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Volume 13, Issue 1

January 2020 Newsletter

The History of Our New Year's Traditions

New Year's is one of the world's oldest holidays. It originated in ancient Babylon as an eleven-day festival starting on the first day of spring, when many cultures used the sun and moon cycle to decide the "first" day of the year. It wasn't until Caesar implemented the Julian calendar that January 1st became the common day for the celebration.



Many cultures celebrate this happy day in their own unique way. Typically the customs and traditions of New Year's Day involve celebrating with champagne and a variety of different foods. Americans often celebrate with a party and fireworks late into the night before the New Year, where the gathering counts down the final seconds to January 1st. Many Americans nationwide also watch the Times Square Ball Drop in New York City. Some might even welcome the New Year with a kiss at midnight.

Although much of the celebration occurs the night before, the merrymaking typically continues to New Year's Day, which is synonymous with a clean slate, and offers observers an opportunity to make positive changes in one's life. In fact, modern culture's obsession with New Year's resolutions dates back to the Mesopotamian era, when people would make promises to the gods in return for their blessings.

New Year's enjoys a storied history. No matter how you choose to celebrate the holiday, you can bet that your own customs are connected in some way to those of our ancestors.

Green Living Tip

Looking for a way to add sustainability to your grooming routine? Many hairbrushes are made of plastic and synthetic bristles, but there are a variety of natural options on the market. To find the most environmentally friendly one, look for a wooden handle and boar bristles. These bristles are actually preferred by hair stylists, as they evenly distribute the natural oils in your hair. If you want to avoid animal products, look for recycled-product bristles for an eco-friendly substitute.

Reduce . Reuse . Recycle.



Playing @ The Movies

Dolittle — The Movie

After losing his wife seven years earlier, the eccentric Dr. John Dolittle hermits himself away behind the high walls of Dolittle Manor with only his menagerie of exotic animals for company. But when a young queen falls ill, Dolittle is forced to set sail on an epic adventure to a mythical island in search of a cure.

Movie Stats

Rating: PG

Release Date: January 17, 2020

Director: Stephen Gaghan

Starring: Robert Downey Jr., Tom Holland, Emma Thompson



Your Monthly Internet Tidbit

"WordNik.com is the world's largest online English dictionary."

Do you love discovering new words? If so, check out WordNik.com! Any dictionary can give you a definition, but WordNik.com gives you more. Its creators have mined over four billion words of text and share whatever they've found. It's not only better than a traditional dictionary – it's free!

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Check it out today at WordNik.com

January is National Hobby Month

January is National Hobby Month, the perfect time of year to pick up a new hobby, or get back into an old one that you haven't thought about in a while! The great thing about having a hobby is that it can take your mind off the pressure of work or other daily stresses, which improves your health and well-being.

Sit down and think about what you really love to do. What are you passionate about in life? What sparks your interest the most? What are you curious about? What are your goals? Finding a good hobby and giving yourself time to take part in it on a daily or weekly basis is sure to make you happier and healthier.



For more information, visit NationalDayCalendar.com



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