

Mariposa READ
(Read, Enjoy, And Discover)

Thursday, January 5, 2023 at 7:30 PM
Sunday, January 8, 2023 at 2:30 PM

January Holidays

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- Go to the event on our Facebook Page: Mariposa Adult & Family Literacy
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Mariposa Adult & Family Literacy Program

January Holidays

Whether for marketing or for fun, people are assigning celebrations to every day of the year. Let's read about what you could celebrate in January. Some of the celebrations are assigned to a day, or a week, or maybe the whole month. As a "Country Living" article pointed out: "These January holidays give you excuses to indulge in things like hot tea, oatmeal, spaghetti, and bubble baths. They'll also remind you to appreciate things like penguins, squirrels, and the powers of bubble wrap. And while there are many silly and fun holidays, there are also important days of commemoration throughout the month as well. They'll help you prioritize vital issues like blood donation and civil rights."

In the United States, there are two federal holidays, as decreed by Congress. Of course, the first day of January is New Year's Day, and as some have jokingly called it, National Hangover Day. This is the time of year that many make resolutions or goals to improve aspects of their lives such as health, career, or finances. The other federal holiday is Martin Luther King Jr. Day. The holiday is set to honor his birthday, which is January 15. However, the day that we celebrate may be different each year because of the Uniform Monday Holiday Act that has many holidays "observed" on the Monday closest to the holiday.

Martin Luther King Jr. is also part of the inspiration of "The Season of Non-Violence" that begins on January 30, which is the memorial anniversary of the

assassination of Mahatma Gandhi and runs 64 calendar days to April 4, the memorial anniversary of King's assassination. Many groups and communities use this season to boost education in support of a culture of peace, as taught by these two amazing men.

Some of the dedications for the whole month such as National Soup Month, National Hot Tea Month, and National Oatmeal Month make a lot of sense given how cold it is outside in many areas of the United States right now. As folks are locked indoors because of inclement weather, celebrations such as Train Your Dog, Adopt A Rescued Bird, Clean Up Your Computer, and Hobby Month also make a lot of sense. "National Skating Month" surely is ice skating. Monthly declarations include great causes meant to help people such as Blood Donor, Braille Literacy, Slavery and Human Trafficking Prevention, Stalking Awareness, and Cervical Health Awareness Month. January includes Be Kind to Food Servers Month. Shouldn't every day of every month be a time to be kind to food servers? January used to be considered White Sale Month to help boost sales during a very slow time of the year. Back then, linens such as bedding, were only available in white and were sold at a discount in January. Later this expanded to all household items, even when they were no longer all white in color. This seems to have declined in popularity over the years. Some celebrations seem to be totally random, such as January being National Polka Music Month.

Sometimes the holiday declarations only get a week. The first week of January is Diet or New Year's Resolutions Week. A Mocktail is a mock (or fake) cocktail that has no alcohol in it. Maybe from the resolutions to stop an excessive habit for some, the second week in January was declared National Mocktail and Pizza Week. The third week seems to be an attempt to get people to get back to their healthy choice resolutions with National Fresh Squeezed Juice Week. Then for

those who enjoy the great outdoors, even in the winter months, we have Snowmobile Safety Awareness week.

January has celebrations honoring professional groups or certain diseases or medical situations like the first successful cesarean section, glaucoma awareness, or leprosy. They say if you wake up with a spirit of gratitude and appreciation, that your day will go better, and your life will feel sweeter. Let's make it a point to wake up each day and have a reason to celebrate. Here is a list of items to celebrate each day of January:

- **January 1** — Is New Year's or National Hangover Day. It makes sense that this is also National Bloody Mary Day. Polar Bear Plunge/Swim Day means jumping into a freezing cold lake. This is also considered Ellis Island Day and the World Day of Peace.
- **January 2** — I hope you're hungry because this is Buffet, Swiss Cheese, and Cream Puff Day. It's also Personal Trainer Awareness Day, so they want you to work off those calories when you're done. It's World Introvert and Science Fiction Day.
- **January 3** — Is J.R.R. Tolkien Day. He is the author of The Hobbit and Lord of the Rings. Two items I would love to celebrate are Chocolate Covered Cherry and Festival of Sleep. And if you're not a fan of fruitcake, this is Fruitcake Toss Day.
- **January 4** — While it's National Spaghetti Day, it is World Braille and World Hypnotism Day.
- **January 5** — For food today you can choose between Keto or Whipped Cream. It's Bird, Screenwriters, and Monopoly Game Day. Historically this is the Twelfth Night or Epiphany Eve, which is another fascinating thing to Google if you want to know more.
- **January 6** — The food celebrations are Bean Day and Shortbread Day. The weather is probably cold so enjoy Cuddle Up Day. Many wait until today to celebrate National Take Down the Christmas Tree Day because the Christmas celebration for many does not end until Epiphany or Three Kings Day.

- **January 7** — Again turning to wit, some call this National Pass Gas Day, probably in response to yesterday's Bean Day. You could celebrate National Bobblehead or Harlem Globetrotters Day. Some see this as Orthodox Christmas Day.
- **January 8** — Really speaks to me with National Bubble Bath, English Toffee and World Literary Day. Let the comfort continue with Argyle and War on Poverty Day.
- **January 9** — We are back to working on healthy resolutions with Apricot, Take the Stairs, and Gluten Free Day. Every Day should be Law Enforcement Appreciation Day for those that do good in our communities and Do Something Nice for Someone Day should also be an every-day celebration.
- **January 10** — Interesting food choices as we celebrate Oysters Rockefeller Day and Bittersweet Chocolate Day. I am all for Houseplant Appreciation and Save the Eagles Day, but how do we celebrate Peculiar People Day?
- **January 11** — Nothing to eat but we have Milk and Hot Toddy Day. We could have some fun with Learn Your Name in Morse Code or Step in a Puddle and Splash your Friends Day. The serious celebration is National Day of Human Trafficking Awareness.
- **January 12** — Our diet today is Curried Chicken, Marzipan, and Hot Tea Day. For our health it's Pharmacist and Take the Stairs Day. And if you have red hair you'd better hide because it's Kiss a Ginger Day.
- **January 13** — is Peach Melba, Make Your Dreams Come True, Rubber Duckie, Sticker, and Korean American Day. It is also the day to celebrate KRYZ because it's Public Radio Broadcasting Day.

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- **January 14** — is Hot Pastrami Sandwich Day. It's National Dress Up Your Pet Day and International Kite Day. Caesarean Section Day is today as well as World Logic, and Organize your Home Day. This is also the Orthodox New Year.
- **January 15** — is a yummy food day with National Bagel, Kombucha, Fresh Squeezed Juice, and Strawberry Ice Cream Day celebrations. It is also National Hat Day and World Snow Day. This is also Wikipedia Day and what a great way to look up more of this fun information to learn more and keep reading.

- **January 16** — has us celebrating International Hot & Spicy Food Day, National Quinoa or Fig Newton Day, and Prohibition Remembrance Day. The professions we celebrate today are Book Publishers, Civil Service, and Psychiatric Technicians. Religious Freedom Day is an important celebration. My personal favorite is Appreciate a Dragon Day.
- **January 17** — On this day we dine on Peking Duck, Gourmet Coffee, Hot Heads Chili, and Hot Buttered Rum. We are halfway through the month so it's Ditch New Year's Resolutions Day. This is a day of celebrating some beloved characters such as Popeye, Winnie the Pooh, and Betty White... who was a real character! As literacy learners we can also celebrate Thesaurus Day.
- **January 19** — Our only food is National Popcorn Day. Hunters will love Archery and Gun Appreciation Day. I like to celebrate New Friends Day.
- **January 20** — This is my day... National Cheese Lover and Buttercrunch Day. Penguin Awareness, Take a Walk Outdoors and Disc Jockey Day are also worth celebrating. I hope we all join in on the International Day of Acceptance.
- **January 21** — On the menu is New England Clam Chowder and Granola Bar Day. It's National Hugging Day and Squirrel Appreciation Day.
- **January 22** – Blonde Brownie and Hot Sauce are the food Days. Celebration of Life and Polka Dot Day are today. This is also Chinese New Year.
- **January 23** — We have sweet and savory options for National Pie Day. It's National Handwriting and Measure Your Feet Day. The one I had to research is Snowplow Mailbox Hockey Day, which is to celebrate the hardworking snowplow drivers who clear the streets, roads, and sidewalks every winter.
- **January 24** — Not much in your belly with only Peanut Butter Day, unless you celebrate Beer Can Appreciation Day. It's also Compliment and Global Belly Laugh Day.
- **January 25** — Another hungry day with only Irish Coffee Day. We celebrate IV Nurses and Thank your Mentor Day. It's also Opposite Day and so we can reverse the undoing of our resolutions.
- **January 26** — Get ready for Green Juice, Pistachio, and Peanut Brittle Days. It's also Spouse's Day.

- **January 27** — Yum, it's National Chocolate Cake Day! It's also Vietnam Peace Day and International Day of Commemoration in Memory of the Victims of the Holocaust.
- **January 28** — National Blueberry Pancake Day is today. We also get Fun at Work Day and Daisy, LEGO, Pop Art, and Kazoo Day, can you imagine the fun? It's also Pediatrician Day.
- **January 29** — is Corn Chip, National Puzzle, Carnation, and Seeing Eye Guide Dog Day.
- **January 30** — has Croissant Day, Draw a Dinosaur Day and Yodel for Your Neighbors Day.
- **January 31** — And last but not least we have National Hot Chocolate and Eat Brussels Sprouts Day. It's Scotch Tape and Hug an Economist Day.

Happy celebrating!