shakespeare

- ❖ Shakespeare wrote at least 37 plays in his time, including classics like Romeo and Juliet and Macbeth.
- ❖ He was born on April 23, 1564 and died on his birthday in 1616.
- ❖ Shakespeare was also known for his extensive vocabulary, using over 17,000 unique words throughout his writings.
- ❖ The playwright is credited with inventing many common phrases still used today, such as "break the ice" and "heart of gold."
- ❖ Shakespeare likely never attended university, despite his incredible writing abilities.

## How to Celebrate National Shakespeare Day

- ❖ Host a [Shakespeare Party](#).
- ❖ Read these [fun and fascinating facts](#) about Shakespeare.
- ❖ Get the [William Shakespeare Collection](#).
- ❖ [Dress for the times](#).
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# April 24 – International Day of Multilateralism and Diplomacy for Peace

Every year on April 24th, the United Nations marks the International Day of Multilateralism and Diplomacy for Peace. This day serves as a reminder of the importance of cooperation and collaboration between nations to achieve a peaceful world. Multilateralism, a system in which multiple countries work together to address global issues, is crucial for solving complex problems such as climate change, poverty, and global pandemics. Diplomacy, on the other hand, calls for peaceful and respectful conversations between countries to reach solutions.

## History of the International Day of Multilateralism and Diplomacy for Peace Day

International Day of Multilateralism and Diplomacy for Peace, celebrated on April 24, is an important occasion that shines a light on the crucial role that diplomacy plays in promoting global peace and cooperation. The United Nations recognized this day in 2018 to emphasize the need for multilateral efforts in the face of contemporary challenges such as climate change, economic inequality, and political instability. The history of this day is a testament to the importance of diplomatic dialogue and partnerships between nations on the international stage. It encourages us all to recognize the value of working together to achieve a more peaceful and prosperous world for all.

## Five Things About the United Nations

- ❖ The UN has 193 member countries, making it almost universal.
- ❖ It was founded in 1945 after World War II, with the aim of preventing another global conflict.
- ❖ Another interesting fact is that the UN has six official languages to communicate with its members: Arabic, Chinese, English, French, Russian, and Spanish.
- ❖ The UN has tackled some of the world's most pressing issues, such as climate change, poverty, and human rights violations.
- ❖ Finally, the UN has a peacekeeping force with over 87,000 soldiers and civilians from over 120 countries.

## How to Celebrate the International Day of Multilateralism and Diplomacy for Peace Day

- ❖ Visit the [United Nations website](#) and learn more about the organization.
- ❖ Purchase [groovy peace sign gifts](#).
- ❖ Learn about the [UN's 17 goals to Transform Our World](#)
- ❖ [Host a multicultural potluck](#) - everyone brings a dish from their culture.
- ❖ The [Lazy Person's Guide](#) to Changing the World.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# April 25 – Red Hat Day

Red Hat Day is a festive occasion where women don their favorite red hats and enjoy a day of fun and celebration. One of the women who helped start this popular event is Sue Ellen Cooper, who bought a red hat as a birthday present for a friend and was inspired to create a group based on the joy and confidence that the hat brought to her friend's life. Since then, the Red Hat Society has grown to include thousands of women across the world who come together to laugh, make new friends, and honor the delightful quirkiness that comes with being a mature woman. Whether you're a long-time member or a newcomer to the Red Hat Society, Red Hat Day is a perfect opportunity to embrace your inner goddess and revel in the company of like-minded women.

## History of Red Hat Day

Red Hat Day is a celebration that has a rich history dating back to 1998. It all began when a woman named Sue Ellen Cooper gave a friend a red hat as a birthday gift, accompanied by a copy of the poem "Warning" by Jenny Joseph. The poem describes a woman who, upon reaching old age, wears purple clothing and a red hat as an act of rebellion against societal norms. Cooper and her friend began wearing red hats and purple outfits to social events, which eventually led to the creation of the Red Hat Society. Red Hat Day became an official holiday in 2002 and is celebrated on April 25th each year. It is a day for women to embrace their love for fashion, humor, and friendship. So, gather your best gal pals, don your favorite red hat, and seize the day like Sue Ellen Cooper did almost 25 years ago!

## Five Things About Women Over 50

- ❖ Many women over 50 are thriving entrepreneurs, with the number of female business owners in this age group increasing steadily in recent years?
- ❖ Women over 50 have a greater sense of adventure than ever before, as they often use their free time to travel and explore new destinations.
- ❖ These women are also highly social, with studies showing that they are more likely to participate in community events and volunteer work than any other age group.
- ❖ Many women over 50 are also incredibly tech-savvy, with a growing number of them becoming avid gamers and social media influencers.
- ❖ Women over 50 are more likely to travel alone and enjoy their own company, which shows just how independent they are.

## How to Celebrate Red Hat Day

- ❖ Learn about and join a [Red Hat Society](#).
- ❖ Get yourself a [red hat](#)!
- ❖ Get the [Red Hat Society Cookbook](#).
- ❖ Host a [red hat party](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
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# April 26 – Alien Day

From ancient cave paintings to modern sci-fi films, humans have been fascinated by the idea of extraterrestrial life for centuries. The concept of creatures from other planets visiting Earth has captured our imagination and sparked endless speculation about what they might look like and how they would behave. While there is no concrete evidence yet of their existence, the sheer vastness of the universe makes it statistically probable that there is some form of intelligent life out there. The search for alien life continues to be a hot topic in scientific research, and the possibility of making contact with other beings is both exciting and intimidating. Who knows what mysteries and discoveries might be waiting for us beyond our own world?

## History of Aliens

The oldest record we have of extraterrestrial beings dates back to ancient Sumer in Mesopotamia around 4500 BC. The Sumerians have left behind clay tablets with inscriptions detailing encounters with beings known as the "Anunnaki," which translates to "those who came from heaven to earth." These beings were said to have had incredible knowledge and abilities that they shared with the Sumerians. While there is debate over the validity of these ancient texts, it is still fascinating to imagine what our ancestors thought about the possibility of beings from other worlds.

## Five Things About Aliens

- ❖ Some scientists think that octopuses might be aliens. Their unique traits and abilities have led researchers to suggest that they could have originated from outer space.
- ❖ NASA has discovered a bacteria that is able to survive the harsh conditions of space, suggesting that microbial life could be more widespread than we thought.
- ❖ The nearest star to the sun, Proxima Centauri, has a potentially habitable planet orbiting it.
- ❖ Scientists once detected a mysterious radio signal coming from a distant galaxy called FRB 121102. No one knows where the signal came from or what it meant, but it has led to interesting theories about extraterrestrial life.
- ❖ There are more stars in the universe than there are grains of sand on Earth? It's not difficult to imagine that some of those stars host planets that could support life.

## How to Celebrate Alien Day

- ❖ Host an **alien movie marathon**.
- ❖ Throw an **alien-themed party**, with **decorations**.
- ❖ Create some extraterrestrial-themed **arts and crafts**.
- ❖ **Dress like an alien**.
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# April 27 - Koningsdag

The Koningsdag celebration is an annual event that is highly anticipated by the Dutch people. It is a day filled with music, food, and fun activities. Streets are closed off for vendors to sell their wares, and children can be seen playing games and sports. One of the most exciting aspects of the Koningsdag celebration is the color orange, which is worn by almost everyone. From clothing to accessories, the color orange can be seen all over the streets. It is a symbolic nod to the Dutch national color, and everyone joins in on the fun. Whether you're a local or a tourist, the Koningsdag celebration is an unforgettable experience that truly showcases the spirit and pride of the Dutch people.

## History of Koningsdag

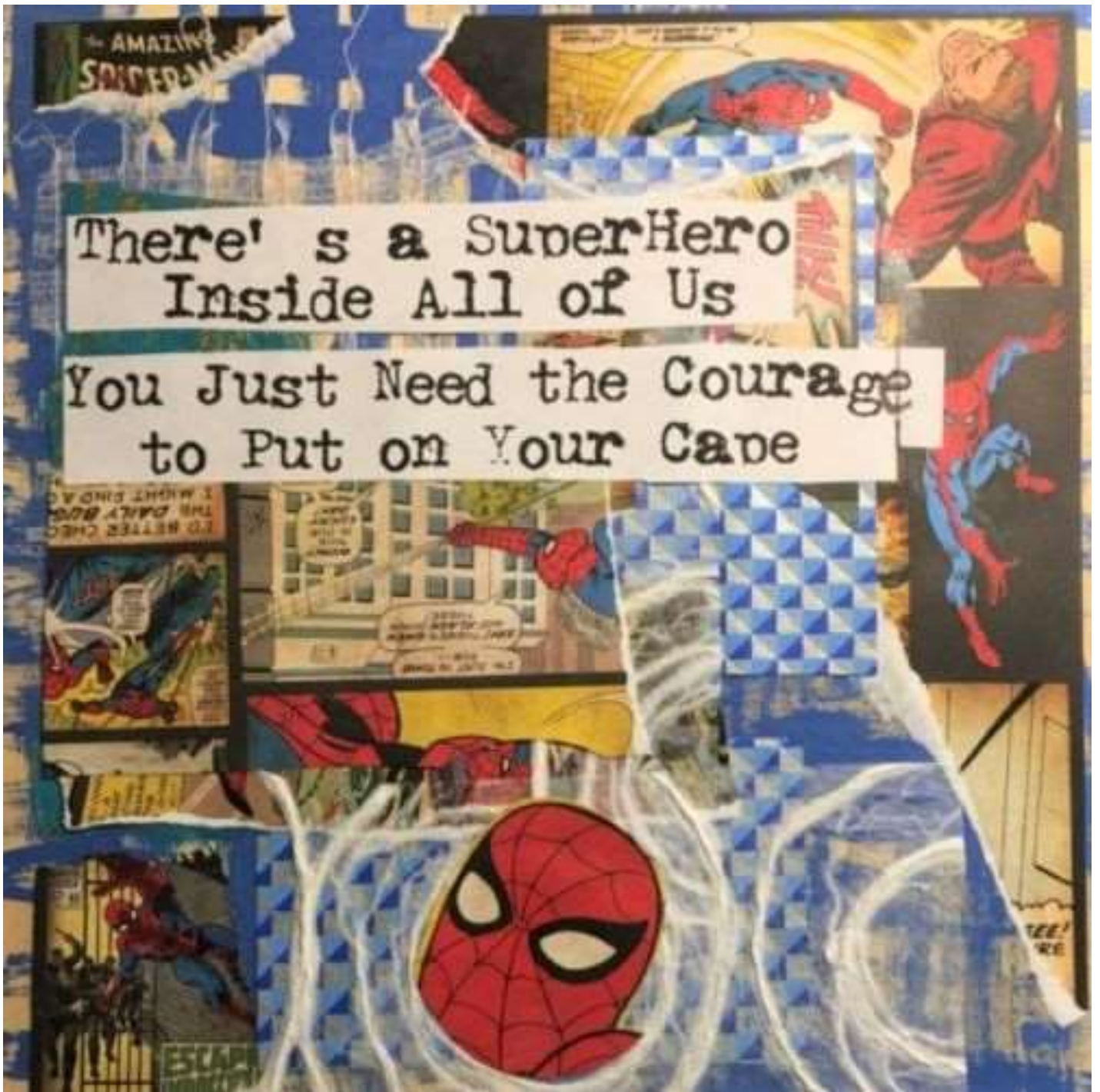
Koningsdag, or King's Day, is a national holiday in the Netherlands celebrating the birthday of the reigning monarch. The history of Koningsdag dates back to 1885, when the country's first king, King Willem-Alexander's great-great grandfather, King Willem III, celebrated his birthday on August 31st. After Queen Wilhelmina ascended to the throne in 1890, her birthday on August 31st became a national holiday known as Prinsessedag, or Princess's Day. In 1949, the holiday was permanently moved to Queen Juliana's birthday on April 30th, and the name was changed to Koninginnedag, or Queen's Day. When Queen Beatrix ascended to the throne in 1980, the holiday moved to her birthday on January 31st, but was still celebrated on April 30th as a way to honor the memory of her mother. Finally, in 2014, King Willem-Alexander became the first Dutch king to ascend to the throne in over 100 years, and the holiday was changed to Koningsdag to reflect the new king's birthday on April 27th.

## Five Things About the Netherlands

- ❖ The Dutch are known for their love of cheese and produce over 650 million kilograms of it each year.
- ❖ The tulips of Holland were introduced to Holland by the Ottoman Empire in the 16th century and were once considered a symbol of wealth and prosperity, causing a financial craze known as "Tulip Mania" in the 17th century.
- ❖ There are over 3,000 registered varieties of tulips, each with their own unique color and shape.
- ❖ Additionally, the Dutch have a unique tradition of building houses on stilts as a way to protect against flooding.
- ❖ The Hague, located in South Holland, is the headquarters of the International Court of Justice and is known for its international diplomatic presence.

## How to Celebrate Koningsdag

- ❖ [How to celebrate Koningsdag](#) at home.
- ❖ [Dress in orange.](#)
- ❖ [Make Insanely Good Dutch food.](#)
- ❖ [Decorate in orange.](#)
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# April 28 – National Superhero Day

April 28th marks the celebration of National Superhero Day, a day dedicated to recognizing and honoring the heroes who inspire and uplift us, as well as the hero within us. Whether you're a Marvel or DC fan, this day is an opportunity to pay tribute to the incredible individuals who have dedicated their lives to protecting the innocent and fighting for justice. From Superman to Wonder Woman, Spider-Man to Black Panther, each hero represents the best of humanity, standing up against evil and making a positive impact on the world. So on this special day, let's take a moment to celebrate the heroes who inspire us and remind ourselves of the hero within each of us.

## History of National Superhero Day

The day can be traced back to the Marvel employees who brought us some of our most iconic superheroes. In 1995, Marvel Comics executive Dan Buckley suggested creating a day to celebrate superheroes, and April 28th was chosen as it marked the release of the first-ever comic book featuring Superman in 1938.

## Five Things About Superheroes

- ❖ Most iconic superhero characters were created in the 1960s and 1970s? That's right- Spiderman, the X-Men, and the Incredible Hulk were all first introduced to the world during this time.
- ❖ Superman was not originally able to fly. In fact, he could only leap great distances, much like a kangaroo. It wasn't until the Fleischer Studios animated shorts in the 1940s that he gained the ability to fly.
- ❖ Spiderman's real name is Peter Parker and he was created by Stan Lee and Steve Ditko in 1962. His web-slingers were actually created by Peter himself using technology he developed, and his infamous spider-sense was actually inspired by a true-to-life phenomenon called hypervigilance.
- ❖ Additionally, Spiderman is one of the few superheroes to have a college degree; he graduated from Empire State University with a degree in biochemistry.
- ❖ Wonder Woman was created by William Moulton Marston, who was also responsible for inventing the polygraph machine.

## How to Celebrate National Superhero Day

- ❖ [Throw a Superhero party.](#) [More stuff here.](#)
- ❖ Have a [superhero movie marathon.](#)
- ❖ Purchase [superhero comic books.](#)
- ❖ [Visit Marvel.com.](#)
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# April 29 – International Dance Day

International Dance Day is much more than just a celebration of the art form that inspires countless cultures around the world. It showcases how expressions of movement can bring people together, provide healing, and create a powerful sense of community. Whether it's a traditional folk dance, hip hop, or ballet, dance has the ability to transcend language, cultural barriers, and simply allow individuals to experience joy through movement. This day also highlights the importance of preserving and promoting dance as an integral part of cultural heritage, recognizing the hard work and dedication of dancers and choreographers, and inspiring future generations to take up this beautiful art form. So, let's take a moment to twirl, leap, and dance with wild abandon, and celebrate the wonderful contribution that dance has made to our lives!

## History of Dance

The history of dance can be traced back to ancient times where it was used as a way to communicate stories, emotions, and cultural traditions. From folk dances to ballroom dances, each style of dance has its own unique history and evolution. Dance has been a part of human culture since the beginning of time, but when was the first documented dance? The exact answer to that question is not clear, but one of the earliest depictions of dance can be found in the Bhimbetka rock shelters in central India, which date back to around 30,000 BCE. The paintings on the walls of the cave show men and women in various poses and movements that are interpreted as dance. This suggests that dance has been an integral part of human expression for thousands of years.

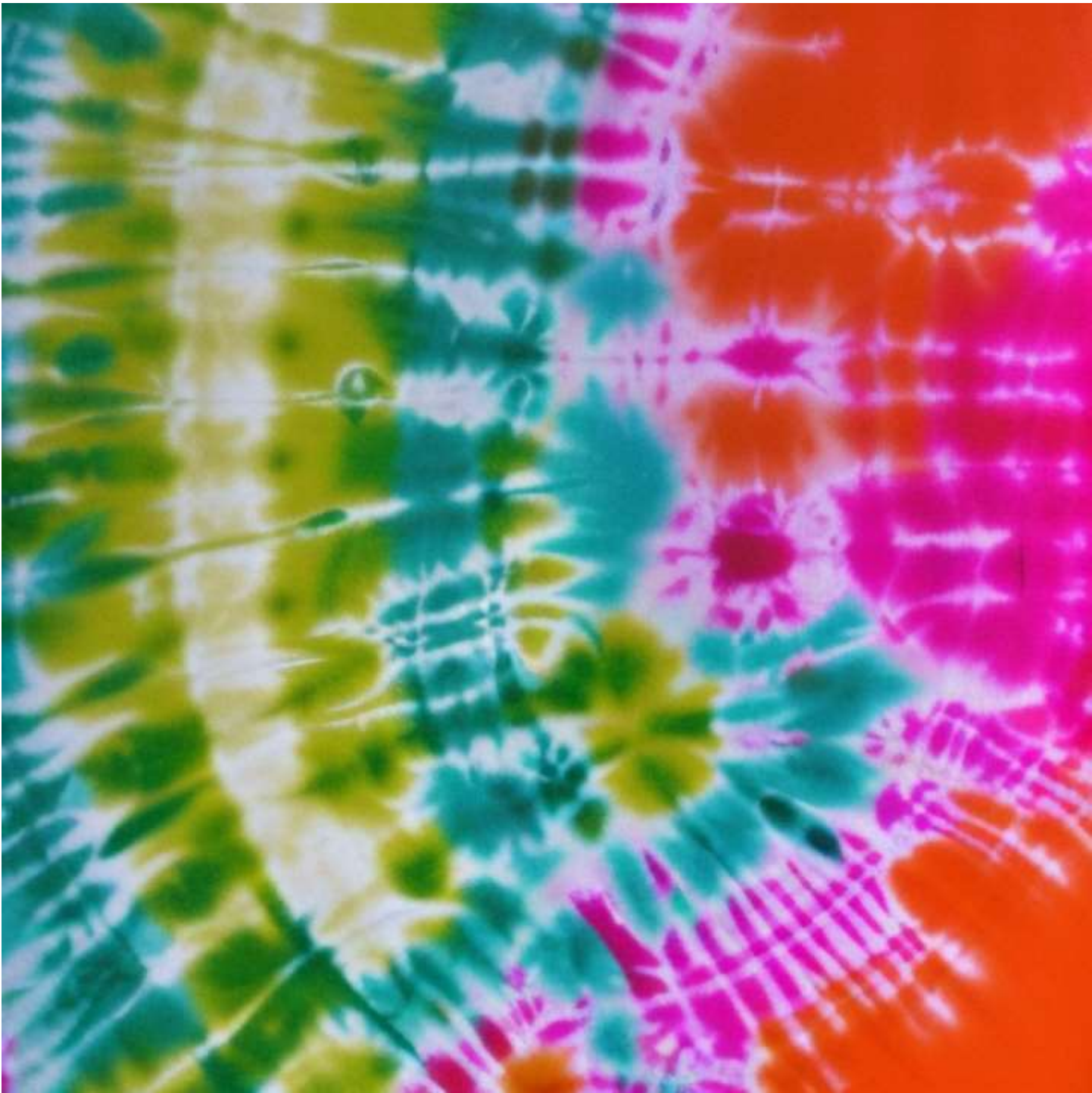
## Five Things About Dance

- ❖ Dancing can lower stress levels and boost memory function.
- ❖ Ballroom dancing originated in Italy during the Renaissance period.
- ❖ Breakdancing was originally called b-boying and emerged in the South Bronx during the late 1970s.
- ❖ The waltz was once considered scandalous because of its close hold between partners.
- ❖ The Irish jig was historically danced to ward off evil spirits and bring good luck.

## How to Celebrate International Dance Day

- ❖ Dance!
- ❖ Take a [virtual dance class](#).
- ❖ [Watch movies](#) about dance.
- ❖ [Host a dance party](#) by Arthur Murray.
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# April 30 – National Tie Dye Day

National Tie Dye Day is a vibrant celebration of all things colorful and creative. From the swirling patterns of bold neon to the subtle tones of pastel hues, this is a day to express yourself with dazzling fashion statements. It's a chance to explore the world of tie dye, experiment with different materials, and let your imagination run wild. Whether it's a t-shirt, a pair of socks, or even a canvas tote bag, the possibilities are endless. So, grab your dye and get ready to make a splash on National Tie Dye Day!

## History of Tie Dye Day

The art of tie dyeing can be traced back to ancient resist dyeing techniques used in Asia, Africa, and the Americas. The practice gained prominence in the 1960s during the hippie movement, as tie dye became a symbol of free expression and individuality. The hippie movement of the 1960s was all about rejecting the status quo and embracing individuality. And what better way to stand out from the crowd than by wearing tie dye? This colorful and free-spirited fashion trend quickly became a symbol of the counterculture movement.

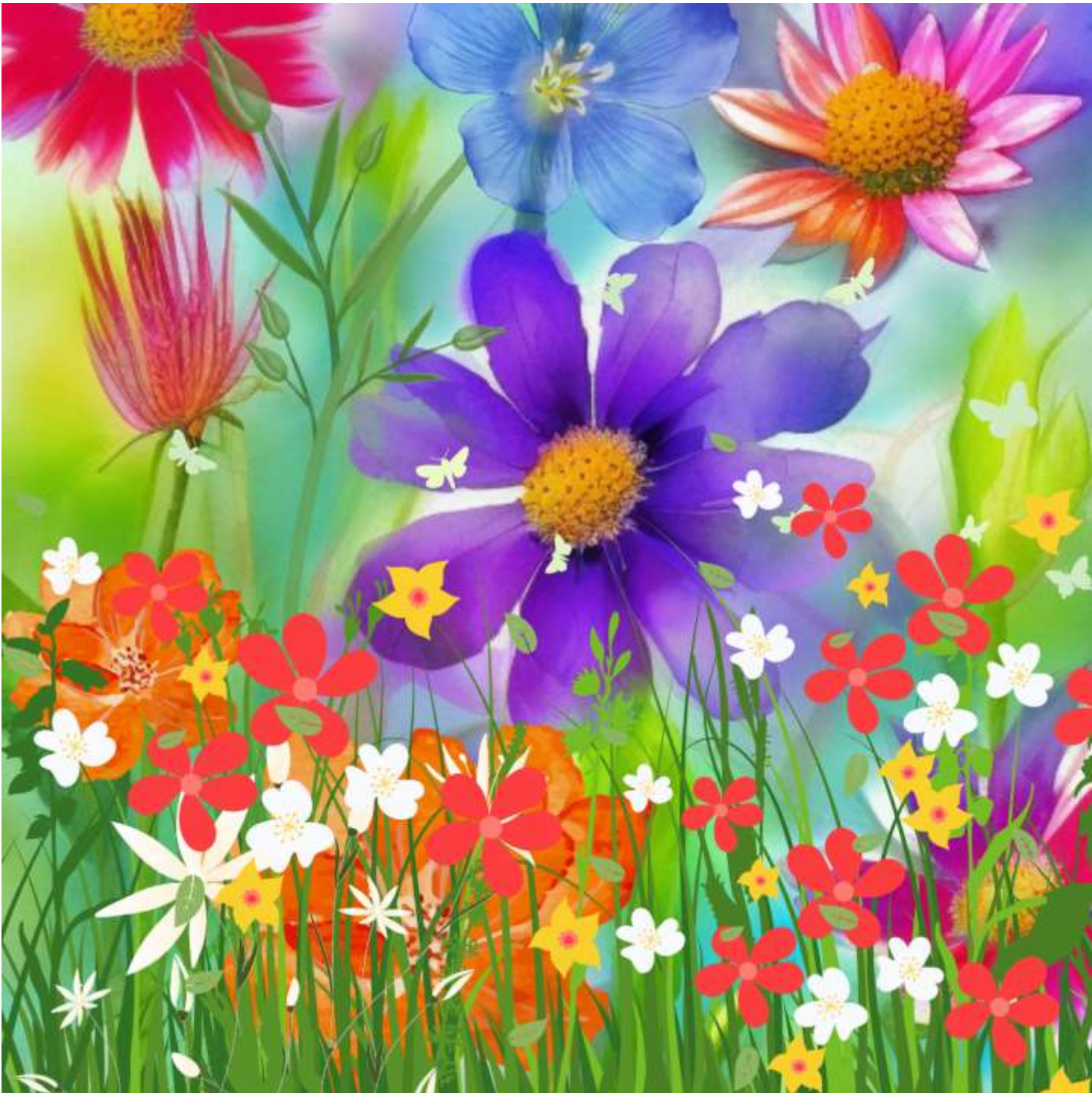
## Five Things About Tie Dying

- ❖ Tie dye has been used as a symbol of unity and peace, as seen in the iconic tie-dye t-shirts worn by hippies.
- ❖ Tie dye has been used as a form of protest, such as during the Civil Rights Movement.
- ❖ Tie dye originated in Asia and Africa more than 6,000 years ago.
- ❖ Tie dye can also be used to create eye-catching home décor items such as curtains and tablecloths or even be used to create one-of-a-kind wedding dresses and formal wear!
- ❖ The art of Japanese Shibori takes tie dye to a whole new level, using various folding and binding techniques to create intricate patterns.

## How to Celebrate Tie Dye Day

- ❖ [Host a tie dye party](#) - step-by-step guide.
- ❖ Purchase a [tie dye kit](#).
- ❖ Buy [Jerry Garcia tees and ties](#).
- ❖ Learn [how to sell your tie dye things](#).
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# May 1 – May Day

May Day is a time of joyous celebration, a time to welcome the arrival of spring and all the promise it brings. And what better way to mark the occasion than with a May basket, overflowing with colorful blooms and cheerful ribbons? In some cultures, the baskets were used to celebrate the start of the farming season or to honor the goddess of spring. In the United States in the late 1800s and early 1900s, May Baskets became a popular way for young people to express their affection for one another. Whether you participate in this tradition or simply enjoy receiving a basket of treats, the history of May Baskets is fascinating and brings a sense of nostalgia to the start of the spring season.

## History of May Day

May Day was originally a pagan festival dedicated to the goddess Flora, celebrating the arrival of spring and fertility. However, as Christianity spread throughout Europe, the holiday was assimilated into Christian culture and became a celebration of the Virgin Mary. Over time, different cultures around the world incorporated their own traditions into the holiday, from dancing around maypoles to gift-giving.

## Five Things to Know About May Day

- ❖ The Maypole dance, a popular May Day tradition in Europe, involves dancing around a tall pole decorated with ribbons.
- ❖ In Hawaii, May Day is also known as Lei Day and celebrates the Aloha spirit through music and dance.
- ❖ May Day is also celebrated in many Asian countries as the start of spring, symbolizing renewal and rebirth.
- ❖ The color associated with May Day in Mexico is red and it is customary to exchange flowers and sweet treats with loved ones.
- ❖ The Soviet Union declared May Day a national holiday in 1920 and it still remains an important holiday in many socialist and communist countries.

## How to Celebrate May Day

- ❖ **Send a May Day basket** to someone special.
- ❖ **Make your own May Day Basket.**
- ❖ **Make and dance around a Maypole**, a tradition inspired by pagan festivities.
- ❖ Read about the **other May Day Celebration.**
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# May 2 – Baby Day

May 2 is Baby Day, a celebration that honors babies. Babies are a symbol of love, purity, and innocence, and May 2 Baby Day is a day to recognize the importance of this new life. The birth of these little blessings brings hope, joy, and excitement into the lives of their families and loved ones. Many parents mark this day by taking special photos of their newborns, throwing parties or simply enjoying the cuddles and affection of their little ones. Baby Day is not only a celebration of the new lives entering the world, but it is also a reminder of the miracle of birth and the countless ways these little ones bring happiness into our lives. So, whether you are celebrating the birth of your baby or a loved one's, take a moment to appreciate the beauty of new life and the joy it brings.

## History of Celebrating Babies

The celebration of babies has a rich and fascinating history that spans cultures and centuries. From ancient Roman festivals to modern-day baby showers, there have been various ways of commemorating the arrival of a new life. In some cultures, such as in China, a baby's first month of life is marked with a Red Egg and Ginger party. In Scotland and Ireland, a christening or baptism is often followed by a "wetting the baby's head" celebration, where the parents and close family members raise a glass to the little one's future. Whatever the tradition may be, celebrating babies is a way of honoring the promise of potential and new beginnings.

## Five Things About Babies

- ❖ Newborns have a heightened sense of smell and can recognize their mother's unique scent within just a few days of being born.
- ❖ Babies are born with a natural ability to swim and can hold their breath underwater.
- ❖ Newborns have a very high metabolic rate, which means they grow and develop at a rapid pace.
- ❖ When babies are born, they already have kneecaps, but they are just made of soft cartilage instead of bone. They have around 300 bones in their body, significantly more than the 206 bones adults have as some bones eventually fuse together as the infant grows.
- ❖ Babies are born with the natural ability to mimic facial expressions, which helps them learn how to communicate and interact with others.

## How to Celebrate Baby Day

- ❖ **Purchase a special gift** for your favorite baby.
- ❖ Read the Smithsonian article on the **History of Baby Products**.
- ❖ **Join The Bump** for all things Mommy-Baby.
- ❖ Learn how to have a **great baby photo shoot**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Other 38 Hz Baby Collections: **Baby Boy** and **Baby Girl**.
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# May 3 – Sun Day

May 3 is the perfect day to celebrate the sun and all the warmth and light it brings to our lives. This day marks a shift in the seasons, as we move closer to longer days and shorter nights. Whether you choose to bask in the sun's rays, take a long walk in nature, or simply appreciate the beauty of a sunrise or sunset, there are countless ways to honor the sun on this special day. Not only does this celebration serve as a reminder of the vital role the sun plays in our ecosystem, but it also gives us a chance to feel grateful for the energy and vitality we gain from it every day. So, grab some friends and family, head outside, and show the sun some love on May 3!

## History of the Science of the Sun

The earliest known studies of the sun date back to ancient civilizations, where people worshiped the sun as a deity and believed in its immense power. The Babylonians and Egyptians, for instance, closely monitored the sun's movements and aligned their temples and monuments accordingly. The Greeks also scrutinized the sun, and one of their most famous philosophers, Anaxagoras, posited that the sun was not a god but a hot, fiery, and glowing object. These early beliefs and observations laid the foundation for more sophisticated studies of the sun, leading to groundbreaking discoveries like the sun's rotation and sunspots. Today, we continue to study the sun, and our knowledge has enormous implications for our planet and beyond.

## Five Things About the Sun

- ❖ It takes about eight minutes for sunlight to reach us.
- ❖ The sun is the largest object in our solar system, with a diameter of over 1 million kilometers!
- ❖ The sun's surface is always in motion, creating breathtaking phenomena like sunspots and solar flares.
- ❖ The sun is actually a star, and the closest one to Earth at that.
- ❖ The sun is over 109 times the size of Earth and contains 99.86% of the total mass of the entire solar system.

## How to Celebrate Sun Day

- ❖ Incorporate some [solar energy products](#) into your life.
- ❖ Take a [solar energy course](#).
- ❖ [Protect yourself](#) from the sun.
- ❖ Learn what [malignant melanomas](#) look like and how to prevent them.
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# May 4 – International Firefighters' Day

Every year on May 4th, we celebrate International Firefighters Day. It's a day to honor the brave men and women who put their lives on the line to protect us from fires and other emergencies. Firefighters are often the first to arrive on the scene of an emergency and they work tirelessly to ensure that everyone in the community is safe. They are the true heroes of our society and their dedication and sacrifice cannot be overstated. So, on this International Firefighters Day, let's take a moment to thank all of the firefighters who serve our communities and keep us safe day in and day out.

## History of Firefighters

Firefighters can be traced back to the days of ancient Rome when Augustus Caesar established a group called the "Vigiles" to combat fires and other disasters. During the time of the Roman Empire firefighters were actually slaves who were responsible for putting out fires in the city. They were trained to use buckets of water and primitive pumps to put out the flames. The ancient Greeks, on the other hand, used a system of buckets that were passed from one person to the next to transport water to put out fires. They also may have used animal skins, buckets, and leather bags filled with water to fight the flames.

## Five Things About Fires

- ❖ Fires can generate wind speeds up to 120 mph. This phenomenon, otherwise known as a fire tornado or "firenado," is caused by intense heat and turbulent winds, creating a whirling vortex of flames.
- ❖ Large fires can create their own weather systems, known as pyrocumulonimbus clouds. These clouds can generate lightning, thunder, and even start new fires miles away.
- ❖ In addition, large fires can also produce their own rainstorms, thanks to the high amount of water vapor released during the fire.
- ❖ The temperature of a large fire can reach up to 2,000 degrees Fahrenheit or more.
- ❖ The largest recorded fire in history was in Siberia in 1910 and is estimated to have burned over 77 million acres of forest - this is an area larger than the entire state of Minnesota.

## How to Celebrate International Firefighters' Day

- ❖ **Donate** to the National Fallen Firefighters Foundation.
- ❖ Buy **gifts, cards, partyware** for celebrating firefighters.
- ❖ **Visit firefighter memorials and monuments.** And **here**.
- ❖ Review **Smokey Bear Fire Safety Tips**.
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# May 5 – Cinco de Mayo

Cinco de Mayo is a celebration that brings people together to commemorate a momentous battle in Mexican history. It's a time to appreciate the bravery and resilience of the Mexican army, who faced impossible odds against the French. But beyond its historical significance, this holiday is a chance to revel in the vibrancy of Mexican culture. From colorful decorations to delicious food, Cinco de Mayo is a feast for the senses. Mariachi bands, dancing, and parades are all part of the festivities, creating a lively atmosphere that truly captures the spirit of Mexico. Whether you have Mexican heritage or simply love the culture, Cinco de Mayo is a day to embrace everything that makes it special. So grab some guacamole, put on a sombrero, and join in the celebration!

## History of Cinco de Mayo

Contrary to popular belief, Cinco de Mayo is not Mexico's Independence Day, which is actually celebrated on September 16. Cinco de Mayo commemorates the unlikely victory of the Mexican army over the French at the Battle of Puebla on May 5, 1862. At the time, Mexico was in debt and struggling financially, and France saw an opportunity to expand its empire by invading. However, the Mexican army, although outnumbered and outgunned, fought fiercely and were able to defeat the French forces. This holiday is a reminder of the Mexican spirit of resilience and bravery, and has become a symbol of Mexican heritage and pride.

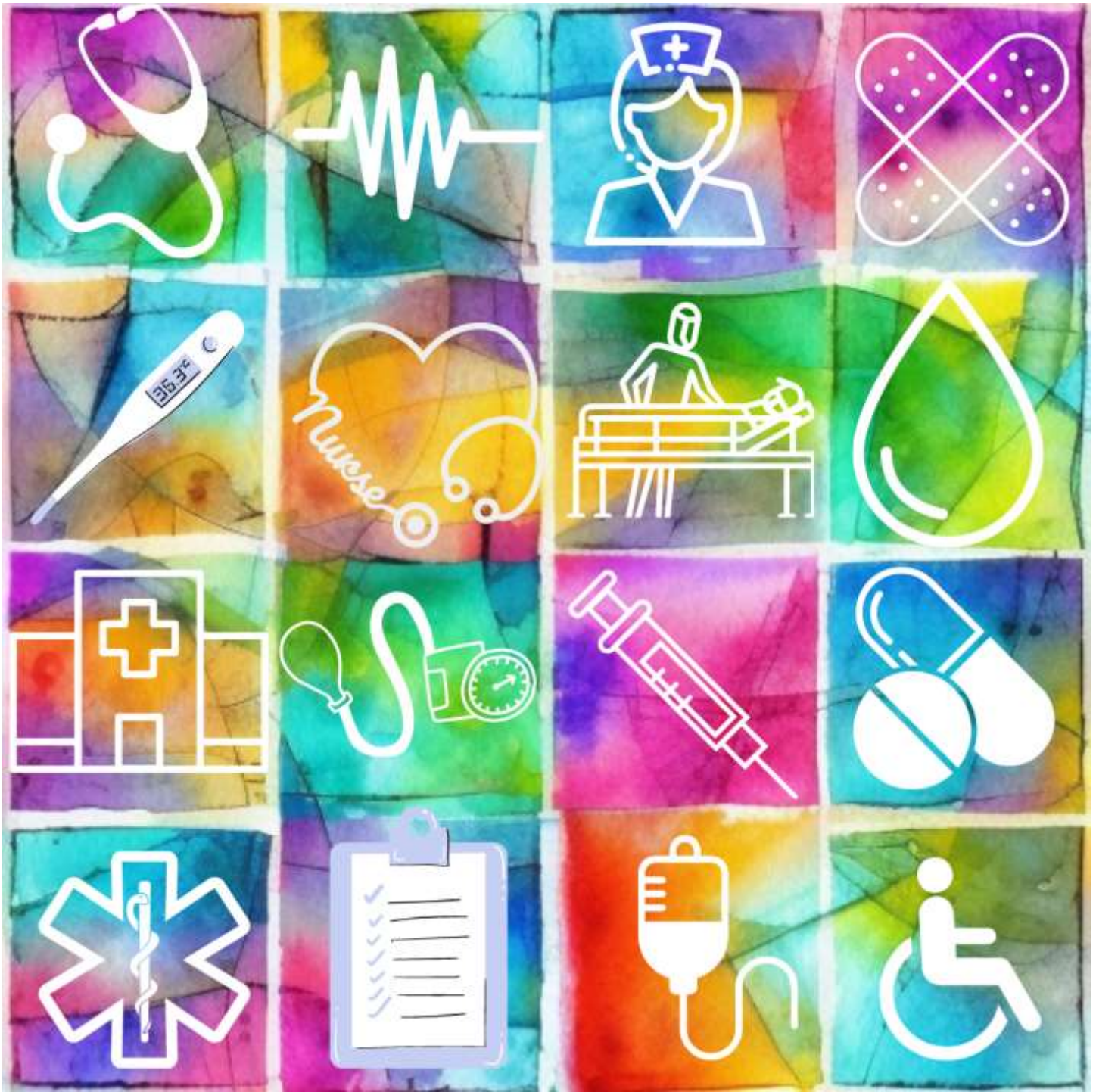
## Five Things About Cinco de Mayo

- ❖ Cinco de Mayo is not widely celebrated in Mexico, as it is in the US, except in the state of Puebla where the victory took place.
- ❖ The holiday was popularized in the US after the Chicano Movement in the 1960s.
- ❖ The largest Cinco de Mayo celebration is in Los Angeles, with over 600,000 attendees annually.
- ❖ The largest margarita ever made was 10,500 gallons and was created in 2011 in the city of Cabo San Lucas, Mexico.
- ❖ The margarita is the official drink of Cinco de Mayo, with Americans consuming over 87 million liters of tequila on the holiday.

## How to Celebrate Cinco de Mayo

- ❖ Get the facts straight - [the history of CDM](#).
- ❖ Make this [delicious and unique nacho](#).
- ❖ Host a party - [make margaritas](#).
- ❖ [Play Mexican music - playlist](#).
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# May 6 – National Nurses' Day

Nurses are the backbone of healthcare. They are those guardian angels who work tirelessly for the betterment of their patients every day. They are the ones who selflessly put their own comfort aside to ensure that their patients receive the best possible care. Nurses have to wear multiple hats at the same time - be it a caregiver, friend, or mentor. They work round the clock to ensure that their patients' needs are being met, and they have a remarkable ability to make people feel calm and safe in the most challenging of situations. The virtues of nurses go beyond their phenomenal medical and technical knowledge - they are also incredibly compassionate, empathetic, and patient. Their willingness to go above and beyond for the benefit of someone else is something that truly distinguishes them from other professions. Hats off to our beloved nurses, especially on this National Nurses Day.

## History of Nurses

The first recognition of nursing as a profession came in the mid-19th century, when Florence Nightingale revolutionized the way hospitals were run. Nightingale and her team of nurses were instrumental in improving the hygiene and care of patients, and their efforts were acknowledged with the establishment of the Nightingale Training School in London in 1860. This was the first formal training program for nurses, and it paved the way for the nursing profession we know today.

## Five Things About Nurses

- ❖ The first nursing school was founded over 150 years ago by Florence Nightingale.
- ❖ There are over 3.8 million registered nurses in the US alone, making up over 2% of the US population.
- ❖ Nurses are consistently ranked as one of the most trusted professions, with 84% of Americans rating their honesty and ethical standards as "high" or "very high".
- ❖ The world's first recorded nurse was actually a woman named **Agnodice**, who practiced in ancient Greece and was known for treating both humans and animals.
- ❖ Nurses walk an average of four to five miles during a typical shift.

## How to Celebrate National Nurses' Day

- ❖ Learn about the history of **Florence Nightingale**.
- ❖ Thank nurses with **fun gifts**. And **here**.
- ❖ Host a **nurse-themed party**.
- ❖ Write a **thank you note to a nurse** for caring for you.
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# May 7 – National Tourism Day

National Tourism Day is a wonderful occasion for people to celebrate the rich culture and diverse landscape of their country. It's a day to explore new destinations, embrace different experiences, and create unforgettable memories. You can celebrate this day by planning a trip to your favorite tourist spot, trying out local delicacies, indulging in adventure sports, or simply relaxing and enjoying the beauty of nature. Don't forget to capture those precious moments on camera and share them with friends and family. With so many incredible places to explore and so many exciting things to do, there's no excuse not to mark National Tourism Day in a big way!

## History of National Tourism Day

The idea of tourism has been around for thousands of years, with people traveling for various reasons since the beginning of civilization. However, the modern concept of tourism, as we know it today, began to take shape in the 19th century. The growth of the middle class, improved transportation systems, and the desire for leisure time all contributed to the rise of tourism. Thomas Cook, a British businessman, is often credited with organizing the first package tour in 1841, taking a group of 500 people on a train journey from Leicester to Loughborough. Since then, tourism has continued to grow and evolve, becoming a major industry across the world.

## Five Things About Tourism

- ❖ The World Tourism Organization predicts that international tourist arrivals could reach 1.5 billion in 2022?
- ❖ Tourism can be a great way to experience new cultures, try new foods, and make unforgettable memories.
- ❖ It allows for the preservation of historic landmarks and cultural traditions, and it can even serve as a bridge for understanding and acceptance between different nations and people.
- ❖ Tourism has the power to bring people together and make the world a more connected and enjoyable place to live in.
- ❖ Tourism is an industry that has numerous benefits with the most significant advantages of tourism is its ability to create jobs and stimulate economic growth in local communities by attracting investment and helping to develop infrastructure, which leads to an improvement in the quality of life for local residents.

## How to Celebrate National Tourism Day

- ❖ Where would you like to go? [Start planning a trip.](#)
- ❖ Try out a virtual trip on [AirPano](#) or [VirtualVacation](#)
- ❖ [Take a tourism course.](#)
- ❖ [Purchase new luggage.](#)
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- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# May 8 – National Give Someone A Cupcake Day

Who doesn't love cupcakes? And what better reason to indulge in these delectable treats than National Give Someone a Cupcake Day? It's a day dedicated to spreading happiness and joy, one cupcake at a time. Whether it's surprising a friend with their favorite flavor or bringing a batch to the office to share with co-workers, this day is all about spreading kindness and making someone's day a little sweeter. So, let's grab our aprons, bake some cupcakes, and show someone we care! Happy National Give Someone a Cupcake Day!

## History of Cupcakes

The history of cupcakes is a deliciously intriguing one. The earliest known recipe for a cupcake dates back to 1796, when Amelia Simmons included a recipe for "a little cake to bake in cups" in her cookbook American Cookery. These early versions were simple and plain, with few adornments. It wasn't until the 19th century that cupcakes became more elaborate, with the addition of frosting and decorative touches.

## Five Things About Cupcakes

- ❖ The record for the most cupcakes eaten in one minute is held by Patrick Bertoletti, who consumed 29 cupcakes in just 60 seconds.
- ❖ The largest cupcake ever made weighed in at 1,224 pounds and was over four feet tall!
- ❖ Cupcakes can also be used to create impressive works of art, such as the world's largest cupcake tower, which was made up of over 30,000 cupcakes and stood at an incredible height of over 30 feet.
- ❖ In 2009, a group successfully set the world record for the most cupcakes decorated in one hour, with a whopping 6,681 cupcakes adorned with all sorts of fun designs.
- ❖ The average cupcake contains over 400 calories.

## How to Celebrate Give Someone a Cupcake Day

- ❖ **Make cupcakes** and give them away! It'll make your day!
- ❖ Decorate cupcakes with a frosting round - **look in each 38 Hertz collection.**
- ❖ Present cupcakes in **beautiful gift boxes.**
- ❖ Purchase new **baking and decorating supplies.**
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# May 9 – National Hooray for Buttons Day

Buttons are a timeless and essential part of our daily lives. They are found on clothes, accessories, and even gadgets. So why not celebrate their importance on Hooray for Buttons Day? Buttons have been around for centuries and have come in various shapes, sizes, and colors. They not only serve a functional purpose but can also add an aesthetic appeal to any outfit. From classic pearl buttons on a blouse to bold statement buttons on a blazer, these small details can make a big impact. Hurray for Buttons Day is a time to appreciate and admire the versatility and practicality of these little accessories that make a big difference in our lives. So go ahead, show your appreciation and don your favorite buttoned-up attire on this special day! And really, we are looking for any reason to celebrate so why not a day about buttons?

## History of Buttons

Buttons date all the way back to Ancient Egypt, where they were used as ornamental pieces on clothing. However, they didn't quite serve the same purpose as the buttons we know and love today. It wasn't until the 13th century that buttons began to be used for practical purposes, such as securing clothing. But who can we thank for this ingenious invention? Most historians believe that it was the ancient Egyptians who first came up with the idea around 5,000 years ago.

## Five Things About Buttons

- ❖ The first buttons were actually used as decorations rather than as fasteners.
- ❖ It wasn't until the 13th century that buttons began to be used for their practical purpose of keeping garments closed.
- ❖ Buttons were once so valuable that they were used as a form of currency.
- ❖ Fancy buttons made of gold or silver were worn by the wealthy and were even used as currency in some cultures.
- ❖ During World War II, shortage of materials led to rationing of buttons in some countries.

## How to Celebrate Hooray for Buttons Day

- ❖ **Buy buttons** - fix all the buttons on your clothes.
- ❖ Button collectors - **display your amazing buttons**.
- ❖ Make another kind of button with a **cool button maker**.
- ❖ Visit the **National Button Society** website for collection tips.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# May 10 – National Hooray for Buttons Day

Teacher Appreciation Day is a day to celebrate the individuals who make an enormous impact on our lives. Teachers devote their time and energy to guide us through the ups and downs of learning, and they do so with patience and care. They go above and beyond their job description to ensure that each of their students feels seen and heard, taking the time to understand and support each unique individual. On this special day, we honor our teachers for their unwavering dedication to their profession and their students.

## History of Teacher Appreciation Day

The origins of Teacher Appreciation Day can be traced back to the early 20th century in the United States when a group of educators came together and lobbied for more recognition and appreciation of teachers. In 1953, a permanent National Teacher Day was established by Congress to recognize and appreciate the dedication, talent, and hard work of teachers all across the country. Today, Teacher Appreciation Day is celebrated in countries all over the world and serves as a reminder of the invaluable contributions that teachers make to society each and every day.

## Five Things About Teachers

- ❖ Studies have shown that teachers have a stronger sense of empathy and emotional intelligence than the average person. This makes them adept at understanding and responding to the needs of their students.
- ❖ Teachers often have the ability to see the potential in their students before they see it themselves, acting as cheerleaders and mentors to help them reach their goals.
- ❖ A recent survey found that 91% of teachers report being satisfied with their career choice.
- ❖ The United States has over 3.7 million teachers.?
- ❖ Teachers spend an average of \$479 of their own money on classroom supplies every school year.

## How to Celebrate Teacher Appreciation Day

- ❖ Write a [letter of appreciation to your teacher\(s\)](#), parent and child.
- ❖ Start an [online fundraiser](#) to raise money for class supplies for your teacher.
- ❖ Give a [basket of class supplies](#) to your favorite teacher.
- ❖ Put together a classroom [thank you book](#) from all students/parents.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# May 11 – National Eat What You Want Day

Are you tired of sticking to a strict diet? Well, mark your calendars for May 11th, because that's National Eat What You Want Day! It's the perfect excuse to indulge in your favorite guilty pleasures guilt-free. Whether it's pizza, ice cream, or burgers, now is the time to treat yourself to that irresistible meal you've been avoiding. Embrace the day by inviting friends and family to join in on the celebration and make it a feast to remember. Don't forget to share your delicious creations on social media and use the hashtag #NationalEatWhatYouWantDay to join in on the fun! What's your favorite indulgence?

## History of the Junk Food Revolution

The history of indulgent food dates back to the early 20th century when convenience became the norm and people started looking for easy and quick meals. The first recorded instance of junk food was in 1921, when the Eskimo Pie was introduced by Christian Kent Nelson. However, it wasn't until the 1950s and 60s that the era of fast food truly began with the rise of popular chains like McDonalds and Kentucky Fried Chicken. Since then, it's been a constant quest to create new and increasingly outrageous flavors that continue to draw people in. From candy bars and chips to burgers and hot dogs, junk food has become a cultural icon in many parts of the world.

## Five Forbidden Foods You Should Eat Today

- ❖ One word, cheesecake.
- ❖ Next, fluffy popcorn drenched in butter.
- ❖ Third is a classic cheeseburger with all the fixings.
- ❖ How about a massive plate of loaded nachos.
- ❖ Finally, ice cream, beloved ice cream!

## How to Celebrate Eat What You Want Day

- ❖ [Favorite junk foods by state.](#)
- ❖ Read [TheShelbyReport](#) on favorite foods.
- ❖ Pick out the [best cheat meal](#) for the day.
- ❖ Pick out your [favorite junk food](#).
- ❖ Go out to eat at your favorite restaurant and indulge!
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# May 12 – Mother's Day

Mother's Day is a special day dedicated to honoring the women in our lives who have raised, nurtured, and guided us through life. Celebrating Mother's Day is an opportunity to show our mothers how much we love and appreciate them. There are many ways to celebrate this special day – from preparing a delicious breakfast in bed to hosting a family dinner, or treating your mother to a spa day or afternoon tea. Whatever way you choose to celebrate, the most important thing is to spend quality time with your mother and let her know how much she means to you. It's a day to thank her for all the sacrifices she's made, the love she's given, and the unwavering support she's provided throughout your life. So, make this Mother's Day the most memorable one yet by showering her with love, appreciation, and gratitude.

## History of Mother's Day

In the early 1900s, a woman named Anna Jarvis sought to honor her mother's hard work and the sacrifices she made to raise her family. Jarvis fought for the establishment of a Mother's Day holiday, and the first official Mother's Day was celebrated in 1908. Her tireless efforts paid off, and in 1914, President Woodrow Wilson signed a proclamation that officially recognized Mother's Day as a national holiday to be celebrated on the second Sunday in May.

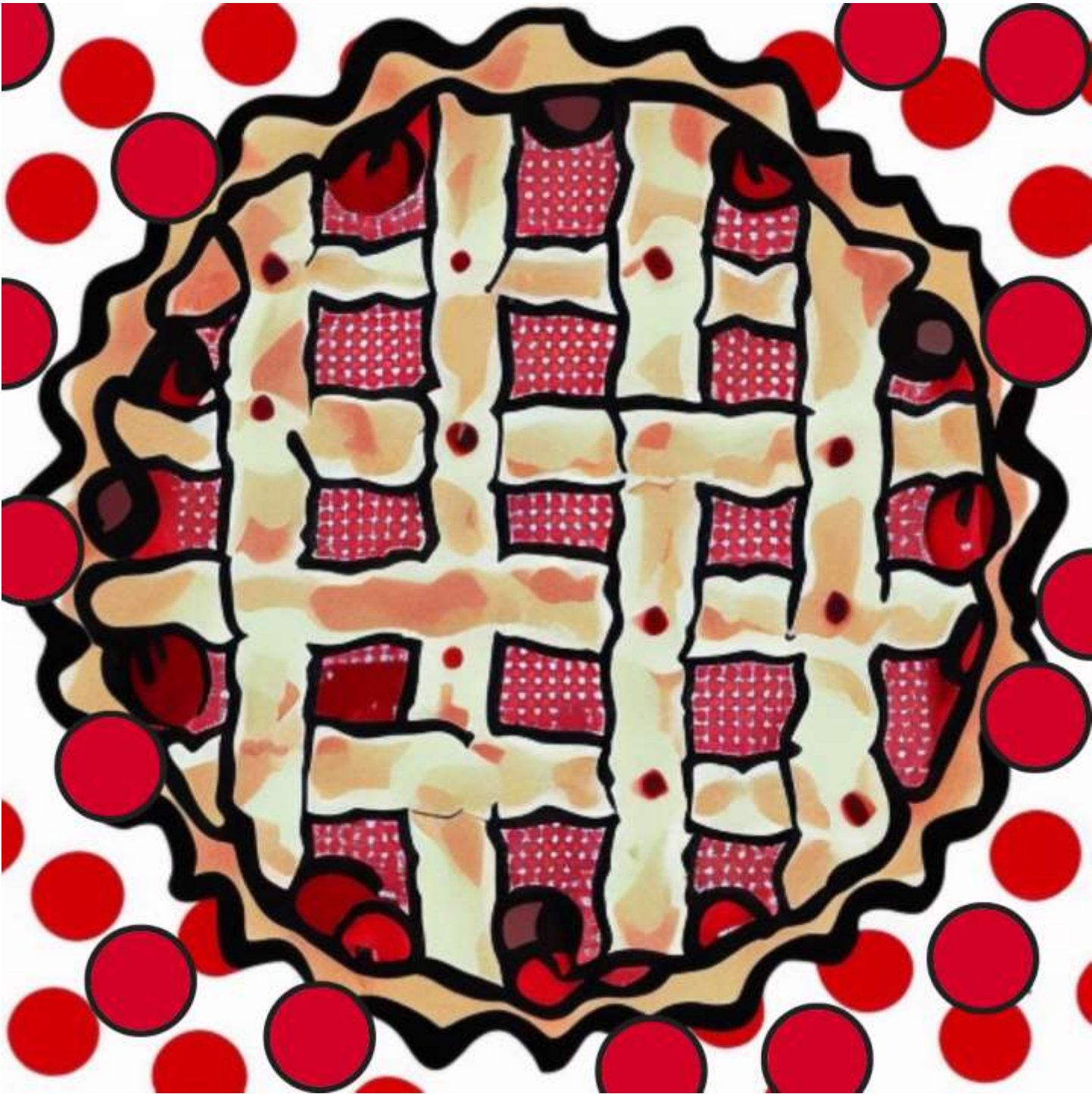
## Five Amazing Mothers

- ❖ Former First Lady Michelle Obama is not only an advocate for healthy eating and education, but she is also a loving mother to two daughters.
- ❖ J.K. Rowling, the author of the beloved Harry Potter series, not only created a magical world but also raised her daughter as a single mother.
- ❖ Actress Angelina Jolie is not only a Hollywood beauty but also a dedicated human rights activist and mother to six children.
- ❖ Queen Elizabeth II of England has not only reigned for 67 years but also raised four children and was a loving grandmother to many.
- ❖ Indira Gandhi was the first female Prime Minister of India, raising two sons while navigating the country's complex political landscape.

## How to Celebrate Mother's Day

- ❖ Find amazing [Mother's Day ideas](#). And [gifts](#).
- ❖ [40 Best Mother's Day Gifts from Kids](#).
- ❖ [Make a special book](#) for mom.
- ❖ [Make a fun collage](#) celebrating mom.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# May 13 – National Apple Pie Day

As the seasons change and the weather warms up, it's easy to forget about all the delicious treats that are typically reserved for the cooler months, like apple pie, don't forget apple pie this time of year. It's great any time of year. While it may seem like a classic autumnal treat, there's no reason why you can't enjoy a slice (or two) of this warm and comforting dish in the spring and summer, and don't forget apple pie for summer picnics! Whether it's topped with a generous scoop of vanilla ice cream or served alongside a cold glass of lemonade, apple pie is a timeless dessert that never goes out of style. So go ahead and indulge in a slice or two this season - after all, there's no better way to celebrate the joys of spring and summer than with a delicious slice of apple pie.

## History of Apple Pie

Apple pie entered the United States with English settlers, who would make the dessert with apples they picked from trees native to Europe. It wasn't until the colonists arrived in America and began to cultivate apple orchards that the dessert started to become more and more popular. Since then, apple pie has become a quintessential part of American culture. In fact, it is so iconic that it is often used as a symbol of all things American. Some even consider it to be United States' national dish.

## Five Things About Apple Pie

- ❖ The average apple contains about 100 calories and is high in fiber.
- ❖ Apples are one of the few fruits that ripen best off the vine and can last for months when stored properly.
- ❖ Apple pie has a rich history dating back to medieval England, where it was originally filled with meat and served as a savory dish.
- ❖ To make the best pie crust the temperature of the butter or shortening is crucial. It should be cold, but not too cold that it is hard to work with. The ideal ratio is around six tablespoons for every 2 1/2 cups of flour.
- ❖ Avoid overworking the dough. Overworking will result in a tough and chewy crust.

## How to Celebrate National Apple Pie Day

- ❖ Make my [amazing apple pie](#). Best recipe ever!!
- ❖ Treat yourself to [beautiful pie plates](#) and [crust decorators](#).
- ❖ Have a pie eating contest. [Pie Contest in a Box](#).
- ❖ Watch the video, "[How to Make Perfect Pie](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# May 14 – National Online Dating Day

May 14th is a day to put love in the air as we celebrate National Online Romance Day. In the age of technology, finding love online has become more popular than ever before. This national day is all about recognizing and celebrating those who have found love online. It's a day to show appreciation for the countless couples that met online and have built successful relationships together. For those still searching, it's a day to be hopeful and optimistic about the possibility of finding love through the internet. Whether it's through dating apps or social media, the internet has undoubtedly brought people closer together. National Online Romance Day is a reminder that when it comes to love, the internet can be just as magical as a romantic comedy.

## History of Online Dating

The world of online romance has seen a significant evolution over the years, thanks to the emergence of innovative platforms and programs. Back in the early 2000s, sites like Match.com and eHarmony were dominating the online dating scene, offering single people a chance to connect with potential romantic partners from the comfort of their homes. In 2012, the popular dating app Tinder was launched and quickly began to rise in popularity. Its swiping feature revolutionized the online dating experience, making it faster and more intuitive. Other platforms like Bumble and Hinge followed suit with unique features of their own, catering to different preferences and demographics.

## Five Online Dating Platforms

- ❖ One popular platform is eHarmony - designed to match people based on compatibility, this program uses a complex algorithm to help users find long-term relationships.
- ❖ Another popular choice is Plenty of Fish, an online dating service with over 90 million registered users, which offers various search options and messaging tools.
- ❖ If you're interested in international dating, check out International Cupid, offering users access to singles from all over the world.
- ❖ For those seeking a more casual experience, Tinder is an app-based service that is widely used by young adults, with swipe-based profiles and instant messaging.
- ❖ Match.com is a popular option offering extensive search features and the ability to browse profiles completely free of charge with paid options to increase your experience.

## How to Celebrate National Online Romance Day

- ❖ Sign up for an online dating service, [hundreds of sites](#), [thousands of reviews](#).
- ❖ Learn how to write a [good online dating profile](#).
- ❖ Read "[Safe Online Dating](#)."
- ❖ Check out [25 Online Dating Statistics and Trends](#).
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# May 15 – Bring Flowers To Someone Day

There's something magical about giving someone flowers. Whether it's a single stem or a grand bouquet, the act of giving can result in a flood of positive emotions for both the giver and the receiver. A simple gesture like this can brighten someone's day, bring comfort during a difficult time, or simply express your love and appreciation. The joy of giving flowers lies in the connection it creates with others, and the opportunity it gives us to spread kindness and beauty in the world. So next time you want to show someone you care, consider giving them the gift of flowers. It's a simple gesture that can have a big impact.

## History of Giving Flowers

Flowers have been a symbol of love, appreciation, and comfort for centuries. From red roses to yellow daffodils, they convey emotions that words cannot express. But did you know that the oldest recorded instance of giving flowers as a gift dates back to ancient Egypt? Yes, you read that right! While excavating a tomb in Saqqara, archaeologists stumbled upon a fresco that depicted a man presenting flowers to a woman. This fresco is estimated to be over 4,000 years old, making it the oldest known depiction of humans giving flowers as a gift.

## Five Things About Flowers

- ❖ The rose has long been used to convey love and romance for centuries.
- ❖ The lily has long been associated with purity and innocence.
- ❖ The chrysanthemum represents honesty and devotion.
- ❖ The daisy, a symbol of simplicity and purity, represents hope and innocence.
- ❖ The carnation, with its ruffled petals and sweet fragrance, conveys love and admiration.

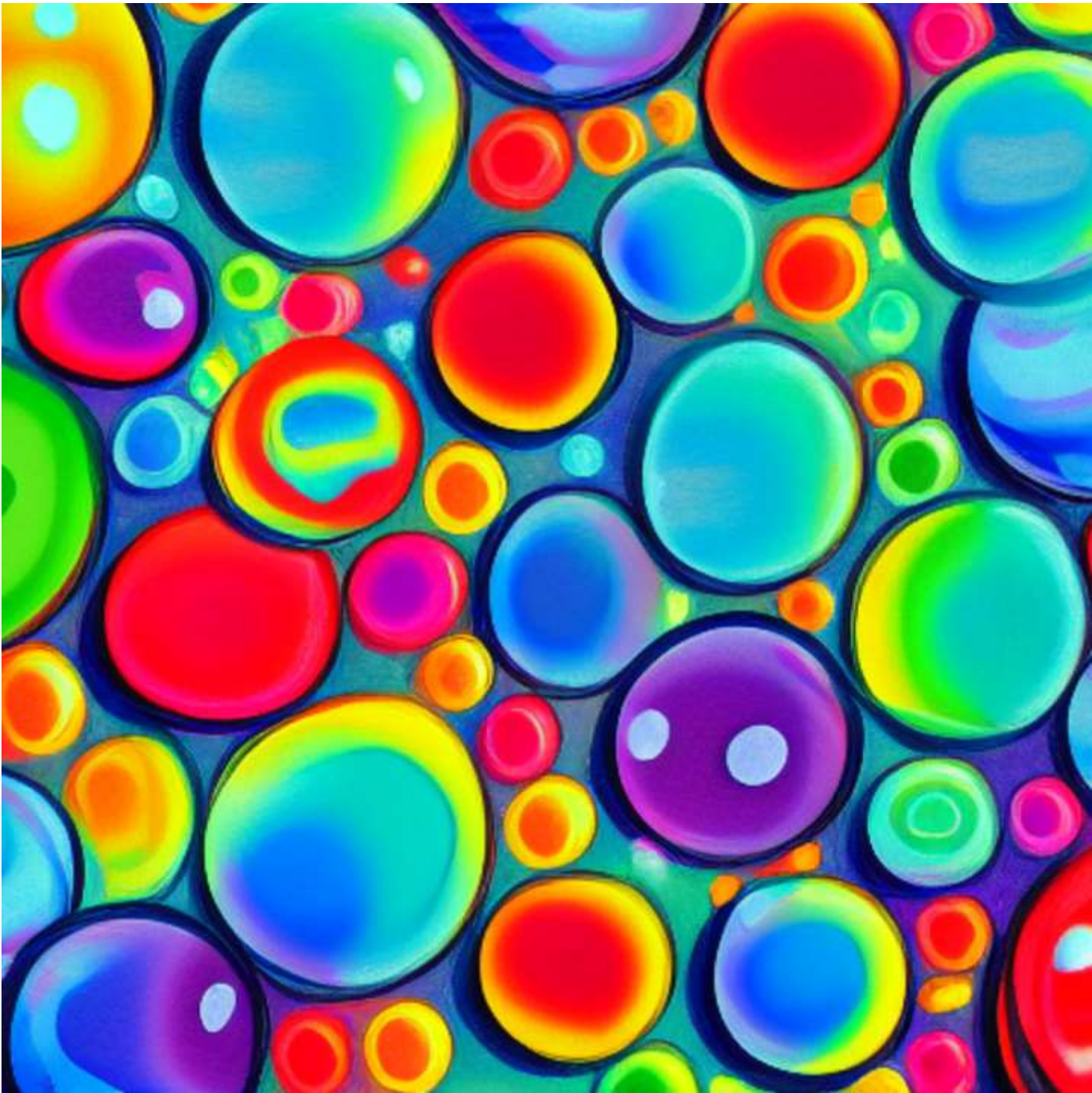
## How to Celebrate Bring Flowers to Someone Day

- ❖ **Bring someone flowers** today - order online!
- ❖ **Give an orchid** for a long-lasting gift.
- ❖ Try **flowers the LovePop version** that'll last forever.
- ❖ Bring flowers from your own garden. **How to plant a flower garden.**
- ❖ **Learn about floriography** - the Victorian Language of Flowers.
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## 38 Hertz Flower Gifts

Spring Tulips Orchid Beauty Easter Lily Glorious Spring Daisy Days  
Rosy Hearts Poppy Fields Poinsettias Christmas Bouquets Autumn Flowers  
Bamboo and Flowers Flowers and Letters







# May 16 – Honor Our LGBT Elders Day

Honoring LGBT elders is a necessary and significant celebration that must be undertaken by society as a whole. Individuals who have spent their lives bravely fighting for equality and acceptance deserve recognition and respect, especially in their later years. It is important to acknowledge the contributions made by these pioneers, as they have paved the way for the freedoms that members of the LGBT community enjoy today. Through honoring these elders, we not only show our appreciation for their work, but we also demonstrate the importance of respecting and valuing the lives of all individuals, regardless of their sexual orientation or gender identity. With our acknowledgement and support, we can provide dignity and honor to those who have given so much to the community.

## History of the LGBTQ+ Movement

The Stonewall Riots were a pivotal moment in the LGBTQ+ rights movement, igniting a spark that still burns brightly today. In the early hours of June 28, 1969, police raided the Stonewall Inn in New York City, a popular spot for LGBTQ+ individuals who faced discrimination and violence in other establishments. The patrons had had enough, and this time they fought back, sparking a riot that lasted several days. This event marked a turning point for the community, as activists came together to demand equality and justice.

## Five Important Gay Activists

- ❖ Harvey Milk was the first openly gay elected official in California who worked tirelessly to fight for equality and civil rights for all.
- ❖ Bayard Rustin, an African American gay man, was a key organizer of the historic March on Washington and fought for the rights of both the black and LGBTQ+ communities.
- ❖ Billie Jean King, a legendary tennis player, used her platform to advocate for LGBTQ+ rights in sports.
- ❖ Sylvia Rivera was a transgender rights activist and a founding member of the Gay Liberation Front.
- ❖ Audre Lorde was a black lesbian feminist poet who used her writing to shed light on the intersectionality of different identities and the struggles they face.

## How to Celebrate Honor Our LGBT Elders Day

- ❖ Read about the [history of the gay rights movement](#).
- ❖ Read about [early pioneers of the gay rights movement](#).
- ❖ Watch the video, "[A Living History of the LGBT Movement Since the 1800s.](#)"
- ❖ Buy fun [gay pride novelty items](#).
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# May 17 – National Mushroom Hunting Day

Get ready to put on your walking shoes and grab a basket because it's time to celebrate National Mushroom Hunting Day! This holiday is all about getting outside and enjoying the hunt for one of nature's most delicious treasures. With over 10,000 species of mushrooms, there's sure to be a variety waiting to be discovered in your local forests and fields. Whether you're a seasoned forager or a first-time mushroom hunter, this day is the perfect opportunity to appreciate the wonders of the natural world, bond with loved ones, and maybe even bring home a delicious meal. So grab your friends and family, bundle up, and head out on the hunt. Who knows, you might just uncover a rare and tasty find!

## History of Eating Mushrooms

While the history of eating mushrooms is not well documented, evidence suggests that they were consumed by ancient Egyptians, Greeks, and Romans. In China, mushrooms have been used for medicinal purposes for over 2,000 years. Mushrooms also have a rich history in Native American cultures, where they were used in rituals and believed to have spiritual and healing properties. Today, mushrooms continue to be a popular food and are celebrated for their unique flavor and health benefits.

## Five Things About Mushrooms

- ❖ Some mushrooms can live for hundreds of years, making them some of the oldest living organisms on the planet.
- ❖ Mushrooms were the first organisms to ever break down lignin, a tough material found in the cell walls of plants.
- ❖ There are over 14,000 known mushroom species worldwide.
- ❖ Some mushrooms are used in traditional medicine for their medicinal properties.
- ❖ Despite their humble appearance, mushrooms have the potential to save the world - with their ability to break down pollutants and even clean up oil spills.

## How to Celebrate Mushroom Hunting Day

- ❖ The [top 25 counties](#) in the U.S. for hunting mushrooms.
- ❖ [Take a course](#) in mushroom as food and medicine.
- ❖ Buy a [mushroom-hunting book](#), identify the right mushrooms.
- ❖ Bon Appetit [37 mushroom recipes](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# May 18 – International Astronomy Day

International Astronomy Day is the perfect opportunity to celebrate the vast expanse of the universe and our never-ending fascination with the mysteries it holds. This day, observed twice a year on the Saturdays closest to the first quarter moon, encourages people of all ages to explore the night sky and expand their knowledge of the cosmos. With events ranging from stargazing parties to lectures by experts in the field, this special occasion provides an incredible chance to discover the wonders beyond our planet. Whether you are an avid astronomer or just someone who enjoys gazing up at the stars, International Astronomy Day offers a chance to gain a better understanding and appreciation of the vast universe that surrounds us.

## History of Astronomy

Early civilizations depended on the position of the stars and planets for navigation, agriculture, and religious practices. The Greeks, with their passion for mathematics and philosophy, developed early models of the universe and its astronomical phenomena. The development of telescopes in the 17th century allowed for deeper study of the stars, leading to the discovery of new planets within our own solar system. Today, we continue to explore the mysteries of the universe, seeking answers about the origins of the cosmos, the possibility of extraterrestrial life, and the future of our own planet.

## Five Things About Astronomy

- ❖ The Milky Way galaxy is estimated to contain over 100 billion stars.
- ❖ Black holes are some of the most mysterious and intriguing objects in the universe, with their powerful gravity and ability to warp spacetime.
- ❖ Our solar system's largest planet, Jupiter, is so massive that it has its own mini solar system of moons.
- ❖ The phenomenon of auroras, such as the northern and southern lights, are caused by charged particles from the sun interacting with Earth's magnetic field.
- ❖ Scientists estimate that the universe is around 13.7 billion years old - mind-boggling when you consider the vastness of space and the incredible complexity of the cosmos.

## How to Celebrate International Astronomy Day

- ❖ You might want to [purchase a new telescope](#) today.
- ❖ Put together an [astronomy puzzle](#).
- ❖ Make [space-themed food](#).
- ❖ Throw a [star-gazing party](#).
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# May 19 – National Pizza Party Day

Pizza lovers of the world, unite! It's time to slice up some fun and celebrate National Pizza Party Day. Whether you're a fan of classic cheese, adventurous toppings, or deep-dish delights, this holiday is the perfect excuse to indulge in your favorite pie. Gather your friends, fire up the oven, and get ready for a night of cheesy goodness. From traditional margherita pies to gourmet creations, there's a flavor for everyone to savor. So, let's raise a slice and cheers to National Pizza Party Day!

## History of Pizza Party Day

The history of National Pizza Party Day can be traced back to the early 2000s. It was created by pizza chain restaurant, Pizza Hut, as a marketing campaign to promote their brand and encourage people to throw pizza parties. And as we all know, pizza parties are the ultimate way to bring people together and celebrate. Over the years, the holiday gained popularity and is now celebrated on the third Friday of May every year.

## Five Pizzas to Try

- ❖ Margherita pizza, with its simple but delicious combination of fresh tomatoes, mozzarella cheese, and basil, all on top of a crispy crust.
- ❖ For meat lovers, pepperoni pizza is a classic choice with its spicy salami and gooey cheese.
- ❖ Vegetarians might opt for the earthy mushroom and spinach pizza.
- ❖ The sweet and tangy Hawaiian pizza, complete with pineapple and ham.
- ❖ Finally, for those who want to step out of their comfort zone, try the savory white pizza, with a garlic and oil base instead of tomato sauce.

## How to Celebrate National Pizza Party Day

- ❖ [Purchase a pizza oven!](#)
- ❖ Throw a pizza party potluck - [get the guide](#).
- ❖ [60 side dishes](#) that go with pizza.
- ❖ Add [beautiful pizza things](#) to your kitchen.
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# May 20 – World Bee Day

World Bee Day is a special day dedicated to these remarkable flying insects that have a crucial impact on our planet. It's an opportunity to raise awareness about the importance of bees in pollinating crops, which helps to ensure our food supply. From honeybees to bumblebees, hundreds of species of bees play a vital role in the ecosystem, making it possible for flowers, plants, and trees to thrive. Celebrating World Bee Day is an excellent way to learn more about the fascinating world of bees and show gratitude for their hard work. So, let's commemorate this day and make a positive impact on the lives of our buzzing friends!

## History of World Bee Day

In 2017, the UN General Assembly declared May 20th as World Bee Day, on the proposal of the Slovenian Beekeeping Association. This day is dedicated to raising awareness about the importance of bees and other pollinators, the threats they face, and the actions we can take to protect them. The history of World Bee Day is a testament to the power of activism and collaboration, and to the shared responsibility we have towards the environment. Today, people all over the world come together to celebrate bees and to learn from the Slovenian beekeeping wisdom.

## Five Things About Bees

- ❖ Did you know that bees have five eyes? They have three small eyes on top of their head and two large compound eyes on either side. These eyes help bees navigate their surroundings and differentiate between colors.
- ❖ Bees are also incredible pollinators, with some species visiting up to 5,000 flowers a day! Without bees, many plants and crops would struggle to reproduce.
- ❖ Another interesting fact is that bees communicate through dance. The "waggle dance" is used to tell other bees where to find food sources.
- ❖ There are actually over 20,000 different species of bees.
- ❖ While you might think of bees as buzzing, chaotic creatures, they actually have a highly organized social structure, with each bee playing a specific role in the hive.

## How to Celebrate World Bee Day

- ❖ "[The Bee Conservancy](#)," Learn about the importance of bees.
- ❖ [10 Ways to Save the Bees](#).
- ❖ Take the [Honeybee Quiz](#).
- ❖ Make a [bee garden](#), a [bee house](#), or [buy bee things](#).
- ❖ Buy local honey - [use the locator](#).
- ❖ Make things with honey [Honey recipes](#).
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# May 21 – World Meditation Day

World Meditation Day is a wonderful opportunity to tap into the power of mindfulness and connect with your inner self. This day provides a moment for people from different parts of the world to come together and celebrate the power of meditation. Meditation is a practice that has been around for thousands of years, and it has been shown to have a positive impact on our lives. Participating in World Meditation Day means that we can set aside time to focus on our mental well-being and find inner peace. The benefits of meditation are endless; it reduces stress, lowers blood pressure, enhances concentration, and improves overall health and well-being. This day serves as a reminder that we should make a conscious effort to take care of our mental health and seek inner peace.

## History of Meditation

Meditation is an ancient practice that has been around for thousands of years in various cultures around the world. Its history can be traced back to the early Hindu traditions in India, where it was initially used as a way to connect with the divine. Over time, it spread to other countries and became a prominent feature in religious practices such as Buddhism and Taoism. During the 20th century, meditation became increasingly popular in the West, with teachers like Maharishi Mahesh Yogi and Jon Kabat-Zinn introducing it to mainstream audiences. Today, meditation is widely recognized as a powerful tool for reducing stress, improving focus, and promoting overall well-being. Its history is rich and varied, and it continues to evolve as new techniques and approaches are developed.

## Five Things About Meditation

- ❖ Meditation can reduce stress levels, promoting a more calm and relaxed state of mind.
- ❖ It can improve focus and concentration, allowing one to sharpen their mental faculties.
- ❖ Meditation can enhance emotional well-being by reducing feelings of anxiety and depression.
- ❖ It can improve sleep quality, helping one to achieve restful and restorative sleep.
- ❖ Finally, regular meditation can promote a sense of inner peace and contentment, leading to overall increased happiness and overall life satisfaction.

## How to Celebrate World Meditation Day

- ❖ Take a [meditation course](#).
- ❖ Join an online [community meditation](#) group.
- ❖ Find [meditation and other mindfulness techniques](#).
- ❖ Use these [guided meditations](#) on YouTube.
- ❖ Create a [meditation room](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# May 22 – Buy a Musical Instrument Day

Music has a unique ability to transport us to different times and places, to evoke emotions we may have forgotten or never known. That's why there is a special day dedicated to celebrating the joys of playing music: Buy a Musical Instrument Day! Whether you already know your way around a keyboard or are just starting to strum a guitar, this is the perfect opportunity to invest in a new instrument and explore the incredible world of music. So why wait? Celebrate this special day by picking up that saxophone or ukulele you've always dreamed of playing and let the music take you away!

## History of Musical Instruments

The history of musical instruments is as old as human civilization itself. From the primitive rhythms produced by banging rocks against each other to the intricate melodies of modern-day orchestras, music has been an integral part of our lives for centuries. While we may never know exactly when it all began, the oldest recorded evidence of a musical instrument dates back over 40,000 years ago. The discovery of the Divje Babe flute, a bone flute found in present-day Slovenia, has sparked much speculation and fascination among archaeologists, musicians, and historians alike. The intricately carved instrument is believed to have been crafted by the Neanderthals, a species closely related to but distinct from modern humans. Despite its age, the Divje Babe flute still holds the power to inspire awe and wonder at the thought of the beautiful melodies that may have been played on it so long ago.

## Five Things About Musical Instruments

- ❖ The piano's full name is actually "pianoforte," and it was invented by an Italian named Bartolomeo Cristofori in the early 1700s.
- ❖ The bagpipes actually originated in ancient Egypt and were popularized in Scotland,
- ❖ The accordion was once known as the "sweating harmonica" due to its multiple bellows and complicated design.
- ❖ The oldest surviving guitar dates back to the 16th century and is currently housed in a museum in Italy.
- ❖ The harp wasn't always the elegant instrument it is today - back in ancient times, they were made from anything from tortoise shells to hunting bows.

## How to Celebrate Buy a Musical Instrument Day

- ❖ Buy a **musical instrument**, of course! The types are endless and many are affordable.
- ❖ Take some **music lessons**.
- ❖ **Make your own rain stick**.
- ❖ **Explore over 200 musical instruments** - virtual encyclopedia.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# May 23 – Lucky Penny Day

Lucky Penny Day is all about picking up a penny and believing that it brings good luck. The origins of this day are unknown, but it has been celebrated on May 23rd for years. Many people believe that finding a penny with the heads side up is a sign of good fortune, while others simply enjoy collecting them. Regardless of the reason, Lucky Penny Day is a time to celebrate and reflect on the small things in life that can bring us luck and happiness. So, take a moment today to appreciate the little things, and remember to always keep an eye out for that lucky penny!

## History of Pennies Being Coined as Lucky

The history of pennies being considered lucky can be traced back to ancient times when metals were believed to have magical qualities and powers. In some cultures, it was believed that finding a penny on the ground meant that good luck and fortune were coming your way. Even today, the idea of carrying a penny in your pocket for good luck remains a popular tradition. Some people even go as far as to place a penny in their shoe or keep it inside their wallet to attract wealth and success.

## Five Things About Pennies

- ❖ Pennies are actually made up of mostly zinc. The outer layer is only a thin coating of copper.
- ❖ The original design of the penny featured Lady Liberty wearing a headdress.
- ❖ Another surprising fact is that pennies can actually be used to conduct electricity due to their high level of conductivity.
- ❖ Over 8 billion pennies are produced each year.
- ❖ If you were to lay 1.2 billion pennies in a line, it would circle the Earth over 50 times!

## How to Celebrate Lucky Penny Day

- ❖ **Get a metal detector** - hunt for pennies and more.
- ❖ Start a **penny collection**.
- ❖ Make some **penny crafts**.
- ❖ Make delicious **copper penny carrots**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# May 24 – National Scavenger Hunt Day

Scavenger hunts are a thrilling way to satisfy your inner adventurer. Whether you are a kid or an adult, you can always appreciate the excitement of a scavenger hunt. With a list of clues and riddles, you can use your wits and teamwork to hunt down treasures and complete challenges. A scavenger hunt can be done anywhere, from your backyard to the bustling city streets. It can be customized to fit any occasion, from birthday parties to corporate team building events. The best part of a scavenger hunt is the satisfaction of discovering clues and finding hidden gems. So grab some friends or family, create a list of clues, and let the scavenger hunt begin!

## History of Scavenger Hunts

Scavenger hunts are a classic game that has been enjoyed by people of all ages for generations. The concept of searching for items and clues has been around for centuries, but it wasn't until the early 1930s that the modern-day scavenger hunt we know and love was born. [Elsa Maxwell](#), a New York socialite, is credited with creating the first scavenger hunt in the United States. She hosted elaborate parties where guests were tasked with finding items hidden around her home, and the idea quickly caught on. Scavenger hunts have since become a popular activity for team building, birthday parties, and even proposal scavenger hunts!

## Five Things About Scavenger Hunts

- ❖ Scavenger hunts trace back to ancient times when hunters and gatherers had to search for food.
- ❖ Nowadays, scavenger hunts are used for various reasons, from educational purposes to corporate team-building activities.
- ❖ Scavenger hunts are not just limited to physical locations, they can also be done virtually, making them an ideal way to engage with friends and family from afar.
- ❖ The largest scavenger hunt ever recorded had over 50,000 participants.
- ❖ The Amazing Race is a popular TV show based on the scavenger hunt idea.

## How to Celebrate National Scavenger Hunt Day

- ❖ Read about [Elsa Maxwell](#), who popularized fun party ideas, including the scavenger hunt.
- ❖ Learn how to [create a scavenger hunt](#).
- ❖ Loads of [scavenger hunt ideas](#).
- ❖ 25 ideas for a [virtual scavenger hunt](#).
- ❖ Purchase [scavenger hunt games](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# May 25 – Global Africa Day

Global Africa Day on May 25th is a celebration of the diverse and vibrant cultures of the African continent, as well as the contributions of people of African descent all over the world. This special day recognizes the struggles and triumphs of those who have fought for freedom and justice, and it is an opportunity for people of all backgrounds to come together to honor the rich history and traditions of Africa. From music and dance to cuisine and fashion, Africa has so much to offer the world. So, on May 25th, let us not only celebrate the past achievements of African leaders and activists, but also look towards a bright and promising future for the continent and its people.

## History of Global Africa Day

This holiday has a vibrant history that dates back to 1958 when representatives from various African nations gathered in Accra, Ghana, for the first-ever Conference of Independent African States. The conference aimed to promote Pan-Africanism and strengthen African unity, which eventually led to the creation of the Organization of African Unity, now known as the African Union. Today, Global Africa Day represents a symbol of hope and pride for Africans worldwide and a chance to honor their cultural heritage and identity. It also serves as a reminder of the ongoing struggles for social justice and human rights that continue to define the African experience globally.

## Five Things About Africa

- ❖ The earliest known anatomically modern humans lived in Africa about 200,000 years ago.
- ❖ The continent is home to the largest hot desert in the world. The Sahara covers almost 3.6 million square miles and is roughly the same size as the United States.
- ❖ Africa is the second-largest continent in terms of both land area and population.
- ❖ The Ethiopian wolf, native to Ethiopian highlands, is one of the rarest and most endangered species in the world, with just 500 remaining in the wild.
- ❖ Africa boasts the longest river in the world, the Nile, at over 4,135 miles.

## How to Celebrate Global Africa Day

- ❖ Watch, "[The Entire History of Africa in Under 10 Minutes.](#)"
- ❖ [Attend a festival](#) honoring Black Culture in the US.
- ❖ Host a [soul food dinner](#) party or potluck.
- ❖ Purchase amazing [African crafts](#).
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# May 26 – World Dracula Day

For centuries, tales of vampires have enthralled and terrified audiences. And at the forefront of these ominous stories lies the infamous Dracula. First introduced in Bram Stoker's 1897 novel, Dracula has since become an indelible part of popular culture. With his piercing eyes, sharp fangs, and commanding presence, this legendary vampire has captivated readers and viewers alike. The character's combination of otherworldly powers, aristocratic charm, and insatiable thirst for blood has cemented him as one of the most iconic figures in horror literature. So, if you're looking to delve into the chilling world of vampires, beware of Dracula - for once you're in his grasp, it might be hard to escape.

## History of Dracula

The history of Dracula dates back to 15th century Romania, where a man named Vlad III Dracula ruled over the region. Known for his cruelty, Vlad III earned the nickname "Vlad the Impaler" for his gruesome practice of impaling his enemies. Bram Stoker, an Irish author, was inspired by Vlad III's violent reputation and incorporated aspects of his life into his iconic novel, "Dracula". The character of Count Dracula has since become a cultural icon and continues to enthrall fans with its haunting and dark tales.

## Five Things About Dracula

- ❖ The author of Dracula, Bram Stoker, was inspired by a real-life Romanian prince named Vlad the Impaler.
- ❖ The word "Dracula" actually means "Son of the Dragon"?
- ❖ It's even rumored that Stoker himself may have been a member of a secret society that believed in the supernatural.
- ❖ The first film adaptation of the book, "Nosferatu," was made without permission and resulted in a lawsuit that almost destroyed the movie's production company.
- ❖ One thing we know for sure about Dracula: he loves his wine. The character is often depicted drinking blood, but he was originally written to have an insatiable thirst for red wine.

## How to Celebrate World Dracula Day

- ❖ [Dress like Dracula](#) today!
- ❖ Add the [book, Dracula](#), to your library.
- ❖ [Watch a video](#) about Dracula and Transylvania.
- ❖ Host a vampire-themed party with [vampire food](#).
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# May 27 – National Sunscreen Day

Bright rays and warm temperatures are a perfect recipe for spending quality time outside. But prior to basking in the sun's warmth, it's critical to apply sunscreen. National Sunscreen Day encourages people to practice safe sun habits and protect their skin from harmful UV rays. On May 27th, people assemble to celebrate the occasion and raise awareness about the importance of using sunscreen every day. It's not just a matter of avoiding a painful sunburn; it's a matter of reducing the risk of skin cancer and premature aging. With a countless number of sunscreen varieties to choose from, anyone can and should take the necessary steps to care for their skin and enjoy a lifetime of healthy summers.

## History of Sunscreen

It all began in ancient times when people would use plant extracts and oils to protect their skin from the sun. In the 1930s, the first modern sunscreen was developed by an Australian chemist named Franz Greiter. This sunscreen was called Gletscher Crème or Glacier Cream and had an SPF of 2, which seems low compared to today's sunscreens. Over time, sunscreen formulas were improved and SPF levels were increased to help protect our skin from sun damage.

## Five Things About Sun Exposure

- ❖ First and foremost, prolonged exposure to the sun can lead to skin damage from ultraviolet (UV) radiation.
- ❖ You can experience sunburn in as little as 15 minutes in strong sunlight.
- ❖ Both adults and children should use sunscreen with a minimum sun protection factor (SPF) of 30.
- ❖ Peak sunlight hours are between 10 a.m. and 4 p.m., so consider taking a break from the sun during this time.
- ❖ Even on cloudy or overcast days, you're still exposed to UV rays, so don't skip the sun protection.

## How to Celebrate National Sunscreen Day

- ❖ Read, "[Sunscreen, a Brief Walk Through History.](#)"
- ❖ [Stock up on sunscreen.](#)
- ❖ Locate the [sunniest places in the world.](#)
- ❖ Learn about [skin cancer.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# May 28 – World Hunger Day

World Hunger Day is an annual event that raises awareness about the millions of people suffering from hunger around the world. The Hunger Project, an organization dedicated to ending world hunger, created this day to highlight the importance of hunger relief efforts. It is a sobering reminder that while many of us have an abundance of food, others are struggling to find their next meal. World Hunger Day serves as a call to action for governments, policymakers, and individuals to take steps towards ending hunger and poverty. It's a time to remember that ending hunger requires a collective effort and a commitment to creating a world where everyone has access to nutritious food. Let's work together to eliminate world hunger, one step at a time.

## History of World Hunger Day

World Hunger Day was established in 2011 by the Hunger Project, an organization dedicated to ending hunger and poverty. The day is meant to raise awareness about global hunger issues and inspire action to combat hunger around the world.

## Five Things About World Hunger

- ❖ Hunger doesn't just affect developing countries. In fact, many people in the United States and other wealthy nations struggle to access sufficient food.
- ❖ Hunger is not just about lack of food; it's also about poverty, lack of access to education, and other structural issues.
- ❖ One in nine people worldwide suffer from chronic hunger. That means over 820 million people are not able to obtain the proper nutrition their bodies need to function.
- ❖ 45% of child deaths are caused by malnutrition.
- ❖ Roughly one-third of all food produced in the world goes to waste each year.

## How to Celebrate World Hunger Day

- ❖ Read and learn about [The Hunger Project](#).
- ❖ Use the [Charity Navigator](#) to evaluate/donate to world hunger efforts.
- ❖ [Organize a food drive](#).
- ❖ [Find a food pantry](#) in the US.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# May 29 – Learn to Compost Day

Composting may not be something that immediately comes to mind when you think of ways to make a difference for the environment, or a thing to celebrate, but it is a practice with significant benefits. Essentially, composting involves taking your food scraps and yard waste and breaking them down into nutrient-rich soil that can be used to nourish plants and gardens. Not only does this reduce the amount of waste that ends up in landfills, but it also reduces greenhouse gas emissions that are generated by decomposing organic matter. Additionally, compost can help to reduce erosion and water usage, improve soil quality, and even promote healthy plant growth. By learning more about the value of composting, you can make an impactful and eco-friendly choice for your own household.

## History of Composting

Even before the invention of farming, early humans recognized the importance of organic matter in soil and used composting to improve the fertility of their crops. The process of composting has been utilized since ancient times, back when there were no supermarkets or grocery stores. People knew the importance of being self-sufficient and using all available resources, including waste from their kitchens and farms. The ancient civilizations used composting techniques to enrich their soil with rich organic matter, improving plant growth and yield. Although the concept of composting is a simple and easy one, it has been a saving grace to communities and has improved farming practices for centuries.

## Five Benefits of Composting

- ❖ Composting reduces landfill waste and greenhouse gas emissions.
- ❖ Composting enriches soil with nutrients and organic matter, making it perfect for growing healthy plants.
- ❖ Composting reduces the need for chemical fertilizers and pesticides.
- ❖ Composting helps conserve water by increasing soil's ability to retain moisture.
- ❖ Composting can save you money by reducing the amount you spend on soil amendments and waste removal.

## How to Celebrate Learn About Composting Day

- ❖ **Purchase composting supplies.**
- ❖ **Take a course** in composting.
- ❖ **Learn how** to compost indoors.
- ❖ **Things to do** with compost if you don't garden.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# May 30 - Fakesgiving

Fakesgiving is a celebration that has emerged in recent years, gaining popularity across the United States during the pandemic. Unlike Thanksgiving, Fakesgiving usually involves a more casual vibe, less preparation and stress, and sometimes some fun twists on traditional Thanksgiving dishes, including non-traditional food or drink options. It's a time to kick back with your loved ones, enjoy each other's company, and give thanks for all the blessings in your life. Whether you're a seasoned host or a first-time attendee, Fakesgiving is a holiday that's sure to impress and create lasting memories. Since the day was developed because of the pandemic, you might include a virtual element.

## History of Fakesgiving

Fakesgiving is a term coined by Gabriel McCracken in response to the pandemic and not being able to get together in large groups. We're suggesting you can create whatever you want today, since it's fake!

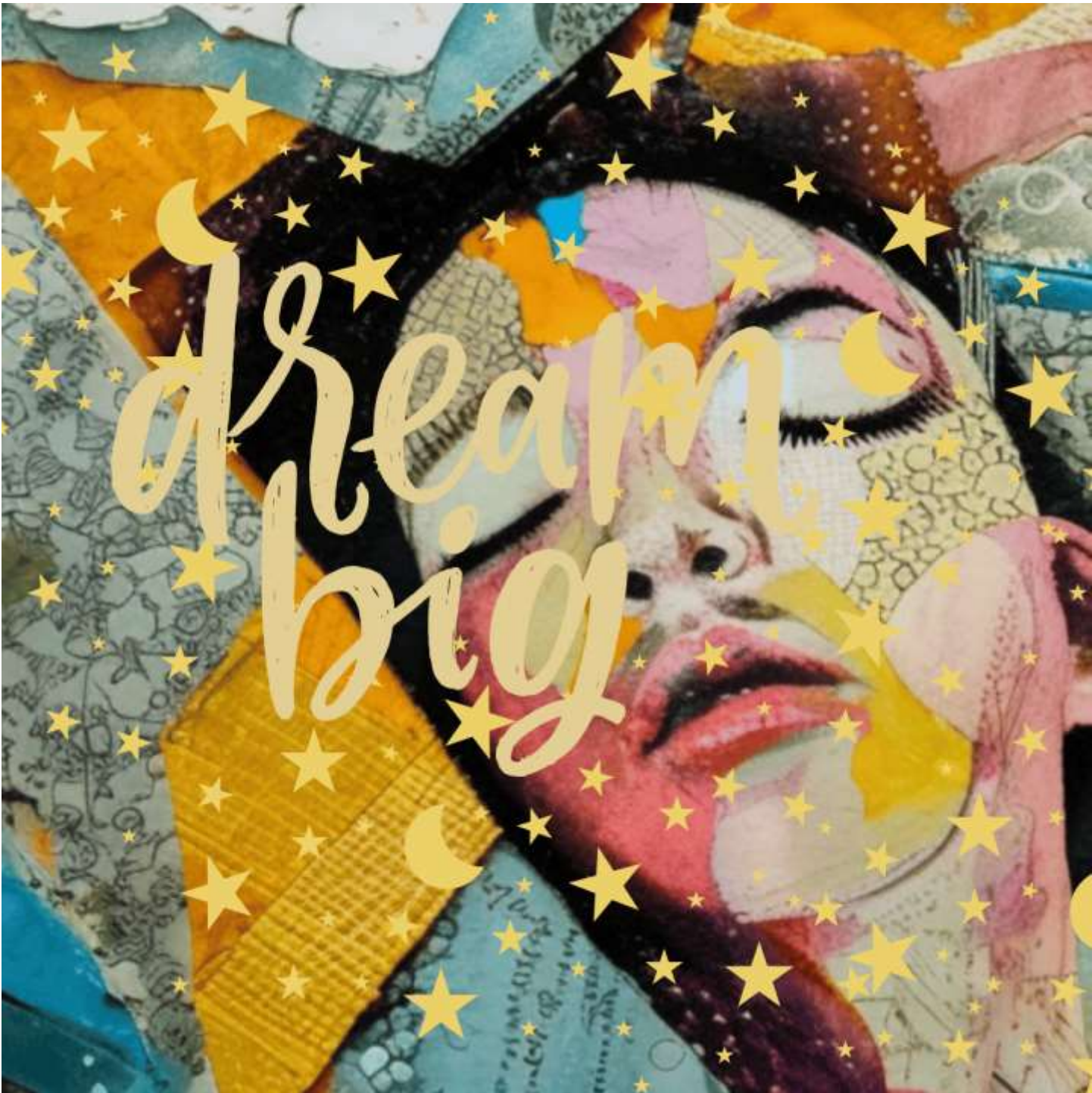
## Five Things About Fakesgiving

- ❖ You can really make up any fake holiday you want!
- ❖ You can celebrate a holiday every day (just like we're doing here).
- ❖ Holding a Fakesgiving holiday is a great way to focus on gratitude all year.
- ❖ All holidays were made up by someone anyway, why not fake it?
- ❖ Fake holidays remind us it's really easy to create good times and good feelings.

## How to Celebrate Fakesgiving

- ❖ Create your own holiday tradition, like wearing **goofy hats** or bake an **unusual cake**.
- ❖ Exchange fun and entertaining **fake-themed gifts**.
- ❖ Take the day off work - **20 great excuses**.
- ❖ **Hold an online celebration**.
- ❖ If you love the article images, purchase them and more on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# May 31 – What You Think Upon Grows Day

Positive thinking is a powerful tool that can help all of us navigate life's challenges with increased resilience, confidence, and joy. It's a way of training our minds to focus on the good, rather than dwelling on the negative. Celebrating positive thinking means honoring the moments when we choose to see the silver lining and acknowledging the hard work it takes to cultivate a positive outlook. Whether it's taking a moment to appreciate our unique strengths and talents, finding gratitude in everyday moments, or seeking out opportunities for growth and learning, celebrating positive thinking helps us live happier, more fulfilling lives.

## History of Positive Thinking

For centuries, people have recognized the powerful influence that positive thinking can have on our lives. From ancient philosophers like Aristotle, who believed in the power of "virtuous" thoughts, to contemporary self-help gurus, positive thinking has been a staple of various cultures and traditions. In the 19th century, the New Thought movement emerged, which emphasized the importance of focusing on positive thoughts and words to manifest a better life. The principles of positive thinking have since been popularized in books, seminars, and workshops around the world. Today, many believe that our thoughts create our reality and that cultivating a positive mindset can lead to greater happiness, success, and wellbeing. The history of positive thinking is a fascinating journey through different eras and cultures, highlighting the enduring human desire for hope and a brighter future.

## Five Ways to Positive Thinking

- ❖ Gratitude; taking time to express thanks for the things in your life can lead to a more positive mindset.
- ❖ Visualization; imagining positive outcomes and focusing on the good can help manifest these things into existence.
- ❖ Affirmations; repeating positive statements about yourself can help build confidence and change negative thought patterns.
- ❖ Mindfulness; being present in the moment and focusing on the positive aspects of it can help reduce stress and increase happiness.
- ❖ Surrounding yourself with positive influences; the people, media, and environment you expose yourself to can greatly affect your thought patterns and overall positivity.

## How to Celebrate What You Think Upon Grows Day

- ❖ Purchase some beautiful [positive affirmation cards](#).
- ❖ Enjoy Oprah's [40 Daily Affirmations](#) slide show.
- ❖ Try out amazing and calming [sleep affirmations by Jason Stephenson](#).
- ❖ Read one of the OG's, "[The Power of Positive Thinking](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# June 1 – Pen Pal Day

In today's world, where technology has made communication so much easier and faster, it's easy to forget the joy of receiving a hand-written letter. But for those with pen pals, that joy is not lost. Celebrating pen pals is all about recognizing the unique friendships that can develop through the written word. You might not have ever met your pen pal face-to-face, but that doesn't mean the connection isn't real. In fact, many pen pals maintain friendships that last for years, even decades, and can even span the globe. So, whether you're a seasoned pen pal veteran or just starting out, take a moment today to appreciate the special bond that sharing thoughts, feelings, and experiences through letters can create.

## History of Pen Pals

Pen pals have a long and fascinating history that spans thousands of years. The practice of exchanging letters with someone from a different place or culture can be traced back to ancient Egypt, where scribes would write messages on papyrus scrolls that were then delivered to other cities. In the 16th century, European nobility would correspond with one another using handwritten letters that were often embellished with intricate designs and illustrations. However, it wasn't until the 20th century, with the advent of international postal services and mass literacy, that pen pal relationships truly took off. Today, technology has made it easier than ever to connect with people from all over the world, but there is still something special about the simple act of exchanging letters and getting a glimpse into someone else's life. Whether it's a childhood hobby or a lifelong passion, pen pals have enriched countless lives and fostered valuable connections across borders and cultures.

## Five Things About Pen Pals

- ❖ Writing letters is a therapeutic and relaxing activity that can reduce stress and anxiety.
- ❖ Having a pen pal allows you to practice your writing skills and learn new things about different cultures and traditions.
- ❖ Pen pals often become lifelong friends, creating strong bonds that can last a lifetime.
- ❖ In a digital world that can feel isolating, pen pals offer a sense of connection and intimacy that's hard to come by elsewhere.
- ❖ Receiving a handwritten letter in the mail sparks joy and excitement and brings back a sense of nostalgia for a simpler time.

## How to Celebrate Pen Pal Day

- ❖ Register at [GlobalPenfriends](#).
- ❖ Register at [PenPalCommunity](#).
- ❖ [Stock up on greeting cards](#) to send pen pals (find greeting cards in every design).
- ❖ Purchase some fun [new stationery](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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365 Days of Celebration 2024

# June 2 – Leave the Office Early Day

The workday can be long and tiring, but on Leave the Office Early Day, employees all over the world will have a great reason to celebrate! This day provides an opportunity for you to unplug from the chaos of the office, relax, and enjoy some quality time outside of work. Whether you decide to take a nap, enjoy the outdoors, or take some time to connect with family and friends, make sure to celebrate this day to the fullest. So mark your calendar and get ready to head out a little early today. What will you do with your extra time off?

## History of Leave of the Office Early Day

This holiday was created by Laura Stack, a productivity expert and author, to encourage people to take a break from their work and focus on self-care. In our fast-paced society, it's easy to get caught up in the endless to-do lists and deadlines, leaving little time for personal rejuvenation.

## Five Reasons to Leave the Office Early

- ❖ It helps prevent burnout and reduces stress levels.
- ❖ It gives you time to recharge and come back with fresh ideas.
- ❖ You can use the extra time to focus on personal priorities and activities.
- ❖ You'll be more likely to maintain a healthy work-life balance, and lastly.
- ❖ Your productivity may actually increase because you have a clearer sense of priorities and goals.

## How to Leave the Office Early

- ❖ Take a nap as long as you want. [Read about the benefits.](#)
- ❖ Go for an enjoyable hike or walk. Read, "[Go for a Walk.](#)"
- ❖ Meet up with a [friend for coffee](#) or happy hour.
- ❖ Run an errand or complete a chore. [Get a checklist.](#)
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# June 3 – World Bicycle Day

Bicycles have become a staple in many communities around the world. Whether it's for transportation, exercise, or just pure enjoyment, there's no denying that bicycles have made a significant impact. From the sleek and speedy road bikes to the rugged and durable mountain bikes, there are endless options to choose from. Not only are bicycles a great way to get outside and explore, but they're also an eco-friendly alternative to driving. Plus, they offer countless health benefits – boosting cardiovascular health, improving coordination, and aiding in weight loss. With so many advantages, it's no surprise that bicycles continue to be a beloved mode of transportation and recreation for people of all ages.

## History of the Bicycle

It all began in the early 19th century when the first two-wheeled machines started appearing on the streets of Europe. These early bicycles, also known as "velocipedes," were made entirely of wood and were propelled by the rider's feet on the ground. While there were numerous attempts to develop a bicycle-like device throughout history, the first practical bicycle as we know it today was invented in the early 19th century. Generally credited with this invention are German Baron Karl von Drais and Scottish blacksmith Kirkpatrick Macmillan, who developed their own versions of a two-wheeled machine that could be propelled by its rider. However, there is still debate among historians and scholars over who can truly be considered the "inventor" of the bicycle. Regardless of who holds this title, the invention of the bicycle has undoubtedly revolutionized the way we travel and continues to be a beloved mode of transportation worldwide.

## Five Things About Bicycles

- ❖ The fastest speed ever achieved on a bicycle was a whopping 167 miles per hour.
- ❖ Cyclists also happen to be some of the healthiest people out there, with studies showing that biking regularly can increase both lifespan and overall happiness.
- ❖ If you're looking for a unique way to see the world, consider embarking on the TransAmerica Trail - an epic cross-country bike ride that spans over 4,200 miles from Virginia to Oregon.
- ❖ The longest tandem bike ever built was 67 feet long and could seat up to 35 people.
- ❖ The world's first bicycle was invented in 1817 and was called the "dandy horse."

## How to Celebrate World Bicycle Day

- ❖ Been thinking about [buying a bike](#)? Today's that day!
- ❖ Find a bike route on [BikeMap](#) (over 11 million bike routes).
- ❖ Read about the [bicycle's amazing history](#).
- ❖ Listen to Queen "[Bicycle](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
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# June 4 – National Old Maids Day

For centuries, society has stigmatized unmarried women past a certain age as "old maids." These women are often pitied or even ostracized for not conforming to traditional gender roles and expectations. However, as more women prioritize their careers and personal fulfillment over marriage and children, the concept of an "old maid" is becoming outdated. It's time to recognize that a woman's worth is not defined by her marital status and that being single is a perfectly valid and fulfilling choice. Let's celebrate the many amazing and accomplished "old maids" out there who are living life on their own terms.

## History of Old Maids

Throughout history, the term "old maid" has been used to describe unmarried women who have passed a certain age. While the phrase may seem derogatory today, it was once a common way of referring to women who did not marry or have children, which was considered unusual in earlier times. In some cultures, unmarried women were believed to be cursed or unlucky, while others viewed them as empowered and independent.

## Five Things About Single Women

- ❖ Single women are often viewed as independent and strong individuals who are able to take on the world on their own terms.
- ❖ One amazing thing about single women is their ability to chase their dreams and make them a reality. They have the freedom and flexibility to take risks and pursue their passions without worrying about the impact on a significant other.
- ❖ Single women are amazing individuals who prove that being "alone" doesn't have to mean being lonely or unfulfilled.
- ❖ Many single women are also incredibly self-sufficient, able to manage a myriad of responsibilities with ease. They're not afraid of taking charge, and often inspire others to match this level of motivation.
- ❖ Beyond their individual strengths, single women also tend to be great networkers and a part of many different social groups. They are adaptable and open to new experiences, and this ultimately makes them a shining example of strength and resilience.

## How to Celebrate Old Maids Day

- ❖ [Host a girls' night in](#) - 18 ideas.
- ❖ Play the game [Old Maid](#). or [Filthy Old Maid](#).
- ❖ [Read a book](#) about being single.
- ❖ Find [Single Events](#) around the world.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# June 5 – National Hot Air Balloon Day

Experience breathtaking views from high above with hot air balloons – a magical way to travel through the skies! These whimsical flying machines have been around for centuries, and for good reason. Imagine floating across stunning landscapes, catching glimpses of the world from a whole new perspective. As you rise higher and higher, the gentle rush of hot air will carry you effortlessly through the air, giving you a sensation like no other. It's no wonder hot air ballooning is a popular bucket-list item for adventure seekers and romantics alike. So why not try something different and take to the skies on a hot air balloon ride? It's sure to be an unforgettable experience.

## History of Hot Air Balloons

The hot air balloon origins date back to the 1700s when French brothers Joseph and Etienne Montgolfier conducted their first experiment. The balloon they created was constructed of paper and silk and was powered by a raging fire. It lifted off the ground and soared into the sky, capturing the attention of the world. Since then, the hot air balloon has been used for a variety of purposes, from scientific research to military reconnaissance. Its unique design and peaceful demeanor make it a favorite among recreational enthusiasts.

## Five Things About Hot Air Balloons

- ❖ Hot air balloons can reach heights of up to 30,000 feet.
- ❖ Hot air balloons are not steered like traditional aircraft- instead, their direction is controlled by the wind.
- ❖ Hot air balloons can also be constructed in a variety of shapes and sizes, including animals and even houses!
- ❖ They're often used for scientific purposes, such as studying the earth's atmosphere and climate.
- ❖ The Pathfinder-1 is a hot air balloon, built by British aeronauts Julian Nott and Ian Ashpole, that holds the impressive record for the longest flight time of any hot air balloon. In 1993, the Pathfinder-1 soared for a sky-high 50 hours and 38 minutes, covering over 2,300 miles in its journey across the United States.

## How to Celebrate Hot Air Balloon Day

- ❖ Take a ride in a hot air balloon - [20 places in the world](#).
- ❖ Take a [virtual hot air balloon ride](#).
- ❖ Buy some hot [air balloon fun things](#).
- ❖ Make the cutest [honeycomb hot air balloon](#) decoration.
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# June 6 – National Yo-Yo Day

Playing with a yo-yo is more than just a simple pastime - it's an art form that brings joy to countless people. There's something exhilarating about the sensation of the toy whirling up and down the string as it dances to the rhythm of your hand. The beauty of the yo-yo lies in its versatility; it can be used for basic tricks like the sleeper or walk the dog, or for more complex maneuvers like the Buddha's revenge or the matrix. But it's not just about the tricks - there's a meditative quality to the way the yo-yo moves that can be both calming and invigorating. Watching the yo-yo spin, twist, and turn is a hypnotic experience that can help you forget about the stressors of everyday life. For those who have yet to dip their toes in the world of yo-yo, take the plunge - your mind (and hands) will thank you!

## History of the Yo-Yo

The first recorded evidence of the yo-yo is believed to be from ancient Greece in 500BC, where a terracotta figurine was discovered holding a yo-yo-like object. The toy then popped up again in the Philippines in the 16th century, where it was used as a hunting weapon and entertainment for children. It wasn't until the early 1900s when the yo-yo as we know it today was patented and popularized by Pedro Flores, who started selling them in his small Velarde Avenue shop in California. From there, the yo-yo has become a global phenomenon, with countless competitions, tricks, and even a National Yo-Yo Museum dedicated to its history and impact. It's fascinating to think that such a simple toy has such a deep and varied past.

## Five Things About the Yo-Yo

- ❖ The yo-yo is believed to have originated in ancient Greece as a weapon called a "diskos" before evolving into a toy in the Philippines centuries later.
- ❖ Second, the world's largest yo-yo weighs a whopping 256 pounds and stands at over six feet tall!
- ❖ Third, the longest yo-yo throw on record is an impressive 33 feet and 4 inches.
- ❖ Fourth, the modern yo-yo was invented by Pedro Flores, a Filipino immigrant living in the United States in the 1920s, and was named after a phrase in Tagalog meaning "come back."
- ❖ Finally, the Yo-Yo World Championships have been held annually since 1932, with competitors showing off their impressive skills and tricks.

## How to Celebrate National Yo-Yo Day

- ❖ [Buy a yo-yo](#) or start a collection!
- ❖ [Learn how to use a Yo-Yo.](#)
- ❖ Find a [Yo-Yo Contest](#) near you.
- ❖ Learn about [Yo-Yo Ma](#) and listen to his beautiful cello music.
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# June 7 – National Donut Day

Who doesn't love a warm, golden and melt-in-your-mouth donut? On the first Friday of June, people across the country come together to celebrate National Donut Day. It's an entire day dedicated to indulging in these sweet treats that bring us so much joy. From classic glazed and chocolate frosted to fun and creative flavors, there's a donut for everyone to enjoy. Whether you're grabbing a box to share with coworkers, treating yourself to a midday snack, or embarking on a donut crawl with friends, National Donut Day is the perfect excuse to satisfy your sweet tooth. So go ahead, indulge, and celebrate this delicious holiday!

## History of Donuts

Donuts have been a beloved treat for centuries, but their exact origins are shrouded in mystery. Some suggest that their origins can be traced back to Dutch settlers who brought small, fried cakes called "oily cakes" to America. Others believe that donuts hail from ancient Greece and Rome, where they were made by frying balls of dough and coating them in honey. Whatever their origins, there's no denying that donuts have become an integral part of American culture. From classic glazed donuts to more elaborate creations like Cronuts and bacon maple donuts, this tasty treat is here to stay.

## Five Things About Donuts

- ❖ Donuts were originally created as a way for Dutch sailors to store and transport food during long voyages. Additionally, the hole in the center was actually created by a sailor's mother so the donut could cook evenly.
- ❖ The first donut was made in the 1800s by a Dutch baker who fried balls of dough and called them "olykoeks," meaning oily cakes.
- ❖ Doughnut Lassies" served donuts to soldiers during World War I.
- ❖ National Donut Day was established in 1938 to honor the women who served donuts to soldiers during World War I.
- ❖ The world's largest donut weighed in at over 1.7 tons and was created in 1998 in Utica, New York.

## How to Celebrate National Donut Day

- ❖ Visit a local donut shop, take donuts to work!
- ❖ **Make a donut wall**, make a **BEAUTIFUL donut tower**.
- ❖ **Make your own** donuts.
- ❖ **Get donuts delivered** to your home.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# June 8 – Upsy Daisy Day

Upsy Daisy Day is a lighthearted and cheerful holiday that encourages us all to embrace the lighthearted and whimsical aspects of life. Celebrated on June 8th, this special day is all about having a positive outlook and staying upbeat even when things get tough. Whether it's finding joy in the simple things, spreading kindness and compassion, or simply taking a few moments to dance and sing, Upsy Daisy Day is about celebrating all the things that make life worth living. So why not take a moment to put on your favorite song, grab a bouquet of flowers, and embrace the joy and wonder of the world around you? After all, every day can be an Upsy Daisy Day if we choose to see the world with open eyes and an open heart.

## History of Upsy Daisy Day

Stephanie West Allen is an attorney who is passionate about promoting emotional intelligence and mindfulness. She is also the founder of Upsy Daisy Day, a day dedicated to spreading positivity and optimism. The origins of Upsy Daisy Day can be traced back to Allen's childhood, where she recalls her mother saying "up, up, up" to cheer her up after a fall or setback. This phrase stuck with Allen and inspired her to create a day that encourages people to overcome obstacles and stay positive. Upsy Daisy Day is now celebrated on June 8th, and serves as a reminder to keep pushing forward, no matter the circumstances.

## Five Ways to be Happy Right Now

- ❖ Practicing gratitude regularly can greatly enhance our feelings of contentment.
- ❖ Setting and working towards achievable goals gives us a sense of purpose and accomplishment.
- ❖ Prioritizing positive social connections in our lives can provide a sense of belonging and fulfillment.
- ❖ Engaging in regular exercise or physical activity is known to boost mood and reduce stress.
- ❖ Taking the time to engage in activities we truly enjoy, whether that be reading, painting, or playing music, can bring us a sense of joy and satisfaction.

## How to Celebrate Upsy Daisy Day

- ❖ Purchase a new happy journal.
- ❖ Get the [FREE Guide to More Happiness](#).
- ❖ Read the article, "[The Science of Happiness](#)."
- ❖ How happy are you? [Take the test!](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# June 9 – National Meal Prep Day

Are you tired of staring into your empty fridge at the end of a long day, wondering what on earth you're going to make for dinner? Are you sick of feeling hazy and unproductive during weekday lunch breaks, when you're trying to quickly throw together a meal before heading back to work? Meal prepping may just be the answer to all your mealtime woes! By preparing your meals in advance, you can save time, money, and energy - not to mention help ensure that you're fueling your body with nutritious, satisfying foods. No more last-minute trips to the drive-thru or half-hearted attempts at "making do" with whatever you have in the pantry. With meal prepping, you'll have a fridge stocked with delicious, grab-and-go meals that will leave you feeling happy, healthy, and ready to take on the day!

## History of Preparing Meals

Cooking is an art form that has been transformed and refined over centuries of culture and innovation. Although the historical evolution of preparing meals is complex and diverse, it is evident that the practice has been a vital part of human life for thousands of years. The origin of cooking dates back to the discovery of fire, which forever changed the way humans approached food. As civilizations blossomed, so did our culinary skills. Spices were traded around the world, recipes were passed down through generations, and techniques were constantly improved. The history of preparing meals is a fascinating and ever-evolving story that speaks volumes to our cultural identities and our shared appreciation for the experience of a great meal.

## Five Things About Meal Prepping That Will Make You Happy

- ❖ It saves time. By prepping your meals in advance, you can avoid daily trips to the grocery store and cut down on cooking time during the week.
- ❖ It's cost-effective. When you plan your meals ahead of time, you tend to shop for specific ingredients, avoid impulse buys, and reduce food waste.
- ❖ It promotes healthy eating habits. By controlling your portions and choosing nutrient-rich ingredients, you'll be able to maintain a healthy diet and reach your fitness goals.
- ❖ It reduces stress associated with meal times. With meals planned out, you have one less task to worry about, allowing you to focus on other important things.
- ❖ Meal prepping is an environmentally-friendly option. By cooking food in advance, you reduce the packaging and waste that comes from store-bought, convenience meals.

## How to Celebrate National Meal Prep Day

- ❖ Get a fun new [meal prep recipe book](#).
- ❖ Prepare your kitchen with [containers](#).
- ❖ Try out a [meal subscription](#).
- ❖ Read these awesome [20 Meal Prep Tips](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# June 10 – National BAE Day

What is BAE, you may ask? It's technically an acronym that stands for "before anyone else." And it's a day to celebrate all of the special people in your life who come before anyone else. Whether it's your partner, your child, or your best friend, today is the day to show them how much they mean to you! So why not do something special for them? Whether it's a little something sweet or a romantic gesture, do something special for your BAE today!

## History of the Word BAE

The word "BAE" has become a prominent term in our current society and has sparked curiosity about its origins. Interestingly enough, the term has a long history dating back to the early 2000s within the African American community. It was originally used as an acronym for "Before Anyone Else" and was used to refer to someone's significant other. Eventually, the term gained popularity and became mainstream in pop culture and social media. Nowadays, it's not uncommon to see "BAE" used in hashtags, captions, and even songs. Despite its widespread popularity, there is still debate over its true meaning and whether or not it has been overused. Regardless, its history shows how language can evolve and take on different meanings over time.

## Five Meanings of the Word BAE

- ❖ Oxford defines BAE as a "term of endearment for one's romantic partner"
- ❖ In 2014, Oxford defined it as word of the year.
- ❖ It was popularized by Myley Cyrus and Pharrell in the collaboration, "Come Get it, Bae"
- ❖ While the acronym, BAE, means, "before anyone else," some claim it is simply a shorter version of "Babe or Baby" or better than "Boo"
- ❖ You can even use it as an adjective for any object to mean awesome!

## How to Celebrate National BAE Day

- ❖ Post Pictures of your BAE on social media
- ❖ **Cook a romantic dinner** for your BAE.
- ❖ Send a beautiful LovePop to you BAE.
- ❖ **Send a cookie bouquet**
- ❖ **Make a very special collage**
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# June 11 – Say “Hi” Day

June 11 is Say Hi Day. Say Hi Day is celebrated in remembrance of Anthony Cinotti, a special needs teen who died unexpectedly at the age of 15. The [Say Hi Foundation](#) was created in his name to continue supporting special needs education. Anthony's favorite thing to do was to say "Hi" to people, and his story is a reminder to us that a very simple thing can bring about happiness. Whether you take the time to say hi to your barista, give a friendly wave to a stranger, or just send a text to your best friend, it's a great day to appreciate the people in your life. So go ahead and mark your calendar—Say Hi Day is definitely worth celebrating!

## History of National Say Hi Day

At the time of this writing (June 11, 2022), Say Hi Day is celebrating its first birthday by the Say Hi Foundation after the death of special needs teen, Anthony Cinotti, in 2018.

## Five Things About Say Hi Day

You know that feeling you get when you see someone, but don't know what to say? You end up not saying anything at all. Well, stop that right now! Here are five reasons why saying hi is a good idea.

- ❖ It's polite.
- ❖ It makes people feel good.
- ❖ It can break the ice.
- ❖ It shows interest in the other person.
- ❖ Who knows? You might make a new friend.

## How to Celebrate Say HI Day

- ❖ [Learn ways to say hi](#) to people.
- ❖ Donate to the [Say Hi Foundation](#)
- ❖ Listen to the Beatles, "[Hello, Goodbye](#)."
- ❖ [Make a Say Hi meme](#) and post it on social media.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# June 12 – National Red Rose Day

National Red Rose Day is a special day to celebrate the gorgeous red rose. This flower is known for its striking color and beautiful fragrance, and it has been celebrated throughout history for its unique beauty. On this day, people all over the country will buy red roses to show their loved ones how much they care. For those who don't have a significant other, National Red Rose Day is also a great opportunity to show appreciation for other important people in your life, like your mom, best friend, or favorite teacher.

## History of National Red Rose Day

When researching the history of the day, several opinions come up, none of which are entirely convincing. One resource says the celebration began in 1921 to honor Canadian soldiers who died in WWI. Another source says the day commemorates the French Revolution, which started in 1789. A third source says it has to do with Jimi Hendrix? What?! Let's just agree that there is no agreement on how this day came about, but our goal here is to find happiness, so choose the idea you like best.

## Five Things About Roses

- ❖ Roses have been around for a long time - fossil evidence shows they were growing on earth over 35 million years ago.
- ❖ Roses are native to Asia, Europe, and North America. Today, they can be found all over the world.
- ❖ There are over 100 species of roses, and thousands of different cultivars (or varieties).
- ❖ Roses aren't just pretty flowers, they're also edible and medicinal!
- ❖ The color of a rose can have different meanings. For example, roses symbolize love and passion, white roses represent purity and innocence.

## How to Celebrate National Red Rose Day

- ❖ **Send red roses**, of course!
- ❖ Check out the **American Rose Society**.
- ❖ Plant a **live rose bush**.
- ❖ **Try some rose recipes** (who's brave?)
- ❖ Host a dinner party and serve **rose wine**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# June 13 – World Softball Day

Not a softball player or watcher? Well, enjoy the mention anyway. On this special day, we celebrate one of America's favorite pastimes. Softball is a great way to get exercise and enjoy the outdoors, and it's also a great way to bond with friends and family. There's nothing quite like spending a sunny afternoon playing a game of softball, and on National World Softball Day, we honor that tradition. So grab your glove and your bat, and head out to the diamond for a game of softball!

## History of Softball

Softball, a game often played with a smaller field and underhanded pitches, has a history that is just as long as its more famous cousin, baseball. The origins of softball can be traced back to Thanksgiving Day in 1887, where a group of Harvard and Yale football alumni gathered in Chicago to cheer on their alma maters. As most college students do, they found themselves with plenty of free time and decided to play a game using a boxing glove as a ball and a broomstick as a bat. From these humble beginnings, softball evolved into a sport played by millions around the world, with events such as the World Baseball Softball Confederation (WBSC) having been created to facilitate international competition. Despite its roots, softball has grown into a sport with a unique style and a fascinating history worth exploring.

## Five Things About Softball

- ❖ It was invented in 1887 by George Hancock, a Chicago journalist, and originally played with a broomstick and tennis ball.
- ❖ The largest softball ever recorded weighed nearly six pounds and had a circumference of almost four feet.
- ❖ Major League Softball was founded in 2010.
- ❖ In softball, the pitching distance is shorter than in baseball, and the bases are placed closer together.
- ❖ Softball is typically played on a smaller field than baseball, typically 200 feet long and 60 feet wide.

## How to Celebrate World Softball Day

- ❖ Gather up some teams with friends and go play softball.
- ❖ Get some [baseball gear](#) today.
- ❖ Host a baseball/softball party with hot dogs and [apple pie](#)!
- ❖ Read the [38 Hertz article](#) about how being a sports fan can truly make you happier.
- ❖ Make a [fun softball cake](#) with this pan.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# June 14 – Flag Day

Flag Day commemorates the adoption of the United States flag to remember the history and heritage of the USA. The first Flag Day was observed in 1885, and it has been a holiday for over 130 years. The flag is a symbol of our freedom, and it stands for the values that we hold dear. On Flag Day, we celebrate the freedoms that we enjoy as Americans, and we reflect on the sacrifices that have been made to defend our country. We also remember the many immigrants who have come to our shores in search of a better life, and we celebrate the diversity that makes our nation great. Flag Day is a day to be proud to be an American, and it is a day to honor the traditions and values that make our country great.

## History of Flag Day

The first *official* Flag Day was observed on June 14th, 1877, the 100th anniversary of the adoption of the Stars and Stripes. The day commemorates the adoption of the flag of The United States, which took place on that date by resolution of the Second Continental Congress in 1777. The first celebration of Flag Day is thought to have been organized by schoolteacher, Bernard J. Cigrand in Waubeka, in Wisconsin in 1885. Cigrand has been dubbed the "Father of Flag Day" and devoted his life to promoting the holiday. In 1916, President Woodrow Wilson issued a proclamation establishing a national Flag Day, and in 1949, National Flag Day was established by an act of Congress.

## Five Things About the American Flag

- ❖ There have been 27 different designs of the flag, the most recent change in 1960 when Hawaii became a state.
- ❖ It has 13 stripes, which represent the 13 original colonies.
- ❖ The flag has 50 stars, which represent the 50 states in the union.
- ❖ The colors of the flag are red (representing liberty), white (representing equality), and blue (representing justice).
- ❖ The tradition of flying the flag at half-staff began after the death of President Abraham Lincoln in 1965.

## How to Celebrate Flag Day

- ❖ Purchase a [beautiful new American flag](#). [Fun American Flag gifts](#).
- ❖ [Host a Flag Day Party](#) with flag foods.
- ❖ Read about the [history of the American Flag](#).
- ❖ Find out if [Betsy Ross really made the first flag](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# June 15 – National Smile Power Day

National Smile Power Day is a day to celebrate the power of smiles! Smiling is infectious and can make people feel good, even on the gloomiest of days. On National Smile Power Day, let's spread some cheer by smiling at everyone we meet! We can also make a difference in our communities by doing something nice for someone else, like giving them a compliment or picking up trash from the ground. Every act of kindness makes the world a little bit brighter. So let's put on our biggest smile and make National Smile Power Day a day to remember!

## History of National Power Smile Day

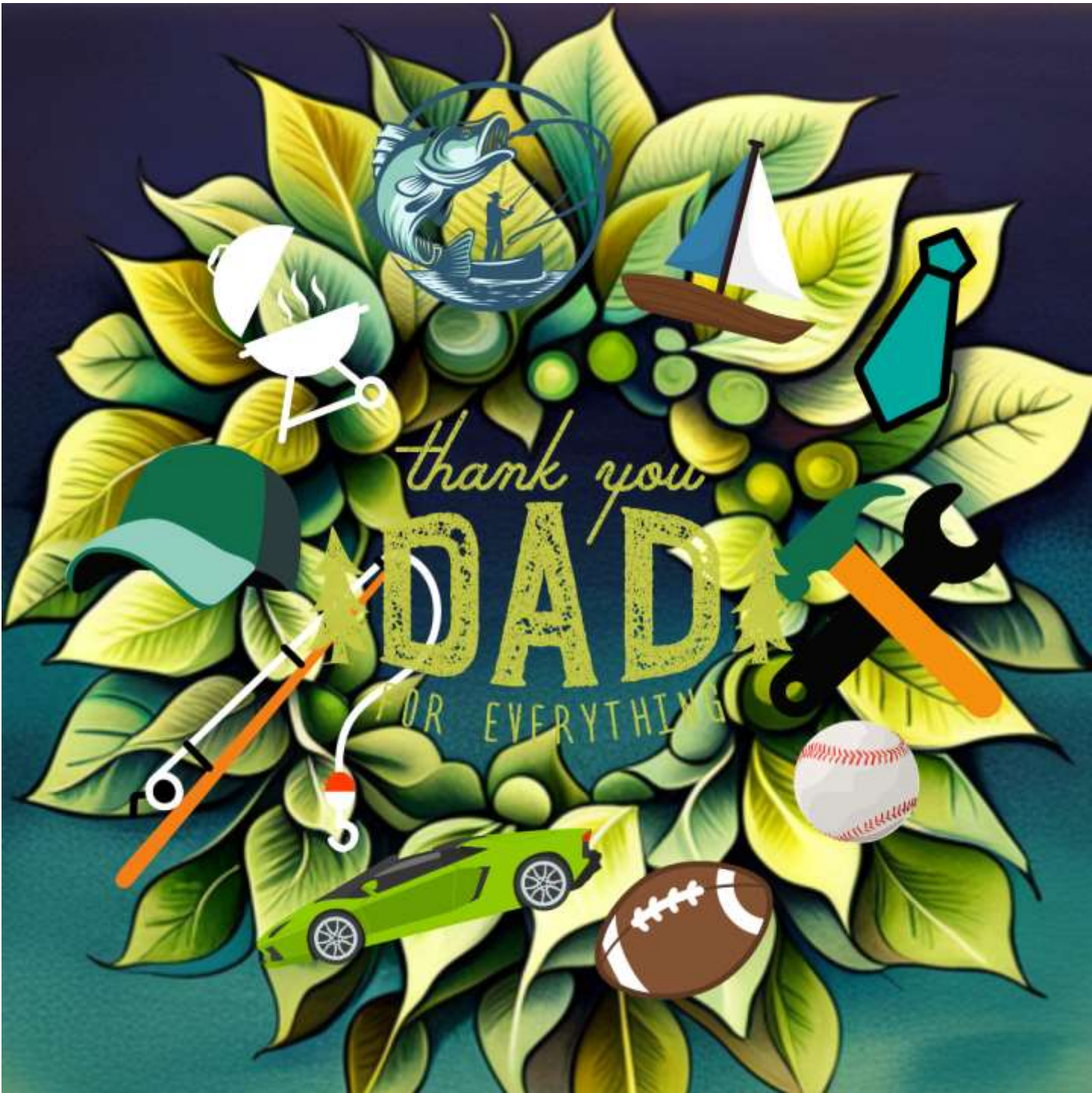
The day was created by the American Dental Association in 1999 to raise awareness of the importance of dental health. Since then, it has become an annual event that is celebrated all over the world. On National Smile Day, people are encouraged to take care of their teeth by brushing and flossing regularly, and to visit their dentist for a check-up.

## Five Things About How Smiling Makes You Happier

- ❖ Smiling triggers the release of endorphins, which are natural painkillers and mood enhancers.
- ❖ Smiling helps to reduce stress levels by relaxing the body and mind.
- ❖ Smiling makes us appear more approachable and sociable, which can help to improve our personal and professional relationships.
- ❖ Smiling is contagious – seeing someone smile can subconsciously trigger a positive emotional response in others around us.
- ❖ Smiling has been shown to boost our immune system, possibly because it helps to lower our stress levels.

## How to Celebrate National Smile Power Day

- ❖ Smile! It can instantly improve your mood.
- ❖ Buy fun [smile gifts](#).
- ❖ Read the 38 Hertz article on [Laughter as Medicine](#).
- ❖ Download the Egao app on [Apple](#) or [Android](#) (reminders to smile).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# June 16 – Father’s Day

Though it is now celebrated annually on the third Sunday in June, Father’s Day actually has a long and complicated history, and even this version might be argued. The holiday was first conceived in the early 20th century by Anna Jarvis, who hoped to create a day to honor her own father, a Virginia minister who had died in 1905. Jarvis organized the first official Father’s Day celebration in 1908, and the holiday soon caught on, spreading across the country. However, it wasn’t until 1966 that President Lyndon Johnson officially proclaimed Father’s Day be held on the third Sunday in June, but the national holiday was finally proclaimed in 1972 by President Richard Nixon.

## History of Father’s Day

Father’s Day is a special day celebrated in many countries around the world to honor and appreciate the important role that fathers play in our lives. The history of Father’s Day dates back to the early 20th century when a young woman named Sonora Smart Dodd wanted to show her appreciation for her father who had raised her and her siblings on his own after her mother passed away. She came up with the idea of a day to celebrate fathers and worked tirelessly to make it a recognized holiday. The first Father’s Day was celebrated on June 19, 1910, in Spokane, Washington, and gradually spread to other parts of the United States and other countries. It was officially recognized as a holiday by President Richard Nixon in 1972, almost 60 years after its inception.

## Five Things About Fathers

- ❖ More than 70 countries around the world celebrate Father's Day.
- ❖ At [ZeroThree](#), 90% of dads say being a dad is their greatest joy.
- ❖ We are genetically more like our fathers than our mothers. [Read](#)
- ❖ Fathers in 2021 spend 3x more hours childcaring than in 1965. [Read](#).
- ❖ 28% of married fathers in the US are sole breadwinners.

## How to Celebrate Father’s Day

- ❖ [Make a personal book](#) of memories and photos.
- ❖ Dads like [gift baskets](#) too!
- ❖ Read [bad dad jokes](#).
- ❖ Have dad write his story with you at [Storyworth](#).
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# June 17 – National Dump the Pump Day

On this day, people are encouraged to forego their dependence on automobiles and instead use public transportation, ride bikes, or walk to their destinations. The goal of National Dump the Pump Day is to raise awareness of the environmental and economic benefits of using alternative modes of transportation. In addition to reducing pollution and traffic congestion, using public transportation can save households a lot of money each year in gasoline and maintenance costs. So whether you're looking to save money or reduce your carbon footprint, make sure to celebrate National Dump the Pump Day by leaving your car at home.

## History of National Dump the Pump Day

The first production petrol-driven car was developed in 1886 by Karl Benz in Germany and quickly made its way onto the roads of Europe. It was not until the early 1900s when gasoline-powered cars began showing up in America. Before this, steam and electric power had been used to propel early automobiles. However, the high energy density of gasoline relative to its volume and weight makes it an ideal fuel for vehicles, which is why it remains the preferred fuel option to this day.

## Five Great Things About Not Owning a Car

- ❖ A significant money saver; no car payment, gas, insurance, maintenance, and repairs (estimated at \$10K/year).
- ❖ Helps decrease pollution.
- ❖ Decreases the use of fossil fuels.
- ❖ You'll exercise more walking and biking.
- ❖ You'll decrease your carbon footprint by about 4800 pounds/year.

## How to Celebrate National Dump the Pump Day

- ❖ Take public transportation somewhere, if you don't usually do that.
- ❖ **Ride your bike** or walk to work. Maybe start a new habit!
- ❖ **Calculate how much money you'd save** by going car free.
- ❖ Plan a walk-public transportation-eating/drinking out adventure.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# June 18 – International Sushi Day

As sushi lovers, get ready to mark your calendars on June 18th because it's International Sushi Day! This global celebration recognizes not only the deliciousness of sushi, but also its cultural significance in Japan and around the world. If you're new to sushi, it's a dish that typically consists of specially seasoned vinegar rice wrapped around raw fish, vegetables or other seafood. However, there are endless variations to this beloved dish, making it an exciting adventure for your taste buds. So, whether it's your first time trying sushi or you're a seasoned pro, let's celebrate all things sushi on this special occasion. Happy International Sushi Day!

## History of Sushi

Sushi has been enjoyed by people all around the world, but it originated in Japan and has a rich history to explore. The earliest form of sushi, known as narezushi, dates back to the 2nd century AD. This type of sushi was made by fermenting fish and rice together and was eaten as a preserved food during winter months. Eventually, people began to develop methods of making sushi that could be eaten right away, leading to the creation of raw fish on top of compacted rice. One of the most influential periods for sushi came during the Edo period in Japan, where it evolved and became a popular street food. This marked the beginning for sushi as we know it today!

## Five Things About Sushi

- ❖ Did you know that sushi is actually not raw fish? It's the vinegared rice that makes sushi.
- ❖ The concept of sushi originated in Southeast Asia over 2,000 years ago.
- ❖ Sushi chefs undergo years of rigorous training before they can prepare and serve sushi - it truly is an art form.
- ❖ The world's largest sushi roll ever made was over 800 feet long.
- ❖ The most expensive sushi in the world is the 'White Pearl' sushi, which is wrapped in edible gold leaf and costs over \$2,000 per piece!

## How to Celebrate International Sushi Day

- ❖ [Host a sushi party.](#)
- ❖ Purchase a [sushi making kit](#) and make your own.
- ❖ Get a [sushi cookbook](#).
- ❖ Learn how to [hold and use chopsticks](#).
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# June 19 – Juneteenth

On June 19, 1865, Union soldiers arrived in Galveston, Texas, and announced that slavery had been abolished, allowing the news to finally reach the enslaved people there. While this proclamation had actually been made two years prior, it was met with resistance in some areas. Juneteenth commemorates not only the end of slavery in Texas but the end of slavery in the whole of the United States. It is a time for reflection on the historic struggle for liberation and a reminder to continue fighting for justice and equality for all. Despite its significance, it was only recently recognized as a federal holiday, making it all the more important to educate ourselves on its relevance in American culture.

## History of Juneteenth

The significance of June 19th has long been recognized in Black communities, but it took decades of advocacy and persistent efforts from activists and politicians to make it a national holiday. In 1980, Texas became the first state to officially recognize Juneteenth as a holiday. It wasn't until June 17th, 2021, that President Joe Biden signed legislation making Juneteenth a federal holiday. This historic moment showcases the ongoing struggle for justice and equality in the United States and honors the resilience of the Black community in their fight for freedom and liberation.

## Five Things About the History of Slavery

- ❖ Slavery has existed for thousands of years and was not exclusive to one particular race or ethnicity.
- ❖ At its peak, the transatlantic slave trade brought over twelve million Africans to the Americas, with an estimated two million dying during the journey.
- ❖ Slavery was not officially abolished in the United States until 1865, and many countries still struggle with modern-day slavery.
- ❖ Enslaved individuals were considered property, and their basic human rights were stripped from them.
- ❖ The scars of slavery still impact societies today, including systemic racism and inequality.

## How to Celebrate Juneteenth

- ❖ Watch Martin Luther King, Jr.'s "[I Have a Dream](#)" speech.
- ❖ Display the [Juneteenth flag](#).
- ❖ [Watch the documentary, 13th](#).
- ❖ Visit The Smithsonian [National Museum of African American History and Culture](#).
- ❖ Make delicious [Juneteenth food](#) and host a gathering.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# June 20 – Summer Solstice

The summer solstice is the longest day of the year, and for many cultures, it is a time of celebration. For pagans, the solstice marks the beginning of summer and the power of the sun. For Christians, it is a time to celebrate the birth of John the Baptist. And for Hindus, it is a time to honor Surya, the sun god. No matter what your beliefs, the summer solstice is a time to come together and celebrate the warmth and light of summer. With bonfires and feasts, music and dance, there are many ways to mark this special day. So grab your sunhat and sunglasses, and let's celebrate the longest day of the year!

## History of the Summer Solstice

The summer solstice is the longest day of the year and marks the beginning of the astronomical summer. In the Northern Hemisphere, this occurs when the Sun reaches its highest point in the sky, at which time it is directly overhead at noon. The word "solstice" comes from the Latin solstitium, which means "sun stands still." This is because, at the solstice, the Sun's apparent path (the ecliptic) along the celestial sphere comes to a temporary standstill before reversing direction. The summer solstice has been celebrated since ancient times and is still observed in many cultures today.

## Five Things About the Summer Solstice

- ❖ The summer solstice is the longest day of the year, and the shortest night. In the Northern Hemisphere, it's on June 20 or 21. In the Southern Hemisphere, it falls on December 21 or 22.
- ❖ The word "solstice" comes from the Latin solstitium, which means "sun standing still." The ancients believed that the sun was actually slowing down as it reached its highest point in the sky.
- ❖ The ancient Greeks built massive bonfires to honor Prometheus, who stole fire from the gods and gave it to humans. The Druids of Britain honored their sun god with human sacrifice. In Japan, the festival of Niinamesai celebrates the harvest with offerings of newly harvested rice to the gods.
- ❖ Stonehenge, a prehistoric monument in England, is thought to be aligned with the summer solstice sunset. Every year, on the solstice, people gather at Stonehenge to watch the sun set.
- ❖ The longest day of the year isn't actually 24 hours long. It's actually 23 hours and 56 minutes long! This is because of something called "leap seconds." But don't worry, you probably won't even notice the difference.

## How to Celebrate the Summer Solstice

- ❖ Hold a bonfire with friends with these [flame colors](#).
- ❖ [Learn the difference](#) between the solstice and equinox.
- ❖ WikiHow on [how to celebrate](#).
- ❖ Wear a [flower crown](#). Or [make one](#) of your own.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# June 21 – National Selfie Day

National Selfie Day is a day to celebrate capturing moments in time and documenting them for the world to see. It's a day where people young and old can show off their best angles and strike their best poses. With the rise of social media as an essential part of everyday life, taking selfies has become more popular than ever before. From documenting milestones to showcasing daily outfits, selfies allow us to connect with others and share our lives in real-time. So, grab your phone, put on your favorite filter, and snap a selfie to celebrate National Selfie Day!

## History of Selfies

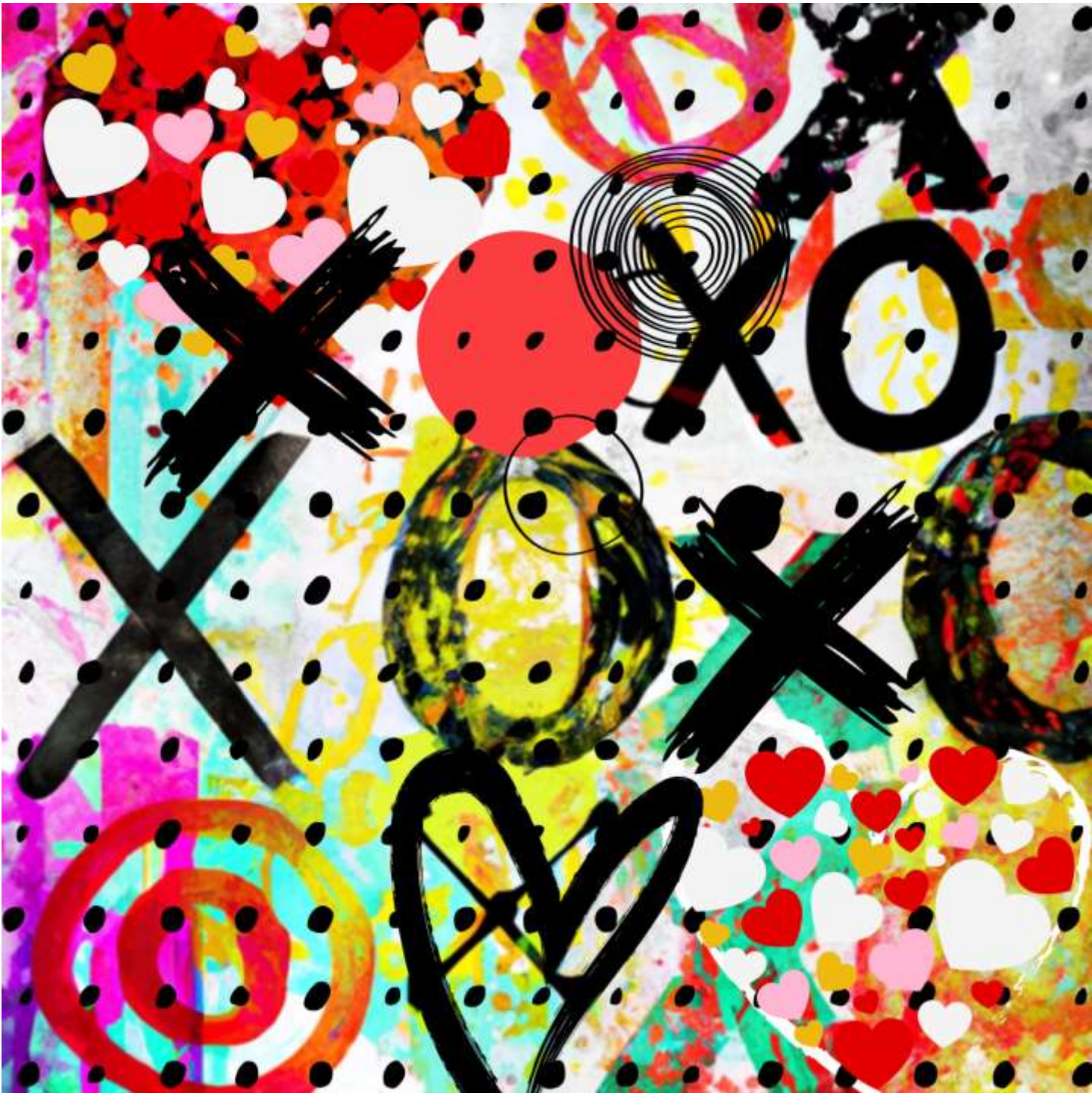
The history of selfies may seem like a modern phenomenon in the age of smartphones and social media, but its roots can be traced back to the early 19th century. In 1839, Robert Cornelius took what is considered to be the first selfie - a daguerreotype self-portrait. This photograph, taken in his family's lamp-lit store in Philadelphia, is attributed to being the first photographic portrait taken of a human ever. Cornelius had been tinkering with the newly invented daguerreotype process for several months before he finally got up the nerve to take a self-portrait. With a four-minute exposure time, he had to get the pose just right, but when the image finally processed, his face staring back at him, he knew he had just captured history. Today, we owe a great deal of gratitude to Cornelius for his pioneering spirit and his contribution to the art of photography.

## Five Things About Selfies

- ❖ The word "selfie" was officially declared the word of the year by the Oxford Dictionary in 2013.
- ❖ A selfie stick was invented in 2005 by a Canadian inventor named Wayne Fromm.
- ❖ Statistically speaking, more women take selfies than men.
- ❖ Some people have developed a psychological disorder called "selfitis," which causes them to take excessive selfies.
- ❖ The most retweeted selfie was taken by Ellen DeGeneres during the Oscar Awards in 2014, featuring multiple celebrities, and it had over 3.5 million retweets.

## How to Celebrate National Selfie Day

- ❖ Take selfies today and post them on social media.
- ❖ Learn [How to Take Amazing Selfies](#).
- ❖ Buy selfie accessories, [selfie stick](#), ring light, [camera phone attachments](#).
- ❖ Search Google Play for [photo editors](#).
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# June 22 – National Kissing Day

National Kissing Day is a special day to celebrate one of the most intimate and universal expressions of affection. Whether it's a quick peck on the cheek or a lingering lip-lock, a kiss is a beautiful way to show someone you care. A kiss can convey so much emotion, from tenderness and love to desire and passion. It can be a spontaneous act of affection or a deliberate gesture of intention. Whether we share them with our romantic partners, our families, or our friends, kisses are an important part of our relationships. So, make sure to celebrate national kissing day with the people you love the most!

## History of Kissing

National Kissing Day was created by the American Heart Association in 2004 in an effort to increase awareness about the health benefits of kissing. Kissing is a gesture that has been around for centuries, and its meaning and significance have evolved over time. The act of kissing can be seen in sculptures dating back to ancient Greece, and texts from ancient India even suggest that kissing was used as a form of greeting. Throughout history, kissing was reserved for certain circumstances, such as between a husband and wife or as a form of respect between rulers. In medieval times, kissing was even used in courts as a way to seal important documents. In recent years, kissing has become more commonplace and is seen as a way to express affection or passion. It's fascinating to think about how this simple physical act has held different meanings throughout history and continues to change with the times.

## Five Things About Kissing

- ❖ The longest kiss recorded by Guinness is 58 hours, 35 minutes, and 58 seconds in 2013 in Thailand.
- ❖ Kissing can burn up to 6 calories per minute.
- ❖ Kissing goes back to circa 1500 BCE, according to India's Vedic Sanskrit texts.
- ❖ A passionate kiss involves all 34 facial muscles and 112 postural muscles.
- ❖ Oxytocin is released during kissing which is one of the reasons kissing feels so good!

## How to Celebrate National Kissing Day

- ❖ Enjoy a passionate kiss with someone.
- ❖ Send a [kissing card](#) to someone. But a [kissing gift](#).
- ❖ Host a kissing party with a love theme and music from the rock band, Kiss!
- ❖ Learn the [kissing card trick](#) and perform on your lover.
- ❖ Are you a good kisser? Find out [here](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under [click to comment](#) at the very bottom.





# June 23 – National Hydration Day

National Hydration Day is a day dedicated to raising awareness of the importance of staying properly hydrated. The body is made up of around 60% water, and water is essential for all of its functions. Despite this, millions of people around the world do not drink enough water every day. This can lead to dehydration, which can cause a whole host of problems including headaches, fatigue, and dizziness. National Hydration Day is a chance to remind people of the importance of drinking plenty of water every day. It's also a good opportunity to learn about the signs and symptoms of dehydration so that you can stay properly hydrated and avoid any negative health effects.

## History of National Hydration Day

SafeTGard Corporation founded National Hydration Day in honor of football Coach Victor Hawkins who invented a mouthguard that releases electrolytes to keep players hydrated. It was proclaimed a national holiday in 2016. For centuries, people have been drawn to the supposed healing properties of water. But it wasn't until the 19th century that the idea of drinking water for health really began to gain traction. With the advent of germ theory, scientists realized that water was a crucial component in fighting disease. In the early 20th century, more specific benefits of drinking water were discovered: it could help with digestion, alleviate constipation, and even aid in weight loss. Nowadays, we all know that drinking water is an essential part of a healthy lifestyle - but it's fascinating to think about how our understanding of its benefits has evolved over time.

## Five Great Things About Water

- ❖ Drinking water can help you lose weight.
- ❖ It can improve your skin by flushing out toxins.
- ❖ Water improves your energy level and mental alertness.
- ❖ Proper hydration prevents headaches and migraines.
- ❖ Drinking water aids in your digestion.

## How to Celebrate National Hydration Day

- ❖ [Read the Mayo Clinic](#) on the health benefits of water.
- ❖ Try a new [mineralized water](#) to replace your soda habit.
- ❖ Try a [motivational water bottle](#).
- ❖ Choose from one of these [reminder apps](#) for your phone.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# June 24 – Midsummer

On the holiday of midsummer, people all over Scandinavia celebrate the longest day of the year. Bonfires are lit, and families come together to picnic and sing songs. For many, the holiday is a time to relax and enjoy the warm weather. However, midsummer also has a more spiritual side. In folklore, it is believed that the sun stays up longer on midsummer because the gods are celebrating. It is also said that this is a time when magical creatures like elves and fairies are especially active. As a result, midsummer is often seen as a time of good luck and fortune. Whether you're picnicking with family or seeking out some magical creatures, midsummer is sure to be a celebration that you'll always remember.

## History of the Midsummer Celebration

Midsummer is an ancient celebration with a rich and fascinating history. Many cultures around the world have marked the summer solstice with rituals and traditions that honor the longest day of the year. In Scandinavia, the midsummer festival is known as "Midsommar" and is traditionally celebrated on June 24th. This holiday has been celebrated for thousands of years and was originally a pagan festival that honored the fertility and abundance of nature. Over time, Christian traditions were incorporated into the holiday, and it became associated with St. John the Baptist. Today, midsummer celebrations often involve dancing around a decorated Maypole, feasting on traditional foods, and lighting bonfires to ward off evil spirits. Whether you're participating in a modern-day midsummer celebration or exploring the holiday's ancient roots, there's no denying the timeless magic and allure of this summer solstice festival.

## Five Things About the Midsummer Holiday

- ❖ Midsummer is celebrated all over Europe but is particularly popular in Scandinavia.
- ❖ The holiday is meant to celebrate the longer days and beginning of summer.
- ❖ The day is traditionally held on June 24 but can change depending on the weather.
- ❖ In Sweden, the day is celebrated by decorating a maypole with leaves and flowers.
- ❖ Singles might celebrate by placing seven flowers under their pillow on Midsummer's Eve and dreaming of their future spouse.

## How to Celebrate the Midsummer Holiday

- ❖ Throw a [Swedish Midsommar Party](#).
- ❖ [Include flowers!](#) Flowers in [vases](#) on tables, [flower crowns](#), [flower wreaths](#), picking wildflowers.
- ❖ Finish off the day with a [bonfire with magical colors](#).
- ❖ [Dress the part!](#)
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# June 25 – Global Beatles Day

On June 25th, fans around the world will celebrate Global Beatles Day. This day is a tribute to the iconic British band that has influenced music and culture for over five decades. The Beatles were known for their innovative songwriting, catchy melodies, and distinctive harmonies. They popularized a new style of rock music that fused elements of pop, blues, and country. The Beatles also helped to pioneer the use of studio techniques to create new sounds. Their experimental approach to music-making inspired generations of artists and continues to influence popular music today. On Global Beatles Day, fans will come together to celebrate the timeless legacy of the Beatles.

## History of the Beatles

The Beatles are without a doubt one of the most iconic bands in history. Hailing from Liverpool in the early 1960s, the Fab Four skyrocketed to global stardom with their infectious music and undeniable charisma. The band comprised of John Lennon, Paul McCartney, George Harrison, and Ringo Starr, each of whom had their own unique personalities and musical talents. With hits such as "Hey Jude", "Let It Be", and "Yesterday", The Beatles became a cultural phenomenon and revolutionized the music industry. Their influence can still be felt today, and their impact on popular culture is immeasurable. From their early days in Liverpool to their final performance on a London rooftop, The Beatles left an indelible mark on music history.

## Five Things About the Beatles

- ❖ The Beatles released their last album in 1970, Abbey Road.
- ❖ The Beatles' first song hit was "Love me Do."
- ❖ They are the best-selling band of all time with over 600 million albums sold.
- ❖ George Harrison was the youngest member of the band and often referred to as "the quiet Beatle."
- ❖ The Beatles were originally called The Quarrymen.

## How to Celebrate Global Beatles Day

- ❖ Host a party with a [Beatles theme](#). Buy [Beatles gifts](#).
- ❖ Create a [Beatles-themed playlist](#).
- ❖ Bake a Liverpool [Lemon Loaf Cake](#) - John Lennon's favorite.
- ❖ Watch [Beatles movies](#) or documentaries about the band.
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# June 26 – National Chocolate Pudding Day

There's no denying that chocolate pudding is a delicious treat. In fact, National Chocolate Pudding Day is celebrated every year on June 26th. While the origins of this food holiday are unknown, there's no doubt that chocolate lovers everywhere rejoice on this day. There are many ways to enjoy chocolate pudding. It can be enjoyed as a standalone dessert or used as a filling for pies and cakes. It can also be made into a frozen treat or even used as a topping for ice cream. No matter how you enjoy it, chocolate pudding is sure to satisfy your sweet tooth. So, if you're looking for a delicious way to celebrate National Chocolate Pudding Day, be sure to indulge in this delectable treat!

## History of Pudding

Pudding is a delectable dessert that has been enjoyed by people the world over for centuries. The history of pudding goes back ages and is a fascinating exploration into the culinary traditions of different cultures. Throughout history, people have discovered various ingredients and techniques to create different variations of pudding. The ancient Greeks and Romans, for instance, made savory and sweet puddings by combining ingredients like meat, fruits, and grains. In medieval England, boiled and steamed puddings were popular with the upper classes, who enjoyed the richness and filling nature of the dish. Today, pudding remains a comforting and satisfying dessert for a lot of people, and its rich history only adds to the charm of this beloved treat.

## Five Things About Chocolate Pudding

- ❖ While not confirmed, it is believed that pudding goes back as far as the Middle Ages.
- ❖ The first chocolate pudding recipe came from England in 1727.
- ❖ The original recipe called for chocolate with water, cream, and breadcrumbs.
- ❖ Pudding became more popular in the 19th century when new recipes were developed that used eggs and milk to create a richer and more custard-like texture.
- ❖ The word "pudding" comes from the Latin word "putius," which means "sausage, as the first puddings were made by boiling meat and grain in a bag.

## How to Celebrate National Chocolate Pudding Day

- ❖ Make [chocolate pudding from scratch](#).
- ❖ [Make your own pudding bar](#) with sprinkles and toppings.
- ❖ Make [chocolate pudding pie in a jar](#).
- ❖ Buy beautiful new [pudding dishes](#).
- ❖ Try some of these [27 things to do with chocolate pudding!](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# June 27 – National Bingo Day

Bingo is a popular game that has been enjoyed by people of all ages for centuries. Bingo is played by randomly drawing numbers and matching them to numbers on a card. The first player to complete a row or column wins. Today, bingo is often played for money, and there are even professional bingo tournaments. The game is also popular among seniors, as it provides an opportunity for socialization and fun. Bingo can be played online or in person, and it is a great way to spend an evening with friends or family.

## History of National Bingo Day

The origin of the popular game of bingo can be traced back to Italy in the 1500s. However, it wasn't until the 1920s that the modern version of the game as we know it today began to emerge. As for who invented the game of bingo, there is no clear answer. Some sources credit a Frenchman named Edwin Lowe, who supposedly observed a similar game called "Beano" being played at a carnival in Atlanta, Georgia. Others attribute the invention of the game to a group of Spanish monks who created a similar game for the purpose of teaching concepts such as math and language to their students. Regardless of its origins, bingo has become a beloved pastime around the world, enjoyed by people of all ages and backgrounds.

## Five Things About Bingo

- ❖ The game is thought to have originated in Italy in the 16th century, and it was later brought to the United States by immigrants.
- ❖ Bingo made its way to North America in the 19th century.
- ❖ The first known bingo hall opened in New York City in 1929.
- ❖ There are different ways to play bingo, a 5x5 grid with numbers ranging from 1-75, a 4x4 grid or a 9x9 grid. Some use letter and number combinations instead of just numbers.
- ❖ According to the Guinness Book of World Records, the largest game of Bingo involved 70,080 players in Bogota, Columbia on December 2, 2006.

## How to Celebrate National Bingo Day

- ❖ Purchase a bingo game for your home.
- ❖ Host a bingo party.
- ❖ Host a bingo night fundraiser.
- ❖ Download [Bingo Blitz](#) on your phone.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# June 28 – Stonewall Riots Day

Stonewall Riots Day, celebrated on June 28th, commemorates the historic rebellion that ignited the LGBTQ+ civil rights movement in the United States. The event, which occurred in 1969, saw members of the LGBTQ+ community stand up against police brutality and harassment in New York City. Over six consecutive days, protestors clashed with officers who attempted to raid the Stonewall Inn, a popular gay bar in Greenwich Village. Thanks to the bravery of those involved, including transgender activist Marsha P. Johnson, the Stonewall Riots sparked a nationwide movement to fight for LGBTQ+ rights. Today, Stonewall Riots Day serves as a powerful reminder of the progress made in the fight for equality, and the work that still needs to be done.

## History of the Stonewall Riots

The Stonewall Riots have become a defining moment in the history of LGBTQ+ activism and civil rights. These protests began in the early hours of June 28, 1969, when police officers raided the Stonewall Inn, a gay bar located in New York City's Greenwich Village. At the time, LGBTQ+ individuals faced rampant discrimination and persecution from society and the government. However, on that fateful night, the community came together and fought back, sparking a wave of activism that continues to this day. The Stonewall Riots marked a turning point in the LGBTQ+ rights movement, leading to significant advancements in civil rights and social acceptance. While the struggle for equality is far from over, the Stonewall Riots remain an important moment in the ongoing fight for justice and inclusion.

## Five Things About the Stonewall Riots

- ❖ The riots were sparked by a police raid on a gay bar in Greenwich Village, New York City, called the Stonewall Inn.
- ❖ This uprising was led by trans women of color like Marsha P. Johnson and Sylvia Rivera.
- ❖ The Stonewall Riots were not the first instance of LGBTQ+ people fighting back against police brutality, but they were the first to receive national attention.
- ❖ The Stonewall Inn itself has since become a symbol of the fight for LGBTQ+ rights and is now a National Historic Landmark.
- ❖ The Stonewall Inn was originally a horse stable and was owned by the Mafia, who extorted money from the bar's patrons and employees.

## How to Celebrate the Stonewall Riots Anniversary

- ❖ Wave the [Gay Pride flag](#).
- ❖ Celebrate with [rainbow-colored food](#).
- ❖ Read about the [History of the Gay Rights Movement](#).
- ❖ Learn about the meaning of the [Pride Flag](#).
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# June 29 – National Waffle Iron Day

June 29th is certainly a day to celebrate for all waffle lovers out there because it's National Waffle Iron Day! A day dedicated to a kitchen gadget that has been producing delicious waffles for centuries. The good old waffle iron may have been around for a long time, but its popularity has never faded. Who doesn't love the aroma of freshly baked waffles in the morning? With its crispy exterior and fluffy insides, waffles are not only mouthwatering but also satisfying. On this day, let's give a shout-out to the unsung hero of our breakfast routine - the waffle iron! So, bring out your waffle mix and start flipping those golden-brown squares because today is the day to celebrate waffles!

## History of Waffles

Waffles have been a beloved breakfast staple for centuries, with their origins dating back to the Middle Ages. They were first introduced in Europe as a wafer cake made from grain flour and water, cooked between two hot metal plates. The word "waffle" actually comes from the Dutch word "wafel," which means honeycomb or cake. Over time, waffles evolved and were paired with various sweet and savory toppings, making them a versatile meal option. They also gained popularity in America during the 18th and 19th centuries, with the invention of the waffle iron and the inclusion of new ingredients like baking powder to create a lighter, more airy texture. Today, waffles remain a popular breakfast choice around the world and are enjoyed in various forms, from classic Belgian waffles to crispy chicken and waffles.

## Five Things About Waffles

- ❖ The first waffle iron was actually made in the 14th century.
- ❖ Waffles were once considered a luxury food.
- ❖ If you're ever in Belgium, be sure to try a Brussels waffle - it's a thin, crispy version that's unlike any waffle you've ever had.
- ❖ Waffles were first invented by the Ancient Greeks.
- ❖ Waffles come in various shapes and sizes, such as round, square, and even heart-shaped.

## How to Celebrate National Waffle Iron Day

- ❖ Purchase a new [waffle iron](#). Or the [mini waffle maker](#).
- ❖ Try one of these [20 Best Waffle Recipes](#).
- ❖ Check out Martha Stewart's guide to the [perfect waffle](#).
- ❖ For keto lovers, [make the chaffle](#).
- ❖ Learn how to knit the waffle stitch, [get yarns here](#).
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# June 30 – National Social Media Day

Social media has become a crucial part of our daily lives, connecting us to people all over the world and giving us a platform to express ourselves freely. It's no wonder that we celebrate social media and the positive impact it's had on society. From bringing communities together to spurring social change, it's clear that social media has revolutionized the way we communicate and interact with each other. Whether it's sharing photos with family and friends or discovering new ideas and perspectives, social media allows us to connect on a deeper level. So, let's take a moment to celebrate all the ways social media has enriched our lives and brought us closer together.

## History of Social Media

The history of social media is a fascinating journey that spans several decades. It all started in the early 1990s with the advent of the World Wide Web, which allowed people to share information and communicate in ways that were previously unimaginable. The first social networking site, Six Degrees, came into existence in 1997, paving the way for others like MySpace, Friendster, and LinkedIn. The real game-changer, however, was Facebook, which revolutionized the way we connect with each other online. Today, social media has become an integral part of our lives, shaping the way we consume news, interact with brands, and share our personal experiences. The history of social media is a testament to the power of technology and human connectivity.

## Five Things About Social Media

- ❖ The first social media influencers were dogs - Boo and Grumpy Cat were some of the first pets to go viral online.
- ❖ Friendster and MySpace were the dominant platforms of the early 2000s.
- ❖ Social media can trace its roots all the way back to 1978 with the invention of Bulletin Board Systems (BBS).
- ❖ The hashtag, now an essential tool for organizing posts, was first popularized by Twitter.
- ❖ The most expensive social media acquisition to date was Facebook's purchase of WhatsApp for a smooth \$19 billion.

## How to Celebrate Social Media

- ❖ Bump up your social media skills - [take a course!](#)
- ❖ Try a new social media platform, [Facebook](#), [Instagram](#), [TikTok](#), [Pinterest](#), [WhatsApp](#), [Twitter](#).
- ❖ Meet up IRL with friends you usually only interact with on social media.
- ❖ Host a gathering/party - invite your social media friends.
- ❖ [Host a virtual watch party](#) - watch favorite shows, sports games.
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# July 1 – National Postal Workers Day

Every day, postal workers across the country work tirelessly to ensure that our mail is delivered promptly and efficiently. On National Postal Workers Day, we take the time to celebrate and appreciate their hard work and dedication. These individuals have essential jobs that often go unrecognized, but their contributions keep our lives running smoothly. Postal workers deal with all kinds of weather, long hours, and difficult situations to get our letters and packages where they need to go. So today, let us recognize their commitment and say thank you to the men and women who make it their mission to deliver our mail with care.

## History of the US Postal Service

The history of the Postal Service dates all the way back to the 13th century when runners delivered messages between cities in the Inca Empire. However, it wasn't until the early 19th century that the modern postal system really took shape. In the United States, the first mail carrier was appointed in 1639 to deliver the mail between Boston and New York. As the Postal Service evolved, it played an important role in the growth and development of the nation. The delivery of mail was not only crucial for communication but also for commerce and transportation. Today, with the advent of the internet and email, the Postal Service continues to adapt to new challenges while maintaining its commitment to delivering mail efficiently and cost-effectively.

## Five Things About Postal Workers

- ❖ The postal service originated in 1775 by the Continental Congress.
- ❖ and the first postmaster was appointed by Benjamin Franklin.
- ❖ The Pony Express began in 1860.
- ❖ Between 1913 and 1915 there are records showing seven children were actually mailed, the first being The Beagues who paid 15 cents to mail their boy to his grandmother's house a mile away.
- ❖ The largest post office in the US serves the New York-New Jersey metropolis.
- ❖ The ZIP in ZIP code stands for Zone Improvement Plan and was originated in 1963 to improve the efficiency of the mail service.

## How to Celebrate National Postal Workers Day

- ❖ Send an [appreciation letter or card](#) to your post office. [Tips here](#).
- ❖ [Give a gift](#) to your letter carrier, and [here too](#).
- ❖ Use the hashtag [#postalworkersday](#) on social media to show your support.
- ❖ Simply thank your letter carrier.
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# July 2 – World UFO Day

On the 2nd of July, people all over the world come together to celebrate World UFO Day. This day commemorates the infamous Roswell incident that occurred in 1947, which sparked people's fascination with extraterrestrial life. The day is not just about discussing whether or not aliens exist, but also examining the science and technology behind the search for life beyond our planet. This day brings together UFO enthusiasts, skeptics and scientists to discuss the possibilities and mysteries of the universe. From conspiracy theories to scientific research, World UFO Day can spark some truly thought-provoking and exciting conversation. So don't be afraid to let your imagination run wild and join in on the extraterrestrial festivities.

## History of World UFO Day

It is generally assumed that the documentation of such occurrences started somewhere in the 20th century, with some citing the infamous 1947 Roswell incident as the first mention of UFOs. However, recent findings have shown that humanity's fascination with UFOs goes back much further than we previously believed. In fact, some researchers have uncovered ancient texts that suggest that sightings of strange aerial phenomena were recorded as far back as ancient Egypt. These documents, which date back to 1450 BC, depict strange flying objects with bright, glowing lights that seem to defy explanation.

## Five Things About UFOs

- ❖ Their sheer variety is impressive, with reports of everything from hovering lights to triangle-shaped crafts.
- ❖ While most UFO sightings can be explained by natural or man-made phenomena, there are a few cases that remain truly unexplained.
- ❖ While government agencies have historically denied any knowledge or involvement in UFO investigations, the recent release of declassified footage has reignited interest in the topic anew.
- ❖ The National UFO Reporting Center claims to receive an average of 700 reports per month, and the Mutual UFO Network (MUFON) reports around 500 sightings per month.
- ❖ In 1947, in the small town of Roswell, New Mexico, a supposed flying saucer crashed to the ground. The United States military claimed it was a weather balloon, but many believe it was a government cover-up of extraterrestrial contact. The incident has spawned countless theories, books, and movies, but the truth behind what really happened remains a mystery.

## How to Celebrate World UFO Day

- ❖ **Dress like an alien!**
- ❖ Watch the **X-Files**.
- ❖ Host an **alien-space-themed party**.
- ❖ Read about the **Roswell UFO incident**.
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365 Days of Celebration 2024



# July 3 – National Eat Your Beans Day

Today is National Eat Your Beans Day, a day to celebrate one of the world's most versatile and delicious food items. There are countless ways to enjoy beans, from simple dishes like chili and rice and beans to more exotic fare such as black bean brownies or lentil soup. No matter how they're prepared, beans are a nutrient-rich food that can be enjoyed by people of all ages. On National Eat Your Beans Day, why not try something new? If you usually eat beans in savory dishes, why not try them in a sweet dessert? Or if you typically eat them cooked, why not try them raw in a salad? There are endless possibilities when it comes to beans, so let your imagination run wild and get creative in the kitchen. Who knows, you may just discover your new favorite way to enjoy them.

## History of Beans

Beans have been a key source of nutrients for humans for thousands of years, with evidence of their cultivation dating back to ancient civilizations such as the Aztecs and Incas. Beans were also a major part of the diets of early settlers in North America, and were an important source of protein during times of scarcity. From traditional dishes like baked beans and lentil soup, to modern food trends like plant-based protein sources, beans continue to be a versatile and significant part of our diets. Understanding the history of eating beans can provide insight into the evolution of our relationship with food, and the ways in which we sustain ourselves.

## Five Things About Beans

- ❖ Beans are a type of flowering plant in the Fabaceae family, which also includes peas and lentils.
- ❖ There are more than 40,000 varieties of beans in the world, including black beans, kidney beans, and soybeans.
- ❖ Beans are native to the Americas and were first domesticated by the ancient Incas.
- ❖ Beans are an excellent source of protein, fiber, and antioxidants.
- ❖ Beans have been used in folk medicine for centuries to treat a variety of ailments.

## How to Celebrate National Eat Your Beans Day

- ❖ Try a new bean recipe today, maybe even a **dessert!**
- ❖ Host a **chili cookoff!**
- ❖ Try some **bean burgers**, make your own or buy them frozen.
- ❖ **Try your hand at some bean crafts**, get the family involved!
- ❖ Grow a **Magic Bean Garden**.
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# July 4 – Independence Day

On July 4th, Americans celebrate the signing of the Declaration of Independence, which officially recognized the United States of America as a free and independent nation. This momentous event marked the end of British rule in America and paved the way for the creation of a new form of government based on the principles of liberty and justice for all. Every year on July 4th, Americans come together to honor this historic occasion with parades, picnics, and fireworks. It is a day to reflect on the progress made in the pursuit of freedom and equality, and to recommit to the fight for these essential American values. As we celebrate Independence Day, let us remember that our work is not yet done. There is still much to be done in order to ensure that all Americans enjoy the same rights and opportunities. Let us also remember that our freedom comes with responsibility, and that it is up to each one of us to defend liberty and justice for all.

## History of Independence Day

The history of the 4th of July dates back to 1776, when the Continental Congress declared the thirteen American colonies independent of Great Britain. This momentous occasion marked the birth of a new nation, and the founding fathers immediately took steps to celebrate their achievement. The very next year, in 1777, there were nationwide celebrations with parades, fireworks, and public readings of the Declaration of Independence. The tradition has continued to this day, with communities of all sizes coming together to celebrate the birth of the United States and reflect on the importance of freedom and independence.

## Five Things About Independence Day

- ❖ Independence Day was not declared a national holiday until 1941.
- ❖ The Declaration of Independence was not signed actually until August 2, 1776.
- ❖ According to the National Hot Dog Council (really?), Americans consume 150M hot dogs on the 4th of July.
- ❖ In 2020, over 15,000 people were injured by fireworks.
- ❖ The music for The Star-Spangled Banner was derived from a British Drinking Song, "[To Anacreon on Heaven](#)."

## How to Celebrate Independence Day

- ❖ Host a party, barbeque, or picnic! Serve on [American Flag dishes](#).
- ❖ Organize a 4th of July-themed [scavenger hunt](#).
- ❖ Have a potluck with guests bringing dishes that represent different states.
- ❖ [Dress in red, white, and blue](#), you must!
- ❖ Listen to Lady Gaga's rendition of [The Star-Spangled Banner](#).
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# July 5 – National Hawaii Day

The day commemorates the admission of Hawaii as the 50th state of the Union on August 21, 1959. Hawaii is a group of islands located in the Pacific Ocean and is known for its tropical climate, sandy beaches, and active volcanoes. The major industry in Hawaii is tourism, with millions of visitors coming to the islands every year to enjoy the sunny weather and laid-back lifestyle. While National Hawaii Day is not a public holiday, it is a day to celebrate Hawaiian culture and history. Many people choose to wear Hawaiian shirts or leis, listen to Hawaiian music, or eat Hawaiian food on this day. Others may take the opportunity to visit Hawaii or learn more about its culture. However, you choose to celebrate, National Hawaii Day is a day to enjoy the beauty and spirit of the islands.

## History of Hawaii Statehood

The journey towards statehood for Hawaii began in the late 1800s when American businesses started investing in the islands. This led to political turmoil, including a coup d'état in 1893, which eventually paved the way for American annexation. However, it wasn't until 1959 that Hawaii was officially granted statehood by Congress, becoming the 50th state in the country. This historic moment cemented Hawaii as not only a tourism powerhouse, but also a vital part of the nation's history and identity.

## Five Things About Hawaii

- ❖ Hawaii is the most isolated state in the US, about 2000 miles away from the mainland.
- ❖ The Hawaiian language is quite unique. It is a Polynesian language that is written with just 13 letters and about 1000 words in common use today.
- ❖ The Hawaiian-Aleutian time zone is three hours behind the US west coast.
- ❖ The state flower of Hawaii is the hibiscus.
- ❖ The island Ni'ihau estimates a population of about 84, and is owned by the Robinson family.

## How to Celebrate National Hawaii Day

- ❖ **Host an amazing luau.**
- ❖ Wear a **lei** today, learn how to **make one!** You can also **make ribbon leis**, or **buy them**, which are popular for graduation.
- ❖ Learn about hula dancing from **IhulaHawaii**.
- ❖ Listen to some **Hawaiian music** (or try Hawaiian Essentials on Apple)
- ❖ Read about the **fascinating history of Hawaii**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# July 6 – International Kissing Day

Scientists have long been puzzled by the phenomenon of kissing, but new research suggests that it may be linked to our brain chemistry. When we kiss, our brains release a chemical called oxytocin, which is known to produce feelings of happiness and bonding. In addition, kissing activates the pleasure centers of the brain, providing a short-term boost of happiness. It's also worth noting that kissing requires close eye contact, which helps to foster feelings of intimacy and connection. So next time you're feeling down, try kissing your partner or a loved one—it just might make you feel better.

## History of Kissing

For centuries, kissing has been a universal expression of love and affection. It's been depicted in paintings, films and literature for perhaps thousands of years and remains an important expression of intimacy in our modern world. While it's unclear exactly where kissing started, there are ancient texts and archaeological finds that suggest it's been around for some time. In fact, some historians believe that kissing originated in India over 4,000 years ago. Regardless of its origins, kissing has become something of an art form, with different cultures and religions having their own unique ways of showing affection. From the romantic peck on the lips to the friendly embrace of a cheek, kissing has played an integral role in intimate relationships throughout history.

## Five Things About Kissing

- ❖ The longest kiss on record is 58 hours, 35 minutes, and 58 seconds by a Thai couple.
- ❖ Kissing requires the use of more than 30 facial muscles.
- ❖ Kissing releases feel-good hormones like oxytocin and dopamine and lowers the stress hormone, cortisol.
- ❖ There are a number of cultures in African where people do not kiss.
- ❖ The origin of French kissing is not exactly known, but it seems to have been adopted because American soldiers were impressed by the affectionate nature of French women during WWI.

## How to Celebrate International Kissing Day

- ❖ Take a short lesson on [how to kiss passionately](#) (informative AND funny).
- ❖ Celebrate the day by taking some kissing photos, you could even [make a photo book](#).
- ❖ [Make some Peanut Blossom Chocolate Kiss cookies](#).
- ❖ Buy fun things [Kiss Band](#).
- ❖ Try 101 recipes using [Hershey's Kisses](#).
- ❖ Buy art, "[The Kiss](#)," by Klimt.
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# July 7 – National Tell the Truth Day

It's a commonly accepted belief that honesty is the best policy. After all, why would anyone want to lie? Well, there are actually a lot of good reasons to always tell the truth. For one thing, it's simply easier than trying to keep track of what you've said and making sure your stories match up. In addition, honesty usually leads to more positive relationships with others. After all, it's hard to build trust when you're constantly lying. Finally, being honest with yourself is essential for personal growth. How can you learn and improve if you're always hiding the truth? The bottom line is that there are plenty of good reasons to be truthful.

## History of Truth Telling and Lies

Since the beginning of time, humans have been trying to discern the truth from lies. The concept of recognizing the truth dates back to the earliest civilizations and has been a crucial part of human existence. But what about the oldest liar? Is it possible to identify who was the first person to deceive others intentionally? While we may never know the answer, it's safe to say that the art of lying has been around just as long as the art of telling the truth. From mythology to religious texts, stories of tricksters and deceitful characters abound. The truth may set us free, but the allure and power of a well-crafted lie cannot be denied.

## Five Things About Telling the Truth

- ❖ Telling the truth can boost your immune system. A study published in the journal "Psychological Science" found that people who were dishonest were more likely to suffer from colds and other upper respiratory infections.
- ❖ Telling the truth can help you live longer. A study of 7,500 adults found that those who were more dishonest were also more likely to die prematurely. The researchers believe that dishonesty can lead to risky behaviors, such as smoking and excessive drinking, which can take a toll on health over time.
- ❖ Telling the truth can make you happier. A study of over 1,000 people found that individuals who were more honest reported greater life satisfaction and happiness.
- ❖ Studies have shown that people who tell the truth experience less stress and anxiety.
- ❖ Telling the truth builds trust. People who are honest with each other tend to have stronger relationships because they can count on each other to be truthful.

## Celebrate National Tell the Truth Day

- ❖ Tell the truth all day, be aware of your tendency to not tell the truth.
- ❖ [Teach a child](#) the value of honesty.
- ❖ Play [truth-telling games](#).
- ❖ [Watch Pinocchio](#)
- ❖ [How to Tell Someone You Lied: 15 Steps](#).
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# July 8 – National Love Your Skin Day

Skin is the largest organ in the human body, and it plays a vital role in protecting us from the elements. But skin is more than just a functional barrier; it is also an aesthetic one. And while beauty may be skin deep, there is no denying that our skin plays an important role in how we perceive ourselves and how we are perceived by others. The color of our skin, the texture of our hair, and the smoothness of our complexion are all important aspects of our physical appearance. But skin is not just a canvas for cosmetics; it is also a living, breathing part of our bodies that deserves to be treated with care and respect. By taking steps to protect our skin from sun damage, using gentle cleansing products, and moisturizing regularly, we can help keep our skin looking its best.

## History of Skin Care

Throughout history, people have always sought ways to maintain healthy and youthful-looking skin. From ancient Egyptians who made skincare concoctions to protect their skin in the hot sun, to the Greeks who recognized the benefits of using olive oil for its moisturizing properties, skincare has been an integral part of human life for centuries. In the Middle Ages, beauty rituals were performed in monasteries, while the renaissance period saw the emergence of cosmetics and perfumes. As time has progressed, new technologies have allowed for greater innovation in skincare, resulting in a wide selection of products and treatments available today.

## Five Cool Things About Skin

- ❖ We shed around 500 million skin cells every day. That means that, over the course of a year, we lose enough skin to cover an entire football field!
- ❖ The average person has about 10-20 minutes of "sunscreen time" before their skin starts to burn. However, people with darker skin can stay in the sun for longer before they start to experience damage.
- ❖ Your skin is home to millions of bacteria. In fact, studies have shown that the average person has more bacterial cells on their body than human cells!
- ❖ The thickness of your skin varies depending on where it is on your body. For example, the skin on your eyelids is only about 0.5 millimeters thick, while the skin on your palms is much thicker, at around 1.5 millimeters.
- ❖ Your skin is constantly renewing itself. Every 28 days or so, your skin sheds its outer layer.

## How to Celebrate National Love Your Skin Day

- ❖ Try the easy trick of **100 splashes of water** on your face each morning.
- ❖ Treat yourself to a **facial massage**.
- ❖ Purchase a new **skin care program**.
- ❖ Try out the **Make-Up Eraser Cloth** for removing makeup.
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# July 9 – National Sugar Cookie Day

Sugar cookies are a classic dessert that can be enjoyed all year round. While they are often associated with Christmas, they can be made with any shape or flavor. Sugar cookies are typically made with a combination of flour, sugar, butter, eggs, and vanilla extract. The dough is then rolled out and cut into shape before being baked in the oven. Once cooled, the cookies can be decorated with icing or left plain. Whether they are enjoyed on their own or used as decoration, sugar cookies are a delicious treat that is sure to please everyone.

## History of Sugar Cookies

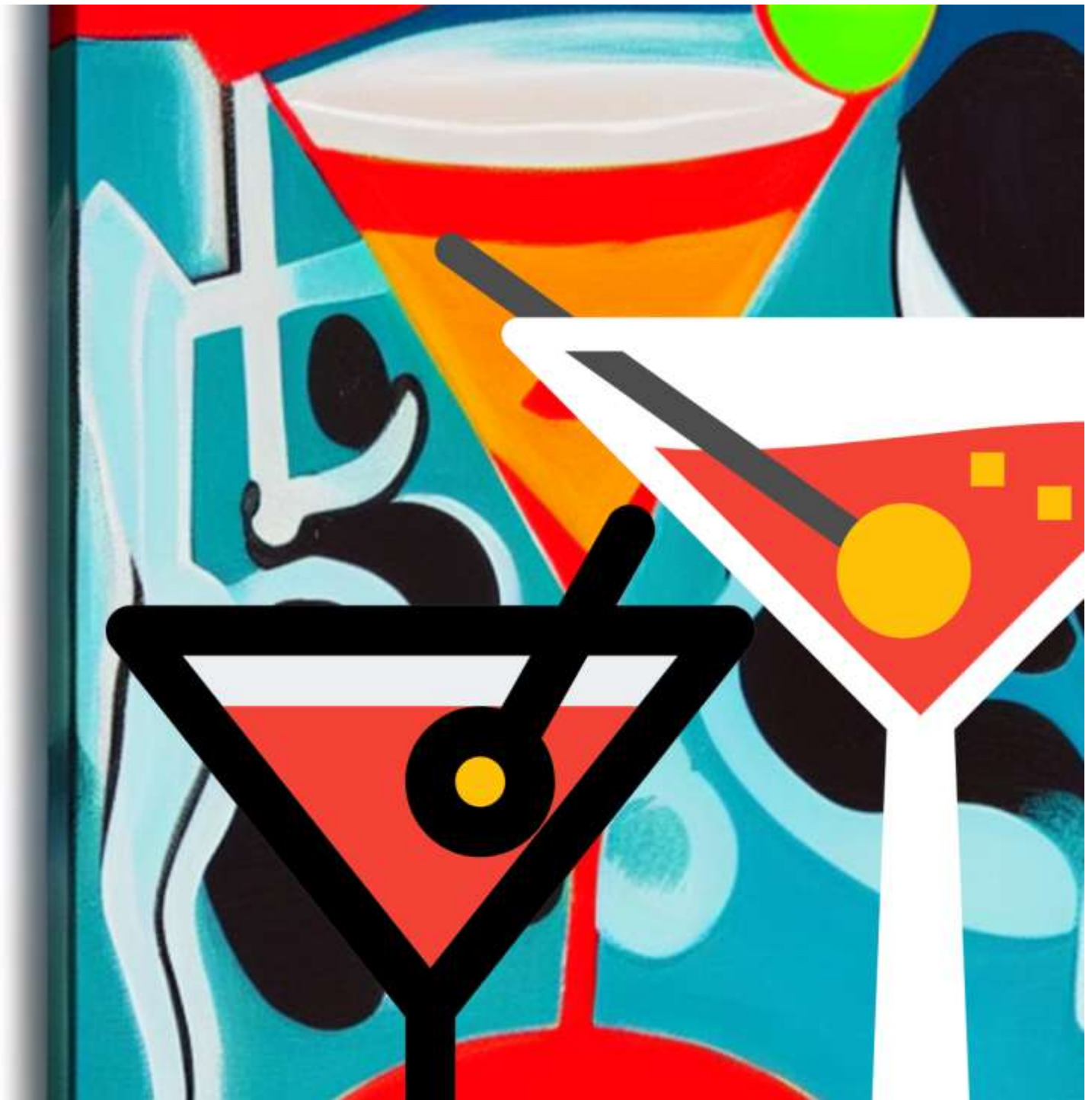
Though their exact origins are unknown, sugar cookies are thought to date back to the 7th century AD. These early cookies were probably more like hard biscuits than the soft, sweet treats we know today. It wasn't until the 13th century that sugar began to be used in baking, and sugar cookies as we know them began to take shape. Sugar cookies became especially popular in Europe during the Middle Ages, when cookie molds with elaborate designs were used to create intricate shapes. By the 18th century, sugar cookies had made their way to America, where they continue to be a beloved treat. Though their ingredients and shapes may have changed over the centuries, sugar cookies remain a classic favorite that is enjoyed by people all over the world.

## Five Things About Sugar Cookies

- ❖ Before sugar was added to these cookies, they were known as "jumbles."
- ❖ On average, sugar cookies contain about 120 calories, depending on the recipe, size, and frosting or decorations.
- ❖ Some say sugar cookies were introduced to Americans by the Germans.
- ❖ They were originally made with brown sugar.
- ❖ Sugar cookie recipes vary and can utilize different flavors such as vanilla or almond.

## How to Celebrate National Sugar Cookie Day

- ❖ Make [Martha Stewart's sugar cookies](#).
- ❖ Host a [cookie exchange party](#).
- ❖ Order a beautiful [sugar cookie bouquet](#).
- ❖ Sugar cookie supplies [here](#) and [here](#).
- ❖ Take a cookie decorating [course](#).
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# July 10 – National Pina Colada Day

There's something about the sweet and creamy taste of a pina colada that brings a smile to your face and reminds you of relaxing on a tropical beach. And what better way to enjoy this classic cocktail than on National Pina Colada Day, which falls on July 10th? But it's not just the drink itself that's worth celebrating; it's the joy that comes with sipping on a rum-based cocktail. Whether you're sharing a round of drinks with friends or enjoying a quiet evening alone, rum is a spirit that can instantly transport you to a carefree state of mind. So, on National Pina Colada Day, raise a glass and cheers to the simple pleasure of drinking rum.

## History of Pina Coladas

The sweet and tropical flavors of a classic pina colada take you straight to a white sand beach with crystal blue water. But have you ever wondered about the history behind this exotic cocktail? Ramón "Monchito" Marrero, a bartender at the Caribe Hilton in San Juan, Puerto Rico, is the mastermind behind one of the world's favorite drinks. In 1954, Monchito aimed to create a new signature cocktail for the hotel's visitors that would capture the essence of the island. After a few attempts, he mixed a perfect blend of rum, pineapple juice, and coconut cream, and the pina colada was born. The popular drink soon spread throughout the Caribbean and beyond, becoming an international sensation. Today, you can enjoy a delicious pina colada almost anywhere in the world, but there's nothing like savoring one on a tropical beach, in honor of its Puerto Rican origins.

## Five Things About Rum

- ❖ The term "rum" is derived from the Latin term "saccharum," which means "sugar."
- ❖ The famous cocktail, the mojito, was originally created as a remedy for scurvy.
- ❖ The world's largest rum tasting event takes place in London every year.
- ❖ If you're looking for a drink with a twist, try the dark and stormy - a mixture of rum and ginger beer.
- ❖ Pirates would often drink rum mixed with gunpowder to enhance their courage? So the next time you order a rum drink, remember these fun facts and enjoy your refreshing beverage with a smile!

## How to Celebrate National Pina Colada Day

- ❖ Make pina coladas, [easy recipe here](#).
- ❖ Purchase [pina colada glasses](#).
- ❖ Play [If You Like Pina Coladas](#) by Rupert Holmes.
- ❖ Take a [home bartending class](#).
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365 Days of Celebration 2024

# July 11 – National Pet Photo Day

Time to capture your furry friend's personality in a series of fun and candid photos. Here are a few tips to help you prep for the big day: First, make sure your pet is well-groomed. This will help them look their best and feel their best on shoot day. Second, choose a location that your pet is comfortable in - somewhere they can relax and have fun. And lastly, bring along some of your pet's favorite treats or toys to help them feel at ease during the photo session. With a little preparation, you're sure to end up with a paw-fect set of photos that you'll cherish for years to come!

## History of Owning Animals Like Pets

For centuries, humans have delighted in the companionship of animals. From snuggly pups to purring kitties, we've formed deep bonds with our furry friends. But when did owning an animal as a pet become commonplace? As it turns out, the trend dates back centuries. Ancient Egyptians, for example, were known to keep cats as pets, while the Greeks kept birds and snakes. Even as far back as the Roman Empire, owning dogs was a status symbol among the elite. As society has evolved, so have the expectations we have for our pets. They're no longer just companions, but valued members of our families. From purebred pups to rescue cats, owning an animal has become an integral part of many people's lives.

## Five Things About Taking Pet Photos

- ❖ Get down on their level for to capture your pet's unique perspective.
- ❖ Try to use natural light when possible as it will bring out their color better.
- ❖ Use props to add interest.
- ❖ Take photos from different angles.
- ❖ Use treats and noises to get their attention to look at the camera.

## How to Celebrate National Pet Photo Day

- ❖ Dedicate the day to taking photos of your pets and make [pet photo gifts](#).
- ❖ [Make a collage](#) from your photos.
- ❖ Create a pet [photo book](#).
- ❖ [Host a pet party](#) inviting your friends and their pets for more photo opportunities.
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# July 12 – National Simplicity Day

In a world that is increasingly complex, it can be easy to get caught up in the hustle and bustle of everyday life. From work demands and family obligations to the never-ending stream of news and information, it can feel like we are constantly moving at a breakneck pace. However, it is important to take a step back and appreciate the simpler things in life. Sometimes, the most memorable moments are those that are unplanned and spontaneous. Instead of overthinking things or trying to control every aspect of a situation, simply let go and enjoy the moment. Whether it's taking a leisurely walk in the park or spending time with loved ones, celebrating simplicity can help us to reconnect with what truly matters in life.

## History of Keep it Simple, Stupid!

The saying "keep it simple stupid" originated in the U.S Navy as a design principle for aircraft. The idea was that complex systems were more likely to fail, so engineers were encouraged to keep things simple. Over time, the saying became a general rule for problem-solving and decision-making. The beauty of the phrase lies in its simplicity. It is a reminder to not overcomplicate things and to focus on what is truly important. While the saying may come off as harsh or even insulting, it is a useful tool for productivity and efficiency. Despite its humble beginnings, "keep it simple stupid" has become a widely recognized and beloved phrase in the public lexicon.

## Five Great Things About Simplicity

- ❖ In a world that is often complicated and overwhelming, it can be refreshing to take a step back and focus on simplicity.
- ❖ Celebrating simplicity can mean many different things, from enjoying the quiet beauty of nature to savoring a delicious meal with loved ones. It can also be found in everyday moments, like taking a leisurely walk or reading a favorite book.
- ❖ One of the best things about simplicity is that it is available to everyone, regardless of circumstance. Whether you are surrounded by city lights or rural landscapes, there will always be opportunities to appreciate the simple things in life.
- ❖ Simplicity helps to decrease stress and allow you to focus on things that really matter.
- ❖ Simplifying your life can save you money.

## How to Celebrate National Simplicity Day

- ❖ Download [30 Days to Happiness Guide](#) for simple things to do each day.
- ❖ Learn how to [simply your life](#).
- ❖ [Organize your wardrobe](#).
- ❖ [Keep it simple](#), whatever it is you're doing.
- ❖ Simply connect with nature, take a hike.
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# July 13 – National Gruntled Workers Day

No one likes their job all the time. There are always going to be tasks that you don't enjoy or times when you feel like you're in a rut. However, it's important to try to find the positive things in your job, even on the tough days. For example, if you work in customer service, you might take a few extra minutes to help a customer who is having a bad day. Or, if you're feeling stressed out about an upcoming project, you might take a break to go for a walk or chat with a coworker. It might not seem like much but taking the time to focus on the positive things in your job can make a big difference in your overall attitude. So next time you're feeling down about your job, try to find at least one thing that you can appreciate. It might just make your day a little bit better.

## History of National Gruntled Workers Day

This quirky holiday was created by Thomas and Ruth Roy of [Wellcat.com](http://Wellcat.com). The word "gruntle" came into use as a humorous antonym of the more familiar word, disgruntle, in the 1920s but now it is considered the real deal, according to trusted dictionaries.

## Five Great Things About Being a Great Employee

- ❖ Being positive feels better and will make you healthier.
- ❖ Being positive will help your brain literally learn to find the good in things.
- ❖ You can learn more in a positive mood.
- ❖ You might get more promotions.
- ❖ You might actually make more money.

## How to Celebrate National Gruntled Workers Day

- ❖ Make a list of ten things you like about your job. Go ahead!
- ❖ Plan some fun [team-building activities](#).
- ❖ Learn how to [love your job](#).
- ❖ [Dealing With People You Can't Stand](#).
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# July 14 – Bastille Day

On Bastille Day, the French celebrate the storming of the Bastille, which signaled the beginning of the French Revolution. The holiday is also known as la Fête Nationale, or National Day. It is a public holiday in France, and many French expatriates and tourists travel to France to participate in the festivities. The most famous event is the Military Parade, which takes place on the Champs-Élysées in Paris. Other events include firework displays, concerts, and feasts. In recent years, Bastille Day has also become an opportunity to celebrate French culture and cuisine. Many restaurants offer special menus, and festivals are held across the country to showcase the best of France. So, whether you're in Paris or Provence, or anywhere else in the world, make sure to raise a glass of champagne on July 14th!

## History of Bastille Day

Bastille Day, also known as French National Day, is a celebration of the storming of the Bastille prison on July 14th, 1789. This event marks a pivotal moment in French history. Bastille Day is a celebration of freedom, but it has its roots in a dark time. The French Revolution was a time of great turmoil, marked by tyranny and oppression. The Bastille was a symbol of this oppression, a prison that stood as a reminder of the power of the king and his arbitrary rule. When the revolutionaries stormed the Bastille on July 14, 1789, they struck a blow for freedom that would resonate for centuries. The fascinating history of Bastille Day is one of courage and determination in the face of oppression, as well as a reminder of the horrors of tyranny. Today, Bastille Day is celebrated around the world as a symbol of hope and the triumph of the human spirit over oppression.

## Five Things About Bastille Day

- ❖ The Bastille was a symbol of the monarchy's power and the people's oppression, so its fall was a highly symbolic act.
- ❖ The first celebration of the event was in 1790, just one year after the Bastille fell.
- ❖ Prisoners of the Bastille were often sent there by the king as his enemies and received no trial or right to appeal.
- ❖ The day represents the beginning of the French Revolution and the falling of the monarchy.
- ❖ Bastille Day became an official holiday on July 6, 1880.

## How to Celebrate Bastille Day

- ❖ Host a [Bastille Day party](#) with French food and decorations.
- ❖ Find a [French restaurant](#) in your area; they're bound to be celebrating.
- ❖ Sample a selection of some [French cheeses](#).
- ❖ Try out some [escargot](#) (snails).
- ❖ Take a course in [French cuisine](#).
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# July 15 – National Celebrate the Horse Day

Today is a day to celebrate horses. Though many people find them intimidating, there is no denying the beauty of horses. These creatures have been inspiring artists and poets for centuries, and their grace and power continue to capture the imagination. With their long necks and flowing manes, horses are truly regal animals. But they are also strikingly unique, each with its own personality and quirks. Whether you are admiring their strength or admiring their gentle nature, horses are sure to fill you with a sense of wonder. So, the next time you see a horse, take a moment to appreciate its beauty. You may just find yourself falling in love with these magnificent creatures.

## The Complicated History of Horses

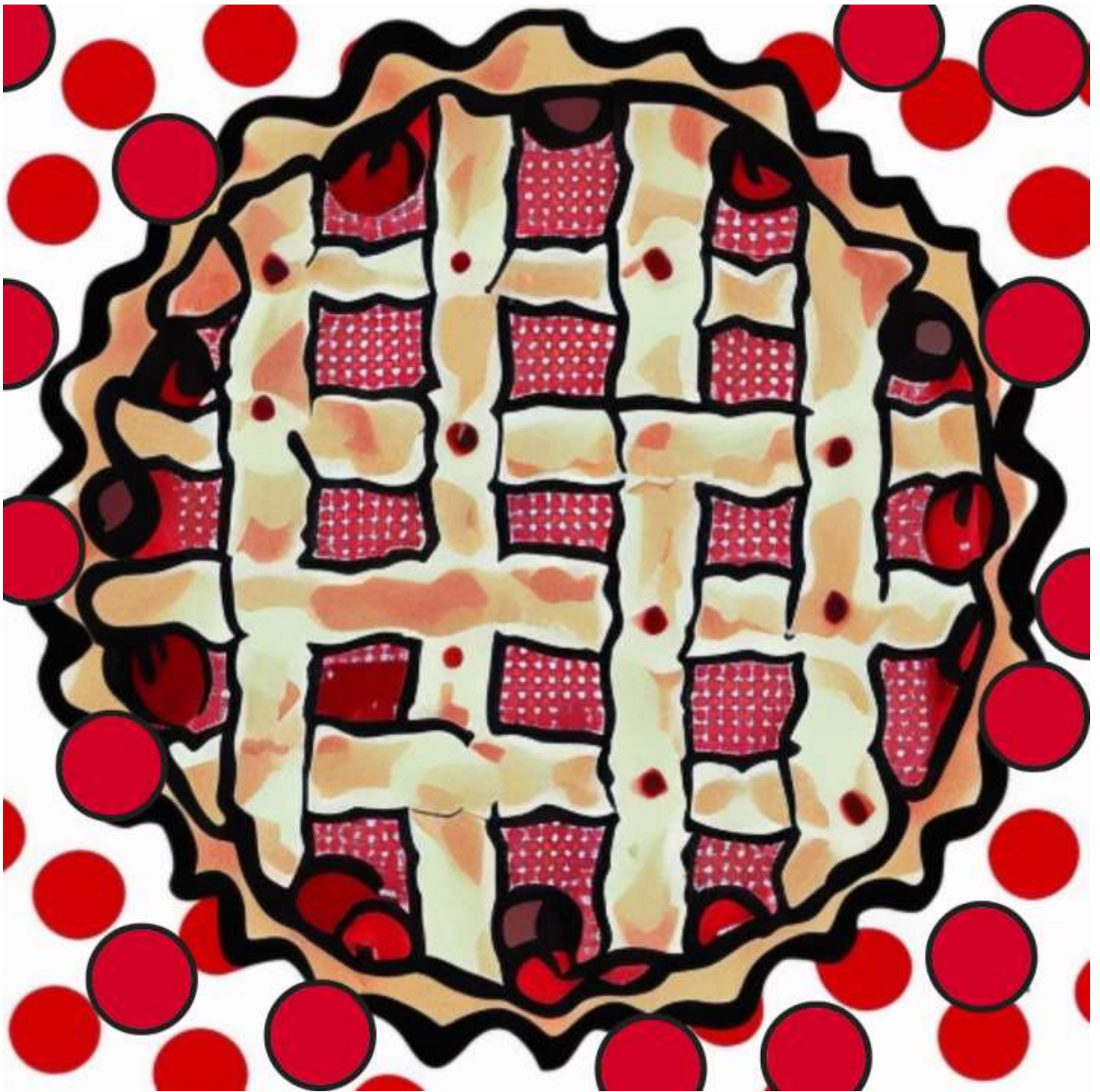
The first horses appeared on the planet around 50 million years ago. By 4500 BC, horses were being used in warfare by the people of Central Asia. Around the same time, horses were introduced to Europe by the Celts. By 1000 BC, horses were being used for transportation and agriculture in China. During the Middle Ages, horses played a significant role in warfare. In time, guns and cannons made horses less important in warfare, but they continued to be used for transportation and agriculture. Today, there are over 60 million horses in the world.

## Five Things About Horses

- ❖ Horses are capable of making more than 100 different vocal sounds.
- ❖ A horse's weight is measured in "hands," with one hand equaling four inches.
- ❖ The average horse can run at speeds of up to 30 miles per hour.
- ❖ A horse's heart weighs about 10 pounds and beats about 40 times per minute.
- ❖ Horses have been domesticated for thousands of years and were once used as a form of currency.

## How to Celebrate National Celebrate the Horse Day

- ❖ Ride a horse today!
- ❖ Read a good [book about horses](#).
- ❖ Enjoy this amazing [timeline of horses](#).
- ❖ Watch [horse movies](#).
- ❖ Host a [horse-themed party](#).
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# July 16 – National Cherry Day

They say that good things come in small packages, and that is certainly true of cherries. These little fruits pack a big punch of flavor, making them a popular ingredient in pies, tarts, and other desserts. But cherries are more than just a tasty treat. They also offer a number of health benefits. For example, cherries are an excellent source of antioxidants, which can help to protect the body against cellular damage. They also contain natural anti-inflammatory compounds, which can help to reduce pain and swelling. In addition, cherries are a good source of fiber and vitamins C and E. So next time you are looking for a healthy snack, reach for a handful of cherries instead of a candy bar. You'll be glad you did!

## History of Cherries

From the juicy sweet taste to the bright red color, cherries have captured our hearts and taste buds for centuries. Cherry trees were not originally grown in Europe, but rather were brought over from Asia Minor around the 1st century AD. From there, they quickly spread throughout Europe and eventually made their way to America with the early colonists. Cherries have played an important role in culture and history, such as in the famous story of George Washington chopping down a cherry tree. Today, we can enjoy cherries in a variety of forms, from fresh to frozen to baked into pies and pastries. Their rich history and delicious flavor make cherries a beloved fruit around the world.

## Five Things About Cherries

- ❖ Cherry trees are a member of the Prunus genus, which also includes almonds, peaches, and plums.
- ❖ Cherry trees can live for up to 100 years, but they don't bear fruit until they're about 10 years old.
- ❖ There are more than 1,000 varieties of cherries, but only about a dozen are grown commercially.
- ❖ The largest producer of cherries in the world is Turkey, followed by the United States, Iran, Italy, and China.
- ❖ Cherries are a good source of fiber and vitamins A and C, and they contain antioxidants that can help protect against cancer and heart disease.

## How to Celebrate National Cherry Day

- ❖ Make a classic cherry pie. Here's a [super easy recipe](#) from Pillsbury and a [favorite pie plate](#).
- ❖ Go to a u-pick farm in your area and pick cherries. Find [US cherry orchards here](#).
- ❖ Try your hand at [canning](#). [Get supplies here](#).
- ❖ Make a [cherry sugar scrub](#).
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# July 17 – National Hot Dog Day

Ah, the hot dog. A true American icon. Whether you're enjoying a ballpark frank at a baseball game or grilling up some weenies at a Fourth of July barbecue, there's no denying that the hot dog is a staple of summertime fun. Sometimes the hot dog gets a bad rap with stories that it is made up of odd bits and pieces of different animals, but alas, this is not true! The hot dog is regulated by the USDA like all other meats. So grab a bun and dig in - it's time to celebrate America's food on the third Wednesday of July.

## History of Hot Dogs

Have you ever bitten into a freshly grilled hot dog and wondered how this popular snack came to be? The history of the hot dog is a fascinating and somewhat disputed tale. Some believe it originated in Frankfurt, Germany in the 1480s, while others point to Vienna, Austria in the 1800s as the birthplace of the hot dog. Whatever its origin, it quickly became an American staple, particularly at baseball games and county fairs. The Nathan's Hot Dog Eating Contest, held annually on July 4th in Coney Island, New York, has become a beloved tradition and celebration of this iconic food. So next time you enjoy a juicy hot dog, you can appreciate the rich history behind it. Enjoy this [cool infographic](#) on the history of the hot dog.

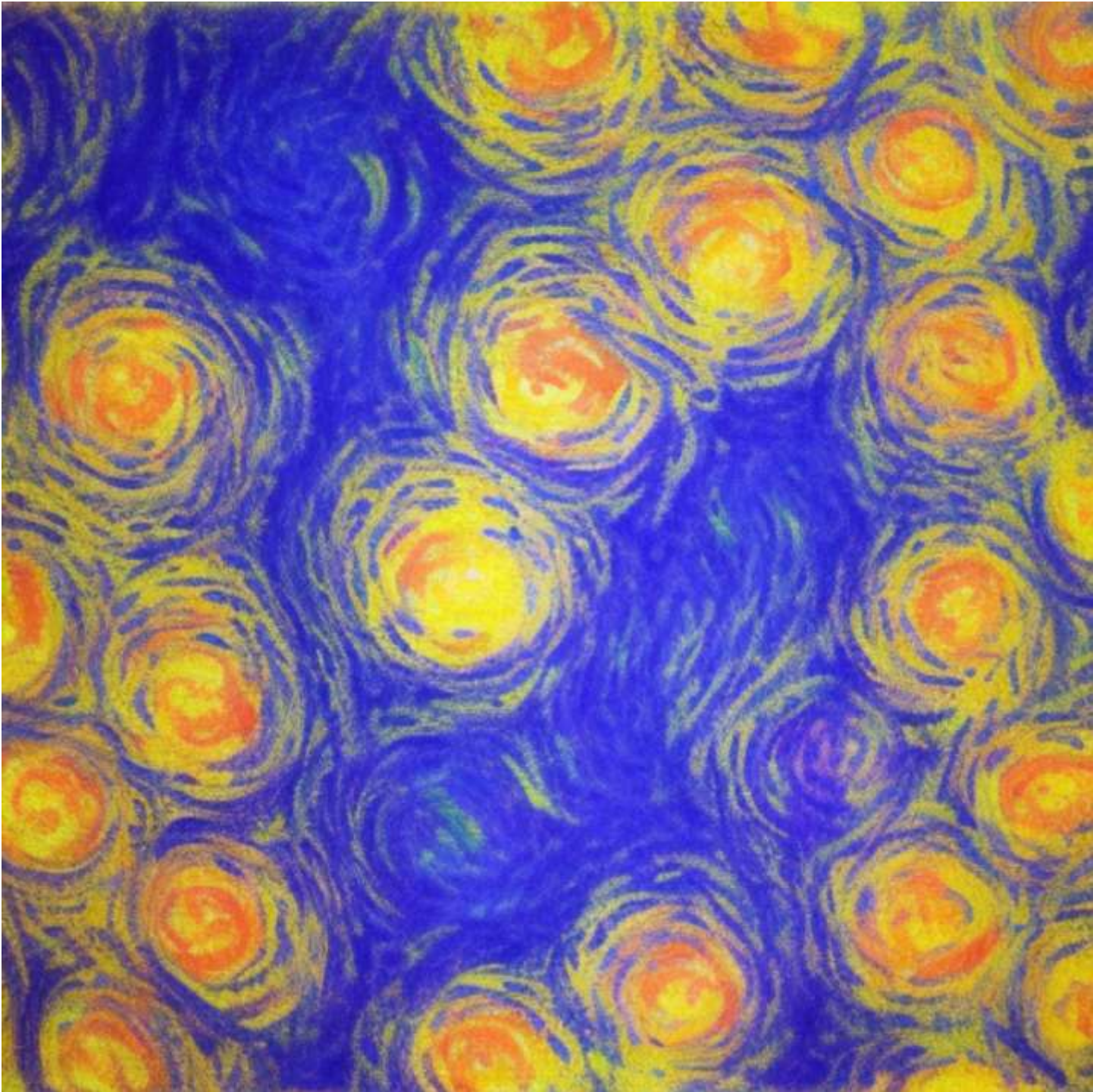
## Five Things About Hot Dogs

- ❖ The making of hot dogs is regulated by the USDA and is not the bad meat we have been led to believe.
- ❖ The world's largest hot dog was made in 2008 in Germany and was over 100 feet long.
- ❖ The average hot dog contains about 250 calories.
- ❖ America's favorite hot dog topping is mustard.
- ❖ Joey Chestnut holds the world record of the most hot dogs eaten in ten minutes at 76, and he's been the winner for many years!

## How to Celebrate National Hot Dog Day

- ❖ Watch [The Mystery Dog Meat Myth](#).
- ❖ Host a [hot dog party](#) with different dogs, toppings, and buns.
- ❖ Head on over to [HotDog.Org](#) to learn about all things hot dogs.
- ❖ Check out the records of [Nathan's Hot Dog Eating](#) contest. Mind blowing.
- ❖ [Build a home fire](#) and roast some weenies with some [hot dog sticks](#).
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# July 18 – National Caviar Day

National Caviar Day is a day to celebrate the luxurious taste of one of the world's most coveted delicacies. The word caviar alone conjures images of opulence, elegance, and glamour. It's a food item that has been enjoyed by royalty for centuries and continues to be highly sought after by foodies and connoisseurs of all kinds. Whether you prefer the beluga, sevruga or osetra variation, one thing is certain; caviar is an indulgence that elevates any dish. Celebrate National Caviar Day by treating yourself to a lavish caviar appetizer or entrée, and revel in the rich, buttery and salty goodness of this sophisticated food.

## History of Caviar

Caviar is a delicacy that has been enjoyed for centuries by people all around the world. The word itself comes from the Persian word "khaviyar", which means "cake of strength". The earliest recorded history of caviar dates back to the ancient Greeks and Romans, who considered it a rare and luxurious food reserved for only the wealthiest of citizens. Hailed for its unique flavor and texture, caviar soon became a staple at royal courts throughout Europe. Today, caviar remains a highly sought-after delicacy, and its history serves as a testament to its enduring appeal. From the Caspian and Black Sea regions to the shelves of high-end markets worldwide, the journey of caviar is truly fascinating.

## Five Things About Caviar

- ❖ Caviar is a great source of protein and contains high levels of omega-3 fatty acids.
- ❖ It can only be called "true caviar" if it is harvested from the sturgeon fish.
- ❖ The color of caviar can vary from golden yellow to black, but this does not affect the taste.
- ❖ Caviar can be served as a topping on blinis or toast with a dollop of crème fraiche.
- ❖ The quality of the caviar is determined by many factors like the size of the eggs, the texture, and the taste.

## How to Celebrate National Caviar Day

- ❖ [Buy caviar!](#) Here's the [expensive link to caviar](#), WoW!
- ❖ Read Bon Appetit's [Caviar Recipes](#).
- ❖ Learn how to [serve and taste caviar](#).
- ❖ Get a beautiful [caviar service set](#).
- ❖ Watch the video, "[5 People Try Caviar for the First Time.](#)"
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# July 19 – Stick Your Tongue Out Day

National Stick Your Tongue Out Day is a light-hearted and hilarious holiday that encourages people to let their inner child out. On this day, people are encouraged to stick out their tongue as a sign of playfulness and silliness. The origins of this curious holiday are a bit murky, but it is believed to have been created to provide a bit of comic relief during the dreary winter months. So, on this day, let go of your inhibitions and stick out your tongue with pride! You might just find that it puts a smile on your face and those around you.

## History of Sticking Your Tongue Out

Throughout history, people have used various body language and facial expressions to convey different meanings. One such expression is the act of sticking out the tongue. From the ancient Greeks to the Native Americans, this expression has played a significant role in different cultures across the globe. For the Greeks, it was a gesture of defiance and insult, while for the Native Americans it was believed to ward off evil spirits. In some cultures, the act of sticking out the tongue is seen as a sign of playfulness or even a greeting. Regardless of the interpretation, the culture of sticking out the tongue has an interesting history full of different interpretations and meanings.

## Five Things About the Tongue

- ❖ The tongue is the strongest muscle in the human body.
- ❖ The tongue has thousands of taste buds that are responsible for detecting sweet, sour, salty, bitter, and umami flavors.
- ❖ Not only that, the tongue also plays a crucial role in speech, as it helps us form words and sounds.
- ❖ Our taste buds are replaced every 1 to 2 weeks.
- ❖ Some people are born with a condition called "geographic tongue," where their tongue appears to have a map-like pattern.

## How to Celebrate Stick Your Tongue Out Day

- ❖ Take a [tongue selfie](#), and share the fun on social media. Use the hashtag [#stickoutyourtongueday](#).
- ❖ Learn about [umami](#), the 5th taste.
- ❖ Read the story behind the [Rolling Stones tongue logo](#). [Buy the music](#).
- ❖ Try many [recipes for cooking cow tongue](#).
- ❖ [Clean your tongue!](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# July 20 – National Moon Day

On July 20, we celebrate National Moon Day, a day that commemorates one of the most significant moments in human history: the landing of astronauts Neil Armstrong and Edwin "Buzz" Aldrin on the moon's surface. This extraordinary achievement marked a new era of space exploration and discovery. National Moon Day reminds us of the incredible feat that was accomplished on this day in 1969 and encourages us to continue pushing the boundaries of our knowledge and exploration of our universe. So let us all take a moment to appreciate this remarkable milestone and the courage, dedication, and perseverance of those who made it possible. Happy National Moon Day!

## History of National Moon Day

The first humans to set foot on the moon were Neil Armstrong and Buzz Aldrin on July 20, 1969. While Armstrong's famous line "That's one small step for man, one giant leap for mankind" will forever be remembered, Aldrin's contributions to the mission were equally significant. Together, they spent over two hours walking on the lunar surface and collecting samples before returning to the Apollo 11 spacecraft for their journey back to Earth. Following Apollo 11, a total of 12 astronauts have walked on the moon, each contributing to our knowledge of Earth's celestial neighbor. From Alan Shepard to Gene Cernan, these brave individuals will forever be remembered in history.

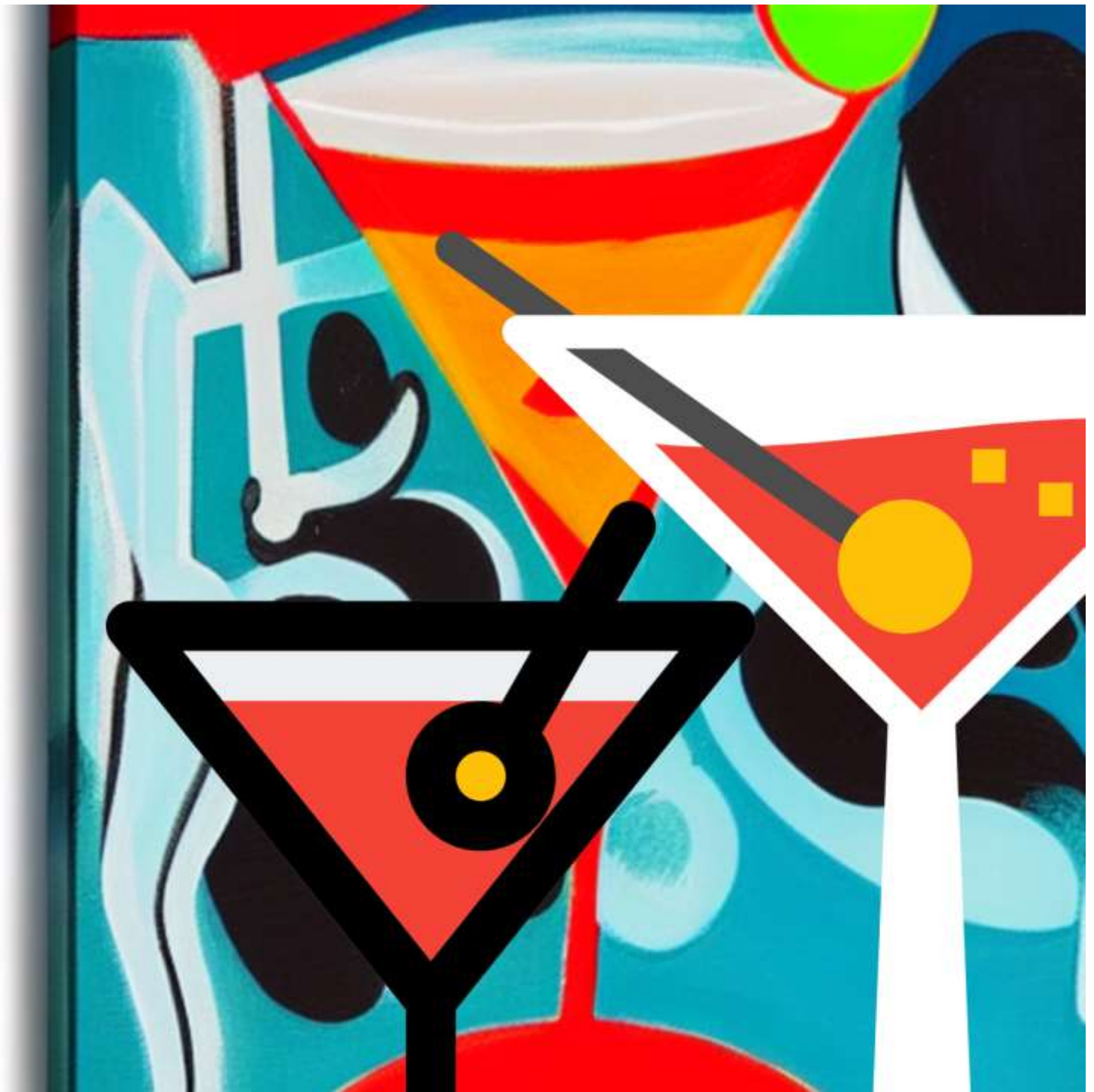
## Five Things About the Moon

- ❖ The moon is not a perfect sphere but slightly flattened at the poles.
- ❖ Humans have only explored 12% of the moon's surface.
- ❖ The moon has no atmosphere, meaning it has no wind or weather.
- ❖ The moon is moving away from earth at a rate of 1.6 inches per year.
- ❖ Its temperature varies wildly, from a scorching 260°F during the day to a frigid -280°F at night.

## How to Celebrate National Moon Day

- ❖ View the moon up close, [purchase a telescope](#).
- ❖ Learn [how to photograph the moon](#) with a [DSLR camera](#).
- ❖ Eat [moon food](#), especially [Moon Pies](#)!
- ❖ Host a [space and moon party](#), [moon party ideas](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
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# July 21 – Legal Drinking Age Day

For most of the country's early history, there were no laws regulating the consumption of alcohol. This changed in the early 1800s, when a number of states began to pass laws banning the sale of liquor. These laws were largely motivated by temperance movements, which believed that reducing alcohol consumption would lead to less crime and violence. In 1919, Congress passed the National Prohibition Act, which prohibited the manufacture, transport, and sale of liquor nationwide. This led to a dramatic increase in illegal drinking, as well as a rise in organized crime. The prohibition ended in 1933, and since then, the legal drinking age has been gradually rising. The day is also noted to celebrate Ernest Hemingway, the celebrated American novelist and journalist, who was born on July 21, 1899. Hemingway was known for his literary contributions, as well as his love of alcohol. Hemingway's love for the drink is evident in his works, from the iconic "The Sun Also Rises" to "A Farewell to Arms." While he never shied away from his notorious reputation of excessive drinking, it ultimately led to his tragic demise.

## History of Drinking Alcohol and US Laws

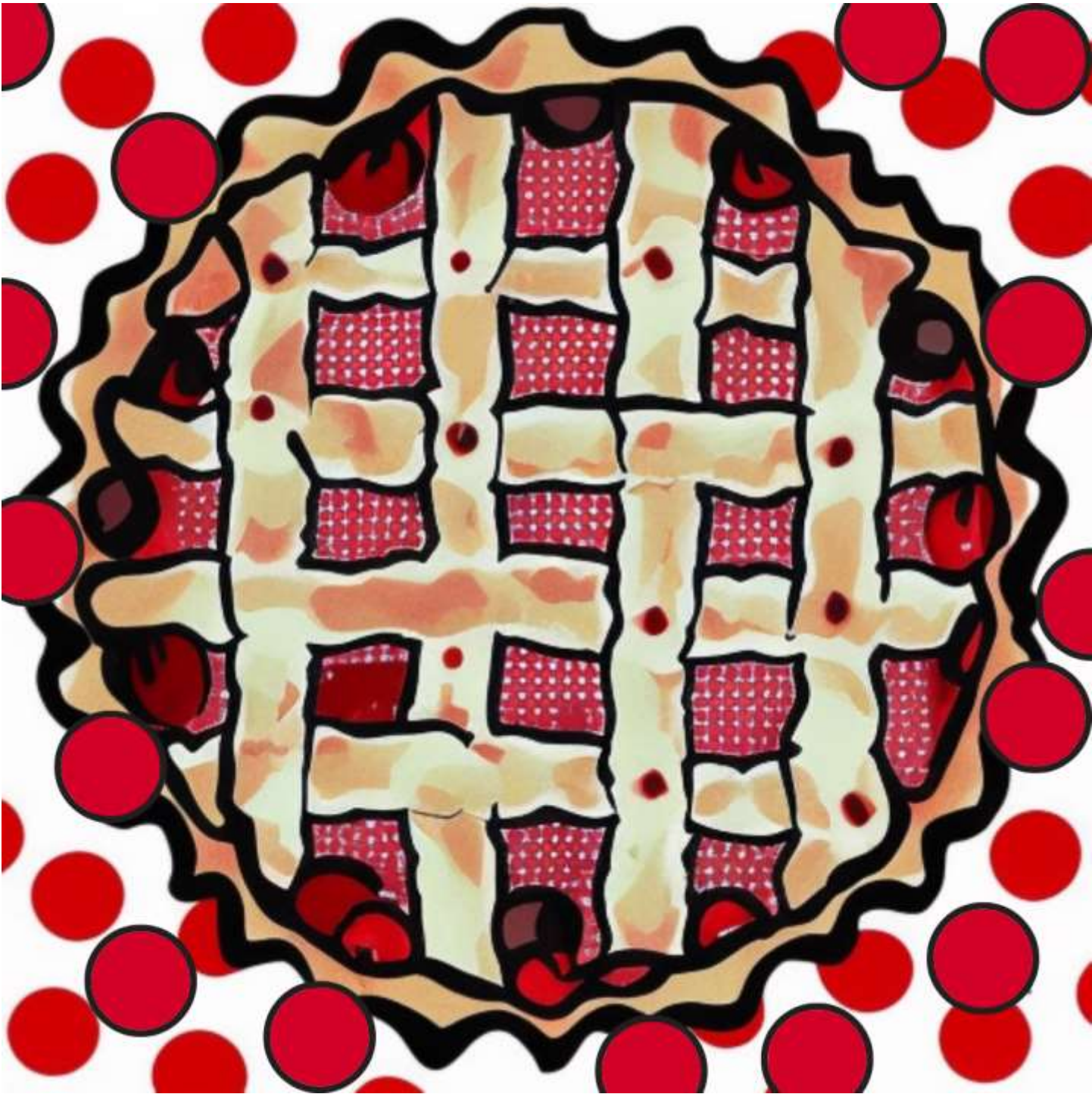
The exact details of humans consuming appears to go back to 7000 BC in China. The prohibition of alcohol began in 1920 and was lifted in 1933. From 1933-1984, drinking age was regulated by states, and in 1984, the drinking age became 21 nationwide. The legal drinking age in the United States has gone through a tumultuous journey since the country's inception. In the early days, young people could legally imbibe at younger ages than today's standards, with some states even allowing children as young as 14 to drink. However, after Prohibition, attitudes towards alcohol began to shift. In 1984, the National Minimum Drinking Age Act was passed, which mandated that states set their legal drinking age at 21, or risk losing federal highways funding. While this law has faced criticism and opposition over the years, it remains in effect today.

## Five Things About Drinking Alcohol.

- ❖ A 2019 (NSDUH) survey indicates 85.6% of people over 18 have drunk alcohol.
- ❖ 39.7% of 12- to 20-year-olds indicated they have had at least one drink in their lives.
- ❖ From studies in 2004 to 2016 the trend for underage drinking has significantly decreased.
- ❖ Underage drinking can interfere with adolescent brain development.
- ❖ To maintain a low-risk drinking level, limit drinks to 4 per day and 14 per week for men and 3 per day and 7 per week for women.

## How to Celebrate Legal Drinking Age Day

- ❖ Review the statistics about alcohol drinking on the [NIAAA website](#).
- ❖ Learn about [responsible drinking](#).
- ❖ [Celebrate Hemingway](#), he loved his alcohol, read a book or watch a movie.
- ❖ DON'T drink and drive, use rideshare!
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# July 22 – Pi Approximation Day

Pi Approximation Day is celebrated on July 22nd each year. The day commemorates the approximated value of pi, which is 3.14. Pi Approximation Day is also known as Pi Day, and it is celebrated by mathematicians and math enthusiasts around the world. On Pi Day, people share their favorite pi jokes and puns, eat pies, and hold pi-related competitions. The day is a fun way to celebrate one of the most important constants in mathematics. So, whether you're a math lover or just looking for an excuse to eat pie, make sure to celebrate Pi Approximation Day on July 22nd!

## History of Pi Approximation Day

The holiday was created by computer scientist Larry Shaw in 1988. For centuries, mathematicians have sought to understand and calculate the number pi with greater and greater accuracy. One of the earliest known approximations of pi is found in the ancient Indian text the Sulbasutras, which dates back to around 800 BCE. Greek mathematician Archimedes is also famous for his approximation of pi using inscribed and circumscribed polygons. The continued fascination with pi led to the development of ever more intricate methods of calculation, such as the use of infinite series and calculus. Even with the advent of computer technology, the search for more accurate approximations of pi continues to this day, with some of the most groundbreaking discoveries coming from unexpected sources, such as a group of Japanese schoolgirls who used a complex algebraic formula to arrive at an approximation accurate to 31 trillion decimal places. The history of pi approximation is a testament to the relentless curiosity and ingenuity of mathematicians throughout the ages.

## Five Things About Pi

- ❖ Pi was first calculated by an Egyptian scribe named Ahmes, in the 16th century BC.
- ❖ The symbol for pi was first used in 1706 by Welsh mathematician William Jones.
- ❖ Pi is an irrational number, which means it cannot be expressed as a simple fraction.
- ❖ The decimal expansion of pi never ends and never repeats. This makes it a truly unique number.
- ❖ Pi has been calculated to over one trillion decimal places, but the exact value of pi will never be known.

## How to Celebrate Pi Approximation Day

- ❖ Bake my delicious [apple pie](#)! I promise you will love it. Well, if you like apple pie, that is.
- ❖ Enjoy this [quick video](#) of the meaning of PI, using pie.
- ❖ Enjoy, "[The Life of Pi](#)." Read, watch, or listen to it.
- ❖ Host a [Pi-themed party](#) for your nerdy friends, featuring all things circular.
- ❖ Play the game, "[The Digits of Pi](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
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# July 23 – Hot Enough for Ya Day

So, is it hot enough for ya? As the sun beats down and the temperature rises, there's no doubt that summer is in full swing. While some may grumble about the scorching heat, others embrace it with open arms. For those who celebrate hot days, this is the time to break out the sunscreen, grab a cold drink, and head to the beach. It's the perfect excuse to laze around in the pool, indulge in ice cream, and soak up some much-needed vitamin D. Of course, staying cool is always a priority, but that doesn't mean we can't enjoy the heat while it lasts. After all, the thought of shoveling endless amounts of snow is looming in the minds of many as they enjoy the alternative. So, let's make the most of it while we can and celebrate the joys of a hot summer day!

## History of Hot Weather

From the scorching heat of the desert to the humid summer days in the south, the weather has always been a challenge for people across the country. The hottest day on record in the United States was in Furnace Creek (Death Valley), California back in 1913 when the temperature reached a staggering 134 degrees Fahrenheit! Even more recently, in 2021, the Pacific Northwest experienced an unprecedented heatwave that saw temperatures rise to over 100 degrees Fahrenheit in areas that were normally cool and mild. These extreme weather patterns serve as a reminder of the importance of staying hydrated and taking precautions to stay safe under the blazing sun.

## Five Things About Hot Weather

- ❖ While you might feel like you're sweating more in humid weather, it's actually dry heat that causes you to lose more water through sweat.
- ❖ Hot weather can actually increase crime rates, with studies showing that people are more likely to act out aggressively in extreme heat.
- ❖ Some animals in hot climates, like camels, can survive without water for several days thanks to their ability to store water in their bodies.
- ❖ Hot weather can actually make your brain work slower, with some studies suggesting that IQ scores may decrease in excessively hot conditions.
- ❖ The term "heat index" was first coined in the early 1970s to describe the combined effects of heat and humidity.

## How to Celebrate Hot Enough For Ya Day

- ❖ Read about the [12 Hottest Places on Earth](#).
- ❖ Consider these [cool gadgets for hot weather](#).
- ❖ Get the stuff and [Wash your car!](#)
- ❖ [50 Cold Foods for Hot Weather Days](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# July 24 – National Old Joke Day

It has often been said that laughter is the best medicine. And research shows this is scientifically true. There is no denying that laughter can be a powerful tool for helping us to cope with life's stresses and challenges. Laughter can help to defuse difficult situations, lighten our moods, and even promote physical health. But what exactly is it about laughter that makes it so beneficial? According to some experts, it may have something to do with the fact that laughter is a form of social bonding. When we laugh with others, we are sending a signal that we are relaxed and comfortable in their company. This in turn can help to create a feeling of closeness and connection. So next time you're feeling down, why not try cracking a few jokes? It just might make you (and those around you) feel a whole lot better.

## History of Jokes and Humor

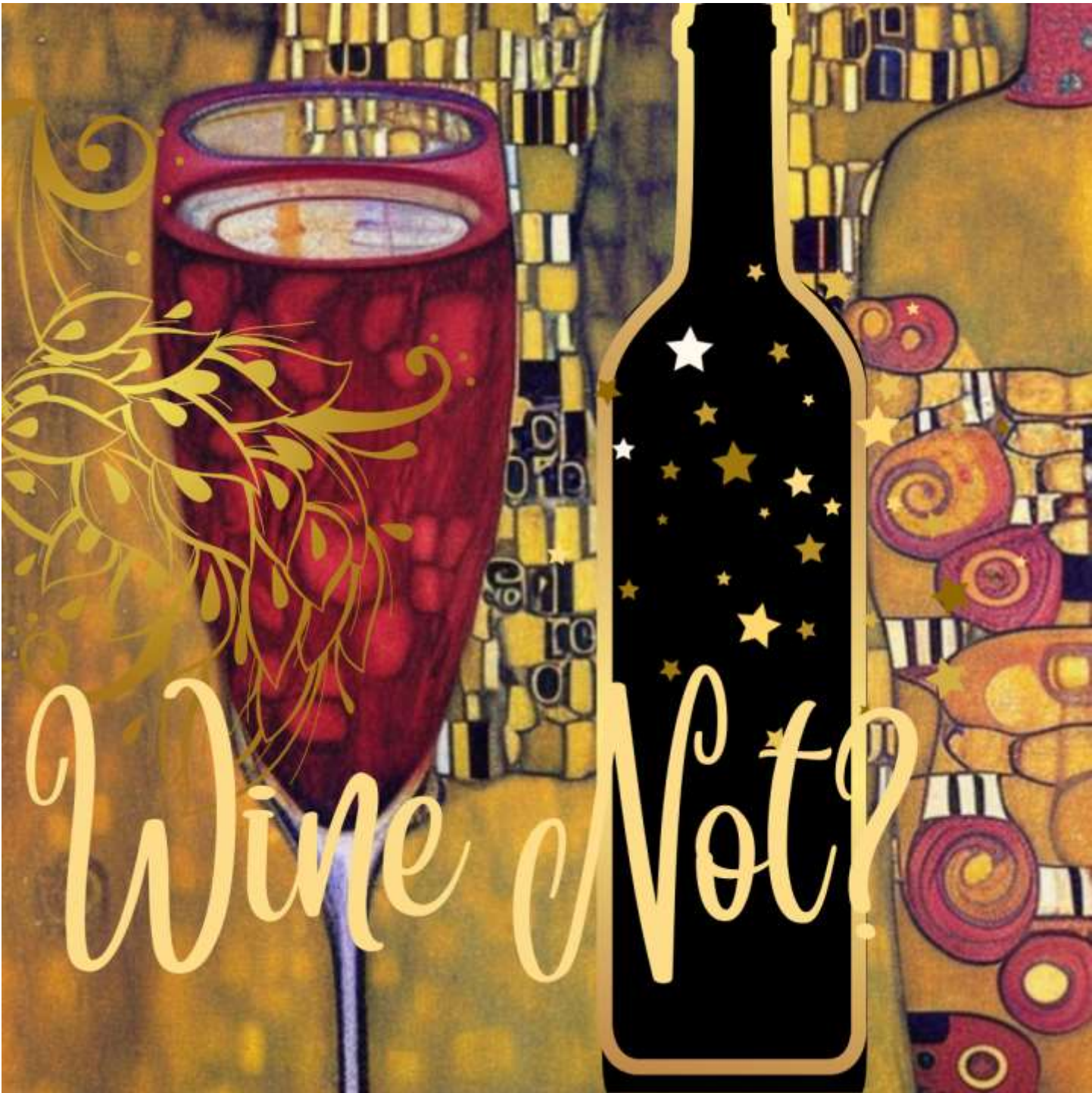
For centuries, humans have been using humor as a way to connect with one another. From ancient times to the present day, we have used jokes to break the ice, lighten the mood, and even as a form of social commentary. The history of humor is a fascinating one, filled with moments of levity that have brought people together in hilarious ways. Scholars believe that the earliest jokes may have been simple wordplay or puns, dating back thousands of years. But it wasn't until the rise of literature and theater that humor truly began to develop as an art form. Comedians and humorists have been making us laugh ever since, and today, comedy is a massive industry that spans everything from standup to movies to TikTok. The history of humor is as diverse as the people who have made us laugh along the way, and it's a testament to the power of laughter to bring us all closer together.

## Five Old Silly Jokes

- ❖ Why did the chicken cross the road? To get to the other side.
- ❖ Why don't scientists trust atoms? Because they make up everything!
- ❖ Why did the gym close down? It just didn't work out.
- ❖ Want to hear a construction joke? Oh, never mind, I'm still working on that one.
- ❖ I'm reading a book about anti-gravity. It's impossible to put down!

## How to Celebrate National Old Joke Day

- ❖ Read the 38 Hertz article, [Laughter as Medicine](#).
- ❖ Make someone laugh today by telling them your favorite old joke.
- ❖ Read [100 Funniest Jokes of All Time](#) on Reader's Digest.
- ❖ Take a Masterclass! [How to Write a Joke in 7 Steps](#).
- ❖ Read [How to Be Funny](#). Purchase some [joke books](#).
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# July 25 – National Wine and Cheese Day

National Wine and Cheese Day is the perfect excuse to indulge in your favorite pairings. Whether you prefer a sharp cheddar with a full-bodied red or a creamy brie with a crisp white, there's no denying the pleasure that comes from savoring each bite and sip. From the French countryside to the hills of Tuscany, wine and cheese have long been a symbol of lavish living and refined taste. On this special day, celebrate all of the unique flavors and textures that this timeless pairing has to offer. Gather your friends and family for a festive picnic or cozy night in, and toast to the art of winemaking and cheesemaking that has captured our imaginations for centuries.

## History of National Wine and Cheese Day

Jace Shoemaker-Galloway created National Wine and Cheese Day on July 25, 2014. Throughout history, the pairing of wine and cheese has been a beloved tradition across many cultures. It's a perfect combination that balances the flavors of each with the other. It's fascinating to discover how wine and cheese have evolved over the centuries, along with the unique ways they have been paired together. The French, for example, were early pioneers of wine and cheese pairings, with certain types of wine being exclusively paired with particular cheeses. From sparkling wines with soft cheeses to red wines with hard cheeses, each pairing brings something special to the palate. Overall, the history wine and cheese pairings is a rich and flavorful journey that continues to be celebrated today among foodies and enthusiasts alike.

## Five Things About Wine and Cheese Pairings

- ❖ Don't overanalyze!
- ❖ Soft cheeses with sparkling wine and light white wines.
- ❖ Keep dominant flavors together, strong wines go with strong cheeses and vice versa.
- ❖ Match unique and strong flavored cheeses with sweeter wine.
- ❖ Try pairing wine and cheese from the same region.

## How to Celebrate National Wine and Cheese Day

- ❖ Go on a wine and cheese picnic - [get a cooler bag](#).
- ❖ Go winetasting, read the article, [Wine Tasting is Fun](#).
- ❖ Host a [perfect wine and cheese potluck](#).
- ❖ Try these [12 pairings](#) (over time, of course) from Wine Folley.
- ❖ Get this beautiful [charcuterie board gift set](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# July 26 – National Holistic Therapy Day

It's national holistic therapy day, and we'd like to take a moment to celebrate all the different ways that people can find joy and healing. From yoga and meditation to aromatherapy and acupuncture, there are endless opportunities for exploring different modalities of self-care. And while we often think of holistic therapies as being only for those who are struggling with physical or mental health issues, the truth is that these practices can benefit anyone. Whether you're looking to reduce stress, improve your sleep, or just boost your overall well-being, there's a type of holistic therapy that can help. So why not take some time today to explore the world of holistic health? You might just be surprised at what you find.

## History of Holistic Therapy and Medicine

Holistic therapy is a bit of a misnomer. The word "holistic" comes from the Greek word for "whole," and it's often used to describe treatments that focus on the whole person, not just the physical symptoms of an illness. But in reality, holistic therapies have been around for centuries. Ancient Egyptians used aromatherapy and massage to treat a variety of ailments, and many of these techniques are still in use today. Acupuncture, which is thought to date back to China's Stone Age, is another example of a holistic therapy that is still widely used. In recent years, there has been a renewed interest in holistic therapies as people look for alternatives to traditional medicine as an alternative to, or accompaniment to, mainstream western medicine which most often uses medication and invasive procedures to treat symptoms.

## Five Holistic Therapies to Consider

- ❖ Aromatherapy.
- ❖ Yoga.
- ❖ Massage therapy.
- ❖ Acupuncture.
- ❖ Energy work.

## How to Celebrate National Holistic Therapy Day

- ❖ Take a [holistic therapy course](#) on Udemy.
- ❖ Read "[9 Benefits of Yoga](#)" from Johns Hopkins.
- ❖ Try out some [essential oils](#) using thousands of customer reviews to make your choices.
- ❖ Try these [EFT scripts](#) to improve your mood immediately or consider an [intensive workshop](#) on EFT tapping.
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# July 27 – National Crème Brûlée Day

Crème brûlée is a French dessert that typically consists of a rich custard base topped with a layer of hard caramel. Though the dish is often associated with upscale restaurants, it is actually quite easy to make at home. The key to perfect crème brûlée is all in the technique. The custard base must be cooked slowly and evenly, otherwise it will end up either undercooked or curdled. Once the custard is finished cooking, it should be cooled in an ice bath before being refrigerated. This helps to prevent the formation of a skin on the surface of the custard. When ready to serve, the caramel layer is formed by sprinkling sugar on top of the custard and then using a kitchen torch to melt and caramelize the sugar. Crème brûlée may seem like a complex dessert, but with a little practice, anyone can master this classic treat.

## History of Crème Brûlée

Crème brûlée is a classic dessert that has been around for centuries. The earliest known recipe dates back to 1691, when it was published in a French cookbook. However, the dessert was likely invented long before that. It is believed that crème brûlée was first created in the 1600s by a chef in the court of Louis XIV. While its exact beginnings are shrouded in mystery, some sources suggest that it may have been created by French chefs in the late 17th century. Others say it has roots in Spanish cuisine. Regardless of its origin, it's clear that crème brûlée has stood the test of time, becoming a timeless classic that can be found in restaurants and bakeries all over the world. So the next time you indulge in this sweet treat, take a moment to savor both its decadent flavor and its rich history.

## Five Things About Crème Brûlée

- ❖ The name, crème brûlée, translates literally to burnt cream.
- ❖ Crème brûlée is also known as burned cream, burnt cream, or Trinity cream.
- ❖ Crème brûlée was first made in 1691 by a French chef named François Massialot.
- ❖ The dish gained popularity in the United States after it was featured on the television show "Survivor" in 2000.
- ❖ The record for the world's largest crème brûlée weighs in at over 700 pounds. It was made in New York City in 2009.

## How to Celebrate Crème Brûlée Day

- ❖ **Make some crème brûlée!**
- ❖ Buy the crème brûlée supplies. And [here](#).
- ❖ Host a dessert potluck party - [use this planner](#).
- ❖ Order these delicious crème brûlée mini cakes.
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# July 28 – National Soccer Day

Soccer is often called "the beautiful game," and it's easy to see why. The game is simple yet endlessly complex, requiring split-second decision making, pinpoint passing, and explosive speed. It can be played on any patch of ground, by players of any age or skill level. And it has the power to unite people from all corners of the globe. Soccer is more than just a sport; it's a way of life. For many, it's a passion that transcends nationality, ethnicity, and religion. It's a common language that everyone can speak. So whether you're cheering on your favorite team or simply kicking a ball around with friends, take a moment to celebrate the beauty of soccer. Who knows? Maybe you'll even fall in love with the game yourself.

## History of Soccer

No one knows for sure when and where soccer began. However, the most widely accepted theory is that it originated in China around 2,000 years ago. According to this story, military men would kick a stuffed leather ball around during their downtime in an effort to stay fit and sharpen their skills. From China, the game is said to have spread to Rome, where it was played by Roman soldiers. From there, it slowly made its way across Europe, evolving and changing as it went. By the 19th century, soccer had become a popular sport in England and was codified by the English Football Association. Today, soccer is played all over the world and is enjoyed by people of all ages. For an extensive analysis of soccer and football history, see [FootballHistory.Org](https://www.footballhistory.org/).

## Five Things About Soccer

- ❖ Soccer is played by more than 265 million people in over 200 countries.
- ❖ Soccer is the most widely-viewed sport in the world, with an estimated 3.5 billion fans worldwide.
- ❖ Soccer was originally played with an inflated pig's bladder. The first ball was actually made of leather and filled with air, but it wasn't long before pigs' bladders became the preferred choice.
- ❖ The biggest soccer tournament in the world is the World Cup, which takes place every four years. The most recent World Cup was held in Russia in 2018, and it was won by France.
- ❖ Soccer superstar Lionel Messi is so popular that he has his own emoji!

## How to Celebrate National Soccer Day

- ❖ Attend a soccer game or watch one on TV.
- ❖ Read the 38hz article [Happy Being a Sports Fan](#).
- ❖ Buy [really fun soccer things](#).
- ❖ Host a soccer party and watch your favorite team, make this [amazing nacho](#)!
- ❖ Familiarize yourself with [MLS Soccer](#).
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# July 29 – National Rain Day

The pitter-patter of rain drops on the roof and the gentle tapping on the window pane always bring a smile to my face. There is something special and invigorating about the rain that soothes the soul and awakens the senses. The earth refreshes itself, and a dull and grey world takes on vibrant and dazzling colors. I love the smell of wet earth, the sound of the gurgling streams, and the feel of the rain droplets on my skin. It's like nature's orchestra playing a symphony that unites everything and everyone together. Rain reminds me to slow down, appreciate the moment, and savor life's simple pleasures. The joy of rain is inescapable, and I am grateful for every single drop that falls from the sky.

## History of National Rain Day

William Allison was an inventive and imaginative man responsible for creating Rain Day. William Allison was a farmer who believed that rain was a blessing for his crops. Allison was known to be a very religious man, and he would pray for rain every year. However, in the year 1872, after three weeks of a scorching heatwave, he became so frustrated that he told his fellow farmers that it was going to rain on July 29th. Though everybody thought it was just a mere coincidence, William Allison was the first to celebrate his prediction when it poured down rain on July 29th. From that day on, July 29th became a significant day in Waynesburg, and the citizens have continued to celebrate Rain Day every year since then.

## Five Things About Rain

- ❖ Raindrops are not actually tear-shaped. They're more like little bullets, with a pointy end and a round base.
- ❖ The heaviest rainstorm on record dumped more than six feet of rain in a 24-hour period.
- ❖ Raindrops fall at different speeds, depending on their size. The larger the drop, the faster it falls.
- ❖ Rain usually falls from the clouds in a generally downward direction. But occasionally, it can fall upward! This is known as "virga" and it happens when the air near the ground is much hotter than the air above it.
- ❖ Nestled in the foothills of the Himalayas lies the rainiest place in the world, Mawsynram, India with an average annual rainfall of 467 inches.

## How to Celebrate National Rain Day

- ❖ **Get cozy with a good book.** Get it delivered immediately on Amazon Kindle.
- ❖ **Start a puzzle.**
- ❖ **Play board games.**
- ❖ **Make soup!**
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# July 30 – International Day of Friendship

Today is International Day of Friendship, a day to celebrate the bonds we share with our friends around the world. Whether we stay in touch via text, social media, or good old-fashioned snail mail, friendships help us to feel connected and supported. In a world that can sometimes feel divisive and lonely, friendships remind us that we are not alone. This International Day of Friendship, let's take a moment to appreciate the power of friendship and the role it plays in our lives. Send a message to your friends near and far and let them know how much they mean to you.

## History of International Day of Friendship

The International Day of Friendship, celebrated on July 30th every year, is an occasion worth celebrating. This special day has a rich history that dates back to 2011, when the United Nations proclaimed the International Day of Friendship with the aim of promoting understanding and solidarity among people from different backgrounds. The purpose of this day is to encourage communities to come together across borders, cultures, and religions to recognize the importance of friendship in promoting peace and understanding in the world. Today, the International Day of Friendship has become a wonderful opportunity for people around the world to celebrate and honor their friendships, and to extend the hand of friendship to others.

## Five Things About Friendship

- ❖ Friendships can be good for your health. Studies have shown that people with strong social relationships are more likely to live longer and have better mental and physical health.
- ❖ Friendships often start with a shared interest or experience. Whether it's a love of books, hiking, a co-worker, or spending time at the beach, friends often have something in common that drew them together in the first place.
- ❖ Friendships require work. Like any relationship, friendships take effort to maintain.
- ❖ Friendships can change over time. As we go through life, our interests and priorities change and our friendships may change as well. It's normal for friends to come and go throughout our lives.
- ❖ Friendship is worth it. Despite the work required to maintain them, friendships are an essential part of life. They provide companionship, support, and a sense of belonging.

## How to Celebrate International Day of Friendship

- ❖ **Send a gift** to your best friend just because.
- ❖ Plan a lunch, dinner, coffee, or happy hour with your friend(s).
- ❖ **40+ Fun and Memorable Things to do With Your Best Friend.**
- ❖ **Make a signature cocktail** together representing your friendship.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# July 31 – National Avocado Day

It's no secret that avocados are having a moment. The popular fruit (yes, fruit) has taken over menus and Instagram feeds alike, appearing in everything from avocado toast to avocado ice cream. And while some people may write off the avocado craze as just another fad, there are those of us who know that our love for avocados is here to stay. After all, what's not to love? Avocados are creamy and rich, with a subtly sweet flavor that is delicious in both savory and sweet dishes. They're also incredibly versatile, lending themselves well to both simple and complex recipes. In other words, they're the perfect ingredient for just about any occasion. So whether you're looking for a quick snack or a show-stopping entree, rest assured that avocados will always be there for you.

## History of the Avocado

The history of avocados can be traced back thousands of years to Mexico and Central America, where they were first cultivated by the indigenous people. These early farmers found that the avocado tree thrived in the warm, tropical climate and that its fruit was both nutritious and delicious. Over time, avocados become a symbol of wealth and fertility, and were even used in religious ceremonies. Today, avocados can be found all over the world, and their popularity shows no signs of slowing down. From ancient times to modern-day cuisine, the history of avocados is a fascinating story that continues to evolve.

## Five Things About Avocados

- ❖ Avocados are native to Central America but are also widely grown in California, Florida, and Hawaii.
- ❖ Avocados are high in fat, but they are also a good source of vitamins A, C, and E.
- ❖ Avocados contain potassium, which is essential for maintaining healthy blood pressure levels. Just one avocado contains more than twice the amount of potassium as a banana.
- ❖ The word "avocado" comes from the Spanish word "aquacate," meaning "testicle."
- ❖ 76% of Mexico's avocado export goes to The United States.

## How to Celebrate National Avocado Day

- ❖ Try these 70 delicious and surprising [avocado recipes](#).
- ❖ Host a party, [The Great Guac Off!](#) (Or get some great ideas here).
- ❖ Have a guacamole contest - [try these many recipes](#).
- ❖ [Avocado masks](#) for glowing skin.
- ❖ Try [18 Other Things You Can Do with Avocados](#).
- ❖ Buy [avocado things](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# August 1 – World Wide Web Day

Since its inception in 1989, the World Wide Web has rapidly transformed into an integral part of our daily lives. Tim Berners-Lee, an English computer scientist, is credited with the creation of this open system that allows us to connect, share, and access information from all corners of the world. From online shopping to social media platforms to streaming services, the World Wide Web provides us with unlimited opportunities to explore and learn. With over 4 billion users worldwide, it has fundamentally changed the way we communicate, work, and interact with one another. While it may be challenging to imagine a world without the World Wide Web today, the reality is that it has only been around for a little over thirty years, and its potential for further advancements and innovation is infinite.

## History of the World Wide Web

The origins of the internet as we know it today can be traced back to the innovative mind of Sir Tim Berners-Lee. In 1989, Berners-Lee proposed the idea of a system that would connect different computers together, creating a network for sharing information. He saw the potential for a system that allowed scientists from all over the world to collaborate and share research. With the help of Robert Cailliau, Berners-Lee developed the first web browser and the HTML coding language. From there, the World Wide Web grew into the massive platform it is today, and it all started with a vision to connect people through information sharing.

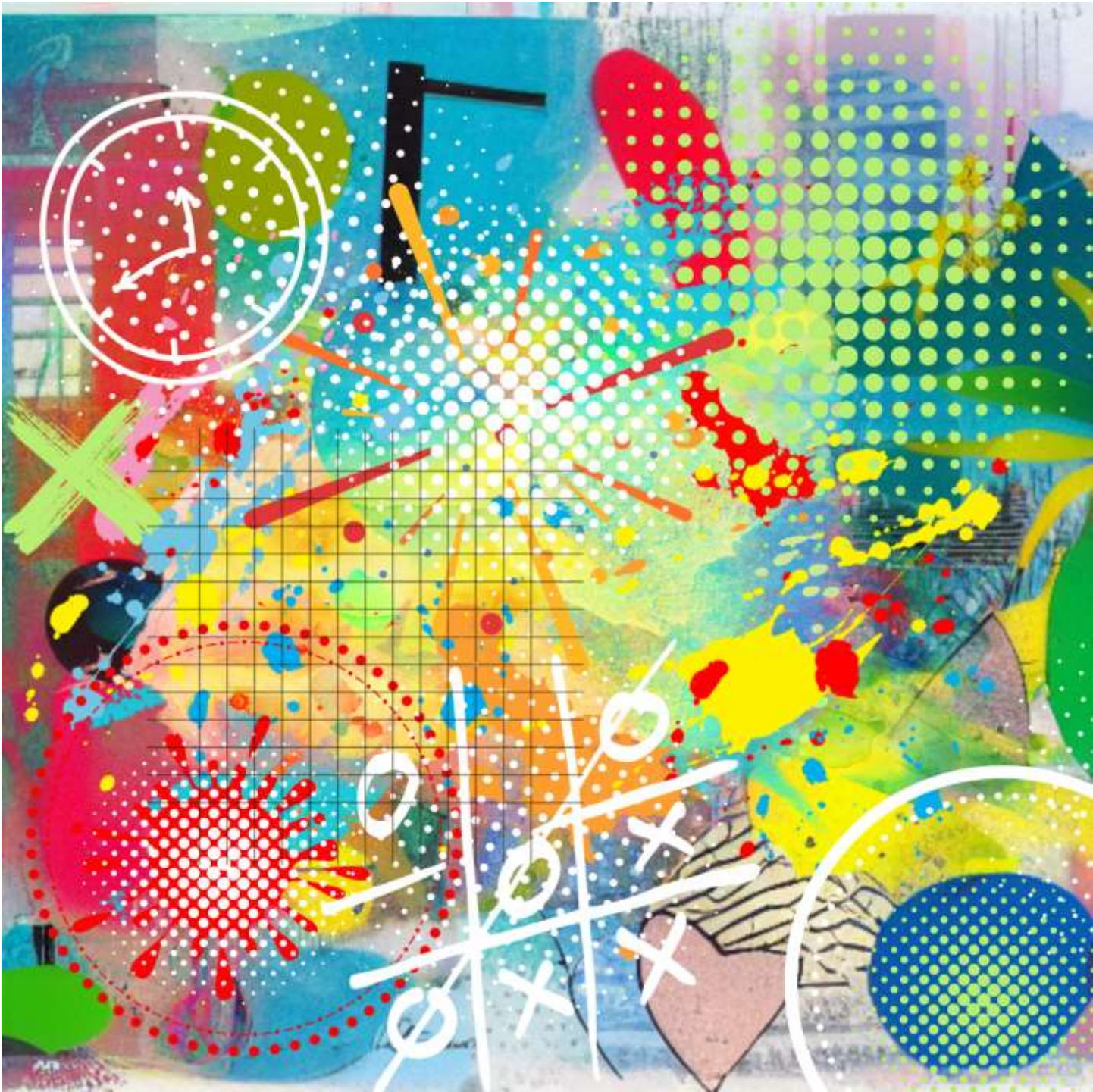
## Five Things About the World Wide Web

- ❖ The "World Wide Web" was first coined by British computer scientist Tim Berners-Lee in 1989.
- ❖ The **first website ever created** was dedicated to information about the WWW project itself.
- ❖ Over 4.5 billion people use the WWW today, the largest source of information in the world.
- ❖ The web is so vast that no one knows the exact number of web pages in existence, but 3.37 billion is an estimate as of June 2023.
- ❖ The **first banner ad** on the web was introduced by AT&T in 1994.

## How to Celebrate World Wide Web Day

- ❖ Read and learn more about the **world wide web**.
- ❖ "**Fighting for the Web We Want.**" The WWW Foundation.
- ❖ **Review a visual history** of the world wide web.
- ❖ Bake and decorate a **computer cake**.
- ❖ **Buy internet things**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# August 2 – National Coloring Book Day

Coloring books are often seen as a child's activity, but there are actually a lot of cool things about them that adults can appreciate. For one thing, they're a great way to relax and de-stress. Coloring requires focus and attention, but it's also soothing and calming. It's a great way to unwind after a long day or week. Additionally, coloring books can be incredibly therapeutic. They can help to reduce anxiety and promote self-esteem. For many people, coloring is a form of self-care that can be very beneficial. So if you're looking for a relaxing and enjoyable activity, don't write off coloring books - they're not just for kids!

## History of Coloring Books

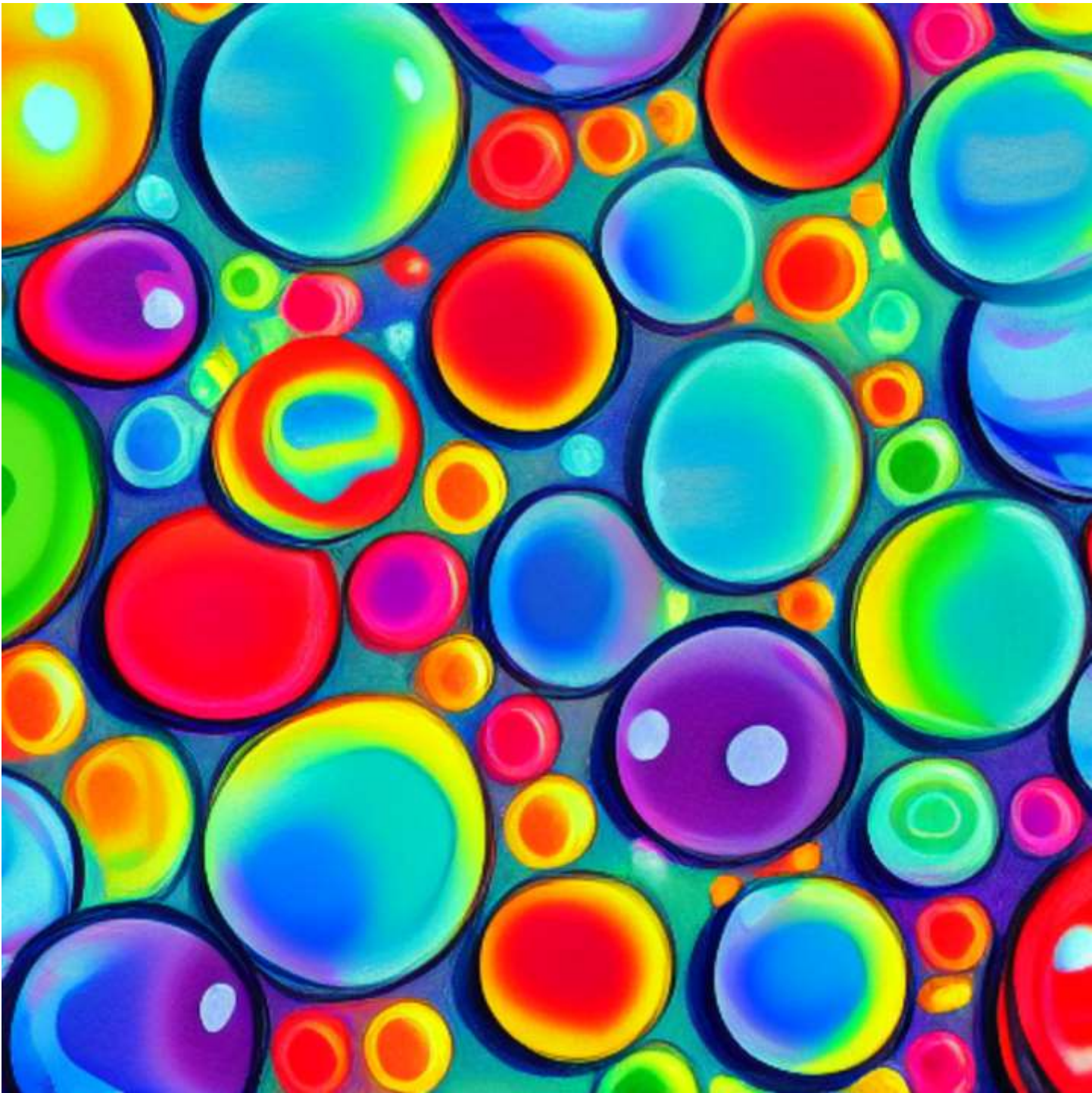
The first documented coloring book dates back to the 1600s, when it was used primarily by educators to teach young children. In the 1800s, coloring became a popular hobby for adults, with many artists creating intricate coloring books and designs. It wasn't until the 20th century that coloring books for children became widely popular and commercially produced. Today, coloring books have become a part of popular culture, with a variety of themes and designs available for people of all ages to enjoy.

## Five Things About Coloring Books

- ❖ A recent study found that adults who colored in coloring books had lower levels of stress and anxiety.
- ❖ Coloring can help improve your motor skills and hand-eye coordination.
- ❖ Coloring can also help to boost your mood and reduce symptoms of depression.
- ❖ There are now adult coloring books available with complex designs and mandalas, making them perfect for those looking for a creative outlet.
- ❖ Since the 1980s, coloring books have been used for studying graduate-level topics such as anatomy and physiology.

## How to Celebrate National Coloring Book Day

- ❖ Buy some [coloring books](#), [colored pencils](#), [crayons](#), and [markers](#) and get started!
- ❖ Read about the history of [coloring books on Wikipedia](#).
- ❖ Host a [coloring book party](#) with snacks and wine.
- ❖ Use these [WikiHow tips](#) on how to color.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# August 3 – National Clean Your Floors Day

Let's face it, most of us don't get too excited about cleaning our floors. It's not exactly a glamorous task, and it's certainly not something that we typically celebrate. However, there are actually a lot of good reasons to take a moment to appreciate the simple act of cleaning your floors. For one thing, it's a great way to stay healthy. A clean floor is free of dirt, dust, and other allergens that can cause problems for people with asthma or allergies. Furthermore, taking the time to clean your floors regularly can prolong the life of your flooring and make it look its best. So next time you're feeling down about having to clean your floors, remember that you're actually doing something pretty great for yourself and your home. With that in mind, let's raise a glass (or mop) to those who keep their floors clean! Cheers!

## History of Floor Cleaning

For centuries, keeping floors clean was a daunting task. Imagine scrubbing the dirt and grime from your floors every day with just a bucket and brush! But as the world evolved, so did the methods of floor cleaning. From the invention of the mop in the 15th century, to the steam mop in the 21st century, people have always strived to make cleaning more efficient and effective. In the 1930s, the first vacuum cleaner was invented by James Spangler, which revolutionized the carpet cleaning industry. Over time, different kinds of cleaning products and tools were created to make the task of cleaning floors simpler, from disinfectants to electric floor buffers. Today, with the rise of technology, robotic floor cleaners have made floor cleaning almost effortless, but the rich history of floor cleaning reminds us of how far we've come.

## Five Things About Floors

- ❖ Studies have shown that floors are one of the dirtiest surfaces in the home. So next time you're lying on the floor, take comfort in knowing that you're in good company.
- ❖ Floors can actually be a great way to add personality to your space. From rugs and carpets to hardwood and tile, there are endless options for flooring materials.
- ❖ Most flooring materials are designed to last for years with proper care.
- ❖ When it comes to cleaning floors, sometimes less is more. Stick to mild soaps and avoid scrubbing too hard.
- ❖ Floors need love too. Just like any other surface in your home, they need to be cleaned and maintained on a regular basis.

## How to Celebrate National Clean Your Floors Day

- ❖ Put on some **upbeat music** to get you in the mood.
- ❖ **Combine working out** with floor cleaning.
- ❖ Purchase **cleaning supplies**.
- ❖ **Learn how to clean** many different floor surfaces.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# August 4 – Hooray for Kids Day

Kids are joyous creatures. They embody hope and possibilities. All they need is love and attention and they will blossom into something unique and beautiful. Seeing the world through their eyes is a privilege that we should all be afforded. They have yet to be jaded by the pain and suffering that adults have come to experience. They are still excited by the simplest of things and they find true happiness in just living life. Being around kids reminds us of what it truly means to be alive and to be happy. We should all aspire to bring a little more joy into the world, like kids do every day. Maybe then the world would be a better place.

## History of Hooray for Kids Day

A day dedicated solely to celebrating the little ones in our lives - what more could we ask for? Hooray for Kids Day may not have an extensive historical background, and we are unsure of its origin, but its significance cannot be denied. It gives us a chance to come together and show our appreciation for the smallest members of our society. Whether it's with fun games, yummy treats, or even just spending quality time, we show our love and gratitude for the joy and energy that kids bring into our lives. Let's keep the hoorays for kids going strong and celebrate them every chance we get!

## Five Things About Kids to Love

- ❖ Kids are ridiculously resilient. No matter how many times they fall down, they always get back up again.
- ❖ Kids have an incredible capacity for love and affection.
- ❖ Kids are natural explorers. They're always curious about the world around them and are constantly learning new things.
- ❖ Kids are incredibly imaginative. They see the world in a whole different way than adults do, and their imaginations allow them to create new worlds entirely.
- ❖ Kids are just plain fun. Whether they're making goofy faces or telling hilarious jokes, they always seem to know how to enjoy life - something that we could all learn from!

## How to Celebrate Hooray for Kids Day

- ❖ Ask your kids what they'd like to do today! Do it!
- ❖ Here are some [top gifts for kids](#).
- ❖ Pack your child's lunch box with [fun foods](#)!
- ❖ [Gift baskets for kids](#). Really cute!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# August 5 – National Underwear Day

At some point in history, someone looked down at their loincloth and thought, "You know what this needs? Some support." And thus, the first pair of underwear was born. Since then, underwear has come a long way. Today, there are all sorts of different styles and materials to choose from. But despite all the changes, one thing remains the same: underwear is essential for a comfortable life. So next time you pull on your favorite pair of panties or briefs, take a moment to appreciate the humble history of this essential piece of clothing.

## History of Underwear

Ancient Egyptians and Romans wore loin cloths. Men wore linen shorts in the Middle Ages, women wore a long linen garment under their dress and began wearing corsets made with whalebone in the 16th century. In the 19th century, men began to wear pantaloons. At the beginning of the 1800s women still wore garments under their dresses, now known as a chemise and also began to wear drawers, also bloomers, and began to decorate them with lace. In 1913, Mary Phelps Jacob invented the modern bra. In the 1940s, women began to wear briefs, become briefer still in the 1970s, and things introduced in the 1990s. Men's underwear also became shorter with boxer shorts being introduced in the 1940s.

## Five Things About Underwear

- ❖ Underwear has been around for centuries, with the first known pair dating back to 3,300 BCE.
- ❖ The word "underwear" is actually a relatively recent invention, first appearing in the English language in the late 19th century.
- ❖ Underwear is big business. The global market for underwear is estimated to be worth over \$20 billion USD.
- ❖ Despite its widespread use, underwear remains something of a mystery to many people. For example, did you know that there are over 20 different types of underwear?
- ❖ Underwear is not just for looks; it can also be functional. For instance, some types of underwear can help to prevent chafing, while others can be used for medical purposes such as post-natal support or incontinence management.

## How to Celebrate National Underwear Day

- ❖ **Clean out your underwear drawer** and toss out the worn-and-torns.
- ❖ **Buy new underwear!**
- ❖ Organize a **charity underwear drive**. Much needed in shelters.
- ❖ Host an **underwear party**.
- ❖ Check out these **underwear cakes**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# August 6 – Wiggle Your Piggies Day

National Wiggle Your Piggies Day is a celebration of the often-overlooked parts of our body that play such an essential role in our daily lives. Despite the important role they play in our mobility, the humble toe can often be neglected, taking a back seat to other more visible body parts. However, on August 6th, we remind ourselves of just how crucial they truly are by giving them the attention they deserve. So, whether its wiggling them around in the grass or feeling the sand between our toes, let's embrace this national day and show our little piggies some love!

## History of Pedicures

Pedicures are a staple in the beauty industry today, but did you know that the history of pedicures dates back to ancient civilizations? In ancient Egypt, it was believed that nail care was a sign of social status, and both men and women would use henna to dye their nails. Similarly, in ancient China, pedicures were a symbol of wealth and nobility, and only the wealthiest individuals could afford them. As time progressed, pedicures became more popular across various cultures, and in the 20th century, nail salons began to pop up all over the world.

## Five Things About Your Piggies

- ❖ The average person has 14 toe bones, a quarter of all the bones in our body.
- ❖ Toes actually help us balance and provide stability when we're standing or walking.
- ❖ Our toes have muscles and tendons that allow us to grip, balance, and even write with them.
- ❖ Morton's toe is a condition where the second toe is longer than the big toe, affecting around 10% of the population.
- ❖ Feet get colder faster than other parts of the body because our feet have a higher surface area compared to their volume, which makes them lose heat more quickly.

## How to Celebrate Wiggle Your Piggies Day

- ❖ Get a pedicure today or learn [how to perform your own](#) like the professionals!
- ❖ Purchase home [pedicure supplies](#).
- ❖ Learn about grounding at [BarefootHealing.com](#).
- ❖ Take a [foot massage course](#).
- ❖ [This Little Piggy](#) things.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 7 – National Lighthouse Day

Ah, lighthouses. What's not to love? They're quaint, picturesque, and often located in some of the most beautiful (and remote) places on earth. Not to mention, they serve a very important purpose: warning sailors of dangerous shoals and guiding them safely to port. But there's more to these iconic structures than meets the eye. Did you know, for example, that many lighthouses are actually hollow inside? This is because their round shape makes them more resistant to high winds and waves. And speaking of waves, did you know that the tallest lighthouse in the world (the Jeddah Light in Saudi Arabia) is located right next to the Red Sea? At over 1,000 feet tall, it's nearly twice the height of the Empire State Building! With a history that dates back thousands of years and a fascinating design, it's no wonder that lighthouses continue to capture our imaginations.

## History of Lighthouses

Lighthouses have been a beacon of hope for ships navigating treacherous waters for centuries. The history of lighthouses goes back to over 2000 years ago in ancient Greece. However, the popularity of lighthouses came about in the 18th century when maritime trade grew exponentially. The Eddystone Lighthouse, located in the English Channel, was one of the most famous lighthouses of the 18th century, standing defiantly against the ferocious waves and guiding ships to a safe harbor. In the United States, there are approximately 700 lighthouses still standing, each with its unique history and architectural design, with many of them being transformed into museums and tourist attractions.

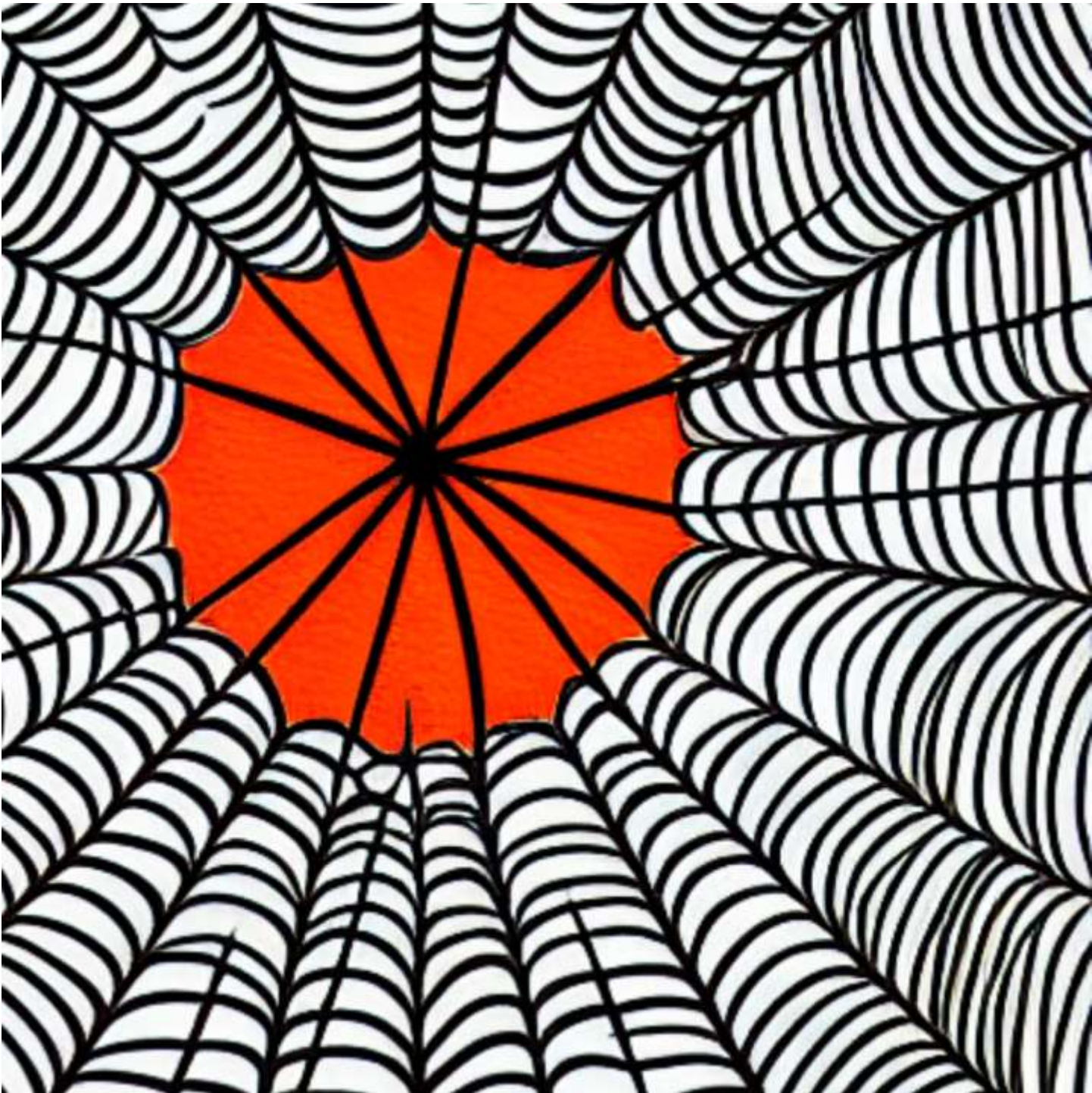
## Five Things About Lighthouses

- ❖ For centuries, lighthouses were powered by oil lamps. It wasn't until the late 19th century that electricity was introduced. Today, solar panels are often used to power these iconic structures.
- ❖ Lighthouses are built on high ground so that they can be easily seen by ships at sea.
- ❖ These days, lighthouses are mostly used for tourism purposes. But they still play an important role in navigation, with many having their own unique pattern of light flashes that helps sailors identify them.
- ❖ Lighthouses are usually white so that they can be easily seen during the day. But some, like the one in St. Augustine, Florida, are black because of the local volcanic sand used in its construction.
- ❖ The tallest lighthouse in the United States is located in Cape Hatteras, North Carolina. It stands 208 feet tall and has 240 steps leading to the top.

## How to Celebrate National Lighthouse Day

- ❖ [Read about lighthouses](#) (or color them in a cool lighthouse color book).
- ❖ Go visit lighthouses - [list of American lighthouses](#).
- ❖ Read "[A History of Lighthouses](#)" on Project Archaeology.
- ❖ Make one of these amazing [lighthouse cakes](#).
- ❖ Buy [lighthouse gifts](#) for yourself or someone special.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 8 – National Tarantula Day

Some people are afraid of spiders, and that's perfectly understandable. They're creepy, they're crawly, and they sometimes come into our homes uninvited. But there's one type of spider that is often misunderstood: the tarantula. Tarantulas are actually quite gentle creatures, and they can make interesting and low-maintenance pets. Although they might not be cuddly, they are fascinating to watch, and they are relatively easy to care for. So the next time you see a tarantula, take a moment to appreciate these amazing creatures. Who knows? You might just find yourself owning one someday.

## History of Tarantulas

Tarantulas have been fascinating creatures for over 108 million years. In fact, the history of tarantulas can be traced back to ancient Greek mythology, where a woman named Taranto was bitten by a spider and danced frantically to ward off the venom's effects. This led to the belief that tarantula bites could cause uncontrollable dancing, giving rise to the term "tarantism." However, there is much more to these arachnids beyond their mythical reputation. With over 900 species of tarantulas worldwide, they have developed a range of survival strategies and hunting techniques that make them some of the most successful predators in the animal kingdom. From their remarkable speed and agility to their remarkable ability to regenerate lost limbs, tarantulas are truly remarkable creatures with a rich history.

## Five Things About Tarantulas

- ❖ Tarantulas can live for up to 30 years in captivity. In the wild, however, they only have a lifespan of around 10 years.
- ❖ Some species of tarantulas can reach sizes of up to 12 inches (30 cm). The largest recorded tarantula was an impressive 18 inches (45 cm)!
- ❖ Tarantulas are not naturally aggressive and will only bite humans if they feel threatened. However, their bites are not venomous and not harmful to humans.
- ❖ Despite their fearsome reputation, tarantulas are actually quite shy creatures that prefer to avoid contact with humans.
- ❖ Tarantulas are native to warm climates all over the world, including South America, Africa, and Asia.

## How to Celebrate National Tarantula Day

- ❖ **Read about tarantulas!** Get to know these nice, furry friends.
- ❖ **Buy tarantula things.**
- ❖ Consider a tarantula for a pet, read about **how and why here**.
- ❖ Host a tarantula party, watch **tarantula movies**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



365 Days of Celebration 2024

# August 9 – Book Lovers' Day

There is nothing quite like the love of books. The feeling of physically holding a book in your hands, flipping through the pages, and losing yourself in the story is unlike any other. Books have the ability to transport you to different worlds, introduce you to new characters, and make you feel things you never thought possible. They are a source of comfort and inspiration and can be depended on in good times and bad. Whether you're looking for a lighthearted romance or a gritty thriller, there is sure to be a book out there that speaks to you. So why not crack open a book today and see where it takes you?

## History of Books

The first books were probably made by hand, using bark or animal skins. Eventually, people began to use papyrus, a plant that grows in Egypt. Papyrus was easy to write on and lasted a long time, so it became the material of choice for early books. The first book ever printed was the Gutenberg Bible, published in 1455. This landmark event ushered in a new era of mass production for books. Today, there are more than 1.5 billion books in circulation around the world. And thanks to the Internet, anyone can now publish a book with just a few clicks of a mouse!

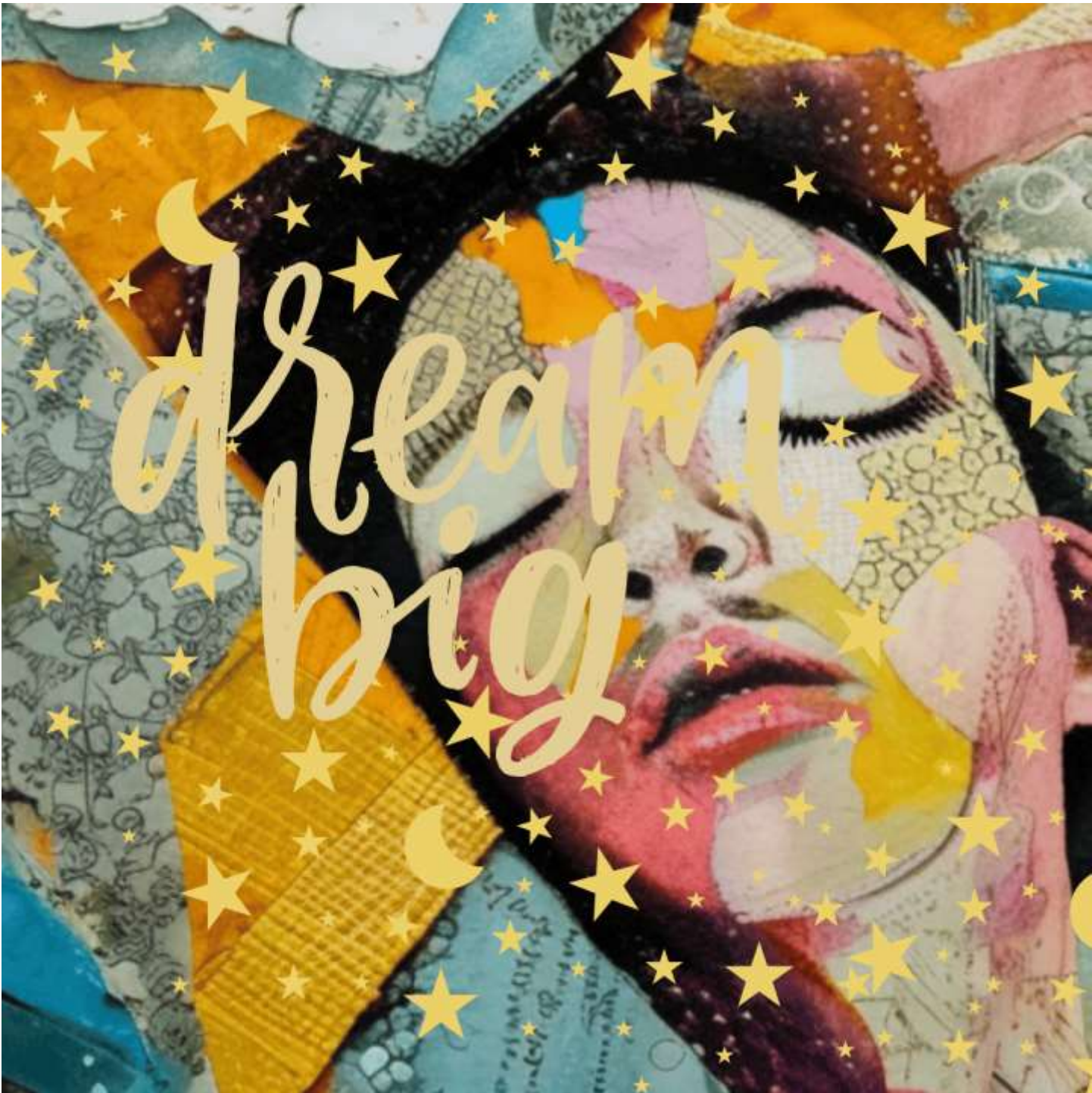
## Five Beautiful Things About Books

- ❖ Books can take you anywhere you want to go, without ever having to leave your comfortable armchair.
- ❖ Books provide the perfect opportunity to people watch, as you can observe the weird and wonderful characters that bring the stories to life.
- ❖ They offer a unique form of escapism, transporting you to different worlds and eras without even having to step foot outside your door.
- ❖ They are relatively inexpensive entertainment, with new releases often available for less than the price of a cup of coffee.
- ❖ They make the perfect companions, never judging or offering unsolicited advice (unlike some real-life friends!). So next time you're feeling lonely, grab a good book and curl up with a true friend for life.

## How to Celebrate National Book Lovers' Day

- ❖ Visit your local library - [library locator](#).
- ❖ Join a book club [in your area](#) or [online](#).
- ❖ [Buy books online](#), download it to start reading now.
- ❖ Start and host your own [book club](#).
- ❖ What are you reading? Share it on social media.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# August 10 – National Lazy Day

Today is a special day. It's a day to celebrate being lazy. To many people, that might sound like an oxymoron, but there's actually a lot to be said for taking it easy once in a while. After all, even the most hard-working person needs a break now and then. So, what better way to relax than by doing absolutely nothing? Just kick back, put your feet up, and let the world go by. Of course, some people might argue that lazy people are just sloths who accomplish nothing and contribute nothing to society. But that's simply not true. Lazy people have moments of genius all the time. Just think about all of the times you've come up with a great idea while lying in bed or taking a leisurely stroll. So don't be ashamed to celebrate being lazy today. It's actually a very productive thing to do.

## History of Being Lazy

Throughout human history, there has been a certain stigma attached to laziness. From ancient philosophers to modern-day motivational speakers, we've been told time and time again that hard work is the key to success. But where did this idea come from? Some historians believe that the concept of laziness was born out of necessity – early humans had to work hard just to survive. Others point to religious teachings, which often extol the virtues of hard work and denounce idle behavior. Regardless of its origins, the idea of being lazy continues to permeate our society today. But perhaps it's time to reconsider our attitudes towards rest and relaxation. After all, sometimes the most productive thing we can do is simply take a break.

## Five Things About Being Lazy

- ❖ Lazy people are often more creative. With all that extra time on their hands, they have ample opportunity to daydream and let their imaginations run wild.
- ❖ Since lazy people procrastinate so much, they know how to make the most of their time and work efficiently.
- ❖ A study conducted by the University of Oxford found that people who take frequent breaks and take naps are less likely to die prematurely than those who stay active all the time.
- ❖ A study published in the Journal of Positive Psychology found that people who spend time doing nothing every day are more likely to report higher levels of happiness and life satisfaction.
- ❖ Being lazy can make you smarter.

## How to Celebrate National Lazy Day

- ❖ Read "[Lazy in America, an Incomplete Social History](#)."
- ❖ Learn [how to be lazy](#).
- ❖ Take a long bath - [things to make it special](#).
- ❖ Get yourself a [sloth thing](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# August 11 – National Face Mask Day

If you're like most people, the idea of putting a mask on your face every day seems about as appealing as going to the dentist. However, there are actually some good reasons to consider making face masks a part of your daily beauty routine. For one thing, face masks can help to hydrate and nourish your skin. In addition, they can help to remove impurities and dead skin cells, leaving your complexion looking refreshed and radiant. And if that's not enough to convince you, face masks can also help to reduce the appearance of fine lines and wrinkles. So go ahead and give yourself a little extra TLC with a daily face mask - your skin will thank you for it!

## History of Beauty Face Masks

The quest for flawless skin is a never-ending journey for many, and the use of face masks has been a part of beauty routines across cultures for centuries. In ancient Egypt, clay masks made from mud and honey were used to reduce inflammation and revitalize the skin. Japanese geishas have long used rice powder for its exfoliating properties. Even Cleopatra was known to use a mixture of milk and honey to nourish and moisturize her complexion. As trends change and technology advances, face masks have evolved to include sheet masks, gel masks, and even magnetic masks. What remains consistent, however, is the desire for radiant and healthy skin that transcends time and culture.

## Five Things About Face Masks

- ❖ Face masks are a great way to relax and unwind after a long day.
- ❖ Face masks can help you achieve a softer, smoother complexion.
- ❖ Face masks can help reduce the appearance of pores.
- ❖ Face masks can help brighten your complexion.
- ❖ Face masks are fun!

## How to Celebrate National Face Mask Day

- ❖ Try out some [DIY masks](#).
- ❖ Purchase a new [face mask](#).
- ❖ [Host a face mask party](#), take lots of pictures.
- ❖ Visit a local spa and get a professional facial. They feel amazing!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# August 12 – National Elephant Day

With their majestic tusks and gentle spirits, elephants are a true marvel of the animal kingdom. Known for their intelligent and emotional nature, it is no wonder that these creatures have captivated humans for centuries. They not only play an important role in sustaining the ecosystems they inhabit, but they also hold cultural significance in many societies around the world. August 12 marks World Elephant Day, a day dedicated to raising awareness and promoting the protection of these magnificent beasts. This day serves as a reminder of the incredible beauty and value of elephants, and the importance of preserving their natural habitats for generations to come.

## History of Elephants

For well over 50 million years, elephants have roamed our planet, captivating our imaginations with their sheer size and impressive strength. With deep roots in Africa and Asia, the pachyderm has played an important role in human history and culture as well. Ancient civilizations revered elephants and even used them as a symbol of power; Hannibal famously crossed the Alps with elephants in tow during the Second Punic War. However, despite their importance, elephants have also faced many obstacles throughout history, from being hunted and poached to habitat destruction caused by human expansion. Thankfully, modern conservation efforts are focused on ensuring these magnificent creatures thrive for the next 50 million years and beyond.

## Five Things About Elephants

- ❖ Elephants can communicate across long distances using low-frequency rumbles that are outside the range of human hearing.
- ❖ These gentle giants are classified as keystone species, meaning that their presence in an ecosystem has a disproportionately large impact on the surrounding environment.
- ❖ They leave behind a unique, waffle-like footprint pattern that is instantly recognizable.
- ❖ Elephants are incredibly intelligent. Their massive brains enable them to remember and recognize hundreds of different individuals, as well as navigate complex social hierarchies.
- ❖ Elephants are known for their incredible memories, with some individuals being able to remember specific locations and experiences for decades.

## How to Celebrate World Elephant Day

- ❖ Learn about the current state of elephants at [SavetheElephants.org](https://www.savetheelephants.org).
- ❖ Treat yourself or another to an [elephant gift](#).
- ❖ Make the [elephant ears pastry](#) like you find at carnivals.
- ❖ Watch the documentary, "[Elephants of Africa and Asia](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# August 13 – National Prosecco Day

Who doesn't love a glass of bubbly? Prosecco is a delicious Italian sparkling wine that's becoming increasingly popular all over the world. Traditionally made from the Glera grape, Prosecco is typically light and refreshing, with delicate floral flavors. It's the perfect choice for any special occasion, from weddings to birthdays to anniversaries. And, thanks to its relatively affordable price tag, it's a great way to enjoy a luxurious treat without breaking the bank. So next time you're in the mood for something special, raise a glass of Prosecco and enjoy! Salute!

## History of Prosecco

Prosecco is a town in Italy that was founded back in the Roman era, and for centuries was an important stop on the trade routes between Venice and Austria. In the 18th century, the town became known for its glassmaking industry, and many of the finest Venetian Murano glassmakers relocated to Prosecco. It was also around this time that the first sparkling wines from the area began to be produced.

## Five Things About Prosecco

- ❖ Prosecco is a delicious sparkling wine that originated in Italy.
- ❖ It is made from a type of grape called Glera, which is native to the Veneto region of Italy.
- ❖ Prosecco is typically lighter and less sweet than other sparkling wines, making it a refreshing option for any occasion.
- ❖ The name "Prosecco" comes from the Italian village of Prosecco, where the wine was first produced.
- ❖ Prosecco is enjoyed all over the world and is often used in cocktails and as a match for food.

## How to Celebrate National Prosecco Day

- ❖ **Buy prosecco!** Then drink it.
- ❖ Host a party and play some **Prosecco Pong**.
- ❖ Read the 38Hz article, **Wine Tasting is Fun**.
- ❖ Treat yourself to new **champagne flutes**.
- ❖ **Everything You Need to Know About Prosecco**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# August 14 – National Lizard Day

Today is World Lizard Day, and we're celebrating by doing what lizards do best: basking in the sun! These scaly creatures come in all shapes and sizes and can be found on every continent except Antarctica. While they may not be the most charismatic animals around, lizards play an important role in their ecosystems. Some species help to control insect populations, while others act as pollinators. And of course, they provide a tasty meal for predators like snakes and birds. So, whether you're fond of lizards or not, take a moment to appreciate these fascinating creatures today. And if you happen to see one basking in the sun, give it a little extra space - after all, it's their day!

## History of World Lizard Day

Lizards are fascinating creatures that have captured our imaginations for centuries. They have been around for millions of years and have played an important role in many different cultures around the world. From ancient Egypt, where they were regarded as symbols of rebirth and renewal, to the Mayan civilization, where they were associated with the sun and the afterlife, lizards have been revered and celebrated throughout history. The study of the history of lizards reveals not only their importance to human cultures, but also their remarkable adaptations and evolution over time. Through fossils and scientific research, we can trace the fascinating story of these ancient creatures and gain a deeper appreciation for their place in the natural world.

## Five Things About Lizards

- ❖ Lizards come in a wide variety of shapes and sizes, from the teeny-tiny gecko to the massive Komodo dragon.
- ❖ Many lizards are able to change the color of their skin to match their surroundings.
- ❖ Some species of lizard are venomous, but don't worry - the ones that are kept as pets are not!
- ❖ Lizards are carnivores, and their diet consists mostly of insects.
- ❖ These reptiles are generally quite low-maintenance and can even be trained to do simple tricks!

## How to Celebrate World Lizard Day

- ❖ Get a lizard, [learn how to care for it](#).
- ❖ Love lizards? [Read more about them](#).
- ❖ Buy some unique [lizard gifts](#).
- ❖ Host an amazing and fun [lizard party](#)!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# August 15 – Back-to-School Prep Day

It's that time of year again! The leaves are starting to change color, the air is getting a bit cooler, and students are heading back to school. For many families, this time of year is also a time to start thinking about how to prepare for the upcoming school year. On this day, families can take some time to sit down and make sure that they have everything they need for the new school year. They can create lists of supplies that need to be purchased, review academic goals, and develop a plan for success. By taking some time to prepare now, families can help ensure that the new school year gets off to a great start. So, mark your calendars and get ready to prep for an amazing year of learning!

## History of the Back-to-School Shopping History

Enjoy this fun article, "[The Back-to-School Shopping Tradition in History.](#)" Back to school day is a time-honored tradition celebrated by students and parents alike. It is a time to get excited about learning, reuniting with friends, and starting a new school year. The history of this celebration dates back to the early 1900s when children would often start work in the fields as soon as they could walk. Education was a luxury and not a given, and the idea of returning to school was something to be celebrated. Over time, back to school day became a more formalized event, with schools hosting welcome events, supply drives, and even parades. Today, this celebration continues to be an important part of education culture, and a reminder of the importance of learning and growth.

## Five Ways to Prepare to Go Back to School

- ❖ Start a daily routine a week or so before school starts. This will help your kids (and you!) get used to waking up early and being on a schedule.
- ❖ Get organized! Create a dedicated space for homework and school supplies, and make sure everything has its own place. This will help reduce morning chaos.
- ❖ Have a healthy breakfast ready to go each morning. A nutritious meal will give your kids the energy they need to start the day off right.
- ❖ Make sure all of the necessary paperwork is completed and turned in on time. This includes things like registration forms, physicals, and immunization records.
- ❖ Take some time for yourself! Amidst the hustle and bustle of getting everyone back to school, it's important not to forget about your own needs.

## How to Celebrate National Back-to-School Prep Day

- ❖ Find lots of [fun ways to prepare for going back to school.](#)
- ❖ Buy so many [back-to-school things.](#) Fun stuff!
- ❖ How to [get your kids excited](#) to go back to school.
- ❖ Prepare for [first-day-of-school photos.](#)
- ❖ Start some new [back-to-school traditions.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 16 – National Tell a Joke Day

National Tell a Joke Day is the perfect opportunity to let your funny side shine! Whether you're a naturally funny person or you need to put in a little extra effort, there's no reason not to celebrate this fun holiday. Being a good joke teller is all about understanding your audience and tailoring your material to them. It's also important to have a good sense of timing and delivery. You need to know when to pause for laughs, when to ramp up the energy, and when to keep things relaxed. Of course, it also helps to have a repertoire of classic jokes that you can fall back on in a pinch. But above all, being a good joke teller is about knowing how to make people laugh. -Share your favorite jokes with friends and family. If you don't have any jokes of your own, now is the time to find some!

## History of Jokes

Jokes have been a part of human communication for thousands of years, as people have always found pleasure in poking fun at others or themselves. From the ancient Greek and Roman comedians to the jesters of medieval courts, jokes have served as a way to entertain, critique, and even educate, often with a touch of irreverent humor. In the 19th and 20th centuries, stand-up comedy and comedic TV shows brought jokes to the masses, making them an integral part of popular culture. Today, with the rise of social media and meme culture, jokes have become more accessible and widespread than ever before. Whatever their form or origin, jokes remind us that laughter is a universal language that can bring us closer together, even in times of adversity.

## Five Things About Telling Jokes

- ❖ Know your audience: Not everyone appreciates the same type of humor. If you're telling jokes to a group of close friends, you can get away with edgier material than if you were entertaining a group of young children. Pay attention to the reaction of your listeners and adjust your material accordingly.
- ❖ Timing is everything: A well-timed joke can be hilarious, but a poorly timed one can fall flat.
- ❖ Keep it clean: There's nothing wrong with a dirty joke now and then but avoid being offensive. You don't want to alienate or upset anyone with your sense of humor.
- ❖ Know when to stop: There's such a thing as too much of a good thing. If people are no longer laughing at your jokes, it's time to move on to something else.
- ❖ Don't take yourself too seriously: The best way to tell a joke is with a smile on your face. So, loosen up, have fun, and enjoy making people laugh!

## How to Celebrate National Tell a Joke Day

- ❖ Purchase some [new joke books](#).
- ❖ Read the 38Hz article, "[Laughter as Medicine](#)."
- ❖ [Learn how to be Funny](#).
- ❖ Read Reader's Digest [100 Funniest Jokes of All Time](#).
- ❖ See if you agree with [Digital Trends funniest videos](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 17 – National I Love My Feet Day

Feet are often the forgotten heroes of our bodies, carrying us around day in and day out. But on August 17th, we have the opportunity to show them some love on Loving Your Feet Day. From soaking them in warm water to treating them to a pedicure, there are countless ways to pamper our feet and show them the attention they deserve. Not only will the day leave your feet feeling rejuvenated, but it can also help promote overall foot health and prevent issues in the future. So why not take some time to celebrate your feet and thank them for all they do on Loving Your Feet Day?

## History of I Love My Feet Day

The day was originated by [Carolyn Jenkins](#) in May 2015. The history of foot health is a fascinating one, dating back to ancient times when people relied on their feet to travel great distances. Foot health has been a matter of concern for centuries, with cultures like the Greeks and Romans using preventative measures like foot baths and massages to maintain healthy feet. As society developed, so did our knowledge of foot health. In the 18th century, advancements in shoe technology and insoles allowed for better support and comfort for the feet, while the 20th century saw innovations like custom orthotics and sports-specific footwear. Today, the importance of foot health is widely recognized, with podiatrists and foot specialists providing a range of treatments to help people maintain optimum foot health and prevent conditions like plantar fasciitis or ingrown toenails. Understanding the fascinating history of foot health can help us appreciate the importance of taking care of our feet and appreciate the role they play in our everyday lives.

## Five Things to Know About Your Feet

- ❖ We spend about a year of our lives just standing on our feet
- ❖ There are more than 200 bones in the human foot, which is almost a quarter of all the bones in the body!
- ❖ The largest foot on record belongs to Robert Wadlow, who was 8 feet 11 inches tall.
- ❖ The smallest foot ever belongs to Coraline Jones, who was born with a condition called Fetal Alcohol Syndrome.
- ❖ Our feet sweat about a pint of sweat every day! But don't worry - most of it evaporates before it has a chance to soak into your shoes.

## How to Celebrate I Love My Feet Day

- ❖ Purchase a [home foot massager](#).
- ❖ Read about the [benefits of going barefoot](#).
- ❖ [Tips for Healthy Feet](#).
- ❖ Have fun with [foot jewelry](#)!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# August 18 – National Serendipity Day

Life is full of surprises. Sometimes, these surprises are pleasant, like finding a twenty-dollar bill in your coat pocket. Other times, they're not so welcome, like spilling coffee all over your shirt right before an important meeting. But whether they're good or bad, surprises add spice to life and help to keep us on our toes. This element of the unexpected is what we call serendipity. It's the fortunate coincidence of finding something good without even being looking for it. And while serendipity can sometimes lead to happy accidents, it can also be frustrating when we're desperately searching for something and can't seem to find it no matter how hard we look. The next time you're feeling lost, take a break and let serendipity guide you to where you need to go. You might just be surprised at what you find.

## History of Serendipity

Serendipity is a term that many of us are familiar with, but few know the origin of. It's hard to imagine a world without the concept of chance discoveries, happy accidents, and unexpected delights – but before Horace Walpole coined the phrase in 1754, it didn't exist. The true story behind the word serendipity is a thrilling one, taking us back to 16th century Persia. But it wasn't until Walpole's 18th century tale, "[The Three Princes of Serendip](#)," that the concept gained popularity and entered the English language. Today, we think of serendipity as a joyful surprise, a moment of pure, unadulterated luck. But as we trace its fascinating history, we discover that serendipity has always been more than just an accident – it's a force that has guided us towards some of the greatest discoveries and inventions of our time.

## Five Things About Serendipity

- ❖ Serendipity is all around us. All it takes is a little bit of awareness and a willingness to see the magic in everyday life.
- ❖ Serendipity often comes when we least expect it. The best way to invite serendipity into our lives is to be open to it and to be ready for it when it comes.
- ❖ Serendipity can help us achieve our goals. When we're working towards something, serendipitous events can often give us just the push we need to help us achieve our dreams.
- ❖ Serendipity isn't just about good luck.
- ❖ Embracing serendipity can change our lives for the better. When we open ourselves up to the possibilities of serendipity, we're opening ourselves up to a world of possibility and potential. Who knows what might happen?

## How to Celebrate National Serendipity Day

- ❖ Purchase [serendipity gifts](#).
- ❖ Watch the movie, "[Serendipity](#)."
- ❖ Read fun information and [examples of Serendipity](#).
- ❖ [Meaningful Coincidences, Serendipity, and Synchronicity](#).
- ❖ [Serendipity Quotes](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 19 – World Photo Day

World Photo Day is a celebration of an art form that has captured the imagination of people worldwide. On August 19th, photographers from every corner of the globe commemorate this day in their own special way. It is a time to appreciate the power of a single image to convey profound emotions, to tell a story, and to capture a moment in time that can never be repeated. Those who have ever held a camera in their hands understand the allure of photography – the thrill of capturing a dramatic landscape, the joy of capturing candid moments of loved ones, and the satisfaction of expressing oneself through images.

## History of Photography

Photography as we know it today has a rich and storied history, dating back to the early 1800s. From its humble beginnings as a simple method of recording images on polished metal plates, photography quickly became a medium beloved by artists and scientists alike. Over the years, new technologies and techniques emerged, sparking a revolution in the field and transforming the way we see the world around us. From the first grainy black and white portraits to the stunning color landscapes of today, the history of photography is a fascinating journey through innovation, experimentation, and sheer artistic genius.

## Five Ways to Take Good Photos

- ❖ Find your subject matter. Whatever you choose, make sure you have a clear idea of what you want your picture to look like before you start taking photos.
- ❖ Get the perfect angle. Think about the composition of your photo and where you want the focus to be. Then, adjust your position accordingly.
- ❖ Lighting is key. Natural light is always best, but if you're working with artificial light, make sure it's not too harsh or bright. You don't want your subject to be blinded by the flash!
- ❖ Time it right. Sometimes, the difference between a good photo and a great one is timing. Pay attention to the background and make sure there's nothing too distracting going on behind your subject matter.
- ❖ Edit wisely. Once you've taken your photos, it's time to edit them. But be careful not to overdo it – sometimes less is more!

## How to Celebrate World Photo Day

- ❖ Take lots of photos today and share on social media.
- ❖ You might want a [fancy camera](#) more sophisticated than your phone.
- ❖ Learn more and take a [photography class](#).
- ❖ Organize your photos, [scan your photos](#).
- ❖ Make amazing [photo books](#) or other gifts.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 20 – National Bacon Day

August 20th marks a holiday that bacon enthusiasts everywhere can get behind: National Bacon Lovers Day. This mouth-watering holiday celebrates one of America's most beloved breakfast foods - crispy, savory bacon. From bacon-wrapped scallops to bacon-wrapped filet mignon, the options for incorporating bacon into your meals are as endless as they are delicious. Whether you prefer your bacon crispy or chewy, thick-cut or thin, there's no denying the irresistible allure of this salty treat. So go ahead and indulge your bacon cravings on this special day - after all, bacon makes everything better!

## History of Eating Bacon

Bacon beginnings can be traced back to ancient times, where early humans would preserve meat through curing and smoking. The medieval period saw the popularity of bacon rise, with it being a mainstay of the European diet for centuries. Today, bacon is consumed by people of different cultures worldwide and has become synonymous with breakfast staples like eggs and pancakes. The history of bacon is rich, and its timeless appeal ensures that it will continue to delight taste buds for years to come.

## Five Things About Bacon

- ❖ Bacon was once prescribed by doctors as a cure for various ailments? It's true – in the early 20th century, bacon was believed to have medicinal properties that could help with anything from fatigue to the flu.
- ❖ Contrary to popular belief, bacon doesn't actually come from the belly of a pig – it can be made from any part of the animal, including the back and the sides.
- ❖ Bacon was once considered a luxury item. In ancient Rome, it was so expensive that they used it as currency.
- ❖ Bacon has been used in many non-food related items like perfume, soap, and air fresheners.
- ❖ The average American eats over 18 pounds of bacon every year - that's a lot of crispy goodness.

## Now to Celebrate National Bacon Day

- ❖ Learn various ways to [cook great bacon](#).
- ❖ Try these [25 best bacon recipes](#).
- ❖ [Bacon gifts](#) for bacon lovers.
- ❖ Try [10 Weird Things to do With Bacon](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# August 21 – Internet Self-Care Day

In our fast-paced digital world, finding time for self-care can be a challenge. That's why August 21st, designated as "using the internet for self-care day", provides the perfect opportunity to prioritize our mental and emotional well-being. Through online resources like guided meditations, virtual therapy sessions, and mindfulness apps, we can cultivate a sense of calm and balance to carry us through the rest of the year. Take a break from the constant barrage of information and allow yourself to indulge in some much-needed self-care. From reminding ourselves of our inherent worth to practicing gratitude, the internet has a wealth of self-care practices at our fingertips. So, let's celebrate August 21st by taking a moment to care for ourselves and reconnect with our inner selves.

## History of Self-Care

The **history of self-care** started in the 1950s and gained popularity during the civil rights and women's movement. In today's fast-paced world, self-care has become a necessity for mental and physical well-being. As we spend more and more time on the internet, it's only natural that the concept of self-care has spilt over into the virtual world. The history of self-care on the internet dates back to the early 2000s, when online communities dedicated to mental health and wellness first started cropping up. From there, self-care influencers and bloggers began sharing their tips and tricks for taking care of themselves with a wider audience. Today, the internet is a vast resource for self-care advice, from guided meditations to yoga classes to mental health hotlines.

## Five Great Ways to Take Care of Yourself

- ❖ Get enough sleep: Most people need around eight hours of sleep per night. Consider going to bed and waking up at the same time each day to help regulate your body's natural sleep rhythm.
- ❖ Eat healthy: Eating a balanced diet helps your body get the nutrients it needs to function properly.
- ❖ Exercise: Regular physical activity can help reduce stress and improve your overall physical health.
- ❖ Take breaks: When you're feeling overwhelmed or stressed, take a few minutes to yourself to relax and rejuvenate. Take a hot bath, read your favorite book, or take a walk outdoors.
- ❖ Seek professional help: If you're struggling to manage your stress or anxiety, don't hesitate to seek professional help from a mental health provider.

## How to Celebrate Internet Self-Care Day

- ❖ Read about the **Science of Happiness** on 38 Hertz.
- ❖ Pamper yourself with some **self-care products**.
- ❖ Check out **41 Self-Help Blogs**.
- ❖ Enjoy this **playlist of TED Talks on self-care**.
- ❖ Must have **22 self-care printables and checklists**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# August 22 – Be an Angel Day

August 22 is an important day for those who believe in angels. Be An Angel Day Celebration is about recognizing and celebrating all the good deeds we can do in our communities. This is the perfect reason to challenge ourselves to be the angel we can be in someone's life today. It's all about giving back, sharing compassion, and expressing gratitude to those we hold dear and to those who need a helping hand. This is also a great opportunity to take a step back in life and remind ourselves of the things that truly matter in life, which includes being kind to one another. Everyone can be an angel, and this day reminds us of the power of good deeds and to strive to make a positive impact on those around us.

## History of Angels

In ancient times, people believed that when someone died, their soul would ascend to heaven where they would live forever in the company of angels. Over time, this belief evolved into the idea that angels were celestial beings who watched over and protected humans. Consequently, the idea of guardian angels became popular, with people believing that each person had their own personal angel who looked out for them. On this day, people take time to reflect on the role that guardian angels play in their lives and give thanks for the protection and guidance they receive.

## Five Things About Angels

- ❖ Angels are often depicted with wings because they are thought to be able to fly. However, the Bible does not mention anything about wings.
- ❖ The word "angel" comes from the Greek word "angelos", which means "messenger."
- ❖ Angels are often thought of as being genderless. However, some angels are described as being male in the Bible.
- ❖ Angels are often thought of as being purely good. However, there are also fallen angels, who are evil.
- ❖ Angels are often thought of as being human-like beings with wings. However, they can also take on other forms, such as that of a lion or an eagle.

## How to Celebrate Be an Angel Day

- ❖ Send **Kind Notes** to a friend or lover.
- ❖ Learn about **volunteering here**.
- ❖ Buy **angel-themed gifts** for yourself or someone special.
- ❖ Perform random acts of kindness -**Download our FREE guide** for daily RAOK.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# August 23 – National Cheap Flight Day

The thought of finding cheap air flights may seem daunting to some, but it doesn't have to be! There are a few simple tips that can help you snag a great deal on your next flight. First, it's important to be flexible with your travel dates. If you're willing to fly on a Tuesday instead of a Saturday, you're likely to find cheaper airfare. Second, it pays to be a member of an airline's loyalty program. Many airlines offer discounted rates to customers who frequently fly with them. Finally, it's always worth checking the websites of budget airlines. These carriers typically offer low fares, but they may not always be the most convenient option?

## History of Flying

It all started in 1903, when Orville and Wilbur Wright made history with their 12-second flight at Kitty Hawk. Air travel was expensive and limited to the wealthy for many years afterwards. But as technology progressed and more people began to see the potential of air travel, prices slowly began to drop. The first commercial airline, KLM, was founded in 1919, and by 1927 you could fly from New York to London for "just" \$400 (equivalent to \$5600 today). The birth of the jet engine in the 1940s ushered in a new era of air travel, making it faster and more efficient than ever before. In 1971, the first "no frills" airline, Southwest, was founded, offering low-cost flights without any of the extras that had become standard on other airlines. This paved the way for the budget airlines we know today, which have made air travel more affordable than ever.

## Five Tips for Finding Cheap Flights

- ❖ Start your search early. Airlines typically release new fares on Tuesday mornings, so if you're looking for a deal, that's the time to start searching.
- ❖ Be flexible with your travel dates. If you're able to fly on a weekday instead of a weekend, you'll often find lower fares. Consider lower cost nearby airports.
- ❖ Sign up for fare alerts from your favorite airlines or travel websites. That way, you'll be among the first to know when prices drop for your desired route.
- ❖ Remember that the cheapest flight isn't always the best deal. Take into account things like flight times, layovers, baggage costs, and other factors that could impact your travel experience.
- ❖ Fly off season.

## How to Celebrate Cheap Flight Day

- ❖ Visit this very informative article on [finding cheap flights](#).
- ❖ Purchase [travel accessories](#).
- ❖ Find a [travel blog](#) to get excited about going somewhere!
- ❖ Should I sign up for [frequent flyer](#) programs?
- ❖ Should you pay to [select a seat](#)?
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# August 24 – National Waffle Day

The very word conjures up images of lazy Sundays spent lounging in bed, slowly savoring the syrupy goodness of a well-made waffle. But what exactly is a waffle? According to the Merriam-Webster dictionary, a waffle is "a batter or doughnut-shaped cake that is usually cooked in a waffle iron." But this classic definition doesn't do justice to the many different types of waffles that have been developed over the years. From Belgium to America, there are countless variations on this breakfast treat. Some of the most popular include the Belgian waffle, the Liege waffle, the American waffle, and the Dutch waffle. Each type has its own unique flavor and texture, making it a favorite among waffle lovers around the world. So next time you're in the mood for a delicious breakfast, be sure to try one of these different types of waffles. You might just find your new favorite!

## History of Waffles

Waffles have a long and storied history that dates back centuries. In fact, the earliest known recipe for waffles comes from a 14th century French cookbook. However, it wasn't until the 18th century that waffles began to gain popularity in Europe. Around this time, waffle irons started to become more common, and people began to experiment with different ingredients and toppings. By the 19th century, waffles had become a breakfast staple in many parts of the world. Today, there are countless variations on the classic waffle, from Belgium to America. So, whether you like them topped with fruit or smothered in syrup, there's a waffle out there for everyone.

## Five Tips for Making Great Waffles

- ❖ Start with a clean waffle iron. Be sure to wipe down the surfaces with a damp cloth or paper towel to remove any crumbs or residue from previous meals.
- ❖ Use a measuring cup to pour the batter into the waffle iron. This will help you to avoid making a mess and ensures that each waffle is uniform in size.
- ❖ Cook the waffles on a medium-high setting. This will ensure that they are crispy on the outside but still fluffy on the inside.
- ❖ Serve the waffles immediately. Waffles are best when they are fresh out of the iron, so be sure to have all of your toppings ready before you begin cooking.
- ❖ Enjoy! Add your favorite toppings and dig in! Whether you prefer yours with syrup, butter, fruit, or chicken, there's no wrong way to eat a delicious waffle.

## How to Celebrate National Waffle Day

- ❖ Eat waffles.... [38 Waffle Recipes here!](#) Amazing.
- ❖ [Get a waffle iron.](#) Beautiful with many unique and decorative styles. [More here.](#)
- ❖ [Host a waffle party.](#) You make the waffles, everyone brings their [favorite delicious topping.](#)
- ❖ Don't forget the [mini waffles](#) too!
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- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# August 25 – Second-Hand Wardrobe Day

When it comes to fashion, one man's trash is another man's treasure. That's why second-hand shopping can be such a great way to score some amazing deals on clothes. However, it can also be a bit of a minefield. To help you make the most of your second-hand shopping experience, here are a few tips to keep in mind. First, take the time to inspect each item carefully. Check for signs of wear and tear, and be sure to try on clothing before you buy it. Second, don't be afraid to haggle. Second-hand shops are often open to negotiation, so feel free to offer a lower price. Lastly, remember that second-hand shopping is all about the hunt. The best way to find great deals is to keep your eyes peeled and your mind open.

## History of Second-Hand Clothes

There's actually a long history of buying second-hand clothes. In medieval Europe, used clothes were often given to the poor as charity. But by the 16th century, second-hand clothes were being bought and sold in market stalls. This was especially common in London, where second-hand clothes were known as "cast-offs" or "rags". The popularity of second-hand clothes continued into the 1800s. In America, stores called "resale shops" started to appear in the mid-19th century. These shops were aimed at wealthy women who wanted to buy fashionable clothes without spending a lot of money. Today, second-hand clothes are more popular than ever. Thanks to the Internet, it's easy to buy and sell used clothing online. And with the rise of fast fashion, there's an increasing demand for cheap, trendy clothes.

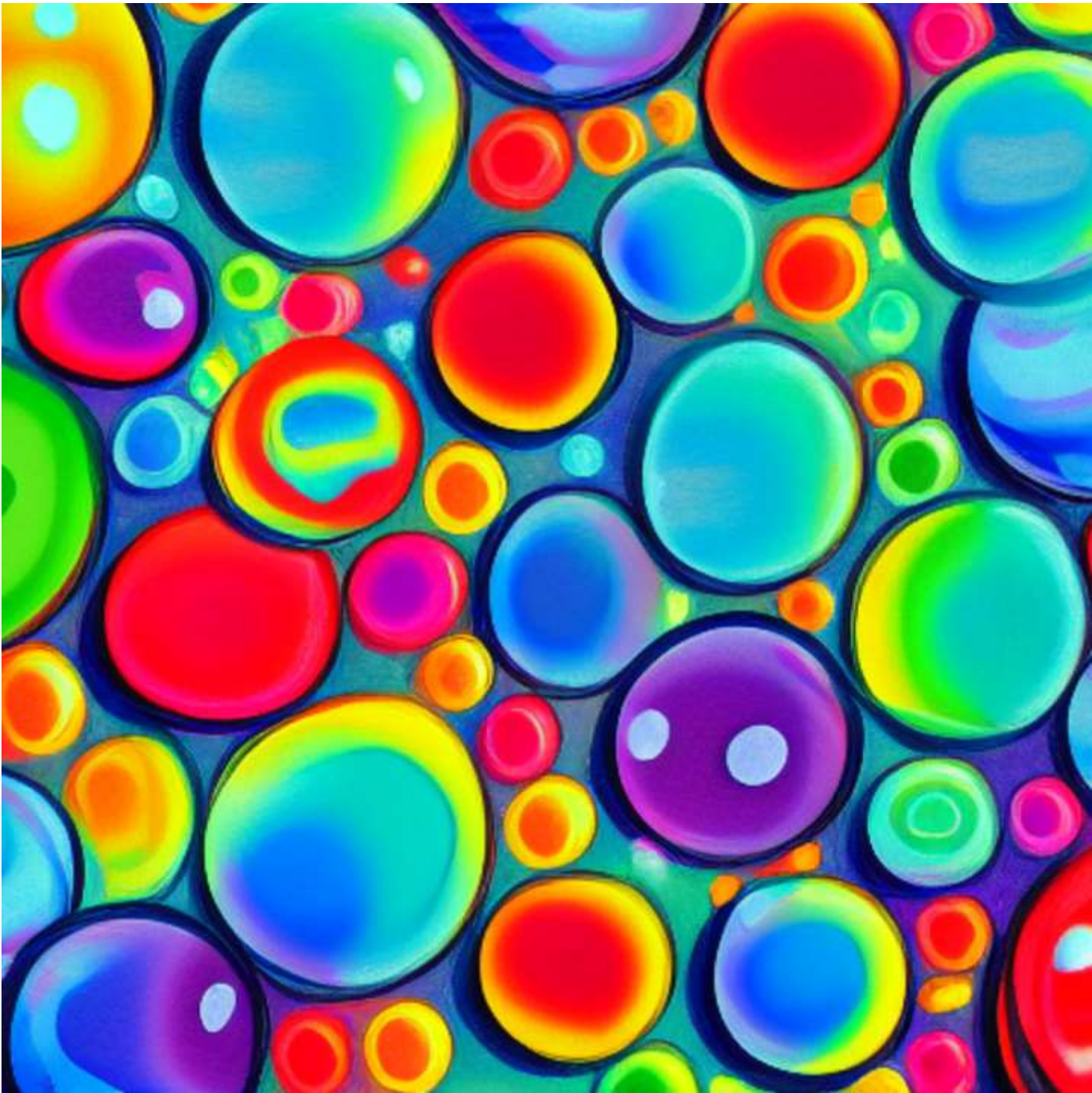
## Five Places to Buy Second-Hand Clothes

- ❖ Goodwill - Goodwill is one of the most popular places to buy used clothes. They have a huge selection of items, and you can often find name brand items for a fraction of the retail price. Plus, your purchase supports their mission of providing job training and employment opportunities for people with disabilities or other barriers to employment.
- ❖ The Salvation Army - The Salvation Army has a large selection of items, and your purchase helps support their programs and services for people in need.
- ❖ Local thrift stores - There are many small, local thrift stores that are worth checking out.
- ❖ Garage sales - Garage sales are a great option. You never know what you might find!
- ❖ Online options such as thredUP and Poshmark.

## How to Celebrate Second-Hand Wardrobe Day

- ❖ Buy something second hand today - head to Goodwill, Salvation Army, or a garage sale.
- ❖ Try an online source; here's a [great resource](#) to help you out.
- ❖ Want [designer items](#)? We got you covered there too.
- ❖ [Have a garage sale](#) or go to one.
- ❖ Love second-hand clothes? Consider [opening a store](#)!
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
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# August 26 – National Toilet Paper Day

It might not be the most glamorous product, but toilet paper plays an essential role in our daily lives. Unfortunately, it often gets taken for granted- that is, until we run out of it. In recent months, the humble toilet paper roll has become a symbol of panic and anxiety, as people stockpiled rolls in preparation for quarantine. While the Great Toilet Paper Panic of 2020 might be over, it's important to remember all the ways that toilet paper makes our lives better. Of course, there are other reasons to love toilet paper. It's also an important tool for protecting our health. Toilet paper helps to prevent the spread of germs and bacteria, and it can even be used as a makeshift Band-Aid in a pinch. In short, toilet paper is one of those things that we all take for granted - until we don't have it. So, the next time you reach for a roll, take a moment to appreciate just how much we love toilet paper.

## History of Toilet Paper

Toilet paper is a relatively modern invention, and its history is surprisingly interesting. The first recorded use of toilet paper was by the Chinese, who used it for hygiene purposes as early as the 6th century. Paper became increasingly popular over the centuries, and by the 14th century, people in Europe were using sheets of paper to wipe themselves after going to the bathroom. However, it wasn't until 1857 that the modern roll of toilet paper was invented. The Scott brothers, who owned a paper mill in Pennsylvania, came up with the idea of selling rolls of paper that could be easily dispensed in public toilets. And the rest, as they say, is history. Today, toilet paper is an essential part of daily life for billions of people around the world.

## Five Fun Facts About Toilet Paper

- ❖ The average roll of toilet paper contains about 500 sheets. That means that, over the course of a year, the average person uses about 18,000 sheets of toilet paper!
- ❖ Toilet paper was first invented in China, where it was used for cleansing after meals.
- ❖ The first rolls of toilet paper were made from cotton and other soft fabrics. It wasn't until 1857 that the first roll made entirely from paper was manufactured.
- ❖ Toilet paper is now produced in more than 40 countries around the world.
- ❖ There is some dispute over which way is the correct way to hang a roll of toilet paper. The 'over' method is more popular in the United States, while the 'under' method is more common in Europe.

## How to Celebrate National Toilet Paper Day

- ❖ Read [The Best Toilet Papers of 2022](#).
- ❖ Try your hand at [toilet paper origami](#). Yes, you read that right.
- ❖ Get some fun [novelty toilet paper](#). Maybe a new [toilet seat](#)?
- ❖ Cool toilet [paper holders](#), maybe it's time for a new one? How about [this one](#) too?
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 27 – International Lottery Day

August 27th is a day that brings excitement and anticipation to millions of people around the world: International Lottery Day. From scratch-offs to mega jackpots, lotteries have captured the imagination of folks who dream of striking it rich with just a few lucky numbers. But this day isn't just about the thrill of a potential windfall; it's also a time to recognize the tremendous impact that lotteries can have on communities. Many lotteries use proceeds to fund education, infrastructure, and other critical public services, making August 27th a day to celebrate both hope and generosity. So whether you're a seasoned player or just buying a ticket for the first time, mark your calendar and join in the worldwide celebration of International Lottery Day! Remember, you can't win if you don't play!

## History of Lotteries

Historically, lotteries have been used as a way to raise funds for public projects. The first recorded lottery was held in China in 205 BC, and it was used to finance the construction of the Great Wall. Lotteries were also popular in ancient Rome, where they were used to fund the construction of roads and aqueducts. In medieval Europe, lotteries were often used to finance wars. In the modern era, lotteries are primarily seen as a way of raising revenue for good causes. In the United States, all proceeds from the federal lottery are dedicated to education. And in many European countries, lotteries are used to finance health and social welfare programs.

## Five Things About Lotteries

- ❖ Lotteries are actually one of the oldest forms of gambling. In fact, they date back to ancient China, where they were used to fund public works projects such as the Great Wall of China.
- ❖ In 2016, the Powerball jackpot in the United States reached a staggering \$1.6 billion!
- ❖ Consider playing on Wednesdays or Saturdays. These are typically the most popular days for lotteries, which means that the jackpots are often larger.
- ❖ As of 2023, Indiana is the state with the largest number of Powerball winners (39). [Where is your state?](#)
- ❖ An estimated one-third of lottery winners eventually go bankrupt.

## How to Celebrate International Lottery Day

- ❖ Buy a lottery ticket; buy one for a friend too.
- ❖ Purchase "[Lottery Winning Strategies](#)" to up your odds by 70%.
- ❖ Read, "[The Lottery](#)," by Shirley Jackson.
- ❖ Try out these "[13 Tricks to Employ to Win the Lottery](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 28 – Rainbow Bridge Remembrance Day

For pet lovers, the idea of the Rainbow Bridge is a comforting one. According to legend, when a pet dies, they cross over the Rainbow Bridge to paradise where they are reunited with their loving owners. While the notion of the Rainbow Bridge is purely mythological, it provides a sense of comfort for those who have lost a beloved pet. The story goes that the Rainbow Bridge is a beautiful arched bridge that spans a golden river. On one side of the river is a green meadow where all of the animals that have died go to wait. When their owners die, they are reunited with their pets on the other side of the bridge. While the story of the Rainbow Bridge is just a myth, it provides comfort to many people who have lost a beloved pet. And who knows? Maybe there is some truth to the legend after all.

## History of the Rainbow Bridge Legend

The story of the Rainbow Bridge is believed to have originated in Nordic mythology, but it wasn't until the late 1800s that it began to gain popularity in the United States. The first mention of the Rainbow Bridge in American literature was in an 1870 poem by George D. Prentice, though it was likely familiar to many Americans before that thanks to its oral tradition. In recent years, the story of the Rainbow Bridge has been popularized by books and movies like "The Bridge over the Rainbow" and "All Dogs Go to Heaven." While there is no scientific evidence to support the existence of the Rainbow Bridge, for those who have lost a pet, it is a comforting thought that they may one day be reunited with their furry friend.

## Five Things to Remember About Your Pets When They Die

- ❖ They were always happy to see us, no matter how bad our day was.
- ❖ They were always ready for a cuddle or a game of fetch.
- ❖ They never judged us, no matter how many times we made mistakes.
- ❖ They were always there for us, even when nobody else was.
- ❖ We were lucky to have them in our lives, and we will never forget them.

## How to Celebrate Rainbow Bridge Remembrance Day

- ❖ Read the 38 Hertz article, "[For the Love of Pets.](#)"
- ❖ Purchase a [pet memorial](#).
- ❖ [Make a photobook](#) of your best pet photos.
- ❖ Read the [Rainbow Bridge Poem](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 29 – National Lemon Juice Day

On August 29th, we celebrate National Lemon Juice Day, a day devoted to the tart, citrusy beverage that is a staple in kitchens worldwide. Lemon juice is versatile and can be used in a variety of ways - from cooking and baking to mixing refreshing drinks. Many know the value of having a fresh glass of lemonade on a hot summer day, but lemon juice can also be added to marinades, dressings, and sauces to give dishes a bright and vibrant flavor. Additionally, lemon juice has many health benefits, including being high in vitamin C and aiding digestion. So whether you're squeezing fresh lemons or using pre-bottled juice, take a moment on National Lemon Juice Day to appreciate the zesty and refreshing taste it brings to our lives.

## History of the Lemon

The Crusades were a series of religious wars fought between Christians and Muslims in the Middle Ages. During one of these wars, Italian crusaders invaded Egypt and Palestine. They tasted lemons for the first time and liked them so much that they took some back to Italy with them. From Italy, the lemon spread to other parts of Europe. In 1493, Christopher Columbus brought lemons with him on his voyage to America. He planted them on the island of Hispaniola, which is now Haiti and the Dominican Republic. From there, lemons gradually made their way north to America's East Coast. Today, lemons are grown all over the world and are used in many different cuisines. They are also used for their fragrance and cleaning properties.

## Five Things About Lemons

- ❖ The average lemon contains about 3 tablespoons of juice.
- ❖ Lemons are a good source of Vitamin C. In fact, just one lemon provides more than half of the recommended daily amount of Vitamin C.
- ❖ Lemon trees can live for hundreds of years. The oldest lemon tree on record is believed to be nearly 800 years old!
- ❖ Lemons have been used for centuries as a natural cleaning agent. They can be used to clean everything from countertops to jewelry.
- ❖ Lemon trees are evergreen, meaning they don't lose their leaves in winter.

## How to Celebrate National Lemon Juice Day

- ❖ Make some good [old fashioned fresh lemonade](#) today; get a [lemon squeezer](#).
- ❖ Learn how to [open a lemonade stand](#).
- ❖ Try your hand at a [lemon drop cocktail](#) using a shaker and these [beautiful glasses](#).
- ❖ Choose from these [99 Lemon Recipes](#).
- ❖ Make up your own [homemade lemon cleaning solution](#).
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# August 30 – Frankenstein Day

Frankenstein is a novel by Mary Shelley, first published in 1818. The novel tells the story of Victor Frankenstein, a young scientist who creates a grotesque, sapient creature in an unorthodox scientific experiment. Shelley started writing the novel when she was eighteen, and it was published when she was twenty-one. The first edition was published anonymously, with a preface written by Lord Byron. The novel was not immediately successful, but it gained popularity after the 1823 stage adaptation starring Peers Williams as the Monster. Many readers have been drawn to the story for its themes of science gone wrong, Hubris, agonal nature of man, and others. The novel also features one of literature's most iconic monsters, which has become synonymous with horror fiction. If you've never read Frankenstein, or if you're looking to revisit this classic tale, we highly recommend it!

## History of the Popularity of Frankenstein

Since its publication in 1818, Mary Shelley's Frankenstein has captivated audiences with its eerie tale of science and creation gone wrong. Despite receiving mixed reviews upon its initial release, the novel has gone on to become a classic within horror and science fiction literature. Its popularity has only grown with the numerous adaptations, including films, stage productions, and even TV shows. What draws people to Frankenstein is its exploration of humanity, morality, and the consequences of playing god. Shelley's cautionary tale continues to resonate with audiences today, making it a must-read for any fan of the horror genre.

## Five Things About Frankenstein

- ❖ Frankenstein was originally published in 1818, making it nearly 200 years old!
- ❖ The book was written by Mary Shelley, who was only 18 at the time.
- ❖ Shelley's husband, Percy Bysshe Shelley, actually wrote the famous opening line "It was a dark and stormy night."
- ❖ The novel has been adapted countless times for stage and screen, with some very memorable interpretations.
- ❖ Frankenstein is often considered to be the first science fiction novel, as it explores the ethical implications of playing with life and death.

## How to Celebrate Frankenstein Day

- ❖ Read "[Frankenstein](#)," the novel.
- ❖ Host a [Frankenstein-themed party](#).
- ❖ [Dress up like Frankenstein](#) - or get ready for Halloween.
- ❖ Order these [beautiful monster cookies](#).
- ❖ Watch "[Frankenstein](#)," the movie.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# August 31 – Eat Outside Day

There's something about eating outdoors that just feels right. Maybe it's the fresh air, or the fact that you're surrounded by nature. Whatever the reason, there's no denying that there's a certain joy to be found in enjoying a meal al fresco. Of course, there are a few things to keep in mind if you're going to dine in the great outdoors. First of all, make sure to choose a spot that's away from any potential sources of pollution, such as busy roads or factories. Secondly, it's important to be aware of your surroundings and make sure you're not disturbing any wildlife. And finally, don't forget to pack up all your rubbish when you're finished – we should all do our part to keep our planet clean! With these few simple tips in mind, there's no reason why you can't enjoy all the pleasures that eating outdoors has to offer.

## The History of Picnics

Ah, the picnic. A time-honored tradition that conjures up images of idyllic days spent outdoors, surrounded by family and friends. But where did this beloved pastime originate? Surprisingly, the history of picnics is a bit murky. Some believe that the word “picnic” comes from the French pique nique, which originally referred to a fashionable social gathering where each person would bring their own food. Others believe it comes from the German Picknick, which describes a meal eaten in the woods. However it began, picnicking became popular in eighteenth-century Europe, when it was seen as a fashionable way to enjoy the great outdoors. In America, meanwhile, picnics were often used as a way to political campaigns and other public events. Today, picnicking is enjoyed by people of all ages and backgrounds as a leisurely way to enjoy good food and good company.

## Five Special Things About Eating Outside

- ❖ There's something about eating outdoors that just feels more fun than eating indoors.
- ❖ Maybe it's the sunshine and fresh air, or the fact that you're surrounded by nature.
- ❖ Whatever the reason, there's no denying that picnics, barbecues, and camping trips are some of the most enjoyable ways to enjoy a meal.
- ❖ Part of the appeal may also be the fact that outdoor eating often means tasty food cooked over an open fire.
- ❖ Whether you're roasting marshmallows for s'mores or grilling burgers, there's something about food cooked over a campfire that just tastes better.

## How to Celebrate Eat Outside Day

- ❖ **Pack a picnic** and head out to your favorite nature spot.
- ❖ Purchase **picnic supplies**.
- ❖ Host an **outdoor party**.
- ❖ Don't forget **outdoor pizza**. [Recipes here](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# September 1 – World Letter Writing Day

In a world of texts, tweets, and email, there's something special about receiving a handwritten letter in the mail. Whether it's a birthday card from a friend or a thank-you note from a family member, taking the time to put pen to paper can brighten someone's day. And in an age where we often communicate through screens, there's something intimate and personal about receiving a handwritten letter. It's like getting a hug through the mail. But letter writing isn't just about making the recipient feel good. It's also about the joy and satisfaction that comes from putting your thoughts into words and taking the time to craft a message.

## History of Letter Writing

The history of letter writing is almost as old as civilization itself. The first known examples date back to ancient Egypt, where letters were often written on papyrus scrolls. In the Middle Ages, love letters became increasingly popular, as noblemen and ladies exchanged them as a way of courting one another. By the 18th century, letter writing had become an art form, with many famous authors and poets using it to great effect. Some of the most famous letters in history are those that were never meant to be seen by anyone but the person they were addressed to. Love letters, in particular, often contain highly personal and intimate thoughts that can provide a fascinating insight into the writer's innermost emotions. From Shakespeare's passionate declarations to Napoleon's tender words to his wife, these letters offer us a rare glimpse into the hearts and minds of some of history's most famous figures.

## Five Tips for Writing Great Love Letters

- ❖ Take your time: Don't try to write the perfect letter in one sitting. Take your time and draft several different versions. Then, put them away for a day and come back to them with fresh eyes.
- ❖ Be yourself: Your recipient will be able to tell if you're being fake, so just be honest and let your personality shine through.
- ❖ Write from the heart: This may sound obvious, but it's important not to forget that a personal or love letter should be just that - personal. That means writing from the heart.
- ❖ Keep it positive: A personal or love letter is not the time to air grievances or nitpick about every little thing that's wrong in your relationship.
- ❖ Edit carefully: Once you've written your letter, take some time to edit it carefully before sending it off.

## How to Celebrate Letter Writing Day

- ❖ Purchase some nice [new stationery](#).
- ❖ Take a [letter writing course](#).
- ❖ Buy that book on [how to write love letters](#).
- ❖ Read 10 of the [most romantic letters of all time](#).
- ❖ Write a letter to an elder person at [Love for Our Elders](#).
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# September 2 – Labor Day

Ah, Labor Day. A day celebrating the most important thing in the world: work! Or, more accurately, a day to celebrate not having to work. For many of us, it's the last chance to squeeze in a summer vacation before school starts back up again. And what could be better than a long weekend spent lounging by the pool or grilling out with friends? But while we all enjoy a day off from our jobs, it's important to remember what Labor Day is really about. It's a day to honor the achievements of American workers and to recognize the vital role they play in our economy. Without their hard work and dedication, our country would not be able to thrive. So, this Labor Day, take a moment to appreciate all the workers in your life.

## History of Labor Day

The holiday originated during the Industrial Revolution, when the average workweek was 10-16 hours, six days a week. In response to poor working conditions and low wages, workers began to unionize and demand better treatment. On September 5, 1882, 10,000 workers marched in New York City in support of labor rights. In 1884, the first Monday in September was selected as a day to celebrate workers' achievements. And in 1894, Congress passed a law, making Labor Day a national holiday.

## Five Things About Labor Day

- ❖ Labor Day was first celebrated on September 5, 1882 in New York City. The idea for the holiday came from union leader Peter J. McGuire, who proposed it as a way to honor America's workers.
- ❖ The first Monday in September was officially designated as Labor Day in 1884. Congress passed a law making it a national holiday in 1894.
- ❖ Labor Day is sometimes referred to as the "workingman's holiday."
- ❖ Over the years, Labor Day has become synonymous with the end of summer. For many people, it marks the last chance to enjoy a summer vacation before school starts back up again.
- ❖ One of the most famous labor protests occurred on May 1, 1886. Workers across the country went on strike to demand an eight-hour workday. The protests turned violent in some cities, but they ultimately led to the adoption of the eight-hour workday and helped improve working conditions for millions of Americans.

## How to Celebrate Labor Day

- ❖ Read about the [history of Labor Day](#).
- ❖ It's a great weekend for a garage sale, [learn how](#).
- ❖ Camping on Labor Day is a must for many, [purchase camping gear](#).
- ❖ Visit a [state](#) or [national park](#) - they're FREE this weekend.
- ❖ Get ready for school to start - [back-to-school shopping](#).
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# September 3 – U.S. Bowling Leagues Day

On September 3, bowlers across the United States will come together to celebrate and compete in US Bowling Leagues Day. This annual event is a chance for bowlers of all skill levels to show off their abilities and connect with others who share their love of the sport. From amateur enthusiasts to seasoned competitors, everyone is welcome to participate in the fun and excitement of US Bowling Leagues Day. Whether you're aiming for a perfect game or simply looking to enjoy a fun day out with friends, this event is sure to be a strike in your book. So get ready to lace up your bowling shoes and join in on the action!

## History of Bowling

While the origins of bowling are not entirely clear, it is believed to have originated in Egypt over 5,000 years ago. The ancient Egyptians did not have bowling alleys as we know them today, but they had the basic tenets of bowling down pat: rolling a ball towards a target. Fast forward a few centuries later and the first known recordings of bowling appear in England. A 14th century manuscript depicts a group of people engaged in the sport, but their version looks much different from ours today. The "pins" they aimed to knock down were actually human-shaped, and the ball was thrown underhanded. Despite the evolution of the game over the centuries, one thing remains constant: people still love to go bowling today.

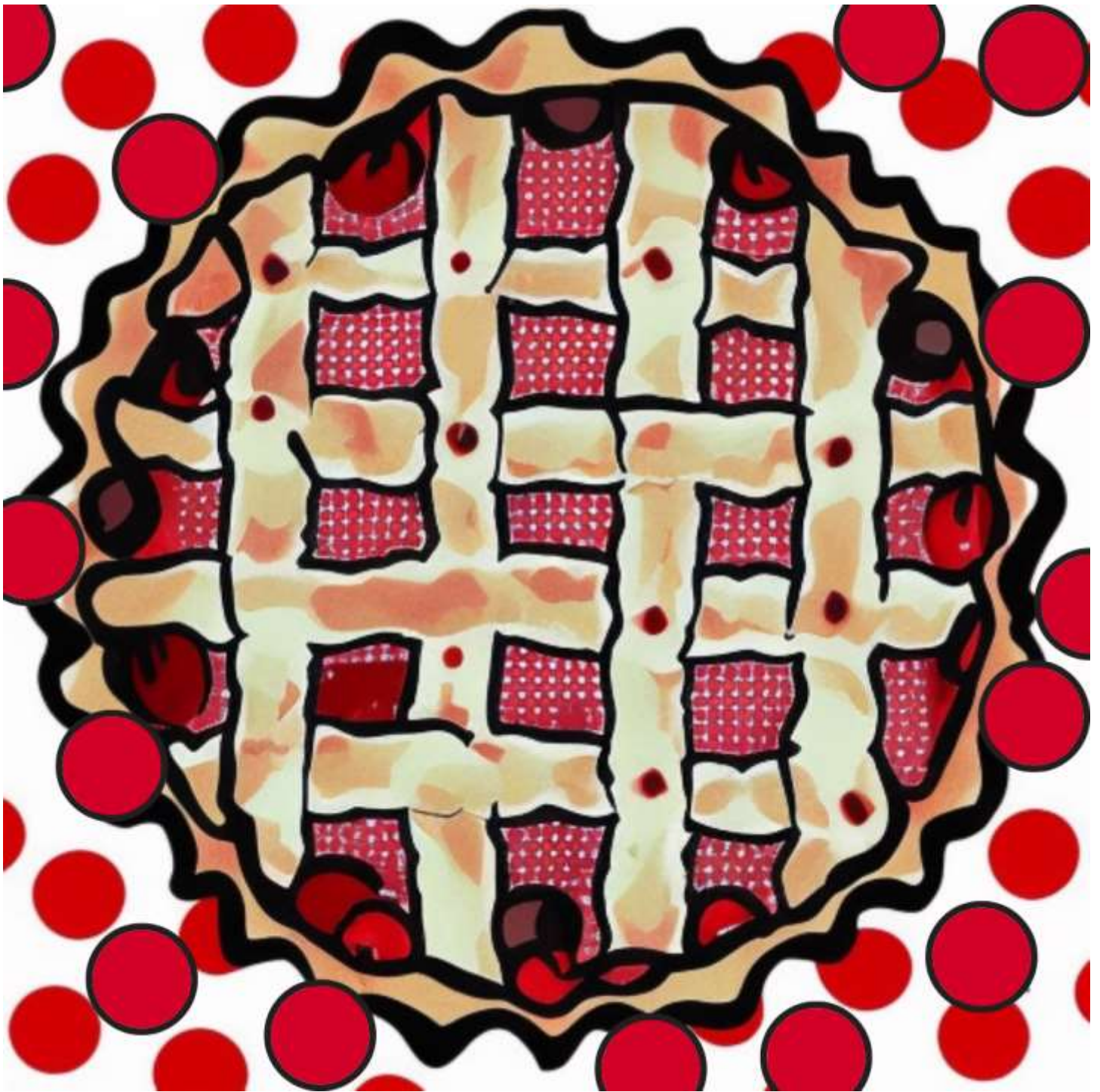
## Five Things About Bowling

- ❖ The largest bowling center in the world is located in Japan and can accommodate up to 116 lanes.
- ❖ Bowling balls were originally made out of wood before being replaced by synthetic materials.
- ❖ The average weight of a bowling ball is around 14 pounds.
- ❖ Bowling is the most popular participation sport in the United States, surpassing both basketball and baseball.
- ❖ The pins used in modern bowling alleys are purposely made to be weighted on one side to increase the chance of a strike.

## How to Celebrate U.S. Bowling Leagues Day

- ❖ Learn how to [throw a bowling ball like a pro](#).
- ❖ Purchase some [new bowling things](#) for yourself or as a gift.
- ❖ Learn how to [find and join a bowling league](#).
- ❖ Throw an [adult bowling party](#).
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# September 4 – Extra Dessert Day

Sweet tooth lovers rejoice because September 4th is Extra Dessert Day! This is a day for indulgence, for trying out desserts that you've been meaning to try but haven't had the chance to, and for celebrating the sweetness of life. Desserts have a way of bringing people together, whether it's a plate of cookies shared with friends over coffee or a slice of cake served at a family gathering. With the extra time built into this day, take the opportunity to try out new recipes, experiment with flavors and textures, or revisit old favorites. Dip into a bowl of creamy ice cream, delight in a slice of pie, or savor a decadent chocolate cake. On this day, there's no such thing as too much sweetness.

## History of Desserts

Throughout history, humans have had a sweet tooth. The history of dessert is a fascinating one, tracing back centuries to ancient civilizations. In Egypt, honey-sweetened pastries were a popular delicacy, while in Ancient Rome, fruits and cheeses were often served at the end of a meal. From there, desserts evolved in various ways across the world. In Europe, sugar became a coveted ingredient in the Middle Ages, and elaborate desserts were created for royalty and nobility. In the 19th century, chocolate began to be used in desserts, leading to new and delicious creations such as chocolate cake and brownies. Today, dessert continues to be a beloved part of meals and celebrations, and the creativity and innovation that have been a part of its history continue to inspire new and exciting sweet creations.

## Five Unusual Things About Desserts

- ❖ The word "dessert" originated from a French word "desservir," which means "to clear the table."
- ❖ A turducken cake? It's a cake that looks like a roasted turkey on the outside but has layers of cake, frosting, and candy underneath.
- ❖ The first recorded ice cream dates back to the Tang Dynasty in the 7th century.
- ❖ The world's largest cheesecake weighed over 6,000 pounds.
- ❖ Red Velvet cake was originally dyed with beets to get its signature red color.

## How to Celebrate Extra Desserts Day

- ❖ Make dessert today, try something new. Try some [pre-made deliciousness](#).
- ❖ [100 Most Popular Desserts in the World](#).
- ❖ Host a [dessert potluck](#).
- ❖ Purchase a new [dessert cookbook](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# September 5 - Onam

Onam is a vibrant festival that is celebrated in the southern Indian state of Kerala. It is a time of joy and celebration, where people come together to participate in traditional activities and festivities. One of the most popular activities during the festival is the Onam sadhya, a grand feast that consists of over 20 different dishes served on a banana leaf. The festival is also known for its elaborate street parades, colorful floral decorations, and striking cultural performances. What makes Onam even more special is the spirit of unity and togetherness that it brings forth, reminding us all of the importance of community and compassion.

## History of Onam

Onam is a ten-day festival celebrated with great enthusiasm in the state of Kerala, India. It is believed to commemorate the homecoming of King Mahabali, a beloved ruler who is said to visit his subjects during this time of year. Folklore has it that King Mahabali was an exceptionally just and generous king who was loved by his people, and that even the gods felt threatened by his popularity. Onam is an opportunity for Keralites to celebrate their culture and tradition, and it is filled with vibrant colors, music, dance performances, and lots of delicious food. It is a time for families to get together and enjoy each other's company, and it is a reminder of the rich history that has shaped the people of Kerala.

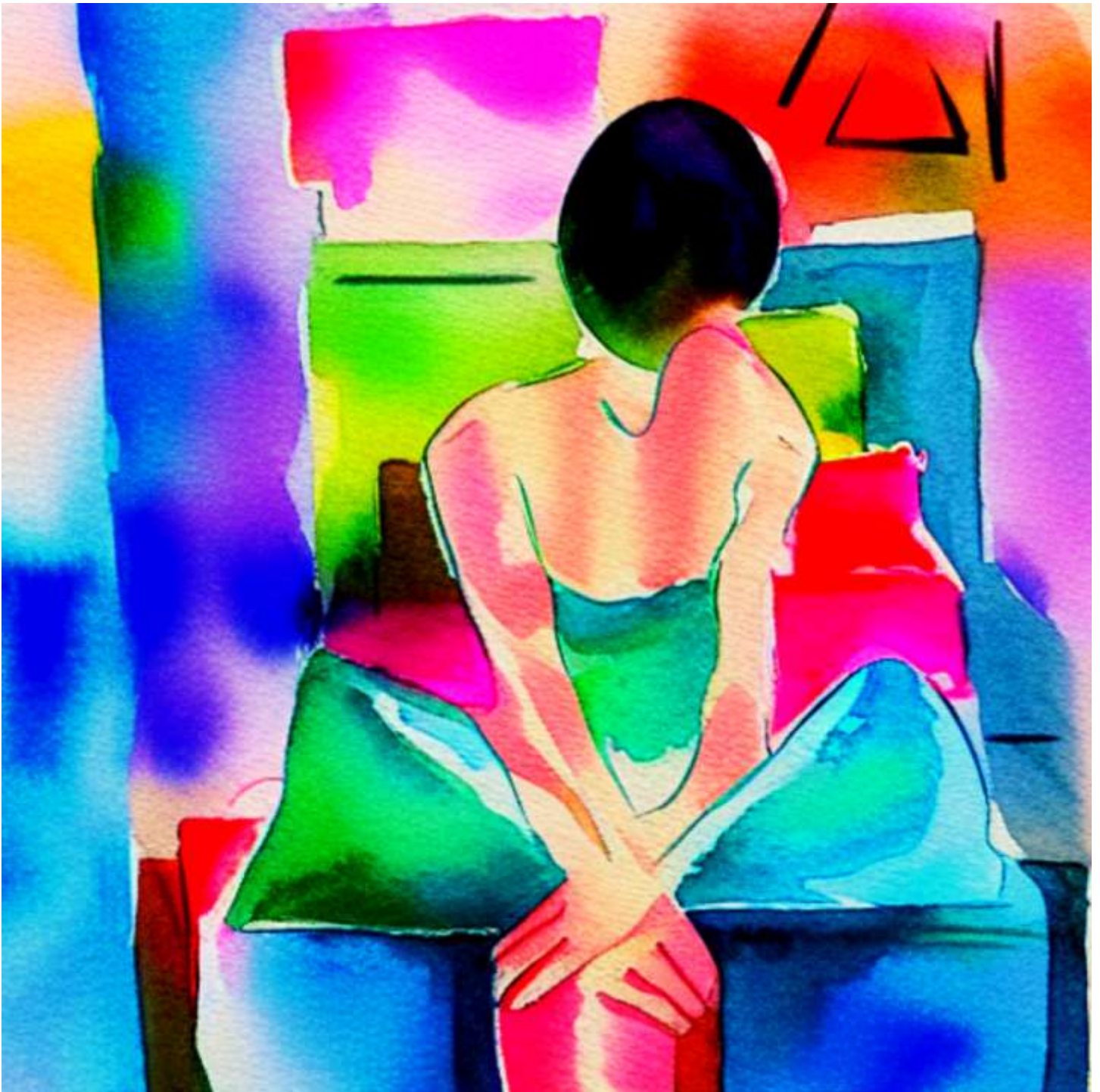
## Five Things About Onam

- ❖ The Onam Sadya, a vegetarian feast served on banana leaves, consists of over 26 dishes, all cooked in traditional Kerala style.
- ❖ Pookalam, intricate floral arrangements, adorns the entrance of every house during the festival. It is believed that the size and intricacy of Pookalam reflects the family's prosperity and happiness.
- ❖ The traditional Onam boat race held in the Punnamada Lake is yet another highlight of the festival and attracts thousands of visitors every year.
- ❖ The festival of Onam is a confluence of culture, mythology, and community spirit- making it a unique and unforgettable experience.
- ❖ Onam originated as a tribute to King Mahabali, a mythical ruler who was known for his benevolent nature and generosity.

## How to Celebrate Onam

- ❖ Learn [how to celebrate Onam](#).
- ❖ Wear traditional [Indian clothing](#).
- ❖ Serve the [26 delicacies of Onam](#).
- ❖ Purchase and exchange [Hindu gifts](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# September 6 – Fight Procrastination Day

Procrastination is like a bad habit that's hard to break. You know you should do something, but for some reason you just can't seem to get started. Maybe it's because the task seems too daunting, or maybe you're just not in the mood. Whatever the reason, procrastination can be a real obstacle to getting things done. But there are ways to fight it. One way is to break the task down into smaller, more manageable parts. That way, it won't seem so overwhelming. Another way is to set a deadline for yourself, and then stick to it. This can be tough, but it's often helpful to have a specific goal in mind. Finally, try to find someone who will hold you accountable. Having someone else to check in with can make a big difference when it comes to staying on track. So if you're struggling with procrastination, don't give up. There are ways to overcome it. Just take things one step at a time, and soon you'll be on your way to a more productive life.

## History of Procrastination

The ancient Greek poet Hesiod was an early opponent of procrastination. In his poem "Work and Days," he addressed Perses who had squandered all of his inheritance by looking to Hesiod for re-upping funds with which to undertake tasks again; but instead found himself begging (literally) like some kind brother would do in return - not filling barns nor achieving anything worthwhile either way because there are always better ways than just doing things without thinking too hard about them!

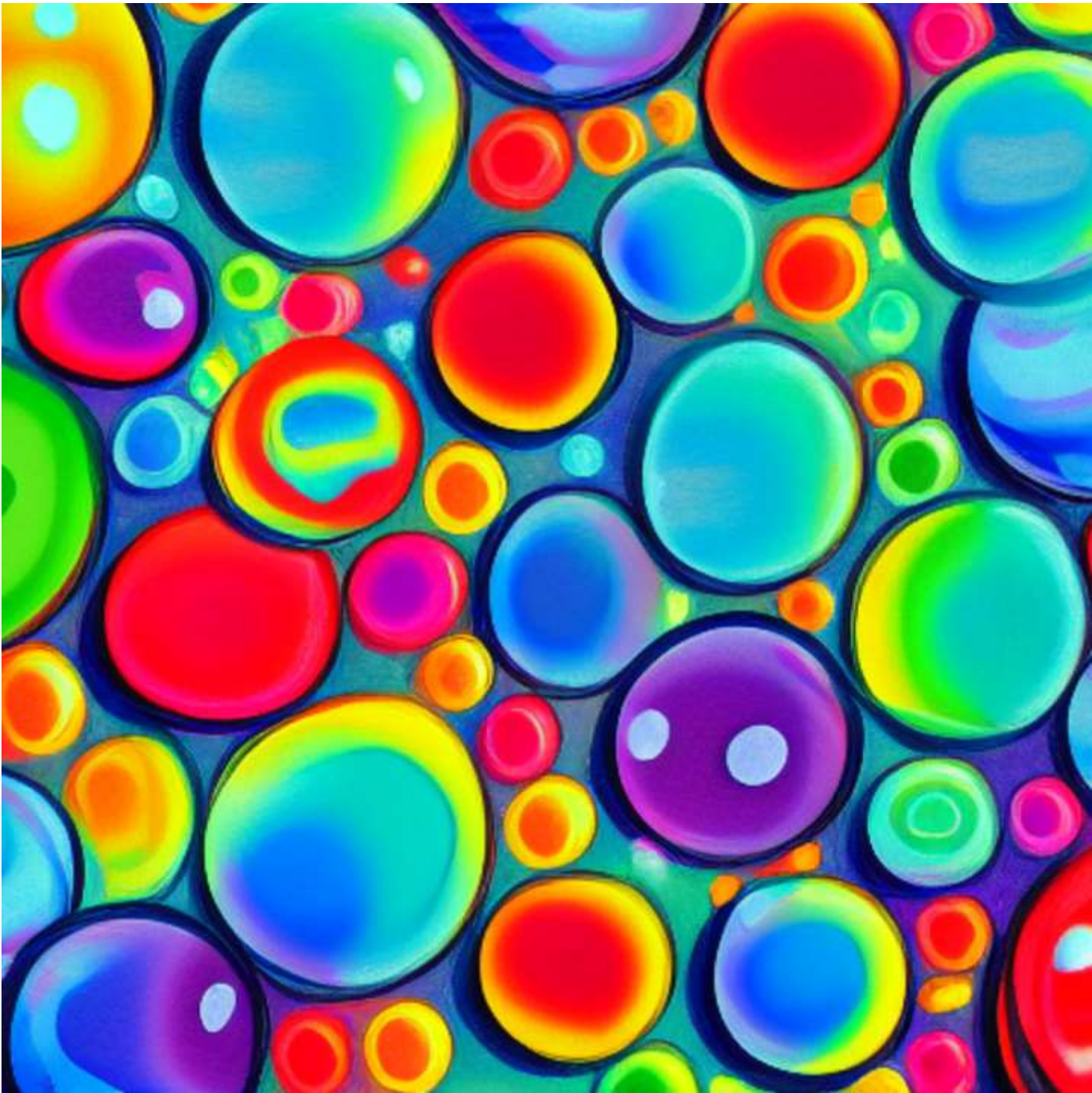
## Five Things About Procrastination

- ❖ Contrary to popular belief, procrastination is not necessarily a bad thing. In fact, some research suggests that it can actually improve the quality of your work.
- ❖ Procrastination is often associated with laziness, but this is not always the case. In many cases, procrastination is simply a result of poor time management or anxiety about a particular task.
- ❖ Procrastination can actually lead to increased creativity and resourcefulness.
- ❖ Even animals procrastinate. Studies have shown that dogs and cats are both susceptible to procrastination when it comes to completing simple tasks.
- ❖ The ancient Romans had a god dedicated to procrastination known as Accidia, the god of sloth.

## How to Celebrate Fight Procrastination Day

- ❖ Read, "[Procrastination, A Brief History of Wasting Time.](#)"
- ❖ Purchase a fun [check-off pad](#). Make a list of things you want to get done today.
- ❖ Watch the video about procrastination from [The Tapping Solution](#).
- ❖ [Procrastinate on purpose](#) - here's how and why.
- ❖ If you like the article image, check out these [fun products on Zazzle](#) with this design.
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# September 7 – National Google Commemoration Day

Google is more than just a search engine. In fact, it's become a verb. "Just Google it" is a phrase we've all heard (and probably said). But what exactly is Google? At its most basic, Google is a collection of algorithms that are used to rank websites in order to provide the best possible search results for a given query. However, there's much more to Google than meets the eye. The company also offers a suite of productivity tools, many of which are free to use. These include Gmail, Google Docs, and Google Drive. In addition, the company provides a number of popular apps, such as Google Maps and Google Translate. With so much to offer, it's no wonder that Google has become one of the most popular sites on the internet.

## History of Google

Google has come a long way since its humble beginnings as a research project by two Stanford University students. Larry Page and Sergey Brin started working on what would become Google in 1996, with the goal of providing users with a more efficient way to search the rapidly growing internet. After perfecting their algorithms and raising funding, they launched the company in 1998. Google quickly became the go-to search engine, thanks to its clean interface and relevant results. Over the years, the company has expanded far beyond its initial mission, developing groundbreaking products like Gmail, Maps, and Chrome. Today, Google is one of the most powerful companies in the world, with a vast array of services that touch billions of people every day.

## Five Things About Google

- ❖ The name "Google" was actually a misspelling of the word "googol," which refers to the number one followed by 100 zeroes.
- ❖ The first ever Google doodle was a stick figure of the Burning Man festival logo.
- ❖ The food at Google is free for all employees.
- ❖ Googlers can bring their dogs to work with them. In fact, there's even a "Dog Finder" feature on the company's intranet to help employees locate their furry friends on campus.
- ❖ Every year, Google invites select students to take part in its "Summer of Code" program, which gives them the opportunity to work on open source projects alongside some of the best developers in the world.

## How to Celebrate National Google Commemoration Day

- ❖ Google, "How to Celebrate National Google Commemoration Day." What's your favorite idea?
- ❖ Make a [Google-themed cake](#).
- ❖ Watch, "The Social Network."
- ❖ Subscribe to "[Google Tutorials](#)" on YouTube.
- ❖ Explore all the [Google Doodles](#) that Google has become famous for.
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# September 8 – Grandparents Day

Grandparents Day is a special occasion that allows us to celebrate the wonderful presence our grandparents bring to our lives. These remarkable individuals have lived through countless historical moments, witnessed our own childhoods, and continue to offer us their unwavering love and support. Whether it's sharing their wisdom, listening to our stories, or spoiling us with treats, grandparents have an irreplaceable presence in our lives. A day dedicated to honoring the sacrifice and dedication of grandparents is a wonderful opportunity to show our appreciation by spending time with them, making new memories, and cherishing the ones we have already made. On Grandparents Day, let's take a moment to appreciate the unique bond we share with our grandparents, and the important role they play in our lives.

## History of Grandparents Day

Grandparents Day was first established in 1978 by President Jimmy Carter after it was brought to his attention by Marian McQuade, a West Virginia housewife. McQuade envisioned a day where people across the United States would recognize and cherish the invaluable contributions made by grandparents in our society. Since then, Grandparents Day has been celebrated on the first Sunday after Labor Day every year, serving as a reminder to pause and express gratitude for the sacrifices and guidance our grandparents have provided. It's a day filled with love, laughter, and precious memories that we will always treasure.

## Five Things About Grandparents

- ❖ Grandparents provide a wealth of knowledge and experience that they are more than willing to share with their grandchildren.
- ❖ They offer unconditional love; a love that is not based on conditions or expectations.
- ❖ Grandparents are known for their remarkable patience with their grandchildren. They allow children to learn at their own pace and offer guidance when needed.
- ❖ Grandparents are often excellent storytellers and have many tales of the past that entertain and educate their grandchildren.
- ❖ Grandparents can offer a sense of comfort and security that can only come from years of experience.

## How to Celebrate Grandparents Day

- ❖ Go visit your grandparents or have them over for a celebratory meal.
- ❖ Buy a fun [grandparent gift](#).
- ❖ [Make a photo book](#) of all the grandchildren.
- ❖ Start writing a book with your grandparents using [Storyworth](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# September 9 – When Pigs Fly Day

The saying "when pigs fly" is often used to describe something that will never happen. After all, pigs can't fly, right? The phrase is thought to have originated in the 17th century, although there are no definitive records of its first use. It's possible that the saying was originally used to describe something that was impossible or highly unlikely to ever occur. Over time, it became a more general way of expressing doubt or disbelief. In some cases, it can also be used sarcastically to describe something that has actually happened, even though it seemed improbable at the time. So, the next time someone tells you that something will happen "when pigs fly," you can be sure that it's not likely to happen anytime soon.

## History of the Saying, "When Pigs Fly."

But where did this saying come from? There are a few theories. One possibility is that it's derived from an ancient Norse fable in which a thirsty crow tries to get water from a pitcher by dropping stones into it, eventually raising the water level high enough to drink. The moral of the story is that even the impossible can be achieved with enough effort. Another theory is that the saying comes from 17th century English sermons, which used animal tales to teach moral lessons. One popular sermon involved a man who was so skeptical that he promised to believe in God "when pigs fly."

## Five Appropriate Times You Might Say, "When Pigs Fly!"

When the likelihood of something happening is about as likely as pigs sprouting wings and taking to the sky, you can be sure that it's not going to happen. In other words, when pigs fly is an idiomatic phrase that is used to describe something that will never happen. Here are five examples of when to use this phrase:

- ❖ When your boss says you can have a raise.
- ❖ When your significant other says they'll do the dishes.
- ❖ When your friend says they'll stop procrastinating.
- ❖ When your child says they'll eat their vegetables.
- ❖ When you say you'll finally clean up your room.

## How to Celebrate When Pigs Fly Day

- ❖ Make a list of things you want that seem impossible. Then dream the impossible dream!
- ❖ **Make a bucket list.**
- ❖ Celebrate with some **pig gifts**.
- ❖ Listen to "**Dream the Impossible Dream**" by Josh Groban.
- ❖ Order some **When Pigs Fly cookies**.
- ❖ If you love the article image, find it on some **fun Zazzle products**.
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# September 10 – National TV Dinner Day

TV dinners have been around for decades, and they show no signs of going away any time soon. For many people, they offer the perfect solution to the age-old problem of what to eat for dinner. They are quick, convenient, and relatively inexpensive. Plus, they come in a wide variety of flavors and styles to suit every taste. Of course, not everyone is a fan of TV dinners. Some people find them overly processed and unhealthy. Others simply prefer to cook their own meals from scratch. But for those who are willing to overlook these shortcomings, TV dinners can be a real godsend. After all, there is something to be said for being able to sit down in front of the TV with a hot meal that requires no effort whatsoever. And in today's busy world, that is something that more and more people are finding increasingly valuable.

## History of TV Dinners

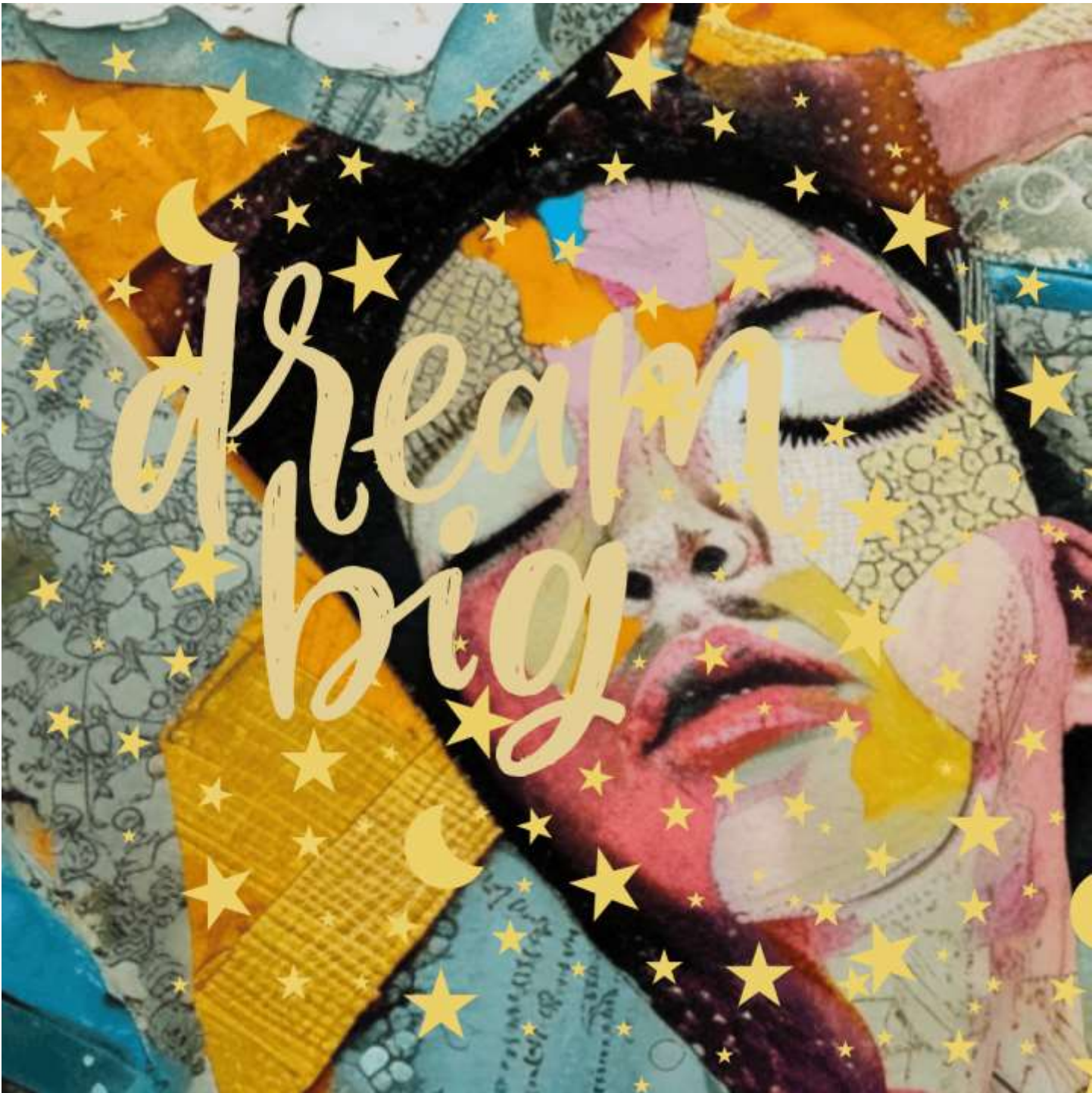
In 1954, Swanson introduced the first TV dinner. It was a tray with compartments for meat, vegetables, and mashed potatoes. The tray fit snugly into ovens, making it possible to cook an entire meal in one go. The ready-made meals were a hit with busy families and soon became a staple of American culture. In the 1960s, TV dinners began to evolve. Newer versions featured more diverse options, such as Salisbury steak and fried chicken. By the 1970s, the trays had been replaced by foil containers, which could be heated in the microwave. Today, TV dinners are more popular than ever. Thanks to modern conveniences like delivery apps and frozen meals, it's easier than ever to enjoy a hot meal without spending hours in the kitchen.

## Five Things About TV Dinners

- ❖ TV dinners were first created in the 1950s.
- ❖ The first TV dinner was created by C.W. Parkhurst, a Swanson executive. He was inspired by airline meals, which were served on trays with separate compartments for each item.
- ❖ The first TV dinners were sold for 98 cents each and included turkey, sweet potatoes, peas, and carrots.
- ❖ Swanson sold 10 million TV dinners in their first year on the market.
- ❖ TV dinners became even more popular in the 1960s when microwave ovens became widely available.

## How to Celebrate National TV Dinner Day

- ❖ Eat **TV dinners** or host a TV dinner party.
- ❖ Don't forget about the **frozen pizza** as a TV dinner selection.
- ❖ Don't forget **Banquet dinners**.
- ❖ You might want to get some new **TV trays**.
- ❖ If you love the article image, check out these **fun products on Zazzle** with the TV Dinner design.
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# September 11 – National Make Your Bed Day

Are you someone who starts the day with a made bed or do you simply leave the sheets and blankets in a heap? Either way, don't miss the opportunity to participate in National Make Your Bed Day happening on September 11th. Why not take a few extra minutes to straighten up your sheets, fluff the pillows, and create a welcoming oasis? It may seem like a small task, but making your bed can set the tone for the entire day and provide a sense of accomplishment before you've even left the bedroom. Plus, who doesn't love coming home to a tidy and inviting bed at the end of a long day? Celebrate this day by showing some love to your bed and giving it the attention it deserves.

## History of Beds

For thousands of years, humans have sought a comfortable place to lay their head at night. The history of beds dates back to ancient Egypt, where nobility slept on raised beds made of palm fronds and linen. As civilization advanced, so too did sleeping arrangements. In ancient Rome, luxurious beds were made of bronze and had ornate carvings. During the Middle Ages, beds were often shared between family members and even guests. It wasn't until the Renaissance period that beds began to take on a more individualized aspect with the development of canopies and curtains to provide privacy. From the early four-poster beds to the modern-day adjustable mattress, beds have come a long way in their history and continue to evolve as technology advances. We may take our cozy beds for granted, but their evolution is a fascinating glimpse into our past.

## Five Unique Types of Beds

- ❖ There is a bed shaped like a giant hamburger, complete with sesame seed bun sheets.
- ❖ Another interesting bed is the Nest Rest, which is a suspended couch/bed that hangs from the ceiling.
- ❖ There is also a bed called the BedUp that can be raised to the ceiling to save space during the day.
- ❖ For those who love a good book, the Shelf Bed allows you to store all your favorite reads right underneath you while you sleep.
- ❖ Finally, for those who want to feel like royalty, there is a bed shaped like a giant clamshell that even has a built-in sound system.

## How to Celebrate National Make Your Bed Day

- ❖ Read, "[The Pros and Cons of Making Your Bed Every Morning.](#)"
- ❖ Purchase some fresh [new sheets](#).
- ❖ [Air out your mattress](#).
- ❖ Watch the video, "[How to Make Your Bed Like a Luxury Hotel.](#)"
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# September 12 – National Chocolate Milkshake Day

Today is National Chocolate Milkshake Day, and there's no better way to celebrate than by indulging in this classic treat. Simply head to your nearest ice cream shop or make a milkshake at home with just a few ingredients. If you really want to indulge, top your shake with whipped cream, chocolate sauce, and a cherry. And don't forget the most important ingredient: lots of love. After all, what's a chocolate milkshake without a little bit of heart? So go ahead and treat yourself today. It's the perfect way to celebrate National Chocolate Milkshake Day.

## History of Milkshakes

It is hard to say exactly when the first milkshake was invented, but we do know that they have been around for quite some time. According to one popular theory, the milkshake was first created by a man named William Sellers, who owned a soda fountain in Philadelphia back in the 1860s. One day, Sellers ran out of ice cream and decided to add milk and flavorings to his leftover chocolate syrup in order to create a thick and creamy drink. This creation was an instant hit with his customers, and it wasn't long before other soda fountains began selling their own versions of the milkshake.

## Five Things to Add to Chocolate Milkshakes

- ❖ A spoonful of coffee or espresso powder.
- ❖ A dash of cinnamon or nutmeg.
- ❖ A dollop of whipped cream.
- ❖ A drizzle of caramel or chocolate sauce.
- ❖ A little sliced banana.

## How to Celebrate National Chocolate Milkshake Day

- ❖ Go to your nearest ice cream store for a milkshake.
- ❖ Make a chocolate milkshake at home. Try a [Haagen-Dazs recipe](#).
- ❖ Host a chocolate [milkshake bar](#) - everyone brings their topping of choice.
- ❖ Buy a cool [milkshake machine](#) and make your own.
- ❖ Treat yourself to some new [milkshake glasses and spoons](#).
- ❖ If you love the article image, find it on [these fun Zazzle products](#).
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# September 13 – National Uncle Sam Day

Happy Uncle Sam Day! Today we celebrate the man who has come to symbolize the United States of America. Uncle Sam was originally a character created by cartoonist Thomas Nast in the 19th century, but he has since been adopted as a national icon. He is often depicted as a tall, skinny man with a red, white, and blue suit and hat. He is usually shown holding a flag or banner with the words "I Want You" or "Uncle Sam Needs You." Uncle Sam represents patriotism and loyalty, and he is a reminder of the courageous men and women who have served our country.

## History of Uncle Sam

Uncle Sam has been a part of American folklore for more than 200 years. The character was first introduced in the War of 1812, when he was used as a symbol of American patriotism. He appeared on posters and propaganda materials, encouraging citizens to support the war effort. Over time, Uncle Sam evolved into a more specific representation of the United States government. He came to be seen as a tall, bearded man dressed in patriotic clothing, and his image became an iconic part of American culture. Today, Uncle Sam is still used as a symbol of the United States, and his image can be seen on everything from postage stamps to presidential seal.

## Five Things About Uncle Sam

- ❖ Uncle Sam first made his appearance in the War of 1812, though he was not yet known by that name. His journey to stardom began with a businessman named Samuel Wilson who supplied rations to the US Army. Wilson stamped his barrels of beef with "U.S." for "United States," but soldiers joked that the initials stood for "Uncle Sam" and the name stuck.
- ❖ The now-familiar image of Uncle Sam was created by artist Thomas Nast in the 1860s.
- ❖ Over the years, Uncle Sam has undergone many changes. He was initially depicted as an older man with white hair, but he gradually evolved into the younger, taller figure we know today.
- ❖ Though he is now most associated with the US government, Uncle Sam has also been adopted by other countries as a national symbol. In Brazil, for example, there is an equivalent figure known as Zé Carioca.
- ❖ Though he started out as a fictional character, Uncle Sam has come to represent the best of America: strength, patriotism, and determination. Next time you see his image on a poster or stamp, take a moment to appreciate the story behind this iconic figure.

## How to Celebrate Uncle Sam Day

- ❖ Display your **American flag** today.
- ❖ Host a party, decorate with **Uncle Sam decorations**, wear an **Uncle Sam costume**.
- ❖ Make and eat **red, white, and blue food!**
- ❖ Read more about the **history of Uncle Sam**.
- ❖ Put together an **Uncle Sam puzzle**.
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- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# September 14 – National Food Is Medicine Day

National Food is Medicine Day is a day to celebrate the healing power of food. The day is promoted by health organizations dedicated to promoting the use of whole foods and plant-based diets to prevent and treat chronic disease. Hippocrates, the father of medicine, believed that food was medicine and that "all disease begins in the gut." This belief was passed down through the ages, and National Food is Medicine Day celebrates this ancient wisdom.

## History of Food as Medicine

Throughout history, food has been used as medicine. Ancient civilizations utilized herbs, spices, and specific foods to cure ailments and promote overall health. Hippocrates, known as the father of modern medicine, famously said, "Let food be thy medicine, and medicine be thy food." In traditional Chinese medicine, diet is considered one of the five pillars of health, with different foods recommended for different ailments. Today, modern research is discovering the healing properties of various foods, such as the anti-inflammatory benefits of turmeric and the heart-healthy effects of dark chocolate. As we continue to learn and study the history of food as medicine, we may discover even more ways to use what we eat to heal our bodies and prevent illness.

## Five Things About Food as Medicine

- ❖ The beta-carotene in carrots helps to protect your eyes from damage caused by ultraviolet light.
- ❖ The lycopene in tomatoes has been shown to reduce cholesterol levels and improve blood vessel function.
- ❖ Broccoli is packed with vitamins and minerals that help to keep your body healthy and strong.
- ❖ Honey has long been used as a natural remedy for coughs and sore throats.
- ❖ Garlic is not only delicious, but it also has antibiotic and antifungal properties. Add it to your cooking to help boost your immune system.

## How to Celebrate Food as Medicine Day

- ❖ Read "[The 100 Healthiest Foods on the Planet.](#)"
- ❖ Find a new [healthy snack](#).
- ❖ Take a course on [Food as Medicine](#).
- ❖ Enjoy this [Pinterest search](#) on Food as Medicine. Try some!
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- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# September 15 – International Dot Day

Take a seat, get comfortable, and get ready to be inspired. Today is International Dot Day. And what is International Dot Day all about? Celebrating the power of creativity. The book, "The Dot," is about a girl named Vashti who is afraid to make her mark on the world. With a little bit of encouragement from her teacher, she finally gets the courage to just make a dot on a piece of paper. From that one small dot, she goes on to create an incredible work of art. So go out and make your mark on the world today. Who knows what you'll create?

## History of International Dot Day

Every year on September 15, children all over the world celebrate International Dot Day, an annual event that was inspired by the beloved children's book, *The Dot*, written by Peter H. Reynolds. The book tells the story of a young girl who discovers her own creativity through a simple dot. Since its publication, *The Dot* has become a symbol of creativity, courage, and self-expression. It's fitting that a day dedicated to the celebration of art and creativity has become a global movement. Teachers, librarians, and parents alike use International Dot Day as an opportunity to inspire and encourage children to make their mark on the world, no matter how small. From drawing their own dots to creating collaborative art projects, there are endless ways for children to participate in this special day.

## Five Fun Things About Dots

- ❖ Dots can be used to create optical illusions. Try staring at a single dot for 30 seconds, then look at a blank wall or piece of paper. You'll see a floating dot!
- ❖ In Japan, dots are often used to represent eyes in cartoons and comics. This is because the Japanese writing system doesn't have a character for the sound "eye."
- ❖ Polka dots got their name from the music style polka, which originated in Bohemia (now part of the Czech Republic). The music became popular in the 1840s, and polka dot patterns soon became fashionable.
- ❖ On a standard dice, there are 36 possible combinations of dots that can appear when rolled. But did you know that some dice have more than six sides? A 20-sided die, for example, has 400 possible dot combinations!
- ❖ In many cultures, dots are seen as lucky symbols. In India, for example, dots are often painted on the foreheads of women during religious festivals. It is said that the goddess Lakshmi, who is associated with wealth and prosperity, dwells in the dot on the forehead.

## How to Celebrate International Dot Day

- ❖ **Paint a mandala** with dots.
- ❖ Decorate a **polka dot cake**.
- ❖ From **Battleship** to **tic-tac-toe**, there are countless ways to use dots for fun and entertainment.
- ❖ Read the book, "**The Dot**," which is the inspiration for the day.
- ❖ If you love the article image, purchase it on these **fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# September 16 – National Play-Doh Day

Play-Doh was first introduced in the mid-1950s as a toy, but it has a history before that as a wallpaper cleaner. It quickly became a beloved toy for kids of all ages. Today, Play-Doh is available in a range of colors and styles, and can be used to create an endless array of creations. Whether you're sculpting a vase or shaping a snake, Play-Doh is the perfect medium for unleashing your imagination. So, grab a can and get creative - with Play-Doh, the only limit is your imagination!

## History of Play-Doh

Play-Doh was first invented in the 1930s by Noah McVicker of the Cincinnati, Ohio-based soap manufacturer Kutol. The original Play-Doh was a pliable, nontoxic, water-soluble "modeling compound" composed of flour, water, salt, boric acid, and mineral oil. The modeling compound was originally sold in 1-pound cans as wallpaper cleaner. In 1955, Kutol's Wallpaper Cleaner company changed its name to the Rainbow Crafts Company and began producing Play-Doh in bright colors. In 1956, Rainbow Crafts was sold to Hasbro, which has manufactured Play-Doh ever since. Today, there are over 3 million cans of Play-Doh sold each year in over 80 countries around the world.

## Five Things About Play-Doh

- ❖ Play-Doh was originally intended to be a wallpaper cleaner.
- ❖ It was first sold in 1956 and cost only 19 cents per can.
- ❖ The largest Play-Doh sculpture weighed over two thousand pounds and was created by the students of an elementary school in Ohio.
- ❖ The smell of Play-Doh is caused by a combination of flour, water, salt, and mineral oil.
- ❖ Play-Doh has been featured in several movies, including *The Amazing Spider-Man 2* and *Toy Story 3*.

## How to Celebrate National Play-Doh Day

- ❖ Buy some [Play-Doh and Play-Doh accessories](#).
- ❖ Make your own [homemade playdough](#).
- ❖ Learn about [playdough therapy](#).
- ❖ Host a [Play-Doh party](#).
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
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# September 17 – International Country Music Day

International Country Music Day is a day to celebrate the unique and infectious sounds of a genre that has truly become a global phenomenon. From the rolling hills of Tennessee to the streets of Tokyo, country music has a way of bringing people together and telling stories that resonate with us all. On this special day, we can honor the contributions of the legends that paved the way for modern country, as well as the new rising stars who are carrying the torch forward. Whether you're dancing in your boots to "Boot Scootin' Boogie" or shedding a tear to "I Will Always Love You," there's no denying the emotional connection that country music creates. So grab your guitar, pour a glass of sweet tea, and let's all sing along to our favorite twangy tunes on this International Country Music Day!

## History of Country Music

First emerging in the early 20th century, country music evolved from a blend of folk, blues, and traditional Appalachian music. Its roots can be traced back to the ballads and storytelling traditions of the early settlers, who used music to pass down their history and customs. Over time, country music has grown and changed, absorbing new influences and expanding its appeal to a wider audience. Today, it remains a beloved and important part of American culture, celebrating the joys and struggles of everyday life and offering a window into the history and traditions of rural communities.

## Five Things About Country Music

- ❖ The first-ever country music recording was by Eck Robertson in 1922 with the song "Sally Gooden."
- ❖ Country music is the most popular radio format in America.
- ❖ Country music has a rich musical history and has encompassed many different styles over the years, including bluegrass, Western swing, and country-pop.
- ❖ Country music has its own museum, located in Nashville, Tennessee. The Country Music Hall of Fame and Museum is dedicated to preserving the history and legacy of country music.
- ❖ Dolly Parton once entered a drag queen look-alike contest of herself, and lost!

## How to Celebrate International Country Music Day

- ❖ Learn [How to Dance to Country Music](#).
- ❖ Create a country music playlist, listen to country music today.
- ❖ Buy some [country music gifts](#).
- ❖ Wear [cowboy boots and hats](#).
- ❖ Throw a [Spectacular Western-Themed Party](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# September 18 – World Bamboo Day

Bamboo is one of the most versatile plants in the world. It can be used to make everything from building materials to paper to furniture. And it's not just for humans - bamboo is also a major food source for pandas! Here are some interesting facts about this amazing plant. Did you know that bamboo is actually a type of grass? That's right - it's not a tree, as many people think. In fact, bamboo is the fastest-growing plant in the world, with some species able to grow up to four feet in just 24 hours! Bamboo is incredibly strong and durable, yet lightweight. That's why it's often used in construction and furniture-making. It's also water-resistant, meaning it's perfect for use in tropical climates.

## History of Bamboo

Despite its many positive qualities, bamboo has a bit of a checkered past. For centuries, it was used as a weapon of war. In Asia, bamboo spears were used to great effect in battle. The blades were sharpened to a deadly point, and the spears could be hurled with great accuracy. In fact, bamboo spears were so feared that entire armies were sometimes routed simply because they were facing an enemy armed with this deadly weapon. Thankfully, those days are long gone. Today, bamboo is primarily used for peaceful purposes. It's still used in construction and furniture-making, but it's also popular in the arts and crafts world. Bamboo is even being used to create textile fibers and biofuel.

## Five Things About Bamboo You Might Not Know

- ❖ Bamboo is incredibly sturdy and resilient. It has been known to withstand hurricane-force winds and even earthquakes.
- ❖ Bamboo is an important food source for many animals, including pandas.
- ❖ Bamboo has a long history of being used for building material, tools, and even weapons.
- ❖ There are more than 1,000 different species of bamboo.? That's a lot of different types of bamboo!
- ❖ The root system of some bamboo species can extend 20 feet underground!

## How to Celebrate World Bamboo Day

- ❖ [Learn more about bamboo.](#)
- ❖ Join the [World Bamboo Facebook](#) page.
- ❖ [Grow some Bamboo. Buy the seeds.](#)
- ❖ Buy [beautiful bamboo products.](#)
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
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365 Days of Celebration 2024



# September 19 – Talk Like a Pirate Day

Argh, matey! There's no shortage of myths and legends when it comes to pirates. We all know the stereotype of the rough-and-tumble buccaneer, sailing the seven seas in search of treasure. But what's the true story behind these infamous marauders? Though they may not dress quite as flamboyantly as Hollywood would have us believe, pirates have been a part of maritime history for centuries. These outlaws typically operated in areas with little or no government control, preying on ships that were carrying valuable cargo. In many cases, they would capture the crew and hold them for ransom, often selling them into slavery if no ransom was paid. Pirates were also known for their ruthless treatment of prisoners, frequently resorting to torture to extract information or force compliance. Though piracy is no longer as prevalent as it once was, it remains a serious problem in certain parts of the world.

## History of Pirates

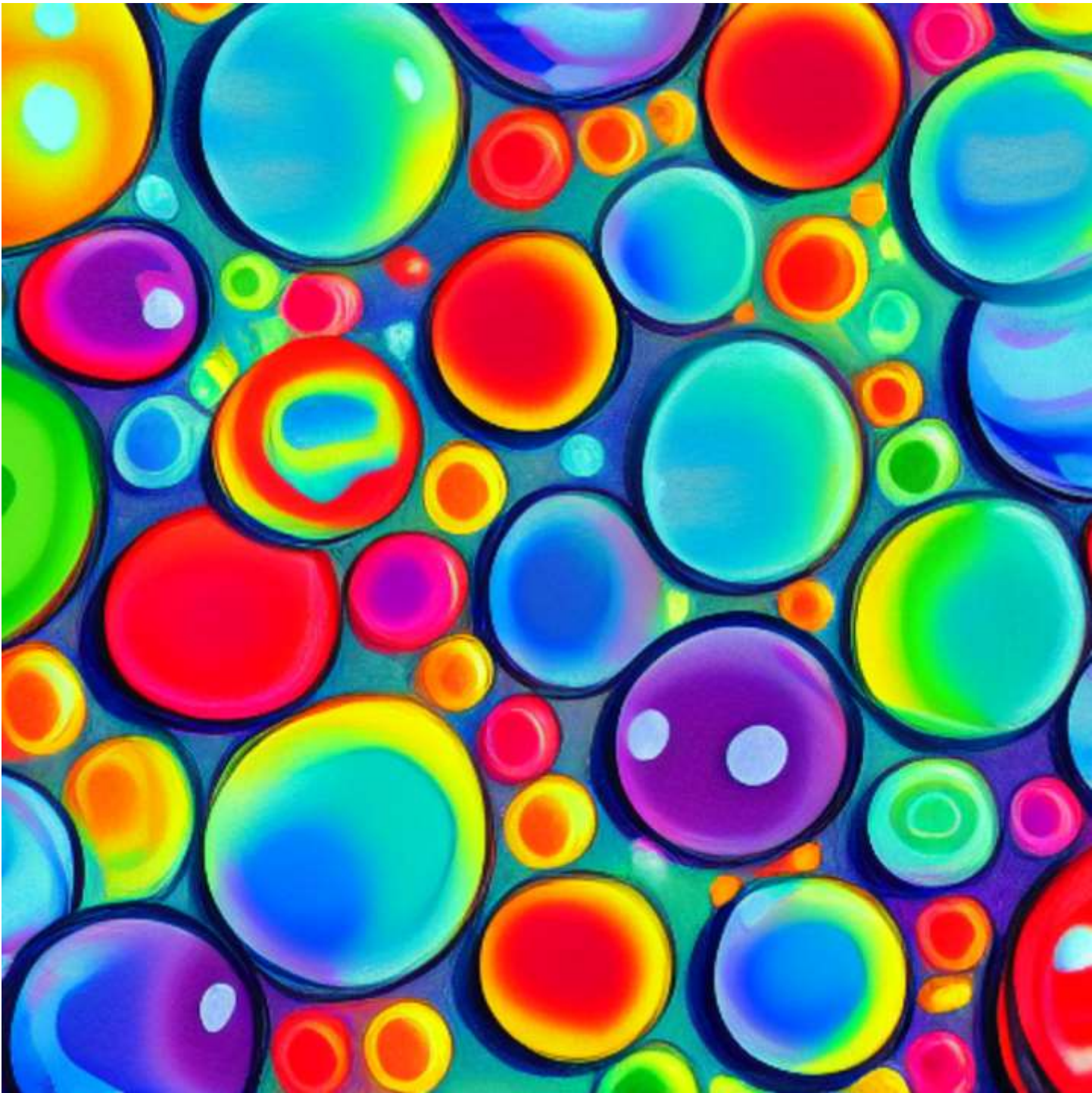
The earliest recorded pirates date back to the 14th century, when groups of raiders known as corsairs operated in the Mediterranean Sea. These corsairs were often former sailors who turned to piracy out of desperation, preying on ships carrying goods from trade routes. In the 16th century, piracy began to spread to other parts of the world as Europeans began to colonize new lands. Over time, piracy became more organized, with well-established networks of ships and crews. Notorious pirates such as Blackbeard and Anne Bonny became legends in their own time, and their stories continue to capture the imagination.

## Five Things About Pirates

- ❖ Pirates didn't always make their victims walk the plank. This practice was first recorded in the early 18th century, long after piracy had reached its peak.
- ❖ Pirates didn't always wear eye patches. This iconic piece of pirate attire was actually popularized by a fictional character, Long John Silver, in the novel *Treasure Island*.
- ❖ Pirates weren't always male. In fact, female pirates were quite common in the 18th century, and some were even more successful than their male counterparts.
- ❖ Pirates weren't always Outlaws. During certain periods, piracy was actually sanctioned by governments as a way of attacking enemy shipping.
- ❖ Pirates weren't always from the Caribbean. Many pirates came from all over the world, including China, India, and even North America.

## How to Celebrate Talk Like a Pirate Day

- ❖ **Learn how** to talk like a pirate!
- ❖ **Dress like a pirate!**
- ❖ Watch **Pirates of the Caribbean**.
- ❖ Figure out your **pirate name**.
- ❖ **Host a pirate party** Get **pirate things**.
- ❖ If you love the article image, purchase it on these **fun products on Zazzle!**
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# September 20 – National Punch Day

On September 20th, a unique holiday is celebrated across the nation - National Punch Day. While it may sound like a day to throw a few blows, it's actually a day to indulge in a refreshing drink. Whether it's a fruit punch, a spiked punch, or a fancy mocktail, this day is all about sipping on something sweet. It's the perfect opportunity to invite some friends over and mix up a few batches. Don't forget to garnish with a slice of fruit or a colorful little umbrella. So, go ahead and take a sip, and raise a glass to National Punch Day!

## History of Punch

Punch drinks have been enjoyed for centuries and have a rich history steeped in tradition. The origins of this tasty beverage can be traced back to the early 1600s, when British sailors would mix fruits, spices, and alcohol together in a large bowl or "punch bowl" on board ships. As the beverage became more popular, recipes and ingredients evolved, with some incorporating tea, while others added rum or brandy. In the 1800s, punch was considered a social drink, served at parties and gatherings, and was even featured in literary works by famous authors like Charles Dickens. Today, punch remains a beloved drink for many, and its history continues to be celebrated through modern variations and creative twists on the classic recipe.

## Five Kinds of Favorite Punch Drinks

- ❖ First up is the classic punch, made with fruit juices, soda, and sherbet. It's a crowd-pleaser that's perfect for any occasion.
- ❖ For a little twist, try a spiked punch with the addition of alcohol.
- ❖ Sangria punch is a delicious option that's sure to impress.
- ❖ There's also the tropical punch, featuring flavors like pineapple and coconut, that will transport you straight to the beach.
- ❖ And lastly, for those who prefer a healthier option, there's the antioxidant-rich green tea punch.

## How to Celebrate National Punch Day

- ❖ Serving punch is way more fun with a [beautiful punch bowl](#).
- ❖ Try a [new punch recipe](#), alcoholic and non-alcoholic.
- ❖ [Create your own punch](#) with these tips.
- ❖ Try out [Charles Dickens' hot punch](#).
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# September 21 – World Peace Day

September 21st is World Peace Day. Every year on this day, people from all walks of life come together to celebrate the importance of peace and to reaffirm their commitment to working towards a more peaceful world. While World Peace Day is certainly a day for solemn reflection, it is also a day for hopeful celebration. After all, each person who joins in the call for peace is one step closer to seeing that day when war and violence are nothing but distant memories. So, whether you choose to mark World Peace Day with a moment of silence, a march for peace, or simply by spreading a message of love and tolerance, know that you are playing an important role in paving the way to a more peaceful future.

## History of World Peace Day

Did you know that the history of World Peace Day dates back over 2,000 years? That's right - the first World Peace Day was celebrated by the ancient Greeks in 385 BC. The holiday was called "Eirene" and was held to honor the goddess of peace. The Greeks believed that if they could please Irene, she would bless them with a peaceful year. During the festival, wars would be temporarily suspended and citizens would put down their weapons and enjoy a time of feasting and celebration. In more recent history, the United Nations has declared September 21st as the International Day of Peace. This day is meant to be a day of cease-fire - a day when people all over the world put aside their differences and come together in the name of peace. On this day, people of all cultures and religions are encouraged to take part in activities that promote peace and understanding.

## Five Things About World Peace

- ❖ World peace is an elusive concept. There's no one-size-fits-all definition.
- ❖ The quest for world peace has been ongoing for centuries, with various leaders and movements proposing different solutions.
- ❖ World peace is often thought of as a utopia, but there are some practical steps that can be taken to promote peace on a global scale.
- ❖ Education is considered one of the key ingredients for world peace.
- ❖ Some people believe that world peace is possible, while others remain skeptical. Ultimately, only time will tell if the world is truly ready for peace.

## How to Celebrate World Peace Day

- ❖ Observe the global minute of silence at noon in your time zone.
- ❖ Host a [World Peace party](#). Buy [World Peace gifts](#).
- ❖ Watch something on [PeaceCast](#).
- ❖ Listen to "[Imagine](#)" today.
- ❖ Read the book, "[Do the Work!: An Anti-Racist Activity Book](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# September 22 – Fall Equinox

The fall equinox occurs when the sun crosses the celestial equator, making day and night of equal length. This happens because the earth is tilted on its axis, and during the fall, the northern hemisphere is tilted away from the sun. The Fall Equinox is also known as the Autumnal Equinox, and it marks the beginning of autumn in the Northern Hemisphere. During this time, the days grow shorter and the nights grow longer. The autumnal equinox occurs on September 22nd or 23rd in the Northern Hemisphere and March 20th or 21st in the Southern Hemisphere. At the equinox, both day and night are of equal length all over Earth. After the fall equinox, days grow shorter in the Northern Hemisphere as winter approaches. The opposite is true for the Southern Hemisphere, where days grow longer as summer approaches.

## History of Fall Equinox

In many cultures, the fall equinox is a time to give thanks for the bounty of the harvest and to prepare for the months of winter ahead. In ancient times, the fall equinox was a time to celebrate the Greek god Dionysus, god of wine and fertility. The Romans also celebrated this time of year with feasts and drink, and it was known as the Festival of Bacchus. In China, the fall equinox is known as Zhongqiu Jie, or 'Mid-Autumn Festival.' This 3-day celebration centers around family reunions, moon gazing, and eating Mooncakes - round pastries filled with lotus paste or other sweet fillings. In Mexico, the fall equinox is celebrated as El dia de los muertos, or 'Day of the Dead.' This holiday honors loved ones who have passed away.

## Five Things About the Fall Equinox

- ❖ The fall equinox is one of only two days each year when the sun is directly over the equator.
- ❖ The autumnal equinox also marks the official start of astronomical autumn. This is because on this day, the sun moves from the constellation Virgo into the constellation Libra.
- ❖ Interestingly, due to a quirk of geometry, the length of day and night is not actually equal on the equinox. In fact, daytime is slightly longer than nighttime! This is because it takes sunlight a little longer to reach us at the horizon than it does when it is directly overhead at noon.
- ❖ The word 'equinox' comes from the Latin words for 'equal night'.
- ❖ The angle of the sun is lower in the sky during the fall, which makes sunlight less intense and causes leaves to change color.

## How to Celebrate the Fall Equinox

- ❖ Spend time in nature marveling at the changing leaves, take photos, share them!
- ❖ Purchase beautiful [autumn-inspired gifts](#).
- ❖ Make a [harvest-inspired feast](#) or enjoy a warm cup of [hot apple cider](#).
- ❖ Play some traditional fall games like [cornhole](#) or [harvest-themed](#) bowling.
- ❖ Host a [fall equinox party](#).
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# September 23 – International Day of Sign Languages

International Day of Sign Languages is celebrated annually on September 23rd. This day was established to raise awareness about the importance of sign languages and promote the rights of deaf people to use their own language. Sign language is a visual language that uses hand gestures, facial expressions and body language to communicate. There are over 300 sign languages used around the world, each with their own unique grammar and syntax. This day is an opportunity to celebrate the diversity of sign languages and recognize their importance in creating an inclusive society for all. Let us all join hands, or should I say, let us all use sign language, to promote the right for every individual to use their preferred language.

## History of Sign Languages

The roots of sign language stretch back centuries, with some evidence suggesting that signs may have been used in ancient Greece and Rome. Over time, sign languages have evolved in different regions of the world, each with their own unique characteristics and grammar. In the 18th century, educators began to recognize the value of sign language in educating deaf children, and the first schools for the deaf were established in France and the United States. Today, sign language is recognized as a fully-developed language, with its own grammar and syntax, and a vibrant culture surrounding it. Exploring the history of sign languages is a fascinating journey that sheds light on the resilience and creativity of the human spirit.

## Five Things About Sign Languages

- ❖ Sign language is not a universal language, and there are many different forms depending on the country or region.
- ❖ American Sign Language has its own distinct grammar and syntax, just like spoken languages.
- ❖ Sign language is not just visual communication, but also includes facial expressions and body language to convey meaning.
- ❖ It's estimated that approximately 466 million people worldwide have some form of hearing loss, with around 34 million being children.
- ❖ The World Health Organization has reported that 60% of childhood hearing loss is due to preventable causes such as measles, meningitis, and ear infections.

## How to Celebrate International Day of Sign Languages

- ❖ Learn some basic facts about [American Sign Language](#).
- ❖ Purchase [ASL gifts and things](#).
- ❖ Learn how to [sign your name](#) in ASL.
- ❖ [Read the Wikipedia](#) on all things sign language.
- ❖ Watch the video, [25 ASL Signs You Need to Know](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# September 24 – Bluebird of Happiness Day

The bluebird of happiness is a popular symbol of joy and contentment. Though the exact origins of this iconic bird are unknown, it is thought to have first appeared in European folklore. In many tales, the bluebird is seen as a bringer of good luck and fortune. The bird is also often associated with the color blue, which is traditionally associated with positive emotions like happiness, peace, and calm.

## History of the Bluebird of Happiness

The bluebird of happiness is a creature that has been the subject of folklore and legend for centuries. The first recorded mention of the bluebird of happiness was in a Chinese poem from the 3rd century BC. In the poem, the bluebird is described as a creature that brings joy and good fortune to those who encounter it. The legend of the bluebird of happiness spread to Europe in the Middle Ages, where it became associated with hope and optimism. In recent years, the bluebird of happiness has become an international symbol of happiness and good luck.

## Five Things About the Bluebird

- ❖ Bluebirds are found in North and South America, but they are most commonly associated with the United States.
- ❖ The male bluebird is typically brighter in color than the female, with a vibrant blue plumage.
- ❖ Bluebirds mainly eat insects, but they will also feast on berries and other small fruits.
- ❖ These birds typically nest in tree cavities, but they will also use man-made nest boxes.
- ❖ The bluebird is the state bird of New York, Missouri, and Montana.

## How to Celebrate Bluebird of Happiness Day

- ❖ Celebrate the day with joy and delight, treat yourself to a [bluebird gift](#).
- ❖ Read [poetry about bluebirds](#).
- ❖ Learn more about bluebirds from [Audubon](#), hear their chirp, and donate if you'd like.
- ❖ Remember the original song, "[The Bluebird of Happiness](#)" from 1945? Enjoy the song, "[Bluebird](#)" by Miranda Lambert.
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
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# September 25 – National Daughters Day

National Daughters Day is a day of gratitude and appreciation for the daughters in our lives. It's an opportunity to celebrate and honor the unique value and worth that daughters bring to our families and communities. As daughters grow, they add a special spark to our lives with their infectious laughter and curious minds. They inspire us to be better people and remind us of the limitless potential that lies within each of us. Whether it's a simple phone call or a heartfelt gesture, taking the time to celebrate National Daughters Day is a wonderful way to show your love and appreciation for the amazing daughters in your life.

## History of Awesome Daughters

National Daughters Day is a special day dedicated to celebrating and honoring the invaluable contributions and achievements of daughters. Although the origins of this annual observance are unclear, it has gained popularity in recent years and is now celebrated by millions across the country. For many families, National Daughters Day serves as an opportunity to express their love and appreciation for their daughters, and to reflect on the important role they play in shaping the future. Whether you have one daughter or several, National Daughters Day is a perfect time to celebrate the unique bond between parent and child, and to acknowledge the strength, resilience, and achievements of our wonderful daughters.

## Five Things About Daughters

- ❖ Daughters have an innate ability to make us feel special and loved, and their empathetic nature helps us to connect with them on a deeper emotional level.
- ❖ Another great thing about daughters is their intelligence and wit. They have a natural curiosity about the world, which helps them to ask insightful questions and offer fresh perspectives on a variety of topics.
- ❖ Daughters are also incredibly supportive and compassionate, offering us a shoulder to lean on when times get tough.
- ❖ Daughters are our greatest cheerleaders and our most trusted confidants.
- ❖ Having a daughter teaches us valuable life lessons about patience, kindness, and compassion. They remind us to be more understanding and less judgmental, and to always view the world through a lens of empathy.

## How to Celebrate National Daughters Day

- ❖ Purchase a [meaningful gift for your daughter](#).
- ❖ Check out these [17 things](#) to do today.
- ❖ Host a [mother-daughter tea party](#).
- ❖ [Send flowers!](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# September 26 – National Pancake Day

If you're looking for a little bit of heaven in your mouth, look no further than pancakes. These delicious, fluffy treats are the perfect way to start your day - or end it, if you're feeling particularly indulgent. Made from a simple batter of eggs, milk and flour, pancakes can be enjoyed plain or topped with your favorite fruits, nuts and syrups. And if you're feeling really adventurous, why not try a savory version with cheese and bacon? Whatever your taste, there's a pancake out there for you. So go ahead and indulge - your taste buds will thank you for it!

## History of Pancakes

Pancakes have been around for centuries and their exact origins are a bit of a mystery. Some say they were first created by the Ancient Greeks, while others believe they originated in China. Pancake-like dishes were mentioned in a cookbook from the late 13th century, and the first recipe for pancakes as we know them today appeared in a 15th-century English cookbook. In the United States, pancakes became popular after the American Revolution, when wheat flour was scarce and people were looking for alternatives to traditional English breakfast items like porridge and bread.

## Five Things About Pancakes

- ❖ The ancient Greeks and Romans ate pancakes made from wheat flour, olive oil, and honey.
- ❖ The word "pancake" is thought to come from the Latin word "panis," which means "bread."
- ❖ Pancakes were originally made without leavening agents like baking soda or baking powder. This made them dense and heavy.
- ❖ In North America, pancakes are typically served with syrup or jelly. In Europe, they're often served with fruit or jam.
- ❖ In a survey on National Today, 93% of people say they are a fan of the pancake!

## How to Celebrate National Pancake Day

- ❖ Buy some [new pancake products](#) to jazz up your breakfasts, really, you must take a peak.
- ❖ Try some [Swedish pancakes](#), but you'll need a [special pan](#).
- ❖ Try some Danish [ebelskiver pancakes](#), but you'll also need a [special pan](#)!
- ❖ [Pancakes for Dinner!](#) 'Nuff said.
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
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# September 27 – National Scarf Day

For many people, the scarf is simply a practical article of clothing, designed to keep you warm in the winter months. But for others, the scarf is so much more. It's a fashion statement, a work of art, and a source of comfort and security. In fact, the history of the scarf is as varied and colorful as the patterns and designs that adorn them. Scarves have been worn by everyone from royalty to peasants, and they've been used for everything from signaling political allegiance to warding off evil spirits. Whether you wear your scarf around your neck or your waist, one thing is for sure: the scarf is one of the most versatile and stylish accessories you can own. So go ahead and choose your favorite color and pattern – after all, there's no wrong way to wear a scarf.

## History of Scarves

The scarf dates back to the days of ancient Egypt. In those days, scarves were made of linen or wool and were used to protect the head and face from the harsh desert sun. They were also often decorated with colorful patterns and beads, making them both functional and stylish. Over the centuries, the scarf has evolved into a fashion accessory worn by both men and women. Today, there are endless ways to wear a scarf, from draped around the neck to tied in the hair. And while they are no longer used to ward off the sun, they still make a perfect final touch to any outfit. So whether you're looking to keep warm or add a little bit of style, reach for a scarf – it's sure to do the trick.

## Five Things About Scarves

- ❖ Scarves are one of the most versatile fashion accessories. They can be worn as a headband, necktie, belt, or even a skirt.
- ❖ The word "scarf" comes from the Old French word *escarpe*, meaning "sash."
- ❖ In the Middle Ages, scarves were often used as protection from the cold or as a symbol of status.
- ❖ Knights would wear scarves as part of their armor.
- ❖ According to Official Guinness Records, the longest knitted scarf measures (14,978 ft 6.16 in) long made by Helge Johansen in Oslo, Norway, in 2013.

## How to Celebrate National Scarf Day

- ❖ Wear a scarf today! Post a selfie of you and your scarf.
- ❖ Buy a **new scarf**....or two....or three.
- ❖ Learn **25 ways to wear a scarf**.
- ❖ Read this fascinating article **about scarves by Etiquetter**.
- ❖ If you love the article image, purchase it on these **fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# September 28 – National Neighbor Day

There's an old saying that good fences make good neighbors. But what about the value of good neighbors themselves? After all, a fence can't offer companionship or a helping hand when you need it. Good neighbors can provide both of those things and more. They can offer a sense of community, share their gardening expertise, and even help to keep an eye on your property when you're away. In short, good neighbors are worth their weight in gold. And even if you don't have perfect neighbors, try to be one yourself. After all, it's said that good deeds beget good deeds. Who knows? By being a good neighbor, you just might find that your neighbors start to look a little better too.

## History of Neighbors

The first recorded mention of neighbors dates back to the Old Testament, when Abraham was living in Canaan. As civilization progressed, people began to settle in smaller communities and build houses next to each other. This close proximity made it impossible to avoid your neighbors altogether, so people had to find new ways to deal with them. In medieval Europe, for example, neighbors were often required by law to help each other in times of need. If one family's house caught on fire, their neighbors were obligated to lend them a bucket or two of water. Similarly, if a neighbor fell ill, his or her neighbors were expected to bring them food and medicine.

## Five Movies About Neighbors

- ❖ The Trouble with Harry, a 1955 Alfred Hitchcock film, Harry is dead and everyone in the neighborhood is suspect.
- ❖ For something a bit more recent, check out "The 'Burbs." In this 1989 cult classic, Tom Hanks stars as a suburban dad who starts to suspect that his new neighbors are up to no good.
- ❖ "Rear Window" is definitely worth a watch, a 1954 thriller from Alfred Hitchcock tells the story of a photographer who is confined to his apartment with a broken leg and starts to suspect that his neighbor has committed murder. It's edge-of-your-seat filmmaking at its best.
- ❖ Take a look at "Crash." This 2004 film tells the stories of several people whose lives intersect in Los Angeles, including two neighbors who have an affair.
- ❖ Finally, there's "Neighbors." This 2014 comedy stars Seth Rogen and Zac Efron as two young fathers who are forced to become unlikely friends when their families end up living next door to each other.

## How to Celebrate National Neighbor Day

- ❖ Watch those movies listed above; [The Trouble With Harry](#), [The Burbs](#), [Rear Window](#), [Crash](#), [Neighbors](#). Invite your neighbors!
- ❖ [Send a card](#) or note of thanks to your neighbors. You can even hand-deliver it to their doorstep.
- ❖ Introduce yourself to some neighbors you don't know, [take a casserole!](#)
- ❖ Host a [neighborhood potluck](#).
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
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# September 29 – World Heart Day

It's World Heart Day! Time to show some love to the hard-working muscle that keeps us alive. Without our hearts, we would be nothing more than a pile of goo. So, let's take a moment to celebrate this amazing organ and all it does for us.

The heart is an amazing machine. It pumps blood around our bodies, delivering oxygen and nutrients to our cells. It beats around 100,000 times a day, and in an average lifetime it will beat more than 3 billion times. That's a lot of mileage for such a small organ. And yet, despite all the wear and tear, our hearts are remarkably resilient.

## History of World Heart Day

World Heart Day was created by The World Heart Federation in 2000 to raise awareness of cardiovascular disease and promote healthy lifestyle choices. Cardiovascular disease is the leading cause of death worldwide, and each year it claims 17.9 million lives. Despite these alarming statistics, cardiovascular disease is preventable. World Heart day is an opportunity to remind people of the importance of living a healthy lifestyle.

## Five Ways to a Healthy Heart

- ❖ Exercise regularly (Adults: At least 150 minutes of moderate aerobic activity and at least 2 days of muscle strengthening exercises per week).
- ❖ Eat healthy foods that are low in cholesterol and saturated fat.
- ❖ NO smoking!
- ❖ **Manage your blood pressure.**
- ❖ Limit alcohol consumption. Check out this guide on [appropriate alcohol limits](#).

## How to Celebrate World Heart Day

- ❖ Download the World Heart Federation booklet on [Steps to a Healthy Heart](#).
- ❖ Familiarize yourself with the [signs of a heart attack](#).
- ❖ Purchase some [heart gifts](#).
- ❖ Go for a 20-minute walk every day.
- ❖ Consider purchasing a [blood pressure device](#) to keep your own BP.
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





# September 30 – Rumi

Rumi is one of the most popular poets in the world. His poetry is enjoyed by people of all ages and from all walks of life. Born in present-day Afghanistan, Rumi was a highly respected scholar and theologian. However, it was his poetry that garnered the most attention, and it is his poems that have made him one of the most beloved poets of all time. Rumi's poetry is characterized by its beautiful imagery and spiritual themes. His poems often explore the topics of love, loss, and hope. In addition to being a renowned poet, Rumi was also a Sufi mystic. As such, his poetry often contains mystical and religious undertones. Regardless of their background or beliefs, readers can find something to appreciate in Rumi's poetry. For this reason, Rumi remains one of the most widely read and loved poets in the world.

## History of Rumi

Rumi is one of the most popular poets in the world, but he didn't always enjoy such fame. In fact, he was born in 1207 to a fairly wealthy family in present-day Afghanistan. However, his life changed dramatically when his father died and his family was forced to move to Turkey. There, Rumi started to learn about Islam and became increasingly interested in spiritual matters. He eventually became a teacher at a madrasa, where he began to develop his own unique style of poetry. It was during this period that Rumi wrote some of his most famous works, including the Masnavi. Rumi died in 1273 at the age of 66.

## Five Rumi Quotes

- ❖ "Wherever you are, and whatever you do, be in love."
- ❖ "Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there."
- ❖ "The wound is the place where the Light enters you."
- ❖ "Raise your words, not voice. It is rain that grows flowers, not thunder."
- ❖ "Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself."

## How to Celebrate Rumi Day

- ❖ Enjoy The New Yorker article, "[The Erasure of Islam from the Poetry of Rumi.](#)"
- ❖ [135 Rumi quotes](#) you'll love!
- ❖ Read more about Rumi on [World History.Org](#).
- ❖ Treat yourself to some [beautiful Rumi](#).
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# October 1 – International Music Day

As the world comes together to celebrate International Music Day, let us take a moment to appreciate all the joy that music brings into our lives. This day is a reminder of how music knows no boundaries, and how it has the power to connect us with one another. Whether we're dancing to our favorite songs, singing along to familiar melodies, or simply listening to music to relax, it's clear that music is a universal language that we can all enjoy. So, let's raise our voices in celebration today, and show the world how music brings us together.

## History of International Music Day

It all started with a man named Lord Yehudi Menuhin. A world-renowned violinist, Menuhin was passionate about music and its ability to bring people together. In 1947, he founded the International Music Council, which sought to promote peace and understanding through the power of music. On October 1, 1975, the first International Music Day was celebrated. Over the years, the holiday has grown in popularity, and is now celebrated in countries all over the world. Each year, musicians of all genres come together to celebrate their love of music and its ability to bring people of all cultures and backgrounds together.

## Five Amazing Things About Music

- ❖ Music can boost your mood. Studies have shown that listening to music can increase levels of dopamine, a feel-good chemical in the brain.
- ❖ Music can improve memory. A study from a university indicates that listening to music during a memory task showed improved recall compared to those who didn't listen to music.
- ❖ Music can reduce stress levels. Listening to calming music has been shown to lower heart rate and blood pressure, and decrease levels of the stress hormone cortisol.
- ❖ Music can promote physical healing. One study found that patients who listened to music after surgery had less pain and anxiety and a shorter hospital stay than those who didn't listen to music.
- ❖ Music can boost immunity. Listening to your favorite tunes has been found to increase levels of immunoglobulin A, an antibody that helps fight off infections.

## How to Celebrate International Music Day

- ❖ Read, "[The Benefits of Music.](#)"
- ❖ See what you know about music - [take these music quizzes!](#)
- ❖ Find out where are the [best music cities are in the US.](#)
- ❖ Plan to attend a music festival using the [Music Festival Wizard.](#)
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# October 2 – Rosh Hashanah

Rosh Hashanah (ראש השנה) is the Jewish New Year. It is a two-day holiday which begins on Tishrei 1. This day marks the start of the Jewish civil year. The name "Rosh Hashanah" literally means "head of the year." On Rosh Hashanah, Jews all over the world spend time with family and friends, attend synagogue, and eat special foods. Many Jews also give charity on this holiday. Rosh Hashanah is a time for reflection and for looking forward to the coming year.

## History of Rosh Hashanah

Rosh Hashanah has a long and rich history, dating back thousands of years. According to tradition, Rosh Hashanah was the day on which God created the world, and it is also the anniversary of the creation of Adam and Eve. In addition, Rosh Hashanah is believed to be the day on which Isaac was born, and it is also the day on which Moses received the Ten Commandments. As such, Rosh Hashanah is a day of great significance for Jews all over the world.

## Five Things About Rosh Hashanah

- ❖ Rosh Hashanah is also known as the Day of Remembrance, and it is considered by Jews to be the most holy day of the year.
- ❖ On Rosh Hashanah, it is customary to eat sweet foods such as honey and apples. This is in hopes that the new year will be sweet and prosperous.
- ❖ One of the most important customs of Rosh Hashanah is hearing the shofar, or ram's horn. The sound of the shofar is said to represent the blast of a trumpet, and it serves as a reminder of our need to repent and start anew.
- ❖ Another tradition of Rosh Hashanah is Tashlikh, or "casting off." This involves going to a body of water and symbolically casting off our sins from the past year.
- ❖ Rosh Hashanah is a time for celebration, but it is also a time for introspection and reflection. We use this time to examine our lives and set goals for ourselves in the new year.

## How to Celebrate Rosh Hashanah

- ❖ Greet Jewish friends with "Shana Tova" today, which means "Good Year" in Hebrew. [Pronounce it like this.](#)
- ❖ Enjoy a [Rosh Hashanah feast](#) with these symbolic foods.
- ❖ Learn more about Rosh Hashanah in this amazing article on [Jewish Unpacked](#).
- ❖ Enjoy a [Rosh Hashanah Gourmet gift basket](#).
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# October 3 – Look at the Leaves Day

It's a beautiful sight to look at the leaves on a sunny autumn day. The colors range from bright oranges and yellows to deep maroons and browns, creating a beautifully vibrant display that can take your breath away. The way the sun illuminates each leaf, causing it to glow and radiate its own unique beauty, is a sight to behold. Even the sound of leaves rustling in the gentle breeze can bring a sense of tranquility and peace. Whether you're taking a peaceful walk, sitting in your backyard, or simply looking out the window, admiring the leaves can bring a sense of joy and wonderment that is hard to find anywhere else. Go ahead, Look at the Leaves today!

## History of the Celebration of Autumn Leaves

Ancient cultures from around the world celebrated the changing colors of the leaves during fall as a time of harvest and transition. From the Japanese art of leaf viewing, known as 'momijigari', to the poetry of William Wordsworth, the ancient history of autumn leaves continues to inspire and captivate us to this day.

## Five Things About Autumn Leaves

- ❖ The colors we see in the leaves are always present, just hidden by the green chlorophyll.
- ❖ The amount of sunlight and temperature changes during the autumn months are what trigger the leaves to begin changing color.
- ❖ Red pigment in leaves comes from a substance known as anthocyanin, which is the same pigment that gives blueberries and raspberries their rich hues.
- ❖ Autumn leaves don't just look pretty, they serve a practical purpose. As they fall and decompose, they enrich the soil with nutrients, which in turn helps more trees and plants to grow.
- ❖ The amount of rainfall and temperature fluctuations during the months leading up to autumn can greatly influence the colors that we see on the trees. Cooler weather and just the right amount of moisture can bring about more spectacularly colorful leaves, while warmer, drier conditions may result in more subdued hues.

## How to Celebrate Look at the Leaves Day

- ❖ Go to a park today where there are lots of leaves, take loads of photos.
- ❖ Got a yard full of fallen leaves? **Clean them up!**
- ❖ Make some **fun leaf crafts**.
- ❖ Learn how to **press and preserve fall leaves**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# October 4 – National Golf Lover’s Day

Golf is a game that centuries ago would only be enjoyed by the very wealthy. Nobles would spend their days strolling across manicured greens, whacking little balls into tiny holes. But then something happened that changed the game forever: someone invented clubs. Now, instead of using their hands, golfers could use clubs to hit the ball further and with more precision. This revolutionized the game, making it accessible to anyone who could swing a club. And as they say, the rest is history. Today, golf is enjoyed by people of all walks of life, from corporate CEOs to retired pensioners. It's a game that can be both relaxing and challenging, and it's one that just about anyone can enjoy. So next time you're feeling stressed out, grab a club and give it a swing. You might just find yourself hooked on this timeless game.

## History of Golf

Golf is a centuries-old game that has been enjoyed by royalty and commoners alike. Its origins are unclear, but the first recorded game of golf was played in 1457 in Scotland. The game quickly became popular among the Scottish nobility, and it soon spread to England and the Continent. Golf remained a primarily aristocratic pastime until the late 19th century, when the invention of the clubhouse and the introduction of public courses made it accessible to a wider audience. Today, golf is played all over the world by people of all ages and ability levels. Whether you're a weekend duffer or a professional player, there's no denying the appeal of this timeless game.

## Five Fun Golf Records

- ❖ Most major wins: 18, held by Jack Nicklaus. Nicklaus is widely considered to be the greatest golfer of all time, and his record 18 major victories is a testament to his dominance.
- ❖ Lowest 18-hole score: 59, shot by Justin Thomas at the 2017 Sony Open. Thomas became just the seventh player in history to shoot a sub-60 round, and he did it in style, making an eagle on his final hole.
- ❖ Longest drive: 449 yards, hit by Mike Austin at the 1974 Texas Open. Austin's drive was helped by a tailwind, but it still traveled an incredible distance.
- ❖ Most holes-in-one: 12, achieved by Tiger Woods. Woods has always been known for his power and accuracy, and his 12 holes-in-one are evidence of that.
- ❖ Oldest winner of a major: Julius Boros, who won the 1968 PGA Championship at the age of 48. Boros proved that age is just a number with his victory, which came nearly 20 years after his first major win.

## How to Celebrate Golf Lovers Day

- ❖ If you're a golfer, go golf! If you're a beginner, go try!
- ❖ Learn about golf, [pick a course!](#) (I mean, a class)
- ❖ Host a [golf-themed party.](#)
- ❖ Purchase [fun golf gifts.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# October 5 – World Teachers Day

World Teachers' Day is an opportunity to recognize the invaluable impact teachers have on our lives. From the earliest days of our education, teachers have not only provided us with knowledge, but also with guidance, inspiration, and motivation to succeed. They shape us into not only knowledgeable individuals but also better versions of ourselves. Take a moment to reflect on the countless teachers who have changed your life and made you the person you are today. Celebrating teachers is not just an appreciation of their efforts; it also acknowledges the critical role they play in shaping our future.

## History of Teachers

Throughout history, teachers have been revered as pillars of society. However, their role has evolved from simple educators to mentors, guides, and even parental figures. Ancient civilizations, such as Egypt and Greece, had their own systems of education and teachers played a crucial role in shaping the minds of young generations. In medieval times, religious institutions were the main providers of education and teachers were often members of the clergy. Fast forward to modern times, teachers are expected to not only impart academic knowledge but also support their students emotionally. They are truly unsung heroes who deserve recognition for their boundless dedication and unwavering commitment to their students' success.

## Five Things About Teachers

- ❖ Studies have shown that teachers have a stronger sense of empathy and emotional intelligence than the average person. This makes them adept at understanding and responding to the needs of their students.
- ❖ Teachers often have the ability to see the potential in their students before they see it themselves, acting as cheerleaders and mentors to help them reach their goals.
- ❖ A recent survey found that 91% of teachers report being satisfied with their career choice.
- ❖ The United States has over 3.7 million teachers.?
- ❖ Teachers spend an average of \$479 of their own money on classroom supplies every school year.

## How to Celebrate World Teachers Day

- ❖ Write a **letter of appreciation to your teacher**(s), parent and child.
- ❖ Start an **online fundraiser** to raise money for class supplies for your teacher.
- ❖ Give a **basket of class supplies** to your favorite teacher.
- ❖ Put together a classroom **thank you book** from all students/parents.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.





365 Days of Celebration 2024

# October 6 – National Badger Day

Badgers are one of the most versatile and interesting animals in the world. Though they are often thought of as nothing more than a nuisance, they are actually quite remarkable creatures. Badgers are members of the weasel family, and they are related to otters, ferrets, and wolverines. They are found in North America, Europe, and Asia, and they inhabit a variety of habitats including forests, grasslands, and deserts. Badgers are well-adapted to their environment, and they have a number of unique features that help them to survive in the wild. In fact, badgers have been known to stand their ground against much larger animals such as bears and wolves. Though they may be small, badgers are definitely not to be underestimated!

## History of Badgers

Though they're often thought of as being from the United Kingdom, they actually have a much more complicated history. Badgers are native to many parts of Europe, Asia, and even North America. In fact, their range once extended as far north as Alaska. Badgers have been around for a long time - fossil evidence suggests that they first appeared on earth over two million years ago.

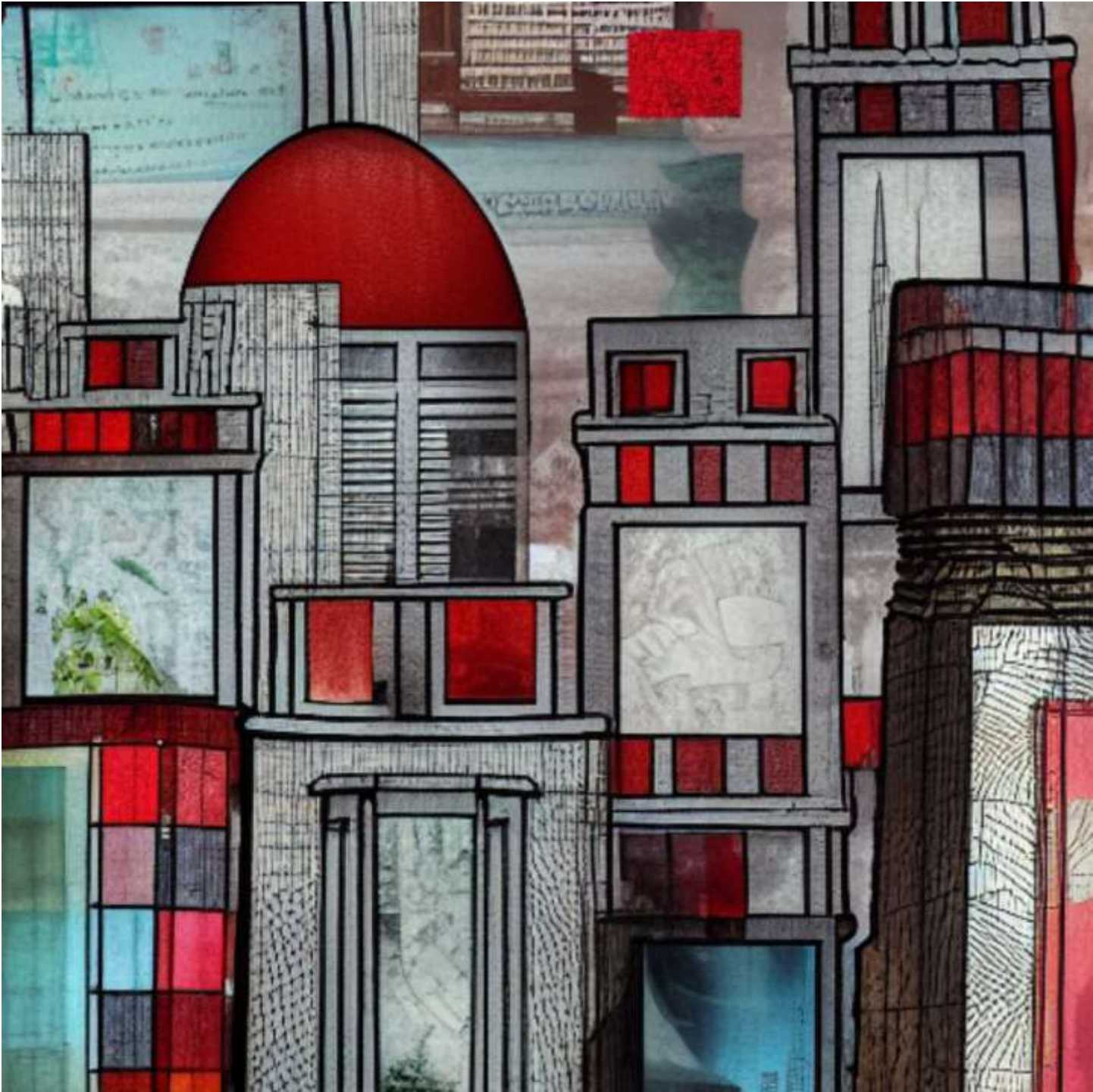
## Five Things About Badgers

- ❖ Badgers are excellent diggers and can tunnel through solid rock. In fact, their powerful claws and strong legs allow them to dig at a rate of up to 12 feet per minute!
- ❖ Badgers are nocturnal animals, meaning they are most active at night. This is likely due to the fact that they are shy by nature and prefer to avoid human contact.
- ❖ Badgers have incredibly sharp senses of smell and hearing, which allows them to easily find prey - even underground!
- ❖ Badgers are known for their ferocity when protecting their young. In fact, mothers have been known to fight off bears and wolves in order to defend their cubs!
- ❖ Badgers play an important role in the ecosystem by controlling populations of rodents and other small mammals.

## How to Celebrate National Badger Day

- ❖ Take a moment to learn about badgers on [LifeScience](#).
- ❖ Learn about the idiom on Grammarphobia, "[Don't badger me!](#)"
- ❖ Host a [badger-themed party](#).
- ❖ Watch, "[Honey Badgers Don't Care](#)," all about the vicious badger.
- ❖ Buy [fun badger things](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# October 7 – World Architecture Day

At its core, architecture is the art and science of designing buildings and other structures. To be an architect, you need to have creative vision and technical skill. You need to be able to think both big and small, seeing the big picture while paying attention to the smallest details. In short, architecture is equal parts creativity and practicality. And that's what makes it such a fascinating field. There are always new challenges to tackle and new horizons to explore. So, whether you're an aspiring architect or just a curious onlooker, there's always something new to learn about this fascinating field.

## History of World Architecture

Architecture first emerged during the Stone Age, when early humans began constructing simple shelters out of wood and stone. These were rudimentary structures, but they served an important purpose: protecting people from the elements. As time went on, more sophisticated buildings were constructed, made with materials like brick and mortar. The ancient Egyptians were especially skilled at engineering, and they built some of the most impressive structures of the ancient world, including the Pyramids of Giza. The Greeks also made significant contributions to the field of architecture, developing new techniques and designing iconic buildings like the Parthenon. Roman architecture was perhaps even more influential, as the Romans popularized the use of arches and vaults.

## Five Amazing Examples of World Architecture

- ❖ The Gherkin - London, England: Designed by Sir Norman Foster and completed in 2003, the Gherkin is a 180-meter (600-foot) tall skyscraper with a distinctive glass-and-steel façade.
- ❖ Burj Khalifa - Dubai, United Arab Emirates: At 828 meters (2,717 feet), the Burj Khalifa is the tallest building in the world with 163 floors.
- ❖ Shanghai Tower - Shanghai, China: The second-tallest building in the world, at 632 meters (2,073 feet).
- ❖ One World Trade Center - New York City, USA: Also known as the Freedom Tower, One World Trade Center is 541 meters (1,776 feet) tall and was completed in 2014.
- ❖ Palacio de Bellas Artes - Mexico City, Mexico: The Palacio de Bellas Artes is an art museum and performance venue that was completed in 1934.

## How to Celebrate World Architecture Day

- ❖ Enjoy "[The Best-Designed Buildings in Every US State.](#)"
- ❖ Or this one, "[The Most Badass Buildings in American You've Probably Never Heard Of.](#)"
- ❖ [American architecture by state](#) - go learn about and visit architecture close to you.
- ❖ [Host an event](#) all about architecture.
- ❖ Put together a [puzzle of a famous architecture](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# October 8 – National Salmon Day

National Salmon Day is an event that celebrates the magnificent fish that can swim up to 1,900 miles in its lifetime. Salmon is not only delicious and healthy, but it also plays a crucial role in the ecosystem and the economy. As a keystone species, it supports the food chain by providing food for larger animals, such as bears and eagles. Moreover, the fishing industry, including recreational and commercial sectors, depends on salmon for their livelihoods. Celebrating National Salmon Day is an opportunity for all of us to appreciate and learn more about this amazing creature, its importance, and the need to protect its habitat and populations. So, let's raise our forks and glasses to this magnificent fish on its special day!

## History of Salmon

Salmon has a rich history that spans thousands of years and has been an integral part of many cultures around the world. From the indigenous people of the Pacific Northwest to ancient Roman empires, salmon has been a staple food source and a symbol of abundance and fertility. The journey of salmon, from their birth in freshwater streams to their long migration to the ocean and back, has both fascinated and sustained humanity for centuries. Today, despite overfishing and habitat destruction, efforts are being made to preserve and restore wild salmon populations, ensuring that this incredible species continues to thrive for generations to come.

## Five Things About Salmon

- ❖ One important thing to know about salmon is that it is an excellent source of omega-3 fatty acids, which are essential for heart health and brain function.
- ❖ Salmon is high in protein, vitamin D, and other important nutrients, making it a must-have in any healthy diet.
- ❖ Some of the most well-known types include Atlantic, sockeye, and chinook salmon.
- ❖ Whether you steam, grill, or bake it, salmon offers a taste experience that is unmatched by any other seafood.
- ❖ Always opt for wild-caught salmon, as it is higher in nutrients and free of harmful additives that might be present in farm-raised salmon.

## How to Celebrate National Salmon Day

- ❖ Cook a salmon dinner, [50 salmon recipes](#).
- ❖ Learn [How to Bake Salmon](#).
- ❖ Purchase some [smoked salmon](#).
- ❖ Read about the holiday as promoted by [Chicken of the Sea](#).
- ❖ [30 Best Salmon Side Dishes](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# October 9 – National Fire Prevention Day

October 9 marks Fire Prevention Day, a time to reflect on the importance of fire safety and prevention. The day has historical significance, as it marks the anniversary of the Great Chicago Fire of 1871. The fire, which burned for two days, destroyed more than 17,000 buildings and claimed hundreds of lives. The event serves as a reminder of the devastating power of fires, but also of how much we have learned about preventing and fighting them. Today, we celebrate the bravery and selflessness of firefighters, who put themselves in harm's way to protect communities. On Fire Prevention Day, we can all take steps to ensure that our homes and workplaces are as safe as possible, whether by checking smoke alarms, creating evacuation plans, or simply being more mindful of fire hazards. By doing so, we honor the lessons of the past and safeguard our future.

## History of Fire Prevention Day

On October 9, 1871, a fire broke out in Chicago that would change the course of the city's history forever. The exact cause of how the fire started is unknown, but it's believed that a cow kicked over a lantern in a barn on DeKoven Street, which ignited the blaze. The fire quickly consumed nearly four square miles of the city and left over 100,000 people homeless. Despite the tragic aftermath, the Chicago Fire remains an important moment in the city's history, as it led to stricter building codes and regulations that would help prevent future disasters. Today, visitors can explore the history of the fire and its impact at the Chicago History Museum, which has a collection of artifacts, photos, and accounts from witnesses and survivors of the fire.

## Five Things About Fire Prevention in Your Home

- ❖ Make sure you have functioning smoke detectors in every room. Their early warning can save your life and give you enough time to react to an emergency situation.
- ❖ Avoid overloading power outlets and only use appliances according to the safety instructions.
- ❖ Keep flammable materials away from open flames or heat sources.
- ❖ Have a fire extinguisher in your home and make sure everyone knows how to use it.
- ❖ Create a fire escape plan and practice it with your family members.

## How to Celebrate Fire Prevention Day

- ❖ Watch the video, "[The Great Chicago Fire of 1871.](#)"
- ❖ Visit the [National Fire Prevention Association](#) website.
- ❖ Start a campaign, download these resources from the [NFPA Toolkit](#).
- ❖ Purchase [fire prevention items](#) for your home.
- ❖ Read about the [legend of Mrs. O'Leary's cow](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# October 10 – World Homeless Day

It's one of the most visible signs of poverty: people sleeping on the street, in doorways or on park benches. Homelessness is a complex problem with no easy solution. But there are things we can do to help. Homelessness is often caused by a lack of affordable housing. People may also become homeless due to economic issues, such as job loss or underemployment. Some people experience homelessness because of mental illness or addiction. And many veterans are struggling with homelessness. There are a number of ways to help people who are homeless. We can donate money or time to organizations that work to end homelessness. We can also be more understanding and accepting of people who are experiencing homelessness. Sometimes, all it takes is a smile or kind word to make a difference in someone's day.

## History of Homelessness

Homelessness is nothing new. In fact, it is as old as civilization itself. The first recorded instance of homelessness occurred in ancient Greece, when a group of wanderers known as the 'accouchees' were expelled from the city of Athens. Since then, homelessness has been a feature of every major civilization, from Rome to China to the Americas. Today, homelessness is a global problem, with an estimated 100 million people worldwide lacking a permanent place to call home.

## Five Interesting Facts About Homelessness

- ❖ Two million American children are homeless, equating to 1 in every 30 kids in the U.S.
- ❖ On any given night, over half a million people are sleeping on the streets of America.
- ❖ The rate of homelessness has increased by 13% since 2007.
- ❖ The vast majority of homeless people (75%) are individuals, not families.
- ❖ The top three causes of homelessness are poverty (30%), lack of affordable housing (26%), and unemployment (17%).

## How to Celebrate World Homeless Day

- ❖ Become familiar with the [National Healthcare for the Homeless Council](#).
- ❖ Read [The National Alliance to End Homelessness](#).
- ❖ How you can [help end homelessness](#). [Purchase items in bulk](#) for care packages.
- ❖ Host a gathering where everyone makes [gift packs for the homeless](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# October 11 – Haunted House Day

There's nothing quite like the thrill of walking through a haunted house. All the cobwebs, dark corners, and creepy decorations add to the excitement and anticipation. If you're a fan of all things spooky, celebrating haunted houses is the perfect way to indulge in your love for the macabre. Whether it's a fully-operational haunted house or a DIY version in your own home, there's something truly special about the experience. It's the perfect activity for those who love to be scared in a safe and controlled environment. So, gather your friends, ready your nerves, and get ready to celebrate all the chills and thrills of haunted houses!

## History of Haunted Houses

Throughout history, haunted houses have both fascinated and frightened people all over the world. However, some of these houses have been around for centuries, which makes them particularly intriguing. The oldest recorded haunted house is believed to be the [Tower of London](#) in England, where countless executions and tragic events have taken place since its construction in the 11th century.

## Five Famous Haunted Houses

- ❖ The [Lizzie Borden House](#) in Massachusetts invites guests to stay overnight in the room where Lizzie allegedly committed murder.
- ❖ In Pennsylvania, don't miss the [Eastern State Penitentiary](#), a former prison that is now home to restless spirits seeking revenge.
- ❖ Don't forget [Amityville](#), home to one of the most famous haunts.
- ❖ Visit the infamous [Black Dahlia House](#) where the mutilated body of Elizabeth Short was discovered in 1947.
- ❖ Head to New Orleans to explore the [LaLaurie Mansion](#) where Madame LaLaurie allegedly tortured and murdered her slaves.

## How to Celebrate Haunted House Day

- ❖ Use the [ScareFactor Directory](#) to find a haunted house to visit.
- ❖ Watch the [Amityville Horror](#) movie.
- ❖ [Decorate your own house](#) to be haunted for the season.
- ❖ Create a [haunted house music](#) playlist.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# October 12 – Yom Kippur

Yom Kippur, the Jewish Day of Atonement, is a high holy day that is observed by fasting and prayer. The holiday celebrates the forgiveness of sins and the start of a new year. Yom Kippur is typically observed by Jews around the world. On this day, Jews traditionally fast from sunrise to sunset and refrain from work, sex, and other pleasurable activities. They also attend synagogue services and recite prayers of repentance. At the end of the day, they break their fast with a festive meal. For many Jews, Yom Kippur is a time of introspection and reflection on their past year. It is also a time to recommit to their faith and resolve to live a more meaningful life in the coming year.

## History of Yom Kippur

The history of Yom Kippur dates back to the time of the second temple, when it was established as a day for fasting and repentance. Since then, it has been observed by Jews all over the world, and it is now considered to be the holiest day of the year. While the holiday has changed over time, its core purpose remains the same: to help Jews come closer to God and achieve forgiveness.

## Five Things About Yom Kippur

- ❖ Yom Kippur is the ultimate day of atonement. For 24 hours, Jews across the globe fast and reflect on the past year. The hope is to start the new year with a clean slate.
- ❖ The holiday actually lasts 25 hours. That's because in Jewish tradition, days begin at sundown. Yom Kippur begins on the evening of the 9th of Tishrei and ends on the night of the 10th.
- ❖ The word "kippur" comes from the Hebrew root meaning "to pardon." So when you ask God for forgiveness on Yom Kippur, you're literally asking to be pardoned for your sins.
- ❖ Yom Kippur is considered the holiest day of the Jewish year. That's because it's the day when God inscribes our names in the Book of Life for the coming year.
- ❖ On Yom Kippur, it is traditional to wear white clothing. This symbolizes purity and helps us to focus on our spiritual selves rather than our physical selves.

## How to Celebrate Yom Kippur

- ❖ Jews will spend the day in atonement, not working, wearing white, fasting, and attending synagogue.
- ❖ Purchase [Yom Kippur gifts](#).
- ❖ Break the fast with [honey cake](#).
- ❖ Learn about the [celebration of Yom Kippur](#).
- ❖ [Greet your Jewish friends](#) on Yom Kippur.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# October 13 – Navy Birthday

Founded on October 13, 1775, the Navy has played a critical role in the history of our nation. From the American Revolution to the present day, the Navy has defended our freedoms and helped to shape the course of world events. Today, the Navy is a global force for good, working to keep the seas safe and promoting peace and stability around the world. As we celebrate this special occasion, we salute the men and women of the Navy who have served and continue to serve our country with honor and distinction. Thank you for your dedicated service, and Happy Birthday, US Navy!

## History of the Navy

The United States Navy has a long and storied history, dating back to the early days of the American Revolution. In 1775, Congress authorized the construction of thirteen frigates to defend the fledgling nation's coasts. These ships were instrumental in the victory at the Battle of Yorktown, which effectively ended the war. Since that time, the Navy has played a vital role in countless conflicts, both at home and abroad. Today, it is one of the most powerful maritime forces in the world. From its humble beginnings, the US Navy has come a long way. It is truly a force to be reckoned with.

## Five Things About the Navy

- ❖ The United States Navy is the oldest seagoing service in the world. It was founded on October 13, 1775, just a few months after the start of the American Revolutionary War.
- ❖ The US Navy is also one of the largest navies in the world, with over 310,000 active-duty personnel and more than 3,700 ships.
- ❖ The US Navy's emblem is the eagle, which symbolizes strength and freedom. The emblem is also found on the US penny.
- ❖ The Navy's motto is "Semper Fidelis," which means "Always Faithful." This phrase was first used by the Marines and later adopted by the Navy.
- ❖ The Navy has its own special form of martial arts known as "Linebacker." This martial art was developed specifically for use on board ships, where space is limited. Linebacker focuses on close-quarters combat and includes techniques such as joint locks and throws.

## How to Celebrate the Navy Birthday

- ❖ Google "maritime museums near me" and go visit one.
- ❖ Learn more about the [history of the navy](#).
- ❖ Thank someone you know who served in the navy, [give them a Navy gift](#).
- ❖ Learn about [American Naval Fighting Ships](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# October 14 – National I Love You Day

"I love you" is perhaps the most memorable phrase in the English language. It's also one of the shortest, consisting of just three little words. But don't let its brevity fool you - those three words can pack a mighty punch. They can convey everything from the deepest feelings of love and devotion to the simplest expressions of affection. And they can be spoken in many different ways, from a declaration of undying love to a casual goodnight kiss. No matter how it's said, "I love you" is always a special moment.

## History of I Love You

It's estimated that "I love you" is said around the world 8 million times a day. But where did this phrase come from? The answer may surprise you. Contrary to popular belief, "I love you" didn't originate with the Romans or the Greeks. In fact, the first recorded instance of "I love you" comes from a medieval English text called *The Parlement of Foules*. Published in 1382, the poem tells the story of two birds who search for a mate and eventually find each other. At the end of the poem, one bird says to the other, "I love thee so that, without thee, / My life is but a winter's day; / When night is dark and has no dawning, / Life is but dead that living is not loving." While the precise origins of "I love you" are unknown, it's clear that this powerful phrase has been used to express affection for centuries. Today, it remains one of the most popular ways to say "I care about you" - no matter what language you speak.

## Five Things About Love

- ❖ Love is one of the most powerful emotions we experience as human beings. It can make us feel happy, sad, anxious, and a whole range of other emotions.
- ❖ Love is thought to be an evolutionary adaptation that helps us form long-term relationships.
- ❖ The chemical oxytocin is released when we fall in love and it is thought to be responsible for some of the physical and emotional symptoms of love, such as increased heart rate and butterflies in the stomach.
- ❖ There are different types of love, such as passionate love, companionate love, and self-love.
- ❖ Love is a complex emotion and scientists are still trying to understand all its facets.

## How to Celebrate National I Love You Day

- ❖ Write a heartfelt [love letter](#) or [poem](#) to someone.
- ❖ Make a homemade gift for someone - check out [100 Homemade Gifts](#).
- ❖ Reach out to someone you haven't seen or talked to lately.
- ❖ Send red roses, the flower of love! Give [love gifts](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# October 15 – National Lemon Bar Day

Get ready to pucker up for National Lemon Bar Day on October 15! This beloved dessert is the perfect combination of buttery crust and tangy lemon filling. Whether enjoying it for breakfast, as an afternoon snack, or a sweet treat after dinner, there's no denying the delightful flavor of lemon bars. It's a day to celebrate this classic dessert and indulge in the perfect balance of sweetness and tartness. So why not grab a few friends, whip up a batch of lemon bars, and raise a fork to this delicious treat on National Lemon Bar Day?

## History of National Lemon Bar Day

Originally known as "lemon squares," these delightful treats first appeared in American cookbooks in the early 20th century. The recipe quickly gained popularity as an easy and delicious way to incorporate the tart flavor of lemons into desserts. Over the years, variations of the recipe have emerged, with some adding coconut or raspberry to the mix.

## Five Things About Lemons

- ❖ Ancient Egyptians used lemons as part of their skincare regimen.
- ❖ If you're ever in need of a natural mosquito repellent, rubbing lemon juice on your skin can do the trick.
- ❖ Lemons can be used to generate electricity! By sticking a copper and zinc nail into a lemon, you can create a low level of electrical voltage.
- ❖ Lemons are actually berries. That's right! Their pulp is divided into sections, much like a raspberry or blackberry. In fact, the scientific name for a lemon tree is *Citrus × limon*, meaning it is a hybrid of the Citrus genus.
- ❖ Lemons have an extraordinary amount of vitamin C, which not only helps keep colds at bay, but can also improve your skin.

## How to Celebrate National Lemon Bar Day

- ❖ Try your hand at some lemon bars - [here are 15 versions](#).
- ❖ Purchase some [Harry and David lemon bars](#).
- ❖ Host a [lemon-themed party](#).
- ❖ Just buy [lemon things](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# October 16 – National Boss's Day

National Boss's Day is a day to celebrate those who lead us. It's a day to recognize their hard work and dedication to ensuring their team's success. Bosses come in all forms, from the friendly and approachable to the strict but fair. Regardless of their style, they all have one thing in common: they challenge us to be better. National Boss's Day gives us a chance to say thank you to those who might not always get the appreciation they deserve. So let's take a moment to recognize our bosses and let them know how much we appreciate all that they do!

## History of Bosses

Throughout history, bosses have played a crucial role in shaping the way organizations function. From ancient tribes to modern corporations, leaders have emerged to guide groups towards common goals. In the early days of human civilization, tribal leaders were chosen based on their strength and ability to hunt and gather food. As societies became more complex, rulers emerged to enforce laws and maintain order. During the Industrial Revolution, business owners rose to power and became known as bosses. Today, bosses come in all shapes and sizes, from small business owners to international CEOs. Despite their different titles and responsibilities, bosses share the common trait of leadership. Whether they are dictators or democratic decision-makers, bosses have the ability to inspire and motivate their followers towards success.

## Five Things About Bosses

- ❖ A study found that people who had a good relationship with their boss had a 50% lower risk of heart disease.
- ❖ It's also been reported that bosses with a good sense of humor can increase employee satisfaction and productivity. In fact, one survey revealed that 97% of employees believe that their boss having a good sense of humor is important.
- ❖ The average CEO reads about 60 books per year, with Bill Gates reading about 50 books annually.
- ❖ According to research, bosses are more likely to suffer from insomnia than any other profession due to the high levels of stress they experience.
- ❖ The term "boss" originated from the Dutch word "baas," meaning master or owner.

## How to Celebrate National Boss's Day

- ❖ Send your boss a [nice boss gift](#).
- ❖ Create an [online group video with Memento](#).
- ❖ Organize an [office potluck](#).
- ❖ [Send gorgeous flowers or a beautiful plant](#) from 1-800-Flowers.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# October 17 – Farmers Day

Every October 17th, we celebrate Farmers Day to show our appreciation to the hardworking individuals who dedicate their lives to feeding our nation. This day is a reminder of the tireless efforts of our farmers as they harvest crops, tend to livestock, and persevere despite the unpredictable nature of their profession. We owe our daily sustenance to these unsung heroes who work behind the scenes to ensure that we have access to fresh and nutritious food. On Farmers Day, let us pause and acknowledge the invaluable contributions of our farmers and express our gratitude for their unwavering commitment to our well-being.

## History of Farming

For as long as humans have been around, we've been reliant on farming to feed our ever-growing population. While the specific methods and techniques have changed over time, the basic principles have remained the same. Early humans began domesticating plants and animals, developing new ways to improve crop yields and livestock productivity. The advent of irrigation systems and crop rotations allowed farmers to better utilize their land, leading to a dramatic increase in food production. Today, farming continues to be a vital part of our society, providing us with the fresh fruits, vegetables, and meats that we need to survive.

## Five Things About Farming

- ❖ Farming is one of the oldest occupations in the world. The first farmers appeared over 10,000 years ago, during the Neolithic period.
- ❖ Farmers have always had to contend with the forces of nature. Droughts, floods, and pests can destroy crops and ruin livelihoods.
- ❖ Farming is a demanding profession that requires long hours of hard work. Farmers typically rise before dawn and work well into the evening.
- ❖ Today, there are more farmers in the world than ever before. According to the United Nations, there are nearly 1 billion farmers worldwide.
- ❖ Despite advances in technology, farming remains a challenging and complex occupation. Farmers must constantly adapt to changes in the environment and market conditions in order to be successful.

## How to Celebrate Farmers Day

- ❖ Buy fruits and vegetables from a farmers' market by [using this directory](#).
- ❖ Attend a [harvest festival in your area](#).
- ❖ Thank a farmer - [buy farmer's gifts](#).
- ❖ Enjoy farm-fresh food with your family with [these recipes](#).
- ❖ If you love the article image, purchase it on these [fun products on Zazzle!](#)
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# October 18 – National Mashed Potato Day

Today is a special day. A day where we celebrate one of the most versatile and delicious foods known to humankind: mashed potatoes. This humble dish can be served as a side or a main, it can be flavored with any number of herbs and spices, and it can be enjoyed by people of all ages. Whether you like your mashed potatoes smooth or chunky, plain or loaded with toppings, today is the day to indulge in this creamy comfort food. So, round up your family and friends, break out the potato masher, and enjoy a heaping helping of mashed potato goodness. After all, life is too short to not eat mashed potatoes!

## History of Mashed Potatoes

The history of mashed potatoes is a long and starchy one. Potatoes were first introduced to Europe in the 16th century, and quickly became a popular food source. However, it wasn't until the 18th century that potatoes began to be used in dishes similar to modern mashed potatoes. The early versions of mashed potatoes were usually made by boiling or roasting the potato, then mashing it with a fork or other blunt object. Today, mashed potatoes are a beloved comfort food around the world.

## Five Things About Mashed Potatoes

- ❖ Potatoes were first domesticated in South America over 10,000 years ago.
- ❖ Potatoes are the world's fourth largest food crop, after rice, wheat, and maize.
- ❖ There are over 100 different varieties of potatoes grown around the world.
- ❖ The Incas used to worship the potato - they even believed that it was the embodiment of a god.
- ❖ Potatoes are a good source of Vitamin C - in fact, they have more Vitamin C than oranges!

## How to Celebrate Mashed Potato Day

- ❖ Read Bon Appetite's article, "[7 Tips for the Best Mashed Potatoes of Your Life.](#)"
- ❖ Enjoy the video on [National Mashed Potato Day activities](#).
- ❖ Treat yourself to some [fun potato things](#) and beautiful new [potato kitchen things](#).
- ❖ Do the [Mashed Potato](#) with James Brown.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# October 19 – National New Friends Day

National New Friends Day is a day dedicated to celebrating the new connections we make in life. Whether it's a chance encounter or a purposeful reach out, making new friends can bring so much joy and excitement. It's an opportunity to expand our social circles and learn new things from people with different perspectives and experiences. In a world where technology enables us to connect with people from all over the globe, this day reminds us of the value of making meaningful connections in person. So grab a cup of coffee, strike up a conversation, and celebrate National New Friends Day by making a new friend today!

## History of Making New Friends

Making new friends is something that has been an integral part of human interaction for centuries. Throughout history, people have found different ways of recognizing new friends among strangers. Whether it was a simple gesture of kindness, a shared interest, or a mutual friend, recognizing someone new as a potential friend has always been important. In some cultures, offering food or drink was a way of showing hospitality and opening the door to new friendships. In others, exchanging business cards or other tokens was a way of indicating a desire to stay in touch. Regardless of the methods used, the importance of forming new connections and friendships has remained a vital aspect of human socialization throughout history.

## Five Things About New Friends

- ❖ New friends help you expand your social circle, meaning you will be able to connect with people from different backgrounds and preferences.
- ❖ Hanging out with new friends can introduce you to exciting new experiences and activities that you may not have known about before.
- ❖ Having new friends can provide you with a sense of support and comfort, especially during challenging times in life.
- ❖ Making new friends can improve your communication and social skills, which can be valuable in both personal and professional settings.
- ❖ Having new friends can bring more positivity and happiness to your life, as building new, meaningful relationships can be incredibly rewarding.

## How to Celebrate New Friends Day

- ❖ **Host a new friends party** - invite your own friends (and a new friend), each of your friends brings a new friend.
- ❖ Meet new friends and find activities on **MeetUp**.
- ❖ Learn how to **start a conversation with new friends**.
- ❖ Read the article, "**How to Make New Friends**."
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# October 20 – National Day on Writing

Every year on October 20th, we celebrate National Day on Writing, a day dedicated to the art and craft of writing. This day encourages us to celebrate the power and importance of writing in our everyday lives. Writing is more than a mere communication tool; it is an avenue for self-expression, creativity, and critical thinking. Whether it's a love letter or a research paper, writing is a skill that we all need to foster and develop. National Day on Writing gives us a chance to reflect on how writing has impacted our lives and encourages us to use this medium to connect with others, express our thoughts, and make a difference in the world. Writing is a celebration of our humanity and an essential tool for us to shape the world around us. What are you going to write today?

## History of Writing

The earliest forms of writing, such as cave paintings and hieroglyphics, date back to prehistoric times. Later, ancient civilizations like the Greeks and Romans developed their own writing systems, which eventually led to the modern alphabets we use today. The invention of the printing press in the 15th century revolutionized the way information was disseminated and paved the way for the widespread use of books and newspapers. Writing has played a vital role in shaping our understanding of the world, and it continues to evolve and adapt in the digital age. From handwritten notes to emojis, the history of writing illuminates the evolution of human communication.

## Five Things About Writing

- ❖ The average person spends 69 minutes a day writing.
- ❖ The **longest sentence ever written** is 13,955 words long!
- ❖ The average person can write 75 words per minute by hand, but 120 words per minute on a keyboard.
- ❖ The pen that William Shakespeare used to write many of his famous plays likely contained a small piece of his tooth.
- ❖ The word "set" has 464 definitions in the Oxford English Dictionary.

## How to Celebrate National Day on Writing

- ❖ Take a **writing class**.
- ❖ **Purchase some calligraphy supplies** and make something amazing.
- ❖ Get help writing with **artificial intelligence**.
- ❖ Learn how to **write on social media**.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# October 21 – American Frog Day

Imagine an animal that can breathe through its skin, has eyes that bulge out of its head, and can change color to match its surroundings. No, this isn't a character from a science fiction novel - it's a frog! Frogs are truly fascinating creatures, and there are over 6,000 different species found all over the world. They come in a wide variety of shapes and sizes, and some can even jump up to 20 times their own body length. Frogs are also great indicators of environmental health, as they are sensitive to changes in water quality and pollutants. So next time you see a frog, take a moment to appreciate these amazing animals - just don't try to give it a kiss!

## History of Frogs

Frogs have been around for a long time. In fact, they were among the first land animals, appearing on Earth about 350 million years ago. Since then, they've undergone a lot of evolution, and today there are more than 6,000 species of frogs.

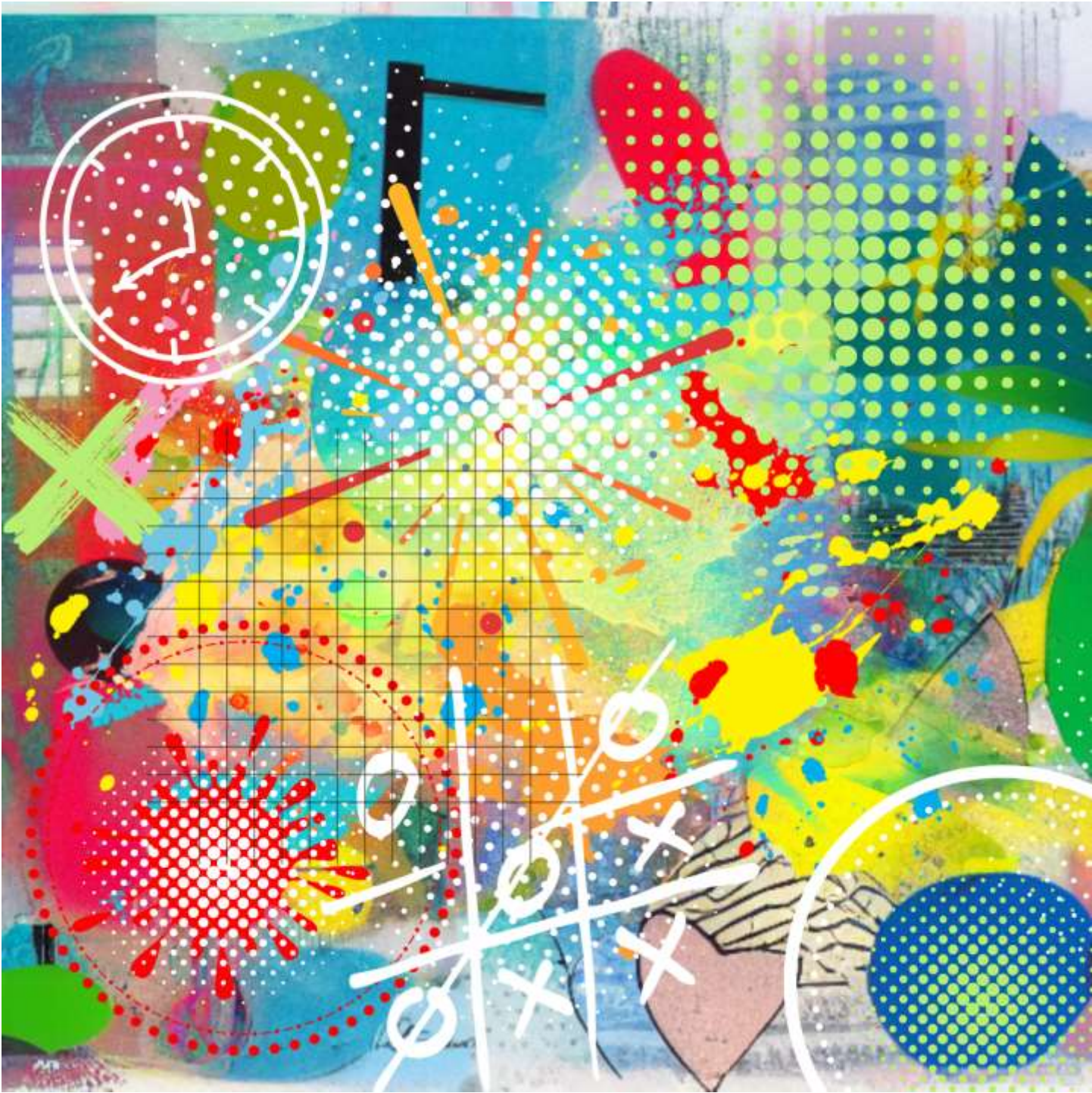
## Five Amazing Things About Frogs

- ❖ They're amphibians, not reptiles. Frogs are often lumped in with reptiles, but they're actually amphibians. temperature changes depending on the temperature of their surroundings.
- ❖ There are more than 6,000 species of frogs. The largest frog in the world is the Goliath frog, which can grow to be more than a foot long and weigh more than seven pounds. The smallest frog in the world is the gold frog, which is less than an inch long and weighs less than a gram.
- ❖ They have great jumping power. Some species of frogs can jump 20 times their body length in a single jump. That's like a human being able to jump 800 feet! Frogs use their powerful legs to make these jumps, which help them to escape predators and to catch prey.
- ❖ They can change color. Many species of frogs can change their color in order to better blend in with their surroundings. Some frogs can even change their color depending on their mood!
- ❖ They eat with their eyes closed. When a frog catches its prey, it doesn't bother chewing it up first. Instead, it stuffs the whole thing into its mouth and swallows it whole! This is because frogs have very small mouths and teeth, so chewing would be difficult for them.

## How to Celebrate American Frog Day

- ❖ [Take a course on frogs.](#)
- ❖ [Read "Frogs: The Largest Group of Amphibians."](#)
- ❖ [Read about and donate to "Save the Frogs."](#)
- ❖ Consider getting a [pet frog](#).
- ❖ Get [fun frog gifts](#).
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# October 22 – National Color Day

They say that we see the world in black and white, but that's not entirely accurate. We may not always be aware of it, but color is an important part of our lives. It affects our moods, our emotions, and even our physical response to stimuli. For example, the color red is known to increase heart rate and blood pressure, while blue has a calming effect. Color is also a powerful tool for communication. When we see someone wearing a certain color, it can give us clues about their personality or their current state of mind. For instance, someone who is feeling angry or aggressive might wear red, while someone who is feeling sad or depressed might wear blue.

## History of National Color Day

Every year on October 22nd, people all around the United States come together to celebrate National Color Day. This special day is a tribute to the vibrant hues that brighten up our lives, and it has a fascinating history behind it. The origins of National Color Day can be traced back to the early 20th century, when an artist named Sonia Delaunay proposed the idea to dedicate a day to the beauty of color. Since then, the holiday has grown in popularity and has become a fun way for individuals to express their love of color through fashion, art, and other creative outlets. Whether you're a lover of bright and bold colors or prefer more subtle shades, National Color Day is a great opportunity to celebrate the beauty and diversity of the world around us.

## Five Things About Colors

- ❖ The color red is actually an optical illusion. Our brains interpret red wavelengths of light as being closer to us than other colors, which is why red objects appear to pop out at us.
- ❖ The color blue doesn't exist in nature. Blue pigments are created by combining other colors, such as blue and yellow, or blue and violet.
- ❖ The color black is actually the absence of color. Black objects absorb all the visible wavelengths of light, which is why they appear black.
- ❖ The color white is also an optical illusion. White light is actually made up of all the visible wavelengths of light combined together.
- ❖ The color pink is a combination of the colors red and white. Pink is sometimes called a "Secondary Color", because it's made by combining two Primary Colors.

## How to Celebrate National Color Day

- ❖ **Get some color books** and color the day away!
- ❖ And some new **Crayolas with the built-in sharpener!**
- ❖ Read, "**The Power and Meaning of Colors.**"
- ❖ Sign up for the next **Color Run** in your area.
- ❖ If you love the article image, purchase it on **these fun products on Zazzle!**
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# October 23 – National Paralegal Day

A paralegal is a vital member of any legal team. They provide essential support to lawyers by conducting research, drafting documents, and interviews. Paralegals are also responsible for maintaining legal records and filing documents with the court. In many cases, paralegals are the first point of contact between a client and a law firm. As such, they play an important role in ensuring that clients receive the best possible service. Paralegals are highly trained professionals who must have excellent communication and organizational skills. They must also be able to work well under pressure and meet deadlines. With their skills and knowledge, paralegals play a vital role in ensuring that the justice system runs smoothly.

## History of the Paralegal Profession

The paralegal profession began in the early 1800s, when lawyers started using assistants to help with tasks like filing paperwork and researching cases. Then, in the mid-1900s, the first formal training programs for paralegals were established. Today, there are more than 200 accredited paralegal programs in the United States alone. And the profession has grown to encompass a wide range of responsibilities, from interviewing witnesses to drafting legal documents. No matter what area of law they work in, paralegals play a vital role in our legal system.

## Five Things About Paralegals

- ❖ Paralegals play a vital role in ensuring that justice is served. They work tirelessly to gather evidence, interview witnesses, and prepare cases for trial.
- ❖ Paralegals have the satisfaction of knowing that they are making a difference in the lives of their clients.
- ❖ Paralegals often develop close relationships with their clients and see them through some of the most difficult experiences of their lives. They form bonds that last long after the case is over.
- ❖ Paralegals have the unique opportunity to work with a wide variety of people from all walks of life. They learn about different cultures and customs and gain a deep understanding of human nature.
- ❖ Paralegals enjoy a high level of job satisfaction. They are passionate about their work and take great pride in their accomplishments.

## How to Celebrate National Paralegal Day

- ❖ Send your favorite paralegal a [card or gift!](#) More [fun paralegal gifts](#) here.
- ❖ Send a [law-themed cookie bouquet](#).
- ❖ Read the [Bureau of Labor Outlook](#) on paralegals and legal assistants.
- ❖ Learn about the [paralegal profession](#).
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# October 24 – Bat Appreciation Week Starts

Bats are some of the most fascinating creatures in the animal kingdom. These incredibly agile flyers can twist and turn in the air with ease, using their powerful wings to gracefully maneuver through the night sky. And, of course, let's not forget their impressive ability to use echolocation to "see" in the dark! There are over 1,200 species of bats in the world, making them one of the most diverse groups of mammals on the planet. Interestingly, bats are the only mammals that can truly fly. Their wings are actually super-thin sheets of skin stretched over their long fingers. This unique design allows bats to fly with great agility and maneuverability.

## History of Bats

Bats have always been surrounded by a great deal of mystery and myth. Known for their unique ability to fly, these fascinating creatures have been present on Earth for over 50 million years. They have inhabited every corner of the world, from the humid forests of South America to the desert caves of Arizona. Throughout history, bats have been both feared and revered. In ancient China, they were thought to bring good luck, while in Europe they were often associated with witches and the devil. Today, we know that bats are an important part of our ecosystem, playing a critical role in pollination and insect control.

## Five Things About Bats

- ❖ Bats are the only mammal that can truly fly. Their wings are made of a thin membrane of skin that stretches between their fingers and legs. This gives them the ability to fly with great agility and speed.
- ❖ There are more than 1,300 species of bats in the world, making them one of the most diverse groups of mammals.
- ❖ Bats play an important role in our ecosystem by eating insects, including many that are harmful to crops.
- ❖ While most bats are harmless to humans, there are a few species that carry viruses that can cause serious diseases, such as rabies. However, the risk of contracting these diseases from bats is very low.
- ❖ Bats are nocturnal animals, meaning they are active at night and sleep during the day. They use echolocation to navigate in the dark and can emit sounds that are beyond the range of human hearing.

## How to Celebrate Bat Appreciation Week

- ❖ Learn how [bats are related to Halloween](#).
- ❖ [Educate yourself about bats](#) from the Smithsonian.
- ❖ [Dress up like a bat](#) or buy [fun bat gifts](#).
- ❖ Join the cause to [end bat extinction](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# October 25 – World Pasta Day

World Pasta Day is a celebration that pasta lovers all over the world look forward to with anticipation each year. On this special day, people come together to honor one of the most versatile, delicious, and comforting foods known to humankind. From spaghetti and meatballs to fettuccine alfredo, pasta has a special place in our hearts and on our plates. One of the great things about pasta is that it comes in so many different shapes and sizes, making it perfect for any occasion or mood. Whether you're in the mood for a hearty bowl of penne alla vodka or a light and refreshing pasta salad, there's a pasta dish out there for you. So why not celebrate World Pasta Day by indulging in your favorite pasta dish, or trying something new and exciting?

## History of Pasta

Pasta is a staple in many people's diets, but few know of its fascinating historical roots. It is believed that pasta was first introduced by the Chinese over 4,000 years ago using rice flour, but it wasn't until the 13th century when Italian merchant Marco Polo brought it back with him from his travels to China that pasta became widely known in Europe. The first documentation of pasta being made and eaten can be traced back to ancient China. In the early 5th century A.D., a Chinese physician named Tao Hongjing recorded the production of a dough made from wheat flour that was then boiled and served. This early form of pasta was known as "mian," and it quickly became a popular staple food throughout Asia. In Italy, pasta quickly became a popular dish, with each region developing their own unique recipes. In fact, pasta has played a significant role in Italian culture and has become synonymous with the country itself.

## Five Things About Pasta

- ❖ The word "pasta" comes from the Italian word for paste, referencing the dough used to make it.
- ❖ Italy is the world's top pasta producer and consumers in the country eat an average of 60 pounds per person each year.
- ❖ There are over 600 different shapes of pasta, each one with its own unique name and purpose.
- ❖ Thomas Jefferson is credited with bringing the macaroni and cheese to the United States after tasting it in Europe.
- ❖ In 2010, a group of chefs in California broke the world record by creating a dish that spanned over 10,000 feet and served over 8,000 servings of spaghetti with tomato sauce.

## How to Celebrate World Pasta Day

- ❖ Learn how to [boil perfect pasta](#). Buy [fun pasta](#).
- ❖ [50 delicious pasta recipes](#).
- ❖ If you've ever wanted to [make your own pasta](#), today's the day!
- ❖ Try out these [17 unique pasta crafts](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# October 26 – National Pumpkin Day

Pumpkins are one of the most popular symbols of autumn, and they have been associated with the season for centuries. Though pumpkins are native to North America, they have long been a staple of European celebrations. In the United States, pumpkins are often used as decoration, but they can also be cooked and served in a variety of dishes. Pumpkins are an excellent source of Vitamin A, and they also contain high levels of fiber. In recent years, pumpkin-flavored coffee and other products have become increasingly popular. Whether you enjoy eating them or simply looking at them, pumpkins are a wonderful part of the autumn season.

## History of Pumpkins

Pumpkins are thought to have first been cultivated by Native Americans over 7,000 years ago. At that time, they were much smaller than the pumpkins we know today and were more commonly used as a source of food. Over time, however, they began to be used for ceremonial purposes as well. In many Native American cultures, pumpkins were considered to be a symbol of harvest and plenty, and they often played a role in religious ceremonies and celebrations. As European settlers began to arrive in North America, they quickly took up the practice of growing pumpkins. By the early 1800s, pumpkins were being grown all across the United States, and their popularity has only continued to grow in the centuries since. Today, pumpkins are enjoyed by people around the world and play an important role in many different cultures. So next time you carve a jack-o'-lantern or enjoy a slice of pumpkin pie, take a moment to think about the long and rich history of this humble fruit.

## Five Things About Pumpkins

- ❖ Pumpkins are fruits, not vegetables.
- ❖ Pumpkins are native to North America and have been cultivated here for over 5,000 years.
- ❖ The largest pumpkin on record weighed in at over 2,000 pounds!
- ❖ Pumpkin flowers are edible and often used in salads or as a garnish.
- ❖ Pumpkins are a rich source of vitamins A and C, as well as potassium and fiber.

## How to Celebrate National Pumpkin Day

- ❖ It's the perfect day to carve that pumpkin for Halloween! [70 Ideas Here!](#)
- ❖ There's more than pies for pumpkin recipes - [give these a try!](#)
- ❖ Buy [fun pumpkin things](#).
- ❖ Try your hand at [painting pumpkins!](#)
- ❖ [Ten other things to do with pumpkins.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# October 27 – Cranky Co-Workers Day

Working with cranky co-workers can be a real pain. But there are up sides to having a few grouchy people around. For one, they help to keep things interesting. There's always something new to complain about when you've got a few cranky people on staff. And let's face it, sometimes it's just fun to watch them get worked up about nothing. Cranky co-workers can also be great motivators. When you see how unhappy they are, it makes you appreciate your own job a whole lot more. So next time you're feeling down about working with a few crabby people, just remember that they're actually doing you a favor. Bring some levity to the workplace and celebrate Cranky Co-Workers Day! It'll make them smile and you too.

## History of Cranky Co-Workers Day

Do you know the history behind Angry Co-worker Day? This day may not be an official holiday, but it is certainly one that many of us can relate to. The origins of this day can be traced back to the popular internet humor website, Wellcat. The site coined the term and designated October 27 as Angry Co-worker Day, a day when employees can let out their frustrations and vent to their colleagues. It may seem like a silly idea at first, but sometimes we all need a designated time to let off some steam and have a good laugh with our coworkers.

## Five Things About Cranky People

- ❖ Cranky people are often experts at pushing other people's buttons.
- ❖ Cranky people tend to be really good at making others feel uncomfortable.
- ❖ Cranky people are often masters of the passive-aggressive put-down.
- ❖ Cranky people are often experts at making others feel like they're not good enough.
- ❖ Cranky people tend to be really good at making others feel small.

## How to Celebrate Cranky Co-Workers Day

- ❖ Poke a little fun in the office at the crankiness of people in general!
- ❖ No better way to be rewarded for getting out some anger than a [pinata at work today!](#)
- ❖ [10 Tips for Dealing With Difficult People at Work.](#)
- ❖ Bring levity to cranky co-workers by being [cranky on purpose.](#)
- ❖ Buy [gifts for cranky people.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# October 28 – National Champagne Day

Few things are as luxurious as champagne. The bubbles, the lightness, the elegant flute- all of these factors come together to create a drink that feels truly special. Champagne is traditionally made from a blend of three grapes- Pinot Noir, Pinot Meunier, and Chardonnay- and it originates from the Champagne region of France. Although champagne can be enjoyed on any occasion, it is most commonly associated with celebrations thanks to its festive appearance. Whether you are popping bottles at a wedding or toasting to a new year, champagne is the perfect way to add a touch of class to any event. Cheers!

## History of Champagne

The history of champagne is surprisingly complex. The region of Champagne in France is thought to be the birthplace of this bubbly beverage, with early references dating back to the 16th century. However, it wasn't until the 18th century that champagne as we know it began to take shape. This was thanks in large part to Dom Perignon, a French monk who is credited with perfecting the method of making sparkling wine. Since then, champagne has become one of the most popular wines in the world, enjoyed by millions every year.

## Five Things About Champagne

- ❖ Not all champagne is sparkling wine. In order for a wine to be classified as champagne, it must come from the Champagne region of France and be made using traditional methods.
- ❖ The bubbles in champagne are actually created by carbon dioxide gas dissolved in the wine. When a bottle of champagne is opened, the gas escapes and forms bubbles.
- ❖ The famous "champagne pop" is actually caused by a small amount of explosive material called triacetin that is added to the wine during the bottling process. Triacetin is also used in fire extinguishers and rocket fuel!
- ❖ Champagne is often served with food because the bubbles help to cleanse the palate and enhance the flavors of the dish.
- ❖ Champagne has been associated with luxury and celebrations for centuries. In fact, Napoleon Bonaparte was a big fan of champagne and is said to have once remarked, "In victory, you deserve it. In defeat, you need it." Cheers to that!

## How to Celebrate National Champagne Day

- ❖ Enjoy a bottle of [champagne or sparkling wine](#) today.
- ❖ Learn more about [champagne and fun food pairings](#).
- ❖ Treat yourself to some new [champagne flutes, buckets, and more](#).
- ❖ Try one of these delicious [food recipes that use champagne](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# October 29 – National Cat Day

There's just something about cats. Something about their independent spirits, their soft purrs, and their adorable faces that just melts people's hearts. Of course, not everyone understands the appeal of cats. Some people find them aloof and uninterested, and they can certainly be fickle creatures. But that's part of their charm! They're not like other pets – they won't slobber all over you or follow you around the house like a puppy. They're more like little furry humans, and they demand to be treated as such.

## History of Cats

Throughout history, cats have been both revered and reviled. The ancient Egyptians worshipped them as gods, and in medieval Europe, they were feared as agents of Satan. But no matter how they are viewed, there is no denying that cats are one of the most popular pets in the world. Cats first came to America with the early settlers, and they quickly became a common sight in homes and farms across the country. Today, there are an estimated 74 million pet cats in the United States alone. And while they may not all be worshipped like the Egyptians did, it is clear that cats have won the hearts of people around the world.

## Five Interesting Things About Cats

- ❖ Cats are experts at camouflage. Their fur often blends in with their surroundings, making them difficult to spot. This natural Camouflage is thought to help them avoid predators and sneak up on their prey.
- ❖ Cats have an excellent sense of balance. This allows them to walk along narrow ledges and perches without falling. It also comes in handy when they're chasing after rodents and other small prey.
- ❖ Cats are notorious for being independent creatures. They aren't particularly fond of being domesticated and often prefer to do things on their own terms. This can be both good and bad depending on your perspective.
- ❖ Cats are one of the few animals that walk on their toes. This gives them a more graceful appearance and also helps them move quietly so they can better stalk their prey.
- ❖ Cats have a third eyelid that helps protect their eyes from dirt and debris. This inner eyelid is called a nictitating membrane and it's something that not all animals have.

## How to Celebrate National Cat Day

- ❖ Adopt a cat or donate to a shelter.
- ❖ Purchase [cat gifts](#) or [cat supplies](#).
- ❖ Visit "[Cats The Musical](#)" and find out when the musical will be in your area.
- ❖ Take photos of your cat and make a [collage](#) or a [photo book](#).
- ❖ For more ideas, visit "[The Top 20 Days to Celebrate National Cat Day](#)."
- ❖ If you love the article image, purchase it on these fun products on Zazzle!
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# October 30 – Text Your Ex Day

Oh, the joys of modern technology! With just a few taps on our trusty smartphones, we can now stay in regular contact with anyone in the world - even our exes. While there may be some people who believe that texting an ex is a bad idea, we say go for it! After all, what could possibly go wrong? If your relationship ended on good terms, then why not reach out and catch up? And if things didn't end so well, well... maybe it's time to apologize for that drunken mistake you made at their birthday party. Either way, there's no harm in sending a quick text. So go ahead and let your fingers do the talking - just don't be surprised if you get ghosted.

## History of Texting

The first text message was sent only twenty years ago, in December of 1992. Since then, texting has become an indispensable part of our lives. It's estimated that the average teenager sends over a thousand text messages per month! But where did this technology come from, and how did it evolve into the ubiquitous form of communication we know today? The first text message was actually sent by accident. British engineer Neil Papworth was trying to wish his boss a Merry Christmas, but instead he ended up inventing a new form of communication. At the time, there were no phones that could send or receive text messages, so Papworth had to use a computer keyboard to send his message. It would be another two years before the first commercial text service was launched in Finland. This system, known as Short Message Service (SMS), quickly caught on and began to spread around the world.

## Five Fun Facts About Texting

- ❖ According to a recent study, the average person spends over four hours a day texting.
- ❖ Texting has become so popular that it's now the preferred method of communication for many people, even over talking on the phone.
- ❖ In some cases, texting can actually be faster than talking. For example, if you're trying to make plans with a group of friends.
- ❖ Texting can be a great way to stay in touch with friends and family members who live far away. Just because you're not in the same place doesn't mean you can't have a conversation!
- ❖ Texting can also be used for more than just chatting - it can be used for things like online shopping, ordering food delivery, and more.

## How to Celebrate National Text Your Ex Day

- ❖ Text an ex, of course! [36 great texts to send to your ex.](#)
- ❖ Read more about the [history of texting](#) from back to the telegraph.
- ❖ Enjoy [28 Fascinating Facts About Texting](#).
- ❖ Learn how to [animate messages](#) on iPhone.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# October 31 – Halloween

It's that time of year again! The leaves are falling, the air is crisp, and ghosts and goblins are lurking around every corner. That's right, it's Halloween! For many people, this holiday is all about candy, costumes, and Trick-or-Treating. But what is the real story behind Halloween? According to historians, the holiday has its roots in an ancient Celtic festival called Samhain. Over time, Halloween became more commercialized and today it is celebrated all over the world. So whether you are dressing up as a witch or carving a pumpkin, take a moment to remember the history of this spook-tacular holiday. Happy Halloween!

## History of Halloween

It is believed Halloween started with the Celtic festival of Samhain. This festival marked the end of the harvest season and the beginning of winter. To celebrate, people would light bonfires and dress up in costumes to ward off evil spirits. When the Romans conquered the Celts, they incorporated some of their traditions into their own festivals. One of these was Feralia, a day to honor the dead. Around the same time, the Catholic Church was trying to convert pagans to Christianity. They did this by Christianizing pagan holidays and integrating them into the church calendar. All Saints' Day, or All Hallows' Day, was created as a way to honor Christian saints and martyrs. It falls on November 1st, which is also the day after Samhain. Halloween eventually developed from a combination of these festivals. Today, it is a popular holiday in many countries around the world.

## Five Things About Halloween

- ❖ Candy corn was invented in the 1880s by a man named George Renninger. He worked for Wunderle Candy Company. Almost 40 million pounds of candy corn are produced each year!
- ❖ Jack-o'-lanterns were originally carved from turnips or potatoes. When Irish immigrants came to America, they started using pumpkins instead.
- ❖ The first known mention of trick-or-treating was in 1927, in an article from Alberta, Canada. However, it is thought that the tradition actually originated in Scotland and Ireland.
- ❖ Halloween is the second most popular holiday in America.
- ❖ The word "Halloween" comes from "All Hallows' Eve," which is the night before All Saints' Day.

## How to Celebrate Halloween

- ❖ Have a [High-End Halloween](#).
- ❖ 60 Best [Halloween Party Food](#) Ideas from Oprah.
- ❖ [Decorate outside](#) with spooky decorations and get other [Halloween things](#).
- ❖ Watch the [65 Best Halloween Movies of All Time](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.

### More Halloween Products on Zazzle!

[Skeletons](#) [Witch](#) [Frankenstein](#) [Dracula](#) [Ghost](#) [Bats and Pumpkins](#) [Spider Web](#)  
[Trick or Treaters](#) [Ghosts and Pumpkins](#) [Haunted House](#)



# November 1 – World Vegan Day

What exactly is a vegan? In short, a vegan is someone who abstains from using any animal products, whether it's in their food, clothing or cosmetics. That means no leather shoes, no honey in their tea and definitely no meat or dairy. So why do people become vegans? For some, it's a moral choice - they believe that animals should not be treated as commodities and that our current methods of farming and slaughter are cruel. Others become vegan for environmental reasons - animal agriculture is a major contributor to climate change, so by ditching animal products they're doing their bit to save the planet. And then there are those who simply believe it's the healthiest way to eat. Whatever the reason, there's no doubt that veganism is on the rise. So if you're thinking of making the switch, we're exploring the idea today on World Vegan Day!

## History of Veganism

The history of veganism is a long and winding one, dating back to ancient times. Early vegetarians were motivated by a variety of reasons, including religious beliefs, philosophical principles, and health concerns. The term "vegan" was first coined in 1944 by Donald Watson, founder of the Vegan Society. At the time, veganism was defined as "the philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose." In recent years, the definition has been expanded to include environmental concerns. Today, vegans come from all walks of life and from all over the world. They are united by their commitment to live in a way that avoids causing harm to animals.

## Five Things You Might Not Know About Vegans

- ❖ Vegans don't just abstain from eating meat - they also avoid all animal products, including dairy, eggs, and honey.
- ❖ Many vegans choose to live a completely cruelty-free lifestyle, and will only purchase products that have not been tested on animals.
- ❖ The vegan diet is not necessarily healthy - in fact, some vegans actually consume more processed foods than meat-eaters!
- ❖ The term 'vegan' was first coined in 1944 by Donald Watson, founder of the Vegan Society.
- ❖ An estimated 3.5% of the US population is vegan. That might not seem like a lot, but it actually works out to around 11 million people.

## How to Celebrate World Vegan Day

- ❖ Get a [FREE Vegan Starter Kit](#).
- ❖ Buy [vegan things](#).
- ❖ [55 Celebrities share](#) why they went vegan.
- ❖ Read "[Why Go Vegan?](#)"
- ❖ [Take a vegan course](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 2 – Day of the Dead

The Day of the Dead is a time to remember and honor those who have passed away. But it's also a time to celebrate life, and to enjoy the company of family and friends. And what better way to do that than with food? Of course, no Day of the Dead feast would be complete without some traditional Mexican dishes. But don't be afraid to mix things up a bit. After all, the dead are gone, so they're not going to be picky about what you serve. So go ahead and indulge in your favorite foods. Just be sure to save some for the spirits of your loved ones. They'll be sure to appreciate it.

## History of Day of the Dead

The exact origins of the holiday are unknown, but it is believed to have started as a way to honor the dead in ancient Mexico. One of the most iconic symbols of the Day of the Dead is La Catrina, a skeleton lady who is often depicted in elaborate dress and makeup. According to legend, La Catrina was once a living woman who was so obsessed with her own beauty that she refused to accept death when her time came. As a result, she was cursed to wander the earth as a skeletal ghost. Today, she is a popular Day of the Dead figure, and her image can be seen in everything from paintings and sculptures to sugar skulls and floats. Over time, the holiday evolved and began to incorporate elements of Catholicism. Today, the Day of the Dead is celebrated all over Mexico and parts of the United States.

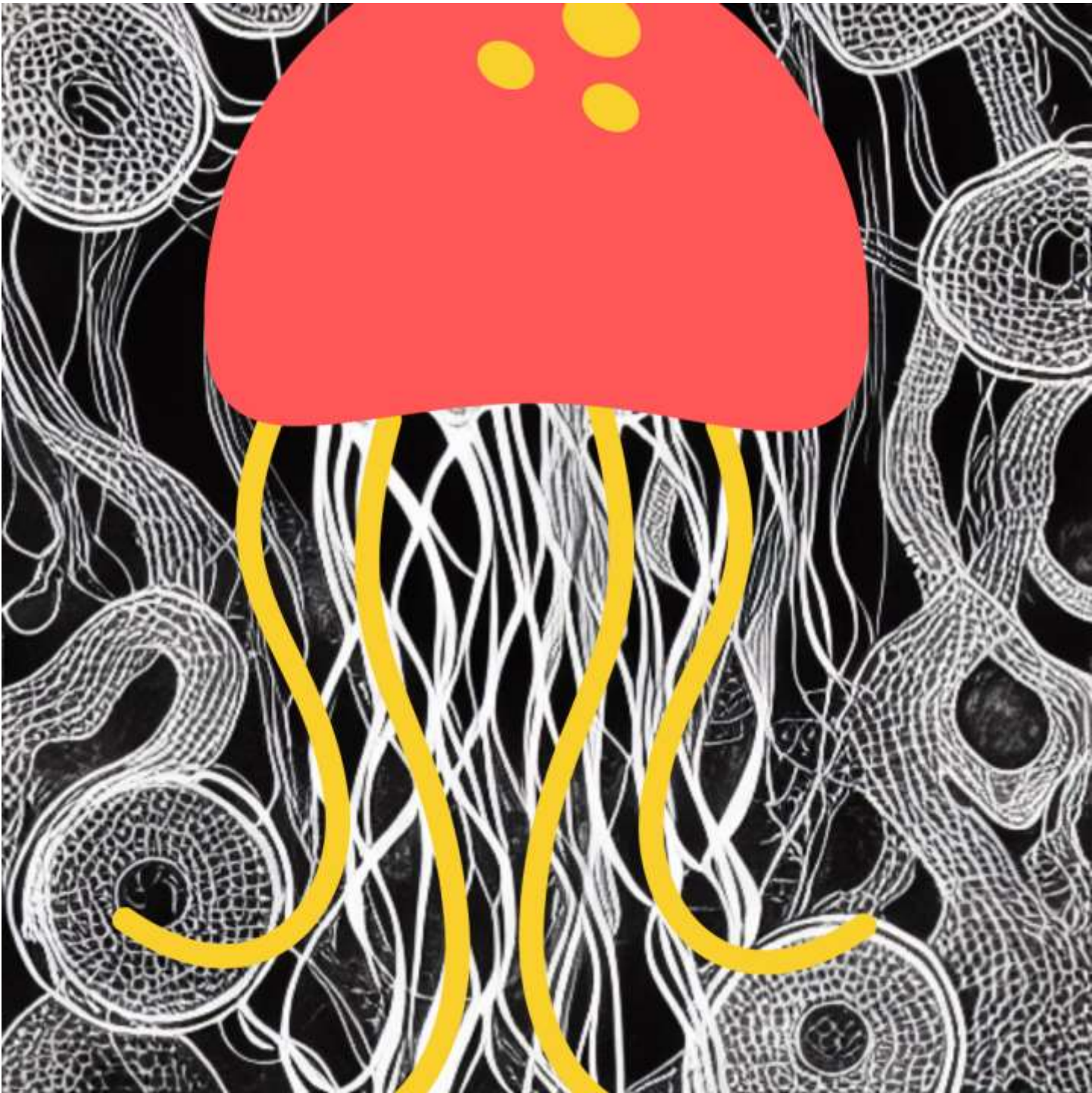
## Five Things About Day of the Dead

- ❖ The Day of the Dead is also known as Dia de los Muertos. It is celebrated on November 2nd, which coincides with the Catholic holidays All Saints' Day and All Souls' Day.
- ❖ The holiday originated in Mexico, but it has now spread to other parts of Latin America and The United States.
- ❖ The holiday is a time to remember and honor deceased loved ones. Families often create altars adorned with photos, flowers, and favorite foods and drinks of the deceased.
- ❖ One of the most recognizable symbols of the Day of the Dead is the skull, or calavera. Calaveras are often used to decorate altars and graves, and they are also worn as masks during celebrations.
- ❖ The Day of the Dead is not a somber occasion, but rather a time to celebrate life and remember those who have passed away. Families often hold parties, complete with music, dancing, and feasting.

## How to Celebrate Day of the Dead

- ❖ [Create an altar of deceased family members](#) with photos along with their favorite food and drink.
- ❖ Buy [Day of the Dead decorations and things](#).
- ❖ Make [Pan de Muerto](#), a traditional Mexican sweet bread for the holiday.
- ❖ [Day of the Dead festivals in the U.S.](#)
- ❖ [100 Day of the Dead crafts](#) from Crafty Chica.
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# November 3 – Jellyfish Day

They say that in the sea, there is nothing to fear but fear itself. But if you ask me, there is one thing in the sea that is even more terrifying than fear itself: jellyfish. These translucent creatures have been around for millions of years, and they show no signs of going anywhere anytime soon. Jellyfish are fascinating creatures, but they are also very dangerous. Each year, thousands of people are stung by jellyfish, and some of these stings can be fatal. But why are jellyfish so dangerous? Well, that's a question that scientists are still trying to answer. Some say that it's because of their venomous stingers. Others say that it's because they are often hard to see in the water, making them difficult to avoid. Whatever the reason, one thing is for sure: jellyfish are not to be trifled with.

## History of Jellyfish

Jellyfish have been around for a long time- even before the dinosaurs. In fact, jellyfish are some of the oldest animals on Earth, with fossil records dating back to over 500 million years ago. And yet, despite their lengthy history, jellyfish are still something of a mystery to scientists. These creatures are unique in many ways, from their bone-free bodies to their ability to change sex. They also have an interesting life cycle, spending most of their lives as free-floating medusa before transforming into sedentary polyps. But despite all we have learned about jellyfish, there is still much more to discover about these fascinating creatures.

## Five Things About Jellyfish

- ❖ Jellyfish have been around for a long time - over 500 million years, to be exact. That means they've been around longer than dinosaurs!
- ❖ Jellyfish don't have brains. Instead, they have a very simple nervous system that is spread throughout their body.
- ❖ Jellyfish come in all shapes and sizes. Some species are less than an inch long, while others can grow to be over six feet in diameter!
- ❖ Most jellyfish are transparent, but some species can be very colorful.
- ❖ Jellyfish are carnivores and eat small fish, plankton, and other marine animals.

## How to Celebrate Jellyfish Day

- ❖ Check out the live cam of jellyfish at the [Aquarium of the Pacific](#).
- ❖ Purchase [really cool jellyfish things](#).
- ❖ [How Deadly is the Box Jellyfish?](#)
- ❖ [Can You Eat Jellyfish?](#)
- ❖ Buy this [jellyfish canvas print](#).
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# November 4 – Easy-Bake Oven Day

It's time to dust off those aprons and start stirring up some sweet treats because it's Easy-Bake Oven Day! This beloved toy has been a staple in countless childhoods, providing hours of delightful culinary experimentation. Whether you're looking to reminisce on fond memories or introduce a new generation to the joys of miniature baking, there's no better time to celebrate. Whip up some classic treats like mini cakes or sugar cookies, or get creative with your own unique recipes. Whatever you choose, make sure to savor every bite and enjoy the process of creating something truly special. Happy Easy-Bake Oven Day!

## History of the Easy-Bake Oven

The Easy-Bake Oven has been a staple in households for almost six decades, bringing joy and creativity to children everywhere. Invented in 1963 by Ronald Howes, it was originally designed as a simple version of the commercial baking equipment used in restaurants and bakeries. Over the years, the Easy-Bake Oven has gone through several design changes and has adapted to the modern age of technology, but one thing remains constant: the joy and memories it brings to generations of kids who have discovered the joys of cooking and baking with this iconic toy.

## Five Things About the Easy-Bake Oven

- ❖ The Easy Bake Oven is a great way to introduce kids to the world of baking without any fear of burns or injuries.
- ❖ It's a fun way to experiment with flavors and decorations.
- ❖ The Easy Bake Oven gives kids a sense of independence and responsibility as they learn to use it on their own.
- ❖ It allows creativity to flourish as kids come up with their own unique recipes.
- ❖ Baking with the Easy Bake Oven can be a wonderful bonding experience for parents and children, creating lasting memories that will be cherished for years to come.

## How to Celebrate Easy-Bake Oven Day

- ❖ Purchase an [Easy-Bake Oven and supplies](#) (makes a great Christmas gift too)!
- ❖ Make your own - [12 DIY Easy-Bake Oven mixes](#).
- ❖ Read the 38 Hertz article, "[The Joy of Cooking](#)."
- ❖ Purchase some fun aprons - over [220 apron designs](#) on our 38 Hertz Zazzle Store.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 5 – Election Day

It's that time of year again! The leaves are changing color, the air is getting cooler, and everyone is talking about who they're going to vote for in the upcoming election. Election day is an important day for all eligible citizens. It's a chance to have your say in how your country is run. Whether you're voting for the first time or the hundredth time, make sure you take the time to research the candidates and make an informed decision. And don't forget to enjoy the process! Voting is one of the great privileges of living in a democracy, so make sure you savor it.

## History of Election Day

The first Election Day was held on Tuesday, November 2, 1788. Only white male landowners over the age of 21 were allowed to vote. But things have changed a lot since then! In 1870, the 15th amendment was passed, giving African American men the right to vote. In 1920, the 19th amendment was passed, giving women the right to vote. And in 1971, the 26th amendment was passed, lowering the voting age to 18. Today, anyone who is a U.S. citizen and 18 years or older can vote, regardless of race, gender, or property ownership.

## Five Fun Facts About Past Election Results

- ❖ In the 1876 election, Rutherford B. Hayes won the popular vote by just one percent. However, he lost the electoral vote by a wide margin, due to fraud and corruption in the South. As a result, Hayes was only elected after a contentious process known as the Compromise of 1877.
- ❖ In the 1960 election, John F. Kennedy defeated Richard Nixon in one of the closest elections in history. Kennedy won the popular vote by just 0.2 percent, and the electoral vote by a margin of 112 votes.
- ❖ The 1824 election was one of the most bizarre in American history. No candidate won a majority of the electoral vote, so the election was decided by the House of Representatives. After multiple ballots, John Quincy Adams was eventually declared the winner.
- ❖ In 1800, Thomas Jefferson and Aaron Burr tied for first place in the electoral vote. Since no candidate had won a majority, the election was decided by the House of Representatives. Jefferson was eventually declared the winner, but only after 36 ballots!
- ❖ In the election of 1912, Teddy Roosevelt was so upset with the Republican Party that he decided to run as a third-party candidate. This split the Republican vote and allowed Democrat Woodrow Wilson to win.

## How to Celebrate Election Day

- ❖ Vote! If you aren't registered to vote, [register!](#)
- ❖ Host an [election day party](#). Decorate with [patriotic party balloons](#).
- ❖ Learn about the rules of voting in your state at [Rock the Vote](#).
- ❖ All about [Election Day in The United States](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 6 – National Nachos Day

Nachos are the perfect food. They're crunchy, they're cheesy, they're spicy - what's not to love? And they're so versatile. You can have them as a snack, a side dish, or even a meal. Plus, they're easy to make. So why not show your love for nachos by making them tonight? You won't be sorry. And who knows? Maybe you'll even find that you're a nacho convert. After all, once you've had nachos, there's really no going back.

## History of Nachos

The story goes that in 1943, a group of U.S. soldiers were stationed near the town of Piedras Negras, Mexico. One evening, they decided to visit a local restaurant called the Victory Club. The restaurant was closed, but the owner, Ignacio "Nacho" Anaya, agreed to make them something to eat. He quickly assembled some tortillas, cheese, and jalapeños, and the soldiers were so pleased with the result that they named it after him. Nachos have come a long way since then, and today they are enjoyed all over the world. Whether you like them plain or topped with all your favorite ingredients, there's no denying that nachos are a true culinary delight.

## Five Things About Nachos

- ❖ "Nacho" is actually short for "Ignacio," a common nickname for people named "Ignacio."
- ❖ Nachos originally were just tortilla chips covered in cheese, but nowadays there are all sorts of nacho variations, including nachos with ground beef, chicken, vegetables, and even fruit.
- ❖ Nachos are typically served as a snack or appetizer, but they can also be made into a full meal by adding toppings like beans, rice, and salsa.
- ❖ On September 20, 2016, a group of friends in Ohio set the world record for the most nachos ever consumed in one sitting. The impressive feat was accomplished by consuming a whopping 3,100 nachos in just 30 minutes.
- ❖ On October 1, 2016, the largest nacho ever was made in Puebla, Mexico. It weighed in at a whopping 8,370 pounds (3,785 kg) and measured over 24 feet (7.3 m) long!

## How to Celebrate National Nachos Day

- ❖ Have a nacho today - here's [my awesome nacho recipe!](#)
- ❖ Serve up a [nacho bar](#).
- ❖ Try out a new type of nacho with [100 nacho recipes](#) here.
- ❖ Make [Trisha Yearwood's dessert nacho](#).
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# November 7 – National Hug a Bear Day

For many people, hugging is an important way to show affection and express emotions like happiness, sadness, and love. But what exactly is hugging, and how did it become such a ubiquitous gesture? Hugging is simply the act of pressing one's body against another person in order to express emotions or show affection. The origins of hugging are unclear, but it is believed to have first emerged as a way of showing support and comfort. For example, parents might hug their children after a fall, or friends might hug each other after receiving bad news. In some cultures, it is customary to hug when greeting someone, while in others, it is considered more appropriate to shake hands. Regardless of its cultural significance, hugging is an essential form of human interaction that helps us to feel connected to others.

## History of Hugging

The act of hugging is universal and has been a part of human interaction for centuries. But where did this tradition come from? It's believed that the history of hugging dates back to the origins of human touch. For our ancestors, touching was a way to bond and show affection. In fact, studies have shown that infants who are not touched often fail to thrive. This need for human contact is hardwired into our brains and is essential for our survival. Hugging is thought to have evolved as a way to reinforce social bonds. When we hug someone, we release oxytocin, the "cuddle hormone" that promotes feelings of love and trust. Oxytocin is also released during childbirth and breastfeeding, furthering the connection between mother and child.

## Five Things About Hugging

- ❖ Hugs can help to reduce stress levels. When you hug someone, your body releases the hormone oxytocin, which has been shown to lower levels of stress and anxiety.
- ❖ Hugs can boost your immune system. Oxytocin has also been shown to increase the production of white blood cells, which help to fight off infection.
- ❖ Hugs can improve your cardiovascular health. One study found that people who hug frequently have lower blood pressure and a reduced risk of heart disease.
- ❖ Hugs can make you feel happier. Oxytocin is sometimes referred to as the "cuddle hormone" or the "love hormone" because it is associated with happiness and feelings of love and connection.
- ❖ On October 12, 2015, in the town of Squamish, British Columbia, two friends set the world record for the longest hug, 24 hours and 33 minutes.

## How to Celebrate National Hug a Bear Day

- ❖ You better just hug someone today.
- ❖ [Buy a teddy bear](#) to hug!
- ❖ Read, "[The Undeniable Power of a Simple Hug.](#)"
- ❖ Watch the video, "[11 Type of Hugs and What They Really Mean.](#)"
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 8 – World Pianist Day

On November 8th, we celebrate World Pianist Day, a special day dedicated to the beautiful art of piano playing. The piano has long been considered a timeless instrument, captivating audiences of all ages and backgrounds. It's played a vital role in music history and continues to inspire new generations of musicians. On this day, we honor those who have spent countless hours mastering the piano keys, bringing joy and beauty into our lives through their artistry. Whether it's classical, jazz, or modern pop, piano music is a universal language that speaks to the soul and touches our hearts. Let us take a moment to appreciate the passion and dedication of our favorite pianists and recognize the profound impact they have on the world of music.

## History of the Piano

The piano is a familiar and beloved instrument that holds a treasured place in the hearts of many. Its origins can be traced back to the early 18th century, when Italian harpsichord maker Bartolomeo Cristofori first developed the instrument. The piano quickly became popular due to its versatility, range, and expressive capabilities. Famous composers like Mozart, Beethoven, and Chopin all composed masterpieces for the piano, cementing its place in the world of music. The instrument has undergone many changes and advancements throughout its history, evolving into the modern piano we know today. Despite its long and complex history, the piano remains a timeless and essential part of the musical world.

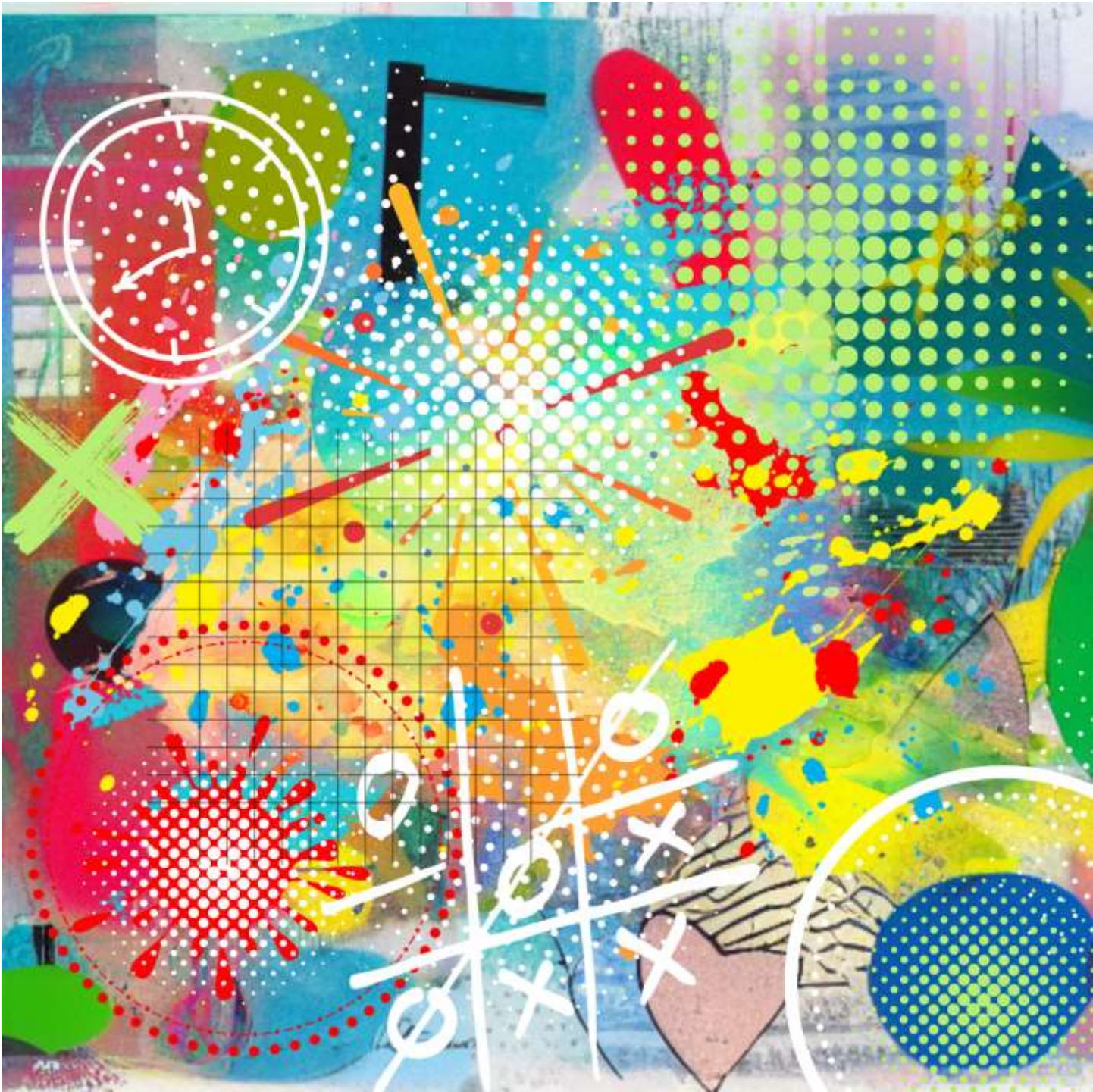
## Five Things About Piano Music

- ❖ The first piano was created in Italy in 1709 by Bartolomeo Cristofori and was called a clavichord.
- ❖ The black and white keys on a piano are not just for show - they actually serve a purpose, with the black keys used to play the sharps and flats.
- ❖ Modern pianos can have up to 12,000 parts, making them incredibly intricate.
- ❖ The fastest piano piece ever played was "Flight of the Bumblebee" and was played at a mind-boggling 1,600 notes per minute!
- ❖ The world's largest piano is the "Ludwig," which was built by a German piano maker and is over six meters long. With such a rich history and a multitude of fascinating details, it's clear that the piano is truly a marvel of musical engineering.

## How to Celebrate World Pianist Day

- ❖ If you play the piano, play on today!
- ❖ If you've always wanted to learn, [purchase a piano](#), [start piano lessons today](#).
- ❖ Listen to the [top 25 pianists of all time](#).
- ❖ [Host a piano recital](#).
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# November 9 – Go to an Art Museum Day

A visit to an art museum can be a enriching experience. For many people, it is a chance to see works of art that they would never have the opportunity to view otherwise. Art museums also provide an opportunity to learn about different cultures and historical periods. In addition, viewing art can help to improve one's aesthetic sense and appreciation for beauty. Whether one is interested in paintings, sculptures, or architecture, an art museum is sure to have something of interest. Even for those who are not particularly interested in art, a visit to an art museum can be a enjoyable and enlightening experience.

## History of Art Museums

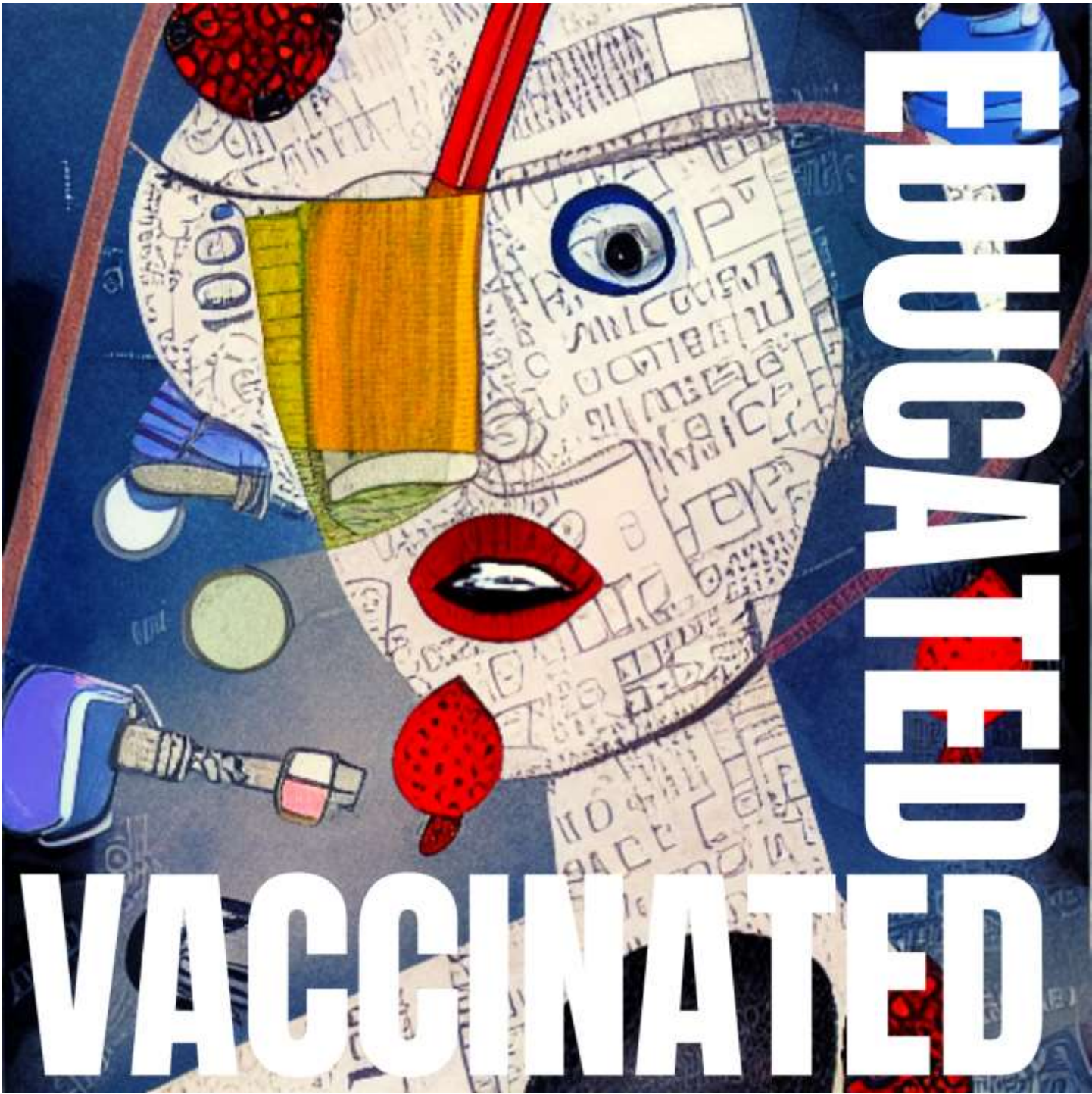
The concept of the art museum is a relatively new one. The first public art museum in the world was the Uffizi Gallery, which opened its doors in Florence, Italy in 1581. However, it was not until the 19th century that art museums began to proliferate across Europe and North America. This was due in part to the increasing popularity of art collecting, as well as to the industrial revolution, which made it easier to transport and display large artwork. Today, there are thousands of art museums around the world, each showcasing its own unique collection. Whether you're interested in viewing ancient Egyptian artifacts or Impressionist paintings, there's sure to be an art museum that has something to offer you.

## Five Amazing Art Museums

- ❖ The Louvre in Paris, France is the most visited art museum in the world, home of the Mona Lisa and the Venus de Milo with over 35,000 works of art on display.
- ❖ The Metropolitan Museum of Art in New York City, USA houses over two million works of art from every culture and period.
- ❖ The British Museum in London, England is one of the oldest museums in the world, founded in 1753 to house the personal collection of Sir Hans Sloane.
- ❖ The Hermitage in Saint Petersburg, Russia is housed in a complex of six historic buildings, including the Winter Palace, former residence of Russian tsars.
- ❖ The National Gallery houses a collection of over 130,000 works of art from around the world including paintings by Vincent van Gogh and Pablo Picasso.

## How to Celebrate Go to an Art Museum Day

- ❖ Visit an [art museum today in your area](#). Pair it with lunch out at your favorite restaurant.
- ❖ Not going out? Visit these [18 museums virtually](#).
- ❖ [31 360-degree virtual tours](#) of the best art museums in the world.
- ❖ [How to Start Learning Art History](#).
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365 Days of Celebration 2024

# November 10 – World Immunization Day

Today is World Immunization Day, a day to raise awareness about the importance of vaccines in protecting people of all ages against disease. Vaccines are one of the most successful public health interventions, saving millions of lives each year. They not only protect those who are vaccinated, but also help to prevent the spread of disease by protecting vulnerable populations, such as young children and the elderly. Today, there are vaccines available for a wide range of diseases, including polio, measles, and HPV. However, there are still many people who do not have access to these life-saving treatments. In honor of World Immunization Day, let us commit to working together to ensure that everyone has access to the vaccines they need.

## History of Vaccinations

The first vaccine was developed by Edward Jenner in 1796. He noticed that milkmaids who had been infected with cowpox were immune to smallpox, which was a much more dangerous disease. He decided to test his theory by inoculating a young boy with cowpox, and then exposing him to smallpox. The boy did not contract smallpox, and Jenner's experiment was considered a success. From there, vaccines began to be developed for other diseases like rabies, cholera, and yellow fever.

## Five Facts About Vaccinations

- ❖ Vaccinations are estimated to prevent approximately 10 million deaths globally each year.
- ❖ The vaccination rates for children in the United States are among the highest in the world, with more than 90% of children being vaccinated against some diseases.
- ❖ Despite high vaccination rates, outbreaks of vaccine-preventable diseases still occur in the United States. For example, there have been recent outbreaks of measles and whooping cough.
- ❖ Vaccine-related side effects are rare and most often mild, such as a sore arm or mild fever.
- ❖ Vaccinations are one of the most cost-effective public health interventions available, with each dollar spent on childhood vaccines estimated to save \$10 in direct medical costs and \$40 in indirect costs such as lost productivity.

## How to Celebrate World Immunization Day

- ❖ Get your vaccinations up to date. [Immunization Schedule](#).
- ❖ Get a [vaccination record](#).
- ❖ Read "[11 Facts About Vaccines](#)."
- ❖ Read, "[Vaccines, The Myths and Facts](#)."
- ❖ Get the email newsletter at [Immunize.org](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 11 – Veterans' Day

Veterans' Day is a time to remember and honor the men and women who have served in the Armed Forces. It is a day to reflect on their sacrifices and to be grateful for their service. It is also a day to remember the families of veterans, who have made many sacrifices of their own. They have given up their loved ones to serve our country, and they have often had to bear the burden of worry and uncertainty while their loved ones are deployed. Today, let us all take a moment to remember the veterans and their families, and to thank them for their service.

## History of Veterans' Day

Veterans Day is a federal holiday in the United States that is observed on November 11th. This holiday honors all military veterans who have served in the United States Armed Forces. The date of Veterans Day was originally chosen to commemorate the signing of the Armistice Agreement that ended World War I. In 1919, President Woodrow Wilson issued a proclamation declaring November 11th as "Armistice Day" to honor the brave servicemen and women who had fought in "The Great War." In 1938, Congress passed a law making Armistice Day a legal holiday. In 1954, after World War II and the Korean War, the name of the holiday was changed to Veterans Day to honor all American veterans of all wars. On June 1st, 1954, President Dwight D. Eisenhower signed a bill into law that officially changed the name of Armistice Day to Veterans Day.

## Five Interesting Facts About Veterans

- ❖ There are over 19 million veterans in the United States.
- ❖ Veterans make up less than 10% of the population, but they account for 18% of the suicides.
- ❖ Of all the veterans who served in Iraq and Afghanistan, only 2% have been killed in combat. The rest have died from accidents, illness, or suicide.
- ❖ Women make up 15% of the veteran population.
- ❖ One in four homeless people is a veteran.

## How to Celebrate Veterans' Day

- ❖ Acknowledge and thank veterans today.
- ❖ Give a [veteran a gift](#).
- ❖ Thank the veterans in your circle by hosting a [Veterans Day party](#).
- ❖ Read, "[The Changing Face of American's Veteran Population](#)."
- ❖ [99 Ways to Honor a Veteran Throughout the Year!](#) A must read.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 12 – National Happy Hour Day

There's something special about happy hour. It's the time of day when work is done and it's time to relax with friends. The best part about happy hour is that there are usually great deals on food and drinks. Whether it's half-priced appetizers or discounted cocktails, happy hour is the perfect time to indulge in your favorite foods and drinks. And since happy hour usually takes place after work, it's the perfect way to unwind after a long day. So whether you're looking for great deals or just a chance to relax with friends, be sure to check out your local happy hour.

## History of Happy Hour

The origins of happy hour are murky, but it is clear that this time-honored tradition has been around for centuries. The first recorded use of the term "happy hour" was in a 1915 naval memo, but it is likely that the practice dates back even further. One theory suggests that happy hour originated with British sailors, who would enjoy a drink before their evening meal. Another possibility is that it began in American bars, which offered reduced-price drinks to lure customers during off-peak hours. Regardless of its precise origins, happy hour has become a fixture in bars and restaurants around the world. And for good reason: what could be better than enjoying a delicious cocktail or two with friends after a long day at work? Cheers to happy hour!

## Five Fun Ways to Enjoy Happy Hour

- ❖ Go on a bar crawl. Visit a different bar every hour and sample their specials. You'll get to try new things and explore your city at the same time.
- ❖ Turn it into a scavenger hunt. Make a list of things to find or do at each happy hour spot, like finding the weirdest cocktail or flirting with the bartender.
- ❖ Have a themed happy hour. Choose a country or era and only drink cocktails from that time period or place. Or dress up in costume and really get into character.
- ❖ Make it educational. Learn about different types of alcohol or how to make cocktails yourself.
- ❖ Make new friends. Happy hour is a great opportunity to meet new people.

## How to Celebrate National Happy Hour Day

- ❖ The [24 Best Work Happy Hour Ideas](#) for Companies of All Sizes.
- ❖ Host a [virtual happy hour](#).
- ❖ How to enjoy a [sober happy hour](#).
- ❖ Find a happy hour group in your area on [MeetUp](#).
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# November 13 – World Kindness Day

November 13 is celebrated as World Kindness Day every year. It's a day dedicated to promoting acts of kindness, no matter how small. Whether it's lending a helping hand to someone in need or simply offering a smile to a stranger, World Kindness Day encourages people to spread compassion and empathy throughout the world. This day reminds us that even the smallest act of kindness can make a big difference in someone's life. So, on this World Kindness Day, let's make a commitment to spread love and positivity wherever we go. Together, we can make the world a kinder place, one small act of kindness at a time!

## History of Random Acts of Kindness

The random acts of kindness movement has spread across the world, but where did it all begin? The history of this heartwarming movement dates back to the 1980s when Ann Herbert wrote the words "Practice random kindness and senseless acts of beauty" on a placemat in a Sausalito, California restaurant. From there, the movement grew as strangers began to take small actions that made a big impact on those around them. Today, it's not unusual to hear stories of people paying for someone else's coffee or leaving encouraging notes in public places. The power of kindness is undeniable, and it's thanks to the pioneers of this movement that we're all inspired to pay it forward.

## Five Things About Spreading Kindness

- ❖ One benefit of being kind is that it can increase our happiness levels. Showing kindness towards others can release hormones that promote feelings of joy and satisfaction.
- ❖ It can help reduce stress and anxiety, aiding in overall mental health.
- ❖ When we make others feel valued and appreciated, we are strengthening our connections with them.
- ❖ Acts of kindness can inspire others to pay it forward, creating a ripple effect of positivity.
- ❖ Overall, practicing kindness towards others can lead to a happier, healthier, and more fulfilling life.

## How to Celebrate World Kindness Day

- ❖ Download the [FREE 38 Hertz 30 Days of Happiness Guide](#).
- ❖ Visit [Kindness.org](#) and check out their mission.
- ❖ Get a [daily dose of kindness](#) and share it on social media.
- ❖ Send beautiful [Kind Notes](#).
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**LULU**

**Loosen Up! Lighten Up!**

# November 14 – Loosen Up, Lighten Up Day

To loosen up and lighten up can mean a lot of different things, depending on the context. It might mean to relax and not take everything so seriously. Or it could mean to brighten someone's day with a smile or a kind word. If you're feeling tight and stressed, you might need to spend a day loosening up and lightening up. Start your day with some gentle stretching exercises to loosen your muscles. Then, take some time to enjoy your favorite activities - play with your children or pets, read a good book, or take a nature walk, listen to upbeat music, and laugh as often as possible. Don't forget to eat healthy foods and drink plenty of water to keep your body fueled and hydrated. By the end of the day, you should feel refreshed and invigorated.

## History of Loosen Up, Lighten Up Day

This holiday was founded by Stephanie West Allen, a renowned lawyer, author, and expert on the science of humor. For years, Allen has been passionate about the many benefits of laughter and how it can improve our mental, physical, and emotional well-being. With LULU day, she hoped to spread this message and encourage people everywhere to take a break from the stresses of daily life and have a good laugh or two. As we mark this day each year, let's remember the importance of letting go, lightening up, and embracing the joy that comes with a good dose of humor.

## Five Things Stress Can Do to Your Life

- ❖ Stress can weaken your immune system, making you more susceptible to colds and other infections.
- ❖ Stress can cause headaches, muscle pain, and gastrointestinal problems.
- ❖ Stress can increase your risk of heart disease and stroke by contributing to high blood pressure and cholesterol levels.
- ❖ Stress can make it difficult to concentrate and remember things.
- ❖ Stress can lead to unhealthy coping mechanisms such as overeating, smoking, and drinking alcohol.

## How to Celebrate Loosen Up, Lighten Up Day

- ❖ Download the [38 Hertz FREE Guide to More Happiness!](#)
- ❖ Are you too uptight? [Find out here](#). Get a [mood ring too](#), so fun!
- ❖ WikiHow: How to Do Anything: [Lighten Up!](#)
- ❖ Enjoy [The Positivity Blog: Lighten Up!](#)
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# November 15 – I Love to Write Day

There's something special about writing. It's a chance to express yourself, to share your thoughts and feelings with the world. And when you write, you can be anyone you want to be. You can be the hero of your own story. So today, let's take a moment to celebrate writing. Let's celebrate the power it has to connect us with others, to help us express our deepest thoughts and feelings, and to bring joy into our lives. We all have a unique voice, and writing is one of the best ways to share it with the world. So, get out there and write something amazing today!

## History of I Love to Write Day

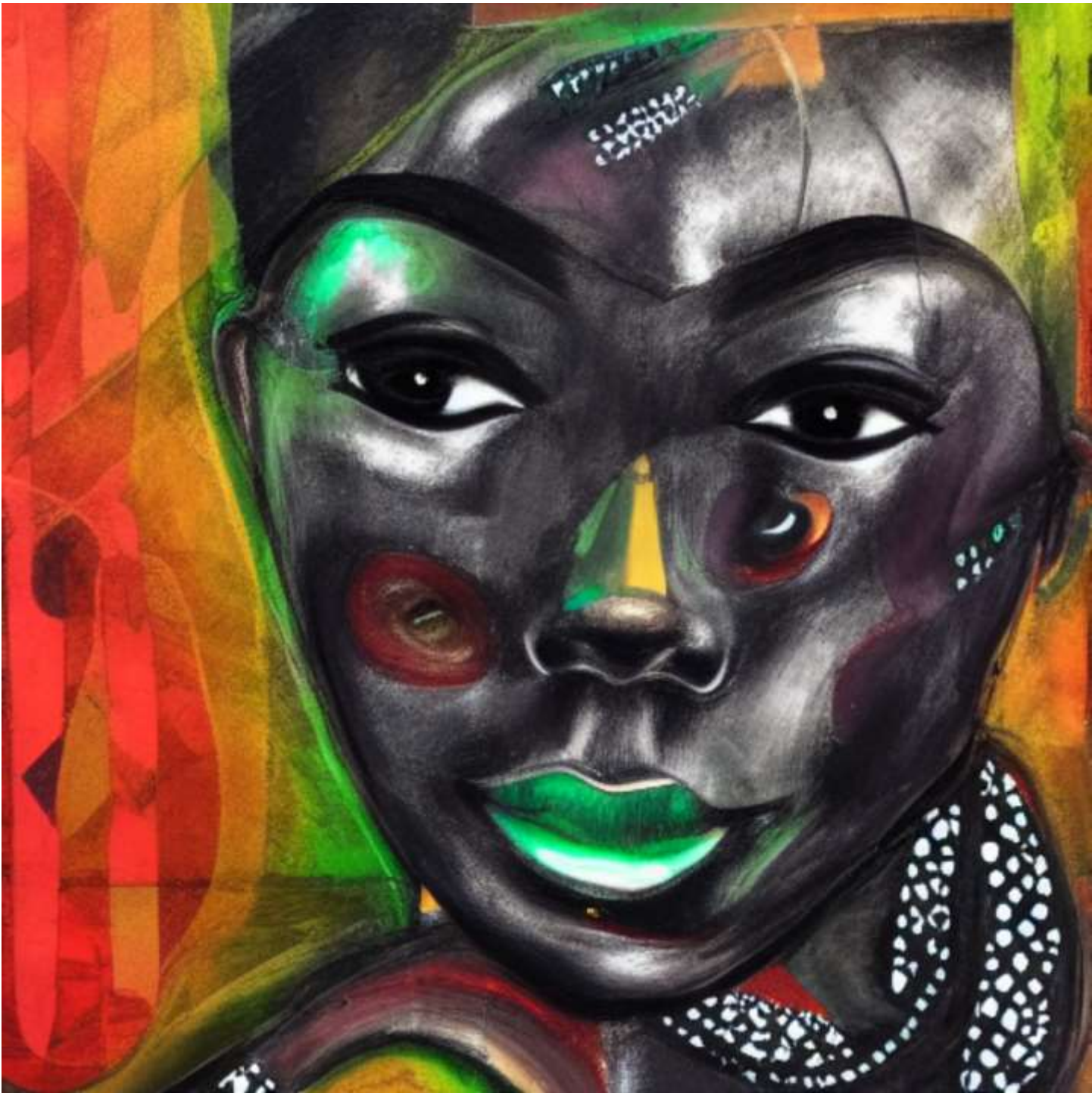
This special day was created by John Riddle, a writer and editor from North Carolina. Riddle wanted to encourage people of all ages to enjoy the benefits of writing, including improved communication skills, mental stimulation, and stress relief. Since its inception in 2006, I Love to Write Day has been celebrated by writers around the world. So whether you're a seasoned author or just getting started, take some time on November 15th to celebrate your love of writing. And who knows, maybe you'll even discover a new reason to love it.

## Five Ways to Be a Good Writer

- ❖ Make sure you have something to say. A writer is someone who has something to say, whether it's a opinion, a story, or a message.
- ❖ Find your own voice.
- ❖ Keep it simple. The best writing is usually the most straightforward and easy to understand.
- ❖ Be concise. A good writer knows how to edit their own work ruthlessly, cutting out anything that isn't absolutely essential.
- ❖ Practice, practice, practice.

## How to Celebrate I Love to Write Day

- ❖ Sign up for a [writing class](#).
- ❖ Learn about [Writing to Heal](#).
- ❖ Step-by-Step [How to Write a Poem](#).
- ❖ [Purchase a new journal](#) and start writing in it.
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# November 16 – Black Marketers’ Day

National Black Marketeers Day was created to acknowledge the achievements of black entrepreneurs and businesspeople. It is also a time to reflect on the challenges that they face in today's economy. Black marketeers have always been a key part of the American economy. They are the innovators and risk-takers who create new businesses and jobs. But they also operate in the shadows, outside of the mainstream financial system. This can make it difficult for them to get funding and access to other resources. Despite these challenges, black marketeers have made significant contributions to American society. They have helped to create some of the most successful businesses in the country. And they continue to play a vital role in our economy.

## History of Black Marketers’ Day

Spearheaded by the Black Marketers Coalition, this annual observance celebrates black entrepreneurship, ingenuity, and resistance against oppressive economic systems. Black Marketers Day stands as a symbol of the power of community and how it can be used to challenge the status quo. It also highlights the contributions of black-owned businesses and the significant role they play in building and sustaining vibrant, flourishing communities. Through both celebration and activism, Black Marketers Day continues to inspire and empower a new generation of black entrepreneurs to create innovative solutions that challenge systemic inequality and advance economic justice.

## Five Things About Black Businesses

- ❖ There are roughly 2.6 million black-owned businesses in the United States.
- ❖ Black-owned businesses have an annual revenue of \$137 billion.
- ❖ The number of black-owned businesses has grown by 167% since 2002.
- ❖ Only 30% of black-owned businesses are home-based, compared to 50% of all businesses.
- ❖ Black-owned businesses are more likely to be located in urban areas than other businesses.

## How to Celebrate National Black Marketers’ Day

- ❖ Become familiar with the [Black Marketers Coalition](#).
- ❖ Learn about the [struggles and biases](#) experienced by black entrepreneurs.
- ❖ Find black-owned businesses at the [Official Black Wall Street Directory](#).
- ❖ If you've had a positive experience with a black-owned business, write a review on [Yelp](#).
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# November 17 – Take a Hike Day

For the uninitiated, hiking may seem like a tedious and unrewarding activity. However, those who have experienced the joy of hiking know that it is one of the most rewarding ways to spend time in nature. There is nothing quite like breathing in the fresh air and taking in the beauty of the outdoors. The physical act of hiking can also be quite invigorating, providing a great workout for the whole body. In addition, hiking can be a great way to clear your head and find some peace and quiet. So next time you are feeling stressed or looking for an adventure, why not lace up your hiking shoes and hit the trail? You may just find that you enjoy it more than you ever thought possible. Don't forget urban hiking too!

## History of Hiking

Hiking was popularized in the 19th century by a group of English poets known as the Lake Poets. These poets, who included Wordsworth and Coleridge, were known for their love of nature and their disdain for city life. They often took long walks in the countryside, and their poetry often reflected their love of the outdoors. As interest in their work grew, so too did interest in hiking. Soon, people from all walks of life were hitting the trails in search of fresh air and beautiful scenery.

## Five Things You Should Know About Hiking

- ❖ Make sure you have the right gear. A good pair of hiking boots is essential, and you'll also want to pack plenty of water and snacks. Don't forget sunscreen and a hat, too!
- ❖ Be aware of your surroundings. Keep an eye out for potential hazards, such as steep drop-offs or slippery rocks. And if you see wildlife, admire it from a distance.
- ❖ Stick to the trail. Going off-trail can be dangerous, and it can also damage delicate ecosystems. Plus, it's just plain rude to trample through someone's backyard.
- ❖ Watch the clock. Hiking can be strenuous, so make sure you start early in the day and plan to finish before dark. That way, you'll avoid getting tired or lost in the dark.
- ❖ Have fun! Remember, hiking is supposed to be enjoyable so relax and take in the scenery.

## How to Celebrate Take a Hike Day

- ❖ Take a hike!
- ❖ Find a hiking trail near you at [The Hiking Project](#).
- ❖ Read [Five Tips for Urban Hiking](#).
- ❖ Purchase some new [hiking boots and things](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.







# November 18 – National Princess Day

If you're looking for a damsel in distress, you've come to the wrong place. It is pretty safe to say that most little girls have dreamed of being a princess at one point or another. They wear beautiful dresses, have luxurious long hair, and they always seem to find their prince charming. What's not to love? However, there is more to being a princess than meets the eye. In addition to being beautiful and graceful, princesses are also brave and strong. They stand up for what they believe in, even when it means going against the grain. So, the next time you're feeling like a real-life princess, remember that it takes more than just a pretty face to make a difference in the world.

## History of Princesses

In ancient Greece, princesses were often married off to powerful men in order to create political alliances. This meant that they had very little say in who they married and often ended up in unhappy relationships. In medieval Europe, princesses were used as currency to seal deals between kingdoms. This led to many young girls being forced into loveless marriages with much older men. In some cultures, princesses were not even allowed to leave their homes or meet other people. They were kept locked away for their own safety and supposed virtue.

## Five Fun Facts About Princesses

- ❖ If you're ever looking for a lost city, you might want to give Japan's Princess Takamado a call. She's an amateur archaeologist who has helped to excavate several important historical sites.
- ❖ Botswana's Princess Seretse Khama was thrust into the international spotlight when she married a white man from England in the 1940s. The couple faced intense opposition from both their families and their governments, but they remained together until Khama's death in 1980.
- ❖ Nepal's Princess Himani is also a bit of an adventurer. In 2006, she became the first royal to complete a solo ascent of Mount Everest.
- ❖ When Morocco's Princess Lalla Salma was born, her father refused to acknowledge her existence because she was a girl. Fortunately, he eventually came around and she went on to become his heir apparent.
- ❖ Peru's Princess Irene of Holland is known for her extensive charity work. She's the patron of dozens of different organizations, and she works tirelessly to improve the lives of those less fortunate.

## How to Celebrate National Princess Day

- ❖ **Host a princess party.**
- ❖ **Dress up like a princess!**
- ❖ **Host a princess gourmet tea party.**
- ❖ **Make princess food.**
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 19 – National Have a Bad Day Day

You know the saying, "Today is the best day of your life?" Well, forget that. Today is going to be the worst day of your life. Here's how you make sure of it. First, wake up late. Don't just hit the snooze button once or twice - make sure you sleep through your alarm entirely. Then, rush through your morning routine without taking the time to enjoy anything. When you get to work, be sure to take on extra assignments and tasks, even if you're already overwhelmed. Once lunchtime rolls around, don't bother eating anything healthy - go for the greasiest, most processed food you can find. In the afternoon, take a leisurely stroll down memory lane by dwelling on all your past failures and disappointments. To top it all off, spend your evening glued to the TV or scrolling through social media comparing yourself to everyone else. By following these simple steps, you're guaranteed to have a truly terrible day. So go ahead and give it a try - you might just surprise yourself at how easy it is to have a bad day if you set your mind to it.

## History of National Have a Bad Day Day

National Have a Bad Day Day was created by Thomas and Ruth Roy of Wellcat Holidays who have created many other fun and quirky holidays. [Check them out here](#). The purpose of the day is to recognize that it's okay to have a bad day and not suppress unhappy feelings.

## Five Ways to Get Yourself Out of a Bad Day

- ❖ Spilling your coffee. To avoid this potential disaster, invest in a travel mug with a tight-fitting lid. Bonus points if it's spill-proof.
- ❖ Getting stuck in traffic. To avoid this headache, give yourself extra time to get where you're going - or take public transportation instead of driving.
- ❖ Having a bad boss. If possible, take care of any tasks that need to be done before they have a chance to assign them to you.
- ❖ Coming home to an empty house. To avoid this feeling of isolation, try to schedule some social activities into your week so you always have something to look forward to when you get home from work.
- ❖ Going to bed angry. If something bothers you during the day, try to resolve it before bedtime so you can rest easy knowing that everything is taken care of.

## How to Celebrate National Have a Bad Day Day

- ❖ Retail therapy! [Buy yourself something special](#), do it now, you can have it in a matter of hours!
- ❖ Take a deep breath - [learn more about breathwork](#)!
- ❖ Learn the joy of [simply looking out the window](#).
- ❖ The [benefits of a brisk 10-minute walk](#), it'll increase your endorphins.
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# November 20 – Transgender Day of Remembrance

Today is Transgender Day of Remembrance, a day set aside to honor the lives of transgender people who have been lost to violence. This year's Day of Remembrance comes at a time when the transgender community is under attack from all sides. In the past year, over 30 states have introduced legislation that would restrict transgender people's access to health care and public facilities. Today, we remember those who have been lost, and we stand with those who continue to fight for a better tomorrow.

## History of Transgender Day of Remembrance

This day of remembrance was started in 1999 by Gwendolyn Ann Smith, a trans woman who was horrified by the murder of Rita Hester, a trans woman of color. Since then, the transgender day of remembrance has grown into an international movement. Every year, people gather in cities all over the world to remember those who have been killed and to stand in solidarity with the transgender community.

## Five Things to Learn About Transgenders

- ❖ Gender is not the same as sex. Sex is the biological traits that define male and female, while gender is the social and cultural constructions of masculinity and femininity.
- ❖ Someone's sex does not determine their gender. For example, a person with a penis may identify as a woman, and vice versa.
- ❖ Not all transgender people transition. Some people may choose to dress and present themselves in a way that is different from their assigned sex, but not undergo any medical procedures. Others may elect to transition partially, for example, by taking hormones but not having surgery. And still others may choose only to have top surgery or bottom surgery.
- ❖ Being transgender is not a mental disorder. The American Psychiatric Association only removed "gender identity disorder" from its list of diagnoses in 2013.
- ❖ 375 transgender people were murdered in 2021, making it the highest annual number to date.

## How to Celebrate Transgender Day of Remembrance

- ❖ Purchase a [gift for a transgender friend](#).
- ❖ Familiarize yourself with the [TVT Project](#) which explores Transrespect versus Transphobia.
- ❖ [Understanding the Transgender Community](#).
- ❖ [What Does Transgender Mean?](#)
- ❖ [150+ Famous Transgender People](#).
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# November 21 – National Stuffing Day

Prepare for the big day! Turkey stuffing is a dish typically made from a mixture of bread, spices, and other ingredients, and is used to stuff the cavity of a turkey or other bird before cooking. The bread-based mixture helps to keep the meat moist during cooking, and the spices add flavor. Common ingredients in turkey stuffing include onions, celery, garlic, and sage. Sometimes other fruits and nuts are also added. While there are many different recipes for turkey stuffing, the basic principle is to create a flavorful and moist mixture that will help to enhance the taste of the cooked turkey. Stuffing is usually cooked along with the turkey, but it can also be cooked separately in a casserole dish. When cooked separately, stuffing is often served as a side dish. Turkey stuffing is a classic Thanksgiving dish that can be enjoyed by everyone.

## History of Turkey Stuffing

Turkey stuffing is a Thanksgiving tradition that dates back centuries. The earliest known recipe for stuffing dates back to the Roman Empire, when a dish called "stufato" was popular. This dish consisted of a bird or other meat that was stuffed with dormice, garlic, and herbs. Over time, the dish evolved and became more closely associated with Thanksgiving. In the 18th century, stuffing recipes began to appear in American cookbooks. These recipes often included bread crumbs, onions, sage, and other seasonings. The popularity of turkey stuffing continued to grow in the 19th and 20th centuries, and it is now a staple of Thanksgiving dinners across the country.

## Five Tips for Making Great Stuffing

- ❖ Start with a good base. Use a combination of bread crumbs and chopped vegetables, such as celery, onions, and carrots.
- ❖ Add some flavor. A few key ingredients can really make your stuffing stand out. Try adding sage, thyme, parsley, or even a bit of garlic.
- ❖ Don't skimp on the butter. Butter helps to bind the ingredients together and gives the stuffing a nice richness.
- ❖ Make ahead of time. Stuffing is best when it has had time to meld together, so make it the day before you plan to serve it.
- ❖ Bake until golden brown. The stuffing should be moist but not wet, and the top should be golden brown and slightly crispy.

## How to Celebrate National Stuffing Day

- ❖ Have a stuffing tasting party, a great way to prepare for the upcoming big day!
- ❖ Try one of these [33 turkey stuffing recipes](#).
- ❖ Learn about [mistakes that ruin stuffing](#) and how to fix them.
- ❖ [Turkey Talk: To Stuff or Not to Stuff](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 22 – National Cranberry Relish Day

Cranberry relish is a Thanksgiving staple, but this tart and tangy side dish has a long history that predates the holiday feast. Native Americans have been eating cranberries for centuries, and the colonials brought the fruit to Europe in the 17th century. In 1864, oceanographer Henry David Thoreau wrote about cranberry relish in his book "The Atlantic Monthly," and the dish eventually found its way onto the Thanksgiving table. Today, cranberry relish is made by combining fresh or canned cranberries with sugar, orange juice, and spices. Whether enjoyed on its own or as part of a larger meal, cranberry relish is a delicious way to enjoy this unique fruit.

## History of Cranberry Relish

The earliest known recipe for cranberry relish dates back to 1663, when it was included in a cookbook published in England. However, it is believed that the dish was actually introduced to the American colonies by Dutch settlers in the early 1600s. Since then, cranberry relish has been a staple of American cuisine, with many families developing their own unique recipes. Whether you prefer your relish sweet or tart, there's no doubt that this dish is a delicious way to enjoy fresh cranberries.

## Five Things About Cranberries

- ❖ Cranberries are a member of the Ericaceae family, which also includes blueberries, rhododendrons, and azaleas.
- ❖ Cranberries are native to North America, and are grown commercially in the United States, Canada, and Chile.
- ❖ The majority of cranberries are harvested by flooding the fields with water and using special mechanical harvesters to gently gather the floating berries.
- ❖ Cranberries are an excellent source of Vitamin C, and also contain fiber, manganese, and copper.
- ❖ Cranberries have been used for centuries by Native Americans for their medicinal properties. They were traditionally used to treat urinary tract infections and other digestive disorders.

## How to Celebrate National Cranberry Relish Day

- ❖ Host a cranberry relish party, everyone brings their best version with recipes for all.
- ❖ Serve your cranberries up in a [beautiful dish](#).
- ❖ Try one of these [11 cranberry relish recipes](#).
- ❖ Learn [how to grow cranberries](#).
- ❖ [10 Fascinating and Fun Facts About Cranberries](#).
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# November 23 – National Espresso Day

National Espresso Day falls on November 23rd, and it's the perfect opportunity to indulge in your favorite coffee drink. An espresso is a concentrated, richly flavored coffee that's made by forcing hot water through finely ground coffee beans. It's the perfect pick-me-up when you need a boost of caffeine, and it's also a delicious way to enjoy the flavors of different coffee beans. Whether you're a fan of a simple shot of espresso or you prefer something a little fancier, like a latte or cappuccino, National Espresso Day is the day to treat yourself. So grab your favorite mug and head to your local coffee shop to celebrate this tasty holiday.

## History of Espresso

Coffee has been around for centuries, but it wasn't until the late 1800s that the espresso machine was invented and the world of coffee was forever changed. Italy is often considered the birthplace of espresso, with cafes and small coffee shops popping up throughout the country in the early 1900s. The strong, concentrated shot of coffee quickly became a staple in Italian culture, and it wasn't long before the rest of the world caught on. Today, espresso is a global phenomenon, enjoyed by coffee lovers of all backgrounds and nationalities. From the cappuccino to the latte, there are endless variations of espresso-based drinks to choose from, each with their own unique flavor profile and origin story. The history of espresso is long and fascinating, and its impact on coffee culture can still be felt today.

## Five Things About Espresso

- ❖ The crema (the frothy layer on top of the espresso) is actually a sign of a well-made shot.
- ❖ If you're a fan of latte art, you'll be happy to know that the perfect espresso shot is a crucial component to creating the perfect design.
- ❖ Espresso beans are typically roasted longer and at a higher temperature than regular coffee beans.
- ❖ Espresso is versatile in its uses - it can be used as a base for cocktails or even in baking recipes. These fun facts prove that there's always more to learn about a well-loved drink like espresso.
- ❖ The name "espresso" actually comes from the Italian word "esprimere," which means "to express" or "to extract" - referencing the way the coffee is brewed under high pressure.

## How to Celebrate National Espresso Day

- ❖ You might love to buy an [espresso machine](#) today.
- ❖ [Learn how](#) to make an espresso drink.
- ❖ The [difference between espresso and latte](#).
- ❖ Take a course in [latte art](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 24 – National D.B. Cooper Day

Imagine the thrill of a daring heist, one that has gone unsolved for decades. That's the mystery surrounding the infamous DB Cooper, who in 1971 hijacked a Northwest Orient Airlines plane, demanded \$200,000 in ransom, and then jumped out of the aircraft with a parachute, never to be seen again. It's the stuff of legend and has kept true crime enthusiasts and investigators captivated for years. And now, there's a whole day dedicated to celebrating the mystery surrounding DB Cooper, November 24.

## History of D.B. Cooper

The story begins on November 24th, 1971, when Cooper boarded a Northwest Orient Airlines flight headed from Portland, Oregon to Seattle. He wore a suit, sunglasses, and a dark raincoat, and sat calmly in his seat until the plane was in the air. What happened next has become the stuff of legend. Cooper handed a note to the flight attendant demanding \$200,000 and four parachutes. He claimed that he had a bomb on board the plane. The plane landed in Seattle, where the ransom was delivered, and Cooper released all the passengers except for the flight crew. He had them fly him to Mexico, but during the flight, Cooper somehow managed to escape by jumping out of the plane with a parachute and the money. Despite an exhaustive search, he was never found, and the case remains unsolved to this day. The mystery of DB Cooper has captured the imagination of the public and has inspired countless theories and legends about what happened to him. Some people believe that he died in the jump, while others think he lived out his life under an assumed identity. Whatever the truth may be, the story of DB Cooper is one that will continue to fascinate people for years to come.

## Five Things About the D.B. Cooper Heist

- ❖ DB Cooper bought his plane ticket under the pseudonym “Dan Cooper,” not “DB Cooper” as he is commonly referred to.
- ❖ He specifically requested non-negotiable \$20,000 bills for his ransom money.
- ❖ He jumped from the plane wearing loafers - hardly the appropriate footwear for an outdoor escape.
- ❖ Despite being extensively searched for, no one has ever found any concrete evidence of Cooper's whereabouts or fate after his dramatic jump from the plane.
- ❖ Despite extensive investigations and searches, including one involving over 1,000 FBI agents, Cooper's identity remains a mystery. Theories abound, but no one knows for sure who he was or where he came from.

## How to Celebrate D.B. Cooper Day

- ❖ [Read the blog about D.B. Cooper](#) and the fate of the Ariel Store that used to celebrate him.
- ❖ [Read more](#) about the D.B. Cooper Heist.
- ❖ Watch [The National Geographic Documentary on D.B. Cooper](#).
- ❖ [Read the Wikipedia](#) on D.B. Cooper.
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# November 25 – Blasé Day

Are you tired of constantly feeling overwhelmed by life's never-ending to-do lists? Then mark your calendars for November 25, the day to celebrate all things "blasé." This unofficial holiday originated as a way to promote a more laid-back and relaxed approach to life. While some may view being blasé as being indifferent, it's actually about embracing a balance of calm, confidence, and nonchalance. Take a break from your hectic schedule and enjoy the simple moments in life. Maybe even treat yourself to a day of doing absolutely nothing. This November 25, let's celebrate being blasé and bask in the joy of living in the moment. It's a great way to spend a day while gearing up for the busy holiday season.

## History of the Word Blasé

The French word "blasé" originally referred to a horse that had become indifferent or apathetic to certain stimuli due to overuse or overexposure. In the early 20th century, the term began to be used more broadly to describe a general feeling of world-weariness or apathy. Today, the word blasé is often used to describe an individual who is unimpressed or bored with something that others might find exciting or interesting. However, despite its negative connotations, being blasé is not always a bad thing. Sometimes, it can indicate a level of sophistication and experience, showing that a person has already seen and done everything that novelty has to offer.

## Five Great Reasons to Feel Blase

- ❖ Feeling blasé can be a sign that you are feeling relaxed and at ease in your surroundings.
- ❖ Feeling blasé can allow you to detach from the stresses and pressures of daily life, providing a sense of inner peace and calm.
- ❖ It can also be a way to show that you have a laid-back attitude, which can make you more approachable and likeable to others.
- ❖ Feeling blasé can also be a cue to slow down and enjoy the simple pleasures in life, like a good book or a warm cup of tea.
- ❖ Being blasé can give you a sense of contentment and satisfaction, knowing that you are comfortable in your own skin and don't need external validation to feel happy. So go ahead and embrace your inner blasé!

## How to Celebrate Blasé Day

- ❖ Listen to "[You're Blase](#)," by Ella Fitzgerald.
- ❖ Read "[9 Great Ways to be Exceptionally Boring](#)."
- ❖ Learn how to do the [blasé dance](#).
- ❖ Read all about the word from the [Loquacious Lister](#).
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# November 26 – National Cake Day

There's nothing quite like the smell of a freshly baked cake wafting through the house. And when you take that first bite of a moist, fluffy cake, it's hard to resist indulging in a second piece. Whether it's a classic vanilla cake or an elaborate wedding cake, cakes are definitely one of the most popular desserts. Part of the appeal of cakes is that they come in such a wide variety of flavors and styles. Whether you prefer a simple Bundt cake or an over-the-top decorated cake, there's sure to be a type of cake that suits your taste. So next time you're feeling in need of a sweet treat, don't forget to give cakes a try!

## History of Cakes and Birthday Cakes

Although the exact origins of the birthday cake are unknown, there is evidence to suggest that the tradition dates back to ancient Greece. One theory is that the custom of cake-eating began with the honoring of Artemis, the goddess of the moon. Every year, a large round cake would be decorated with candles and placed in front of her statue. The number of candles would correspond to the age of the person being honored. Another theory suggests that the birthday cake originated in Germany, where a dessert known as "Geburtstagorten" was served on special occasions. This cake was often round or oval-shaped and decorated with candles, much like today's birthday cakes. Regardless of its origins, the birthday cake has become a cherished tradition in many cultures around the world.

## Five Things About Cake

- ❖ The word "cake" is derived from the Old Norse word "kaka."?
- ❖ The traditional wedding cake originated in ancient Rome, where it was customary for the bride and groom to share a cake made of wheat or barley.
- ❖ The first recorded recipe for a sponge cake was published in England in 1615.
- ❖ The cakes we eat today are very different from those eaten by our ancestors. In the Middle Ages, cakes were often made with ingredients like beans, peas, or even cheese!
- ❖ The baking of cakes became popular in America during the 18th century. One of the earliest American cake recipes was for a pound cake, which was published in 1796.

## How to Celebrate National Cake Day

- ❖ Make a cake - [31 Fancy Cake Recipes That Will Steal the Show](#).
- ❖ You can also [Send a Cake!](#)
- ❖ Take an [online cake baking and/or decorating class](#).
- ❖ Present your cake on a [beautiful cake stand or plate!](#)
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# November 27 – What Do You Love About America Day

There's plenty of rhetoric going around about what is wrong with the world, and specifically, the USA. But today we are focusing on what we love about our country. No matter what your background or story, there is always the potential to succeed. This is a country that has always been a land of dreams, and it continues to be a place where people from all over the world can come to chase their dreams. I also love the diversity of America. It is truly a melting pot of cultures, and that makes for a rich and vibrant society.

## History of America

Most of us grew up learning that Christopher Columbus discovered America, but he was actually the last explorer to arrive here. Here's a [great article by NPR](#) on the details. In fact, there were many other explorers who first stumbled upon the land we now call The United States. These explorers were indigenous peoples, who had lived on this land for thousands of years prior to Columbus's voyage. They had established complex civilizations with their own languages, customs, and beliefs long before Columbus even set sail. It was already a thriving continent with a rich and diverse history long before he arrived.

## Five Fun Things About America

- ❖ The Liberty Bell is located in Philadelphia, Pennsylvania and is one of the most famous symbols of American independence.
- ❖ 'In God We Trust' is the official motto of the United States and appears on all U.S. currency. The phrase was first used on coins in 1864 and was made the official motto by an act of Congress in 1956.
- ❖ Mount Rushmore National Monument is located in South Dakota and features the faces of four U.S. presidents: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln.
- ❖ The Mississippi River is the longest river in North America and drains an area of more than 1.2 million square miles (3.1 million square kilometers).
- ❖ Yellowstone National Park, located in Wyoming, Montana, and Idaho, is home to a variety of wildlife, including bison, elk, bears, wolves, and buffalo.

## How to Celebrate What Do You Like About America Day

- ❖ You don't have to wait until the 4th of July to be celebrate America. **Do it today!**
- ❖ **Dress in red, white, and blue.**
- ❖ Post 10 reasons why you love America on social media, ask your friends to list theirs.
- ❖ Read, "[32 Things Americans Do Best](#)" written by non-Americans.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 28 – Thanksgiving

For many Americans, the Thanksgiving holiday is a time to gather with family and friends, enjoy a traditional meal, and give thanks for all the blessings in their lives. Today, Thanksgiving is celebrated on the fourth Thursday of November, and it is typically a day for families to come together, enjoy a feast of turkey and other hearty dishes, and watch football or other sporting events. For many people, the Thanksgiving holiday is also a time to reflect on the things they are grateful for in their lives. Whatever your plans for Thanksgiving may be, it is sure to be a day filled with family, food, and fun.

## History of Thanksgiving

The Thanksgiving holiday has its roots in the 1621 feast shared by the Pilgrims and the Wampanoag Indians. The Pilgrims, a group of English Puritans who had fled religious persecution in their homeland, had arrived in North America the previous year. After a harsh winter left many of them dead, they were welcomed by the Wampanoags, who helped them to survive. The two groups decided to celebrate their good fortune with a feast, and it is believed that this event gave rise to the modern Thanksgiving holiday. In 1789, George Washington issued a proclamation declaring Thanksgiving to be a National Day of Thanksgiving. And in 1863, Abraham Lincoln made it an official holiday. Today, Thanksgiving is celebrated as a day of family togetherness and gratitude. Whether or not you have your own personal reasons to give thanks, the history of this holiday is something we can all be thankful for.

## Five Things About Thanksgiving

- ❖ Thanksgiving originated with the Pilgrims, who gave thanks for their safe passage to the New World.
- ❖ The first Thanksgiving was held in 1621 and was a three-day feast that included wild game, shellfish, and pumpkin pie.
- ❖ Turkey became the traditional main dish of Thanksgiving in the 1800s.
- ❖ President Abraham Lincoln declared Thanksgiving a national holiday in 1863.
- ❖ More than 50 million turkeys are consumed each year on Thanksgiving!

## How to Celebrate Thanksgiving

- ❖ [Create a gratitude jar](#) - purchase one for each guest/family.
- ❖ Give [Kind Notes](#).
- ❖ Amazing Pioneer Woman [Thanksgiving recipes](#).
- ❖ [42 Best Thanksgiving Games](#).
- ❖ [Volunteer](#) at Thanksgiving!
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# November 29 – Black Friday

Black Friday is the day after Thanksgiving in the United States, typically considered the start of the Christmas shopping season. On this day, many retailers offer deeply discounted prices on items ranging from electronics to clothing. Black Friday has become one of the busiest shopping days of the year, and it has also become notorious for the crowd control problems that can occur at overcrowded stores. In recent years, some retailers have begun to open their doors on Thanksgiving evening in an attempt to get a jump on the competition. This has led to criticism from those who feel that Black Friday is encroaching on a family holiday. However, there is no denying that Black Friday is a major event on the retail calendar.

## History of Black Friday

Black Friday has become synonymous with epic sales and chaotic shopping experiences. But what most people don't know is the true history of this post-Thanksgiving tradition. The term "Black Friday" was originally used to describe the financial crisis that occurred in 1869, when the price of gold plummeted and caused a wave of bankruptcies. However, the term was later associated with the heavy traffic and chaos caused by shoppers on the day after Thanksgiving. Stores, eager to kick off the holiday shopping season, would offer major sales and discounts, leading to overcrowded malls and aggressive consumer behavior. Despite the negative connotations associated with Black Friday, it remains a beloved American tradition for many.

## Five Fun Facts About Black Friday

- ❖ Black Friday is the busiest shopping day of the year in the United States.
- ❖ The term "Black Friday" was first used in 1869, when two Wall Street financiers crashed the stock market.
- ❖ In the 1950s, retailers began using the term "Black Friday" to refer to the day after Thanksgiving, when shoppers would begin their holiday shopping in earnest.
- ❖ Black Friday has become increasingly globalized in recent years, with shoppers in countries as far away as Australia and Brazil taking part in the annual event.
- ❖ Despite its reputation as a busy and chaotic day, Black Friday can be a great time to find deals on holiday gifts.

## How to Celebrate Black Friday

- ❖ Plan a sleepover on Thanksgiving, then get up early for the big shopping day.
- ❖ Top 10 Black Friday [shopping tips](#).
- ❖ How to [Shop Black Friday Online](#).
- ❖ [25 other things to do on Black Friday](#) instead of shopping.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# November 30 – Chocolate Mousse Day

Get ready to indulge in something sweet and sinfully delicious this November 30th as it is National Mousse Day. This light and airy dessert is the perfect way to end a feast, or even start your day (we won't judge!) With its delicate texture and rich chocolate flavor, mousse is a dessert that's hard to resist. But why limit your indulgence to chocolate? There are countless variations to mousse, from fruity mango to tangy lemon, to savory tomato. So why not take advantage of National Mousse Day and try something new? Whatever your preference, be sure to treat yourself to a perfectly whipped, melt-in-your-mouth mousse, and savor every heavenly bite.

## History of Mousse

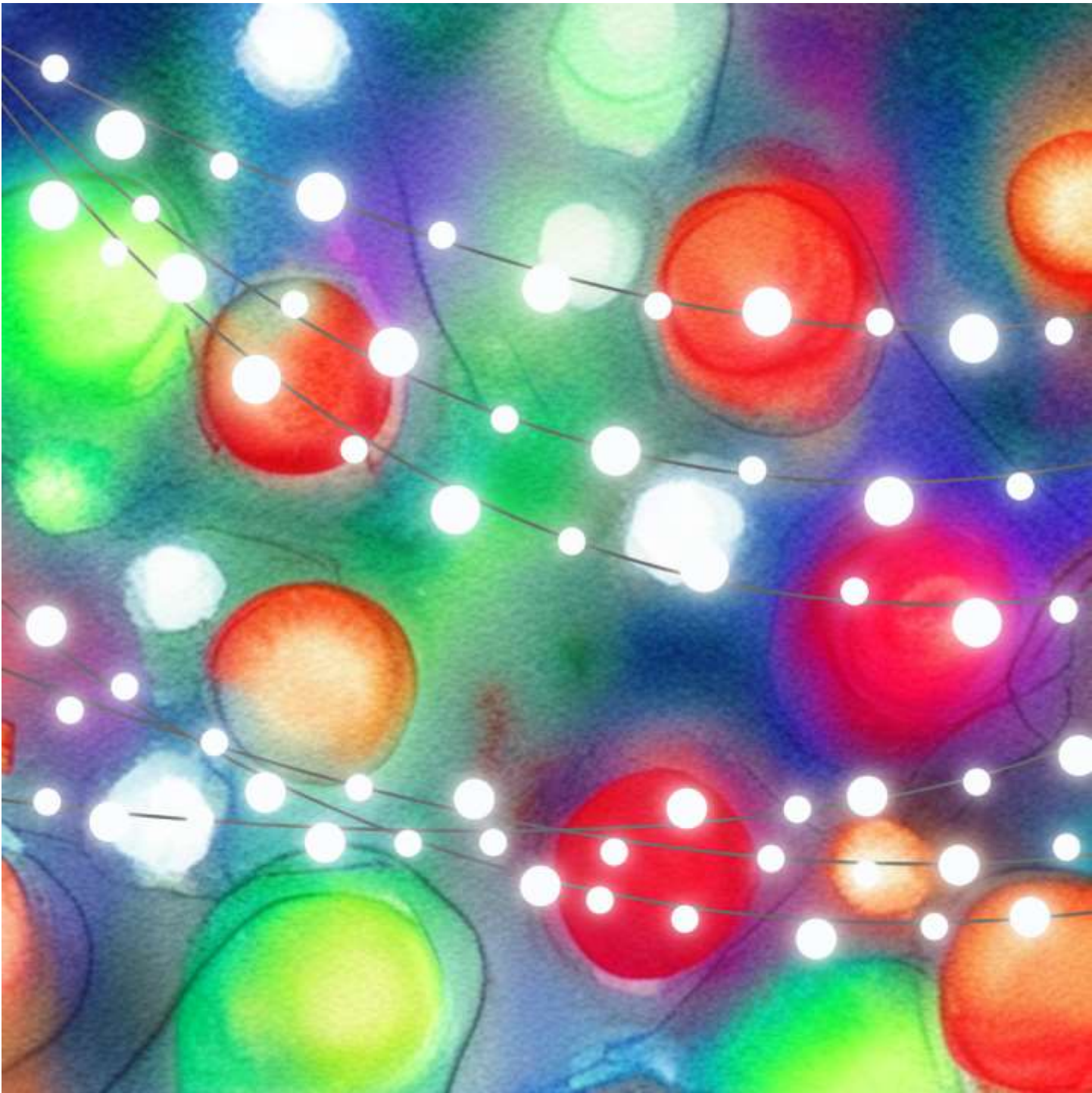
The creamy and decadent mousse dessert has a rich history that dates back to the 18th century. Originally, it was served as a savory dish made with meat or fish as the main ingredient. It wasn't until the 19th century that the first sweet mousse recipe was created. This French delicacy quickly gained popularity and spread throughout Europe, making its way to the United States by the early 20th century. By the 1960s, mousse had become a staple dessert in fine dining establishments around the world.

## Five Delicious Things About Mousse

- ❖ Mousse comes in various flavors, from classic chocolate to tangy lemon, so there's something for everyone.
- ❖ It's surprisingly easy to make at home, and you don't need any fancy equipment to whip up a batch.
- ❖ Mousse is incredibly versatile and can be served in a variety of ways, such as in cups, cake layers, or garnished with fresh fruits.
- ❖ It's pretty much a guilt-free dessert since it's light and airy, with fewer calories than other indulgences.
- ❖ "Mousse" is a French word meaning froth or foam.

## How to Celebrate National Mousse Day

- ❖ Make mousse! Here are [23 mousse recipes](#).
- ❖ Serve it in some [beautiful dishes](#).
- ❖ Learn how to make [chocolate mousse by Gordon Ramsey](#).
- ❖ Try some [hair mousse](#) for extra volume.
- ❖ If you love the article image, purchase it on these fun products on Zazzle!
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# December 1 – National Christmas Lights Day

There's something about Christmas lights that just makes people happy. Is it the sparkling glitter of the bulbs? The twinkling lights that seem to dance in the night? Whatever the reason, Christmas lights have a way of bringing joy to even the grimmest of surroundings. For many people, putting up Christmas lights is an annual tradition. It's a chance to get together with family and friends, share some holiday cheer, and make lasting memories. Even if you don't celebrate Christmas, there's no reason not to enjoy the beauty of Christmas lights. So go ahead and string up those lights! And don't forget to enjoy the simple joys they bring.

## History of Christmas Lights

While the practice of decorating homes with strings of lights dates back to the early days of electricity, it was not until the early 20th century that Christmas lights became a popular holiday tradition. One of the earliest adopters of this newfangled decoration was President Grover Cleveland, who decked the White House with electric lights in 1895. The display was so impressive that it drew a crowd of spectators, and many other Americans were soon inspired to follow suit. It wasn't long before department stores and neighborhoods across the country were adorned with sparkling lights for the holidays. Today, Christmas lights are an essential part of the festive season, bringing cheer to homes and public spaces alike. While the technology has changed over the years, the magic of these twinkling lights remains as strong as ever.

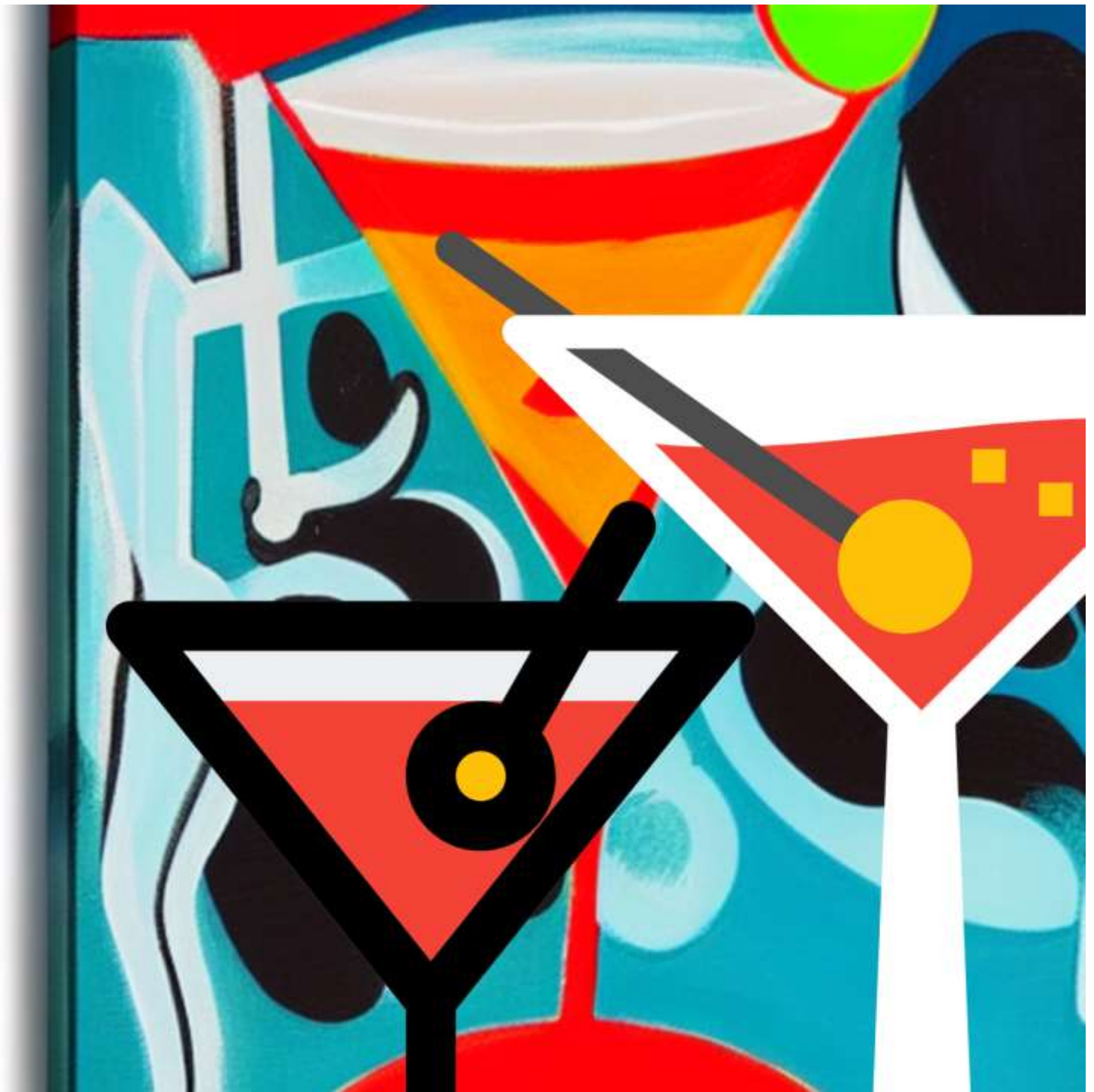
## Five Amazing Christmas Lights Articles

- ❖ The [32 Best Places to See Christmas Lights](#) in The United States.
- ❖ [27 Best Christmas Lights](#) to See in The United States.
- ❖ The [Best Christmas Lights in Each State](#).
- ❖ [25 Stunning Christmas Lights Displays Around the World](#).
- ❖ [Best Christmas Lights in Europe](#).

## How to Celebrate National Christmas Lights Day

- ❖ Put your Christmas lights up today....or get started.
- ❖ Buy some new [Christmas lights!](#)
- ❖ [Organize your Christmas lights.](#)
- ❖ Christmas tree [decorating ideas](#).
- ❖ [Sync your Christmas lights to music.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 2 – National Bartender Day

There are few people more essential to a good time than bartenders. They keep the drinks flowing and the conversations going, often serving as the life of the party. They are masters of mixology, skilled in the art of storytelling, and always up for a game of darts. In short, they are the reason that bars are such fun places to be. So next time you're out enjoying a cold beer or a stiff cocktail, take a moment to raise your glass to the bartender. Because without them, our lives would be a lot less interesting. Cheers!

## History of Bartenders

The first bartenders were probably prehistoric cavemen who mixed fermented berries and honey with water to make an early form of mead. Since then, the profession has come a long way. In ancient Greece, bartenders were known as “sauropods,” and they were responsible for preparing a variety of drinks, including wine and beer. In Rome, bartenders were known as “civis,” and they were required to have a thorough knowledge of the wide range of wines available. During the Middle Ages, bartenders became known as “brewsters” or “alewives,” and they brewed and sold beer. It was during this time that many of the classic beer styles we know today were developed. In the 19th century, bartending reached new heights of popularity in the United States. Thanks to the influx of European immigrants, bartenders were exposed to a variety of new drinks and techniques. As a result, they began to create many of the classic cocktails we know today, including the Margarita, the Manhattan, and the Martini.

## Five Necessary Skills of the Bartender

- ❖ Bartenders are experts at multitasking. They have to be able to mix drinks, keep track of orders, and chat with customers all at the same time.
- ❖ Bartenders know a lot about beer, wine, and spirits. They can tell you all about your favorite drinks and help you find new ones to try.
- ❖ Bartenders are great listeners. If you need someone to talk to, they're always happy to lend a sympathetic ear.
- ❖ Bartenders have seen some crazy things. From fights to hookups to vomiting, they've pretty much seen it all. And they're usually happy to share the stories (anonymously, of course).
- ❖ Bartenders are always there for you. Whether you need a shoulder to cry on or just someone to buy you a drink, they're always happy to help out.

## How to Celebrate Bartender Appreciation Day

- ❖ Visit your favorite bartender today and show your appreciation.
- ❖ Buy [gifts for your bartender](#).
- ❖ [How to Please Your Bartender](#).
- ❖ [Take a mixology course](#) and become your own bartender.
- ❖ [Spruce up your own barware](#) supplies and collection.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# December 3 – Advent Begins

As the holiday season approaches, communities all over the world are preparing for the advent season. This special time of year is filled with anticipation and excitement as families come together to celebrate the birth of Jesus. For many, it is a time of reflection and spiritual growth as they focus on their faith and the true meaning of Christmas. Advent calendars are hung on walls, candles are lit, and carols are sung to commemorate this special season. With each passing day, the countdown to Christmas draws closer, and the joy and warmth of this time become more palpable. No matter how one celebrates the advent season, it is a time to cherish, appreciate, and give thanks for all the blessings in our lives.

## History of Advent Season

The season of Advent has been an essential time of the Christian calendar since the fourth century. During this period, believers prepare for the celebration of Christmas, marking the birth of Jesus Christ. The word 'Advent' originated from the Latin 'adventus,' which means 'coming.' Early Christians would fast and reflect on the meaning of Christ's coming, reminding themselves to be vigilant while awaiting the Messiah. The use of Advent candles to mark the progression toward Christmas Day began in Germany in the 16th century, and the concept then spread widely throughout Christian communities. Today, Advent is a special time of hope, joy, and expectation of Christ's second coming. It's also an opportunity for Christians to engage in charitable giving and caring for those less fortunate than themselves.

## Five Things About the Meaning of the Advent Season

- ❖ The Advent begins four Sundays before Christmas and ends on Christmas Eve.
- ❖ The word "advent" comes from the Latin word meaning "coming."
- ❖ The traditional colors of Advent are purple or blue, symbolizing royalty and awaiting the coming King. Pink is sometimes used on the third Sunday, signifying joy.
- ❖ The Advent wreath is a ring of evergreens with four candles, representing hope, peace, love, and joy. One candle is lit each week during Advent.
- ❖ The Nativity scene is often used to represent the story of Christ's birth during the Advent season.

## How to Celebrate Advent

- ❖ [Create a beautiful Advent wreath.](#)
- ❖ Purchase [beautiful artists' Advent wreaths.](#)
- ❖ Pick from one of these [fun Advent calendars.](#)
- ❖ [How to celebrate](#) with the Advent wreath and candle lighting.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# December 4 – Santa’s List Day

Santa's List Day is always a bit of a nail-biter! After all, you've been putting in the work to stay off the naughty list, but it's a close game every year. You try to be kind and do your best every day, but considering how busy life can get sometimes you don't want to leave anything up to chance. Who knows what might end up on that list? Will you make it onto the nice list or will you have to answer for all the misdeeds of the past year? Fortunately, Santa's List Day only comes once a year so if you stay on your best behavior from now until then, your chances are looking good. Here's hoping it's a merry outcome for everyone!

## History of Santa Claus

Santa Claus has a long, festive history that dates all the way back to the 3rd Century! Despite his larger-than-life, jolly figure today, Santa's original purpose was quite different. In ancient Turkey and European nations, he was known as Saint Nicholas, patron saint of children. He would personally visit homes with gifts during Christmastime. Over time, Saint Nicholas evolved into Father Christmas in England and Sinterklaas in Holland. Stories of this legendary figure eventually made it to America, where he became known as Santa Claus - a plump old man dressed in a red suit who gifted presents with the help of his magical reindeers on Christmas Eve. Today, Santa is a beloved holiday icon worldwide - but he still remains true to his origins!

## Five Things About Santa Claus

- ❖ Saint Nicholas, a Greek bishop from the fourth century who had a habit of giving anonymous gifts to the less fortunate.
- ❖ His workshop is in Lapland, Finland. This region is known for its beautiful winter landscapes and bright Northern Lights displays.
- ❖ Santa has a secret language called TonttuKieli. It's spoken by his elves and companions and remains mysterious to this day!
- ❖ Santa has been granted permission by several countries to enter their airspace on Christmas Eve without being spotted on radar.
- ❖ Santa loves cookies and milk left out for him on Christmas Eve just as much as children do!

## How to Celebrate Santa’s List Day

- ❖ Purchase [Santa's wish list](#) things.
- ❖ Read "[Why It's OK for Kids to Believe in Santa Claus.](#)"
- ❖ Visit [The North Pole Times](#) and see if you're naughty or nice.
- ❖ [Email Santa!](#)
- ❖ Write a letter to Santa at [USPS Operation Santa](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# December 5 – Communicate with Your Kids Day

Celebrating communicating with our kids shouldn't be looked at as a chore - in fact, it should be seen as the wonderful opportunity to get to know your child better. There's nothing quite like seeing just how much the little ones have grown each and every day. Taking a moment out of our busy schedules to simply listen with genuine intent is an amazing way to build strong relationships, understand where they are coming from, and ultimately help them become more open-minded individuals. Let's make sure we create memories that will last forever by choosing to show our kids how much we appreciate their willingness to communicate.

## History of Communication with Your Kids Day

The celebration of Communication with Kids Day is a wonderful reminder of the importance of connecting and communicating with children. This special day allows adults to reflect on their communication practices and find new ways to engage with and understand the children in their lives. Through positive interactions, open conversations, and active listening, adults can help children feel heard, valued, and supported. As we celebrate the history of Communication with Kids Day, we are reminded of the positive impact that effective communication can have on the lives of children and families. Enjoy the video: [Communication Through the Ages](#)

## Five Great Tips for Communicating with Your Children

- ❖ Always remember to respect both the child and their opinion. This will encourage them to listen more attentively when you are talking to them.
- ❖ Keep a calm and friendly demeanor. No matter how hard the situation, try not to raise your voice or get stressed – it'll only make things more difficult in the end.
- ❖ Listen carefully – not just with your ears but with your heart too! Understanding where they're coming from is key for any successful conversation.
- ❖ Be patient but also be firm; don't give up if a conversation doesn't go as well at first and definitely don't forget to praise their achievements often!
- ❖ Encourage dialogue by asking questions so that they feel part of the conversation and want to participate in discussions more actively.

## How to Celebrate Communication with Your Kid's Day

- ❖ Make it an **extra special day** to spend time with your children and learn more about their world.
- ❖ **Buy a new book** about communicating with children.
- ❖ **Take an online course** to improve your communication skills with your kids.
- ❖ **20 Tips** for Communicating Effectively with Your Children.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# December 6 – St. Nicholas Day

Saint Nicholas Day is a time of celebration for many around the world, as they reflect on the life of a man who has inspired countless people throughout history. While Saint Nicholas passed away on December 6, his legacy lives on through traditions such as gift-giving, storytelling, and feasting that are celebrated each year on his name day. From the Netherlands to Ukraine, people gather with loved ones to honor the selfless acts of kindness that he was known for during his lifetime. Whether it's leaving out shoes for Saint Nicholas to fill with treats, or gathering around the table to share a warm meal, this day is a reminder to embrace generosity and compassion towards each other, just as Saint Nicholas did centuries ago. So why not join in the festivities this year and honor the memory of this beloved saint by spreading joy and good cheer in your own community!

## History of St. Nicholas

Saint Nicholas was a fourth-century bishop from Myra in modern-day Turkey who was known for his extraordinary acts of kindness and generosity. One of the most famous stories associated with him is the time he secretly gave three sisters a dowry so that they could get married. This act of charity earned him the reputation of being a patron saint of children, sailors, and the poor. Today, his legacy lives on in many countries around the world as he continues to inspire people to spread joy and compassion to those around them.

## Five Things About St. Nicholas

- ❖ St. Nicholas is the patron saint of sailors and children.
- ❖ He is believed to have been born in Patara, in modern-day Turkey, in the third century AD.
- ❖ St. Nicholas gave gifts to children who were in need, and this act of kindness laid the foundation for what would later become the modern-day tradition of gift-giving during Christmas time.
- ❖ St. Nicholas was known for his generosity and compassion, once leaving gold coins in the shoes of three poor sisters to help them avoid being sold into slavery.
- ❖ St. Nicholas' remains are believed to be housed in the Basilica di San Nicola in Bari, Italy.

## How to Celebrate St. Nicholas Day

- ❖ Read all about St. Nicholas on [St.Nicholas.Org](http://St.Nicholas.Org). Was he a real person?
- ❖ Listen to, "[Twas the Night Before Christmas](#)," by Perry Como.
- ❖ Give [St. Nicholas gifts](#) and traditional gold coins in children's shoes.
- ❖ [Dress like St. Nicholas](#).
- ❖ Start a [Santa Claus puzzle](#) for the season.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# December 7 – Pearl Harbor Day

On December 7th, 1941, Japanese forces surprised the US Navy with a devastating unexpected attack that ultimately led to America's entrance into World War II. The attack sparked historical debate about what could have been done differently in an effort to prevent the tragedy. But despite these conversations, Pearl Harbor will always remain one of our country's most iconic landmarks, with museums and monuments that honor the fallen servicemen from that day. It stands as a reminder of the courage and fighting spirit of our nation and will never be forgotten.

## History of World War II and Pearl Harbor

World War II was one of the seminal events of the twentieth century, having an impact that reached far and wide. It began when German leader Adolf Hitler was elected Chancellor of Germany in 1933 and began instating extreme policies that were meant to restore order and power to the country. He soon began to extend his control beyond Germany's boundaries, annexing Austria and parts of Czechoslovakia. Eventually, he became ambitious enough to try and conquer all of Europe which caused Britain and France to declare war on Germany in 1939. The conflagration of countries eventually evolved into what we now know as World War II. Unbelievable as it sounds, a single man really did cause one of the biggest international events ever!

## Five Important Facts About the Pearl Harbor Invasion

- ❖ 2,403 American service members were killed during the attack.
- ❖ It is estimated that 68 civilians were killed as well.
- ❖ A further 1,178 were wounded due to shelling and strafing from the Japanese aircrafts.
- ❖ The damage inflicted on the U.S Navy resulted in 8 battleships being put out of commission as well as 3 destroyers and 3 cruisers damaged.
- ❖ Pearl Harbor changed American history by forcing us into World War II.

## How to Celebrate Pearl Harbor Day

- ❖ Read History.Com's entry about the historical events of [Pearl Harbor](#).
- ❖ [Send a care package](#) to a member of the military service.
- ❖ [Watch Pearl Harbor movies](#).
- ❖ [Read a book](#) about Pearl Harbor.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# December 8 – Blue-Collar Workers’ Day

America's blue-collar workers are the unsung heroes of the nation. From construction workers to waiters, these people keep America running and deserve recognition for the important contributions they make. On a day-to-day basis, these individuals keep the roads open, our tummies full, and everywhere sparkling clean - all while maintaining awesome attitudes. It should be noted that their occupations can be physically demanding; their unrelenting efforts often go unrecognized and overlooked. Blue collar jobs play an essential role in the economy - both now and in years past - and they truly are the lifeblood of this country. While it may appear we don't always acknowledge their hard work or appreciate their commitment to keeping our lives up and running; these folks prove every single day why America is "the land of opportunity" for everyone!

## History of Blue-Collar Workers Day

For centuries, blue collar workers have been the backbone of society, performing the essential jobs that keep our world turning. From blacksmiths and farmers to factory workers and construction laborers, these hardworking individuals have played an instrumental role in shaping our economy and building our infrastructure. Through their tireless efforts and unwavering dedication, they have forged a pathway to progress and helped to raise the standard of living for countless individuals. Despite facing numerous challenges and obstacles over the years, blue collar workers have persevered, standing strong in the face of adversity and cementing their legacy as an indelible force in our society's history.

## Five Things About Blue-Collar Workers

- ❖ Over 96 million people are employed in blue collar work across the United States.
- ❖ Many blue-collar workers have skills that range far beyond those required for their jobs - mechanics often take on woodwork or carpentry projects in their spare time, and laborers can use their strength to do odd jobs around the home.
- ❖ Over 75% of blue-collar workers work with a team and put an emphasis on teamwork and communication to get the job done efficiently.
- ❖ Blue collar workers usually know each other well and build relationships based on trust which makes things run more smoothly.
- ❖ They enjoy staying active while they work - labor-intensive activities such as welding or construction give them a great sense of satisfaction at a job well done.

## How to Celebrate Blue-Collar Workers Day

- ❖ Review the different blue-collar workers in the [Occupational Outlook Handbook](#).
- ❖ [30 blue collar jobs](#) with the highest salary.
- ❖ Read about [women in blue collar jobs](#).
- ❖ [How to reward and recognize](#) blue collar workers.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.







# December 9 – Christmas Card Day

Christmas cards are one of the best parts of the holiday season! Not only are they a wonderful way to spread some festive cheer, they also help capture memories throughout the year. There is something special about sending and receiving a card in the post, catering to all age groups and providing everyone with a quick and easy way to show someone that you care. From classic designs to novelty printed cards, there is something for everyone during this magical time of year. So why not brighten up someone's day by sending them an awesome Christmas card? You never know when it might just appear at their doorstep — but they're sure to be grinning from ear to ear when it does!

## History of Christmas Cards

Christmas cards have been a special part of the holiday season for centuries! They started out as letters sent by family and friends to celebrate the holidays, but they evolved into the beautifully decorated cards we now recognize. Christmas cards have certainly come a long way since the mid-1800s. It all started with the English illustrator and socialite, Sir Henry Cole, who wanted to make it easier for people to send season's greetings. He used lithographic printing techniques to create the first Christmas card featuring an image of merry wintertime gatherings! Since then, sending Christmas cards has become a cultural norm.

## Five Things to do to Prepare for Sending Christmas Cards

- ❖ Make a list of everyone you want to give cards to.
- ❖ Don't forget others like teachers, co-workers, postal workers, and other service providers.
- ❖ Double check addresses - Christmas card sending is the best way to keep track of people!!
- ❖ Make your cards personal, write a personal message to each recipient.
- ❖ Mail cards in time for Christmas, but if you miss the mark, send them anyway!

## How to Celebrate Christmas Card Day

- ❖ Use [The Christmas Card List](#) app to create a mailing list.
- ❖ Organize and update your mailing list with a [new address book](#).
- ❖ [What to write in a Christmas card](#). [And another resource](#).
- ❖ [Christmas card mailing etiquette](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 10 – Human Rights Day

Human Rights Day is a special occasion to reflect on the importance of recognizing and protecting human rights for all. It's an opportunity for us to recognize how far progress has been made, but also acknowledge that there is still more to be done. On this day, let's focus on creating an awareness of our diverse cultures, identities and beliefs around the world - not just as countries, but as global citizens sharing one humanity. Let's use Human Rights Day as an excuse to commit to something new: Conversation with those from other walks of life, exploration of ideas outside our own 'bubble', or better yet – a trip abroad! The possibilities are endless and fun!

## History of Human Rights Day

Human Rights Day is a momentous occasion celebrated around the world on December 10th every year, commemorating the adoption of the Universal Declaration of Human Rights in 1948. It marks the day when people of every race, religion, and nationality came together to declare that every individual has the right to a standard of living that promotes their well-being and dignity. Since then, the movement has gained momentum, shining a spotlight on human rights violations across the globe, and providing us with a clear framework for how we can make a better, more equitable world. Human Rights Day is a time to remember that our rights are inextricably linked and that we must defend them for everyone, everywhere, every day.

## Five Examples of Human Rights

- ❖ Right to free speech.
- ❖ Freedom from arbitrary arrest and detention.
- ❖ Freedom of movement and residence within a country.
- ❖ The right to education.
- ❖ Freedom from discrimination.

There are 30 basic human rights.

## How to Celebrate Human Rights Day

- ❖ Familiarize yourself with the [30 Basic Human Rights](#).
- ❖ Read the [Universal Declaration of Human Rights](#).
- ❖ Increase your knowledge of human rights by [taking these quizzes](#).
- ❖ Take the [Human Rights Pledge](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.





# December 11 – National Apps Day

Apps are changing the way we do things and having fun has never been easier. From convenient, in-app payments to ordering UberEats while sitting on the couch, apps have revolutionized our lives. You can even find yourself scrolling through Instagram Stories for hours or learning how to draw the perfect cat eye with YouTube Makeup Tutorials — you'll never be bored when apps are around! Let's face it: apps make life more enjoyable and exciting than ever before.

## History of Apps

Apps have been around for a long time, since before the modern smartphone. Initially, programs that ran on personal computers were dubbed "apps," and later on developers began to create applications specifically for mobile phones. App store stores began popping up soon after, such as Apple's App Store in 2008.

## Five Top Downloaded Apps in 2022

- ❖ TikTok
- ❖ Instagram
- ❖ SnapChat
- ❖ CashApp
- ❖ Zoom

## How to Celebrate National App Day

- ❖ Read the [Top 10 Most Downloadable Apps of 2021 by Forbes](#).
- ❖ Download some new apps today by searching your favorite app store.
- ❖ [Take a course on apps](#) and even learn to develop your own.
- ❖ How to [Protect Your Privacy](#) on Apps.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 12 – National Poinsettia Day

Poinsettias are one of the world's most beloved plants. With their vibrant red leaves and sea of green foliage, it's easy to see why they are such a crowd-pleaser. But did you know that these festive plants aren't just pretty to look at? Poinsettias are also incredibly versatile and can be used in a variety of decorative settings. Whether you're placing them on a windowsill, adorning your dining room table, or using them as part of a festive wreath, poinsettias have a way of bringing a touch of elegance to any space. So, next time you're in the market for a stunning piece of seasonal decor, consider the majestic poinsettia – the perfect plant to add some holiday cheer to your home.

## History of the Christmas Poinsettia

Poinsettias are a beloved holiday plant with a rich and interesting history. Native to Mexico, poinsettias were used by the Aztecs for medicinal purposes and as a red dye. However, it wasn't until the 1820s that poinsettias became popular as a Christmas decoration, thanks to Joel Roberts Poinsett, the first United States Ambassador to Mexico. Poinsett, who was an avid botanist, sent cuttings of the plant back to his home in South Carolina and began growing the plants in his greenhouse. Soon, poinsettias became a popular holiday decoration in the United States, and over time, new varieties were created that ranged in color from white to pink to red and even speckled. Today, poinsettias are a staple of the holiday season and a beloved tradition in many households.

## Five Things About Poinsettias

- ❖ Poinsettias are the official flower of Christmas.
- ❖ It was originally used to dye fabric and color foods.
- ❖ Poinsettias are labeled as a poisonous plant. Fortunately, it's only mildly toxic, so don't worry if your pet nibbles on some leaves!
- ❖ The bright red part you see around Christmas is called the "cyathium."
- ❖ The poinsettia was named after an American ambassador to Mexico, Joel Robert Poinsett, also a botanist, in 1829.

## How to Celebrate National Poinsettia Day

- ❖ [Buy poinsettias](#), fill your house with them, they're so festive for the holidays!
- ❖ [How to Keep Your Poinsettia Alive for Next Christmas.](#)
- ❖ [Poinsettia Care for Each Month.](#)
- ❖ [Make Poinsettia Punch](#) and serve it in a [beautiful Christmas punch bowl](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# December 13 – National Cocoa Day

Cocoa is truly a treat for the heart and soul! Those who love cocoa know it's an indulgence like no other, whether savoring it warm on a chilly winter day or enjoying it on a thick and chilly ice cream sundae. From its first use by the early Mayans of South America to its wide appreciation around the world now, cocoa has been a source of joy in many cultures, one that symbolizes comfort, connection, and even luxury. Waking up to the fragrant smell of cocoa brewing can give even the dullest of days some much needed delight. So, here's to your mug of delicious cocoa – cheers!

## History of Drinking Cocoa

Drinking cocoa is far from a modern phenomenon. In fact, cocoa beverages date back as early as 500 BC, where the Mayans are believed to have first made a beverage out of cocoa beans, chili peppers, and water - though with far less sweetness than the cups of hot chocolate we know today! Ancient Aztecs also created their own versions of cocoa drinks flavored with vanilla and other spices that they regarded as luxury items only meant for nobles and royalty. Fast forward to when Christopher Columbus brought cocoa beans back to Spain in 1585 AD - and by the 1600s cocoa beverages had spread throughout Europe and quickly become popular amongst many cultures as an energizing treat. And who can forget when chocolate became all the rage in 1815 after Van Houten invented a pressing technique that allowed for easier production of chocolate? A drinking cocoa revolution had begun!

## Five Things About Cocoa

- ❖ Cocoa has been around for centuries - the Mayan and Aztec civilizations cultivated it for medicine and drink as early as 5th century BC!
- ❖ Cocoa actually starts off as a white bean - its rich brown hue comes from when the beans are roasted.
- ❖ Cocoa butter is one of coconut oil's greatest rivals - this creamy component is derived from the cocoa bean and helps make our favorite treats so melt-in-your-mouth good.
- ❖ Unlike coffee where many countries grow it, two countries take the crown in producing the most cocoa beans: Ivory Coast and Ghana.
- ❖ Every single Hershey Kiss ever produced has had a drop or two of real vanilla flavoring! Whether you're a fan of dark chocolate or milk chocolate...you can thank vanilla extract for that goey center!

## How to Celebrate National Cocoa Day

- ❖ [21 delicious hot cocoa recipes.](#)
- ❖ Try some [hot cocoa bombs.](#)
- ❖ Make some [hot cocoa gifts.](#)
- ❖ Host a [hot chocolate bar party.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 14 – Halcyon Days

Ah, the halcyon days - a time of peaceful tranquility and pure bliss. These moments, often associated with a sense of nostalgia, embody a time of carefree joy that we all yearn for. Whether it's reminiscing about old memories with friends or reflecting on simpler times, halcyon days remind us to appreciate the present and bask in the warmth of fond memories. The phrase originates from Greek mythology, where it's believed that the halcyon bird was able to still the waves during its nesting season. The term has since been used to describe any period of calmness and serenity, making it a true testament to the power of language.

## History of Halcyon Days

Throughout history, special festivities have taken place during each culture's respective version of Halcyon Days: playing games in Medieval England; expressing love through Japanese noh plays; banqueting with much merriment in ancient Rome. Today, the tradition continues but has shifted slightly - while there are still plenty of chances to bask in festive light during this time, most see this season as a chance to hit pause and reflect on personal achievements of the year before looking forward towards what awaits in the future. Halcyon Days might look quite different now compared to 5000 years ago, but one thing remains unchanged: its power to fill us with warmth and hope.

## Five Things About Halcyon Days

- ❖ The first Halcyon Day was celebrated in Athens, Greece, over two thousand years ago? While the holiday's original purpose was to celebrate the peace and wealth of Ancient Greece, it has since come to be an occasion to spread hope in difficult times.
- ❖ Ancient Greek mythology celebrates halcyons as birds with power to calm even the most chaotic of seas.
- ❖ The holiday was traditionally celebrated by throwing coins in lakes so citizens could benefit from each other's generosity.
- ❖ On Halcyon Days, tea parties were thrown in North America to commemorate family ties and promote solidarity between generations.
- ❖ In 1942 Churchill announced that World War II would spark a unified effort among all nations on earth. It has been 78 years since his address and every year people take time on Halcyon Days to remember that we are all brothers and sisters regardless of our differences.

## How to Celebrate Halcyon Days

- ❖ **The story** behind halcyon days.
- ❖ Take a nostalgic trip to an old neighborhood or visit with old friends.
- ❖ Enjoy the Queen song, "**These are the Days of Our Lives.**"
- ❖ Share some **childhood or other pleasant memories.**
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# December 15 – National Re-Gifting Day

Re-gifting can be a sticky situation, especially around the holidays when you're frantically trying to find gifts for every single person in your life! However, if it's done right, re-gifting can be a great way to spread joy to people who would've otherwise not received their own special gift. So, the big question is: what makes re-gifting okay? In my opinion, if the recipient never finds out they didn't get the original gift from you and if it's something they'd actually like and use, that sounds like a win-win to me! As long as everyone walks away happy, why not take advantage of an item that you don't want or need but someone else does? Re-gifting shouldn't be seen as an easy way out; it should be seen as an opportunity to save money and brighten up someone else's day.

## The History of Re-Gifting

Re-gifting may seem like a modern phenomenon, but the practice has been around for centuries. In fact, it's believed that the concept originated in Asia as a way to economize and avoid wasting resources. Over time, it evolved into a common practice in many cultures where unwanted gifts were passed on to others who might find them more useful or desirable. In the west, re-gifting has been met with mixed reactions, often viewed as a faux pas or a sign of thoughtlessness. However, with the rise of sustainability and minimalist movements, re-gifting is becoming more widely accepted as a way to reduce waste and give new life to unwanted items. Regardless of whether you see it as a taboo or a clever solution, re-gifting is here to stay, proving that one person's trash can truly be another person's treasure.

## Five Great Gifts to Re-Gift

- ❖ An upcycled mug filled with hot cocoa mix and homemade marshmallows will warm their hearts.
- ❖ A vintage cookbook can inspire fascinating dinner parties for years to come.
- ❖ Wrap up a bottle of handmade succulent terrariums - it's fun to watch them grow!
- ❖ Household decor like new candles or picture frames.
- ❖ Scarves and jewelry.

## How to Celebrate National Re-Gifting Day

- ❖ Watch the hilarious Seinfeld episode on re-gifting called "[The Label Maker](#)."
- ❖ Read the Emily Post article, "Regifting" [Tips to Avoid Hurt Feelings](#)."
- ❖ Different [gift exchange ideas](#) perfect for used items or gifts.
- ❖ Play the [white elephant game](#) with regifts.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.



# December 16 – Boston Tea Party Day

On December 16th, we celebrate Boston Tea Party Day to mark a pivotal moment in American history. The Boston Tea Party was a bold protest carried out by a group of patriots, who were determined to show their resistance to the British government's unjust policies. In the midst of the American Revolution, the tea party proved to be a catalyst for change. This event became an inspiration for future generations, reminding us of the power of collective action and the importance of standing up for our rights. On Boston Tea Party Day, we honor the brave men and women who risked everything to fight for freedom, and we renew our commitment to the values that make us proud to be Americans.

## History of the Boston Tea Party

In the year 1773, the Boston Tea Party served as a revolutionary act that would go on to change the course of American history. It was a time of great tension between the British government and the colonists, with the latter feeling increasingly oppressed and unjustly taxed. A group of colonists calling themselves the Sons of Liberty took matters into their own hands by boarding three British ships in Boston harbor and throwing 342 crates of tea overboard. The message was clear: the colonists would no longer tolerate being overruled and taxed without proper representation. This bold act of rebellion ultimately paved the way for the American Revolution and, ultimately, the birth of the United States as an independent nation.

## Five Things About the Boston Tea Party

- ❖ The tea thrown into the harbor amounted to approximately 46 tons, which is equivalent to about 18.5 million tea bags.
- ❖ Some of the participants, such as Paul Revere, were dressed as Native Americans as a disguise.
- ❖ Only one person was reportedly injured during the protest.
- ❖ The cost of the tea destroyed would be worth over a million dollars today.
- ❖ Contrary to popular belief, the British did not retaliate immediately after the event, but instead passed several laws in response to the protest.

## How to Celebrate the Boston Tea Party

- ❖ Visit the [virtual Boston Tea Party Museum](#).
- ❖ Wear a [teacup costume](#).
- ❖ [Host an elegant tea party](#).
- ❖ Purchase [teapots, teacups, and all things tea party](#).
- ❖ [Stock up on your favorite tea](#) and try some new ones.
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 17 – Festival of Winter Walks Day

We're borrowing this celebration from our friends across the pond. England's Ramblers Walking Club shakes off the winter chill with their annual Festival of Winter Walks! From peaceful strolls along wooded trails to invigorating climbs up hills, there's something for everyone in this celebration of the great outdoors. Participants can take unsung paths through nature or embark on an adventure towards breathtaking views of the countryside. Whether you're an experienced walker or looking to get started with a new hobby, why not explore a winter walk?

## History of Festival of Winter Walks

The Festival of Winter Walks Day has been a beloved tradition in the UK for over 30 years. Originally started by the Ramblers Association as a way to promote walking and its benefits to both physical and mental health, the festive day has since evolved to include not only walking but also other winter activities. From ice skating to carol singing, the Festival of Winter Walks Day has become a celebration of all things festive and fun in the wintertime. Despite its evolution, the core spirit of the day remains the same – to encourage people to get outside, enjoy the fresh air, and connect with their local communities.

## Five Things About Winter Walking

- ❖ It's important to bundle-up before heading out because temperatures can become unsafe very quickly, and that's not just for the colder regions.
- ❖ Studies have shown that taking a leisurely stroll during the winter months can actually reduce depression levels due to the endorphin producing activity. Vitamin D intake can improve as well as lower stress levels!
- ❖ There are often fewer people out and about in the winter meaning more peace and quiet – perfect for those moments when you want to take in nature.
- ❖ Research has found that walking through freshly fallen snow helps strengthen and coordinate muscles used in balance!
- ❖ The change of scenery that winter offers will provide a different experience than walking in the warmer months.

## How to Celebrate Festival of Winter Walks Day

- ❖ Go for a winter walk today! [Plan a winter picnic.](#)
- ❖ Read the 38 Hz article on how snow brings us happiness in, "[When it Snows.](#)"
- ❖ How about giving [snow shoes](#) a go?
- ❖ Try out some fun [hot cocoa recipes](#) and get a [new thermos!](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 18 – Bake Cookies Day

As the holidays approach, December 18th marks a delicious celebration that all cookie enthusiasts can enjoy - Bake Cookies Day! This sweet holiday is the ideal excuse to get your apron on, preheat the oven and let your creativity run wild. Whether you prefer the classic chocolate chip, sugar or oatmeal raisin cookies, or you opt for something more extravagant like red velvet or peanut butter blossoms, this day is all about indulging in the comforting flavors of freshly baked cookies. Gather your loved ones around the kitchen and spend quality time together, sharing the joy of creating something delicious and memorable. There's no better way to fill your home with holiday cheer than with the delightful aroma of homemade cookies, freshly baked with love. So gather your ingredients, turn on some festive music and get ready to win Bake Cookies Day with your showstopping creations!

## History of Cookies

The history of making cookies can be traced back to ancient Persia, where they were first concocted as a way to test oven temperatures. From there, these sweet treats spread throughout Europe, with each country putting their own unique spin on the recipe. In Scotland, shortbread became a favored cookie, while the French perfected the delicate art of the macaron. It wasn't until the 17th century that cookies arrived in America, where they quickly became a household favorite. Over time, new ingredients and techniques were added to the mix, creating beloved classics such as chocolate chip and oatmeal raisin. Even today, the simple act of baking and sharing cookies remains a cherished tradition across the world.

## Five Things About Baking Christmas Cookies

- ❖ In the 16th century, gingerbread was considered a kind of medicine, believed to be effective in curing all sorts of ailments, from the common cold to stomach issues.
- ❖ The world's largest gingerbread house was constructed in Texas in 2013 and measured a whopping 60 feet long by 42 feet wide.
- ❖ The first Christmas cookies date back to the Medieval time period.
- ❖ The shape of the candy cane originated from a German cookie.
- ❖ It is believed that leaving cookies and milk for Santa is an American tradition that started during the Great Depression as a way to teach children the importance of sharing.

## How to Celebrate Bake Cookies Day

- ❖ [75 Best Christmas Cookie Recipes](#).
- ❖ Purchase [Christmas cookie cutters](#) and [decorations](#).
- ❖ Take a [cookie decorating course](#).
- ❖ Host a [cookie decorating](#) or [cookie exchange party](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? **PLEASE share them** on the article page on 38 Hertz under **click to comment** at the very bottom.



# December 19 – Look for an Evergreen Day

Evergreen trees are incredibly fascinating! They provide us with so many benefits, such as providing oxygen and giving the landscape a punch of beauty year-round. Did you know that evergreens can even absorb noise pollution? So next time you go for a nature walk, appreciate all of the amazing work evergreen trees are doing to make our environment more livable. Evergreen trees are an indispensable part of the natural world. They provide a year-round splash of beauty and grandeur with their deep green needles and strong, distinctive shapes. Plus, evergreens have such a special kind of charm - whether it's in the majesty of soaring pines or in the romantic silhouette of a tall cedar following you through a meadow.

## History of the Evergreen as a Christmas Tree

Did you know that the traditional evergreen Christmas tree is believed to have originated in ancient Greece? They were likely adorned with apples and other fruit to symbolize the Garden of Eden. Today, these trees might be decorated with electric lights or glass balls, but either way they are a festive symbol of the holidays! Adorning your home with an evergreen Christmas tree is a fun and timeless way to bring in the spirit of the season. For many families, gathering around these festive decorations has become an essential part of traditional celebrations. So if you're feeling nostalgic, why not make your own memories this year and pick out a magnificent evergreen tree that will bring peace and joy into your home!

## Five Things About Evergreen Trees

- ❖ Not all evergreen trees have needles! Some species have leathery leaves that can be scaled down or tucked underneath branches in cold winter weather. You'll find conifers with this leaf type in warmer climates such as North Africa and California.
- ❖ Pinecones can stay closed for years. When temperatures warm up, the resin holding the scales together melts and the cone opens - releasing its seeds to take flight!
- ❖ Evergreens absorb more carbon dioxide than other trees – making them valuable carbon 'sinks'. Not only do they help clean the air we breathe, they also provide habitats to wildlife!
- ❖ A group of cedar trees is sometimes referred to as a “Christmas University” because during the holiday season these trees turn into lecture halls full of hibernating birds!
- ❖ Evergreen branches are often used to make wreaths which symbolize eternity – how fitting!

## How to Celebrate Look for an Evergreen Day

- ❖ If you did not get your Christmas tree yet, go today! [Use this national database](#).
- ❖ Use the "[What Tree is This](#)" tool to identify trees on the Arbor Day Foundation website.
- ❖ Purchase a new [live evergreen](#) for your home. Or an [artificial one](#).
- ❖ Watch, "[7 Mistakes You're Making with Your Christmas Tree](#)."
- ❖ If you love the article image, purchase it on [these fun products on Zazzle](#)!
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# December 20 – Go Caroling Day

Singing carols brings us so much joy! There's nothing quite like gathering around the fireplace with friends and family, belting out Christmas carols as if you've known them for years. It's a great way to build camaraderie and connect people of all ages. Whether it's hearing cheerful voices singing "O Come All Ye Faithful" or tapping your toes to "Jingle Bells," there's no denying that singing carols is one of the best parts of this holiday season. The spirit of giving and goodwill that comes from these songs is so contagious, it'll put a smile on even the Grinchiest faces!

## History of Caroling

Christmas caroling is a beloved holiday tradition with roots stretching back centuries! Its earliest origins reach back to pre-Christian winter festivals, where people would go from door-to-door singing and dancing in attempts to ward off the dark and cold. Over time, musical styles became more refined as Christian hymns were adapted and combined with popular folk tunes. Even Shakespeare had a hand in this "remixing," adding witty words to the traditional melodies of the day. Fast forward to today and caroling can be enjoyed just about anywhere - at school performances, around the neighborhood, or outside shopping centers spreading that Christmas cheer! Whether you're singing old classics or reviving forgotten songs, keep the festive tradition alive by "letting your voices rise."

## Five Fun Facts About Caroling

- ❖ The oldest surviving English carol is "Sumer Is Icumen In"? It dates back to 1280!
- ❖ Historically, people would go from door-to-door offering wassailing drinks and hearty songs in exchange for gifts or baked goods.
- ❖ When going caroling people would often dress up in costumes like Santa Claus or a snowman.
- ❖ Some famous singers like Elvis Presley and Bette Midler have released their own versions of classic Christmas carols.
- ❖ The longest ever carol-singing marathon lasted more than 54 hours and included almost 5 thousand songs!

## How to Celebrate Go Caroling Day

- ❖ [Host a Christmas caroling party.](#)
- ❖ Dress up like [old-fashioned Christmas carolers.](#)
- ❖ [Download a collection of Christmas Carols!](#) 210 pages of lyrics and sheet music.
- ❖ Read, "[The History of Christmas Carols.](#)"
- ❖ Have a [Christmas caroling party around the piano in your home.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 21 – Winter Solstice

The winter solstice is a magical time that ushers in the longest night and shortest day of the year. A unique opportunity to explore the night sky, bundle up with some hot cocoa, and spend quality time cozied up inside - isn't that everyone's ideal winter night? It marks the start of a season filled with snow-filled landscapes, holiday cheer, and an undeniable spirit of joy across cultures. For those seeking a new way to celebrate this auspicious period, why not grab some friends, find the north star, and gaze at the stars until you can stand the cold no longer? Truly an event that only comes around once a year, so don't miss out!

## History of Winter Solstice Celebrations

Celebrating the winter solstice dates all the way back to the ancient civilizations of the Egyptians, Greeks and Romans. For example, it is believed that the winter solstice festivals in ancient Greece were celebrated by making great feasts and performing rituals intended to honor gods such as Apollo, Demeter and Dionysus. As time went on, more cultures adopted their own traditions related to the seasonally changing solar positions - like lighting bonfires during Yule in Scandinavia or exchanging brightly colored scarves in Bolivia! Today, many people around the world come together on this special day to enjoy family time and exchange gifts. Regardless of its original purpose, it's safe to say that recognizing the longest night of the year has become a wonderfully celebratory occasion enjoyed by people across geography, time bearings and cultural backgrounds!

## Five Things About the Winter Solstice

- ❖ The winter solstice marks the longest night and the shortest day of the year.
- ❖ It is also when the sun is at its furthest point away from the equator.
- ❖ This means that places closest to the poles have almost 24 hours of darkness on this day.
- ❖ Days start getting longer after the winter solstice, which helps us welcome in a new season: spring!
- ❖ This seasonally-significant day has been celebrated since ancient times by cultures around the world.

## How to Celebrate the Winter Solstice

1. Host a [winter solstice celebration](#).
2. Read books with a [winter solstice theme](#).
3. Read about the [history of the winter solstice](#).
4. Watch the [live stream at Stonehenge](#).
5. [Honor the return of light](#) into your home.
6. If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 22 – National Cookie Exchange Day

A cookie exchange party can be a great way for you and your friends to share in the holiday spirit! Get creative with decorations to show the warmest welcome, and have everyone bring their favorite cookies to trade. Have guests put a title on their cookies if they want - it's always fun to see what people can come up with! It's also a great time to gather around and tie together some holiday tunes while snacking on all the goodies that were brought. Cook up an evening of fun by hosting your own cookie exchange before the holidays pass!

## History of Cookies

Folklore suggests that cookies have been around since at least medieval times, when bakers would test oven temperatures with small amounts of dough before baking bread or cake. Over time, cookie recipes grew more sophisticated, and by the 1700s sugar-based cookies were all the rage in Europe and America. From sugar cookies to chocolate chip, snickerdoodles to macarons - these little delicacies were made for sharing and delighting a crowd! We can thank our ancestors for bringing such irresistible snacks into our lives!

## Five Things About Cookies

- ❖ Cookies were invented in 7th century Persia, where they were made with rosewater and spices.
- ❖ The oatmeal chocolate chip was invented by American Helenora Curtis in 1938 as a way to reduce waste whilst making her batch of cookies.
- ❖ The first cookie recipe was published in 1775; it was called "jumble".
- ❖ Thomas Jefferson is credited with introducing the macaroon to America in 1802.
- ❖ Fortune cookies originated from Japan and reached the United States when Japanese immigrants arrived after World War II.

## How to Celebrate National Cookie Exchange

- ❖ "How to Host the Perfect Cookie Swap," by Martha Stewart.
- ❖ [Send a cookie bouquet.](#)
- ❖ Use the resource [Christmas Cookies Around the World.](#)
- ❖ Purchase delicious cookies from [Harry and David.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 23 – Christmas Movie Marathon Day

Christmas movie marathons bring holiday cheer to the entire nation! A night spent relaxing with friends and family in your cozy winter wear on the couch, eating delicious festive treats, and laughing at movie antics is truly a joyous occasion. From Home Alone to How the Grinch Stole Christmas, it's a fantastic tradition to get everyone into the Christmas spirit. There's nothing like the collective respect for a beloved classic as everyone cheers on their favorite character or moment. So don't forget to clear your schedule this holiday season and make time for a national Christmas movie marathon night - because there simply is no better way to enjoy your Christmas season!

## History of Christmas Movies

It's no secret that Christmas movies have been around since the invention of the film camera! They've served as a way to bring families together and give us all something to smile about during the chilly winter months. From classics like Miracle on 34th Street and It's a Wonderful Life, to modern favorites such as Home Alone and Elf, joy-filled holiday movie watching is a beloved pastime enjoyed by people of all ages. With an infinite variety of themes, it's difficult not to find at least one story you can't help but come back to year after year. So, whether your tradition is watching Rudolph or The Polar Express, just settle in with some hot cocoa and enjoy many wonderful hours spent with old friends.

## Five Christmas Movie Classics

- ❖ National Lampoon's Christmas Vacation takes a look at chaotic family gatherings.
- ❖ It's A Wonderful Life is a touching tale of life and love.
- ❖ Miracle on 34th Street is a wonderful old classic that follows a New York man who claims to be Santa Claus.
- ❖ Home Alone will always be remembered by its great plot twist involving two bumbling burglars and Kevin McCallister's clever use of toys and trinkets to thwart them.
- ❖ A Charlie Brown Christmas is a heartwarming animated movie about the true meaning of Christmas as Charlie Brown learns why it's important to believe in even the smallest things during our darkest times.

## How to Celebrate National Christmas Movie Marathon Day

- ❖ Host a **Christmas movie marathon night**.
- ❖ Wear **Christmas pajamas!**
- ❖ **50 Classic Christmas movies**.
- ❖ Play some **Christmas movie trivia games**.
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# December 24 – Christmas Eve

Christmas Eve is an exciting night – just think of all the possibilities that can come true on this magical evening! Families gather around the Christmas tree, exchanging gifts and creating memories that will last a lifetime. Kids can hardly contain their excitement as they try to take in all of the holiday cheer. The anticipation is contagious as all are in high spirits, joyfully providing each other with presents and sharing stories of Christmases past. Once darkness falls, and it's time to head off to bed, you can bet that everyone's dreams are filled with visions of a white Christmas, just waiting to be unveiled under the morning sun.

## History of Christmas Eve

Christmas Eve has a long and exciting history! It has been celebrated for centuries, with evidence indicating that the first midwinter celebrations occurred as far back as ancient Rome. In early Christianity, Christmas Eve was considered holy, with special mass services held late in the evening on December 24th. Some Christian cultures also used to keep vigil throughout Christmas Eve night and into the morning, waiting to celebrate Jesus' birth at midnight on December 25th. Even today in some countries of Central Europe and Latin America, it is still quite common for families to come together for singing carols on Christmas Eve. No matter how it's celebrated, Christmas Eve remains a cherished time of year around the world!

## Five Different Christmas Eve Traditions

- ❖ In Japan, families come together to admire beautiful kadomatsu decorated with pine, bamboo and plum branches.
- ❖ In Brazil, children will leave shoes at their windows for Dom Bosco and his ox to fill with presents.
- ❖ Piñata celebrations that take place in many countries such as Mexico or Venezuela!
- ❖ Germans love to carol around the Christmas tree.
- ❖ In France, families gather together to enjoy a grand feast known as the 'Reveillon' which includes lavish dishes such as roast turkey and oysters.

## How to Celebrate Christmas Eve

- ❖ Enjoy a [manger scene](#) and read the [story of Baby Jesus](#).
- ❖ [50 fun things to do on Christmas Eve](#).
- ❖ The official [NORAD Santa Tracker](#).
- ❖ Attend Christmas Eve church services or join the [Washington National Cathedral Service online](#).
- ❖ Start a new Christmas tradition - [Fun Pioneer Woman Ideas](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 25 – Christmas Day

Christmas Day is an event that brings joy to the world. Every year on Christmas, families gather and take part in a variety of festive activities. From singing carols to decorating the tree, it's a time of celebration. From making gingerbread houses to sharing stories over a mug of hot cocoa, here's no shortage of ways to make the holiday merry. With gifts exchanged and holiday recipes prepared, Christmas Day festivities can create lasting memories for the whole family. So spread some cheer this holiday season and make the most out of your Christmas Day celebrations!

## History of Christmas Day

Christmas Day is a holiday that holds centuries of history, filled with traditions and customs. It is believed to have first been celebrated in the fourth century, where it marked the birth of Jesus Christ, as told in the Bible. Since then, Christmas has spread around the world and its festivities have evolved over time. In many countries, children believe in Santa Claus who brings presents on Christmas Eve according to whether they have been naughty or nice. Decorating homes with lights and ornaments is a common ritual too! For many, nothing beats the old-school tradition of Christmas caroling; people gathering around to sing traditional songs like 'Silent Night' and 'Jingle Bells'. A delicious meal is also part of this festive day - typically comprising roasted meats such as turkey and roast beef as well as interesting side dishes. All in all, Christmas Day is an exciting holiday full of anticipation and joy!

## Five Beautiful Things About Christmas Day

- ❖ Christmas Day is a special day to spend with family and friends, where one can appreciate the beauty of life. It's a time that brings joy to everyone and offers plenty of wonderful things to love.
- ❖ Twinkling holiday lights and snowflakes drifting in the air to larger-than-life holiday displays and wonderful music, Christmas Day provides plenty of opportunities to celebrate.
- ❖ Nothing quite compares to finding the perfect gift for loved ones or watching smiles bloom across their faces when they open it.
- ❖ There's something magical about sharing stories, recipes and traditions around the table while enjoying delicious food.
- ❖ You can't help but get into the Christmas spirit when you are surrounded by love and happiness!

## How to Celebrate Christmas Day

- ❖ Create a beautiful [Christmas table](#).
- ❖ Start Christmas with a special breakfast, in our home it is [Swedish Pancakes](#). It requires this [special pan](#).
- ❖ Play some [Christmas Day games](#).
- ❖ Put together a [Christmas puzzle](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 26 – Kwanzaa

Kwanzaa is a vibrant and unique week-long celebration that celebrates African American culture, ancestry and heritage. The celebration occurs annually in the United States between December 26th and January 1st – although it can be celebrated year-round! During Kwanzaa, each night families gather for an event called a Kukuranga or Karenga, which involve reflection on African culture and important core values such as the “three principles of Umoja (Unity), Kujichagulia (Self-Determination) and Ujima (Collective Work and Responsibility).” Throughout the week, participants also join together to create messages of unity and community through feasts, music, games and different artistic expressions. Kwanzaa is an incredibly fun way for individuals to learn about diverse cultures while enjoying meaningful ceremonies with family and friends!

## History of Kwanzaa

Kwanzaa was created in 1966 by Dr. Maulana Karenga, a professor of African studies. The name "Kwanzaa" comes from the Swahili phrase "matunda ya kwanza," which means "first fruits of the harvest." The holiday is celebrated from December 26th to January 1st, and each day of Kwanzaa has a different principle that is celebrated.

## Five Things About Kwanzaa

- ❖ Kwanzaa is an African-American holiday celebrated during the week between Christmas and New Year. It's a great time to celebrate heritage and culture, but there are some facts you may find even more interesting.
- ❖ Kwanzaa was created in 1966 by Dr. Maulana Karenga to stand for the “first fruits of the harvest” from African culture. This holiday brings families together to share food, music, and love while they light the seven candelabrum called misas.
- ❖ Kwanzaa has seven principles that each correspond with one day of the week during the festival; these principles are collectively known as Nguzo Saba. The seven principles of Kwanzaa are: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity and faith.
- ❖ The colors of Kwanzaa—black, green, and red—represent unity of people of African descent around the world.
- ❖ Books on Kwanzaa often feature historical stories about African cultures not largely known in other parts of the world!

## How to Celebrate Kwanzaa

- ❖ **Light the Kinara** (candle holder) each day of the week's celebration.
- ❖ Learn the **7 Principles of Kwanzaa**.
- ❖ Listen to **10 hours of Kwanzaa music**.
- ❖ Prepare an **African feast**.
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# December 27 – Make Cut-Out Snowflakes Day

Crafting beautiful snowflakes out of paper is an amazing way to get in the winter spirit! Making cut-out snowflakes is an exciting activity that can fill your home with holiday cheer. The best part is that you don't have to be a pro to create something stunning. All you need are colorful scissors and some white paper, although glitter or other decorations are also fun additions. Whether it's just for yourself or as a gift for a loved one, creating cut-out snowflakes can be a fun and rewarding experience. So grab some supplies and get creative!

## History of Making Cut-Out Snowflakes

Making cut-out snowflakes is an age-old tradition that has been passed down through generations, originating as far back as the 12th Century in Japan! From there, it quickly made its way around the world, with German settlers bringing the craft to the United States in the 1800s. It's since become a favorite pastime for both children and adults on cold winter days, and is always sure to bring cheers of joy when multiple snowflakes are hung together from windows and ceilings. So why not make your own today, you might be pleasantly surprised by what you can create!

## Five Things About Snowflakes

- ❖ No two real snowflakes in nature look exactly the same, and neither do those that are carefully crafted from paper.
- ❖ Each intricate paper cut-out design creates an entirely unique piece of art - what a great way to express your creative side.
- ❖ Legends say that if you make a special wish while constructing your snowflake, it may come true someday.
- ❖ Snowflake making began as an early education tool to help teach geometry skills to children.
- ❖ Award-winning flake makers have been known to take up to ten hours or even days on one single creation!

## How to Celebrate Make Cut-Out Snowflakes Day

- ❖ Read the [Martha Stewart tutorial](#) on making cut-out snowflakes.
- ❖ Purchase [fun decorative papers](#). [Craft scissors!](#)
- ❖ [25 snowflake cut-out designs](#).
- ❖ [Things to do with paper snowflakes](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 28 – Card Playing Day

Who doesn't love playing a good game of cards? Whether it's poker, go fish, or even old maid, card games are a great way to pass the time - and have fun with friends at the same time! Card games can bring out creative strategies in everyone playing as well as teach valuable skills like counting and recognizing symbols. Plus, they don't require any extra tools or gadgets to play. All that is needed, is creativity and your favorite deck of cards. So, before you turn on the TV or computer to amuse yourself, consider breaking out the deck of cards and taking some time to have some light-hearted fun with friends!

## History of Card Games

Card games have been captivating people around the world for centuries! People have brewed up all kinds of entertaining ways to battle it out with a hand full of cards. From Europe's Cloister played in 16th century France, to Japan's Cheat believed to be invented in the 17th century Edo period, card games have been constantly evolving over time. They've come far from their days as the playing ground of noblemen and now can fill living rooms with laughs!

## Five Popular Card Games

- ❖ Gin Rummy is an intense two-person game where strategy reigns supreme. It requires a keen eye for the cards your opponent holds and a bit of luck!
- ❖ Cribbage has been around since the 17th century and remains a favorite pub game played by two or four people who strive to score points as quickly as possible using their hand of cards plus the “crib” (the dealer’s extra hand).
- ❖ Go Fish is easy enough for even small children to pick up but can still manage to bring in hours of laughter between players.
- ❖ Euchre is slightly more complicated since it often involves teams competing against one another, but it’s sure to be wildly entertaining regardless!
- ❖ The classic trick-taking game of Hearts rounds out this group of five popular card games; it's played with four players and can even be considered somewhat cutthroat —but don’t worry, it’ll leave you wanting more when all is said and done!

## How to Celebrate Card Playing Day

- ❖ [40 Great Card Games](#) for All Occasions.
- ❖ [Host a Card Playing Party.](#)
- ❖ [Casino night party ideas.](#) [Things you'll need.](#)
- ❖ Play [virtual card games.](#)
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365 Days of Celebration 2024

# December 29 – Tick Tock Day

As the year winds down, I can't help but notice how quickly time is moving. Tick tock, it's already December! Even though too much of the year has flown by, there's still a bit of time left to get things done before it all comes to end. With a little hustle and a good plan, we can make sure that this year doesn't slip away without achieving our goals and having some fun along the way. So let's bring on the festive season with a dash of optimism and get ready to tackle whatever comes our way as we turn the page into the new year!

## History of Tick Tock Day

Thomas Roy is an American film, television, and voiceover actor who created Tick Tock Day with his wife, Ruth Roy. The purpose of the day is to remind people to get down to business and finish up any unfinished tasks before the year ends.

## Five Things to Consider About the End of the Year

- ❖ Take stock of your accomplishments and take time for yourself.
- ❖ Consider setting some new goals for the upcoming year, reflecting on what went well and what could have been done differently.
- ❖ Plan how you'll celebrate your successes.
- ❖ How to stay organized at work and home.
- ❖ Take care of any unfinished tasks before the year ends.

## How to Celebrate Tick Tock Day

- ❖ [100 Satisfying Lists](#) to Make.
- ❖ [10 Things to Do Before the End of the Year](#).
- ❖ [5 Ways to End the Year Right](#).
- ❖ [Things to do at the End of the Year](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 30 – Resolution Planning Day

As the year draws to a close, many of us start to feel energized by the idea of a fresh start and creating goals for ourselves with the flip of a calendar page. Planning new year's resolutions can be an empowering experience -- it's an opportunity to thoughtfully consider positive changes we want to make during the upcoming year. We can approach our resolutions in a fun way by turning off the voice in our heads that tells us "we should" do this or that and focus more on what we really want. It's easy to get overwhelmed but if we break our plans down into manageable steps, setting achievable goals will provide added motivation throughout the year!

## History of New Year's Resolutions

Every year, people around the world make New Year's resolutions, a time-honored tradition that dates back to ancient Babylonian traditions. For centuries, this symbol of self-improvement has been celebrated in various cultures through similar practices such as the Romans' offering of new promises to the God of Janus and medieval knights setting their fresh pledges before the entire court.

## Five of the Most Common New Year's Resolutions

- ❖ Saving money and improving budgeting habits.
- ❖ Exercising more.
- ❖ Quitting smoking.
- ❖ Losing weight.
- ❖ Improving mental health.

## How to Celebrate Resolution Planning Day

- ❖ [65 great resolution ideas](#).
- ❖ [How to plan New Year's resolutions](#).
- ❖ [Smash Your New Year's Resolutions](#) - a Udemmy course.
- ❖ [Create a vision board](#) for the new year. [Get supplies here](#).
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
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# December 31 – New Year's Eve

New Year's Eve is always an exciting time of year, full of possibility as we look forward to what the coming year holds. For celebrating, many families have fun traditions they love to do together. Whether it's watching old movies and drinking sparkling apple cider, ice skating at the local rink, or gathering around a board game for a few hours of friendly competition - there are endless options for how you can spend your special New Year's Eve with the people you love most. And if all else fails and you want to get a little crazy, nothing beats a big full-on danceathon in your own living room! So no matter how you choose to count down the clock to 2019, one thing's for sure: it will be a New Year's Eve to remember.

## History of New Year's Eve

New Year's Eve is a centuries old tradition and celebration of the upcoming year. Observed worldwide, it's a time of reflection, resolutions, and celebrating with family and friends. In traditional Chinese culture, they mark the occasion with fireworks, setting off firecrackers early in the morning to ward away evil spirits. Swedish custom similarly combats evil spirits while welcoming in the New Year. With songs and chants, children dress up as witches with masks to go door-to-door collecting treats whilst adults exchange gifts and alcoholic beverages with each other for good luck for the coming year! No matter how you choose to celebrate New Year's Eve, it's an age-old tradition that generations have been respecting since way back when!

## Five Cultural New Year's Eve Traditions

- ❖ In Scotland, they have first footing: a tradition where the first person to enter your home at the stroke of midnight decides your luck for the year ahead.
- ❖ In East Asian countries like Japan and China people celebrate by ringing bells 108 times to get rid of bad luck for the new year.
- ❖ In many Latin American countries, people dress in white attire on New Year's Eve as it symbolizes purity and fresh starts.
- ❖ Some may also jump over seven waves as this ritual will bring high levels of fortune and good luck for the upcoming year.
- ❖ Lastly, there's eating 12 grapes at midnight; each grape brought an opportunity or blessing into your New Year while simultaneously bringing luck!

## How to Celebrate New Year's Eve

- ❖ Read these [fun NYE statistics!](#)
- ❖ Host a NYE Party! [Great ideas by The Bash.](#)
- ❖ [Family friendly New Year's Eve celebrations.](#)
- ❖ Shop for [New Year's Eve party supplies.](#)
- ❖ If you love the article image, purchase it on [these fun products on Zazzle!](#)
- ❖ Have some great ideas of your own? [PLEASE share them](#) on the article page on 38 Hertz under **click to comment** at the very bottom.