# American Holdays

### Federal holidays

Date	Official Name	Remarks
January 1	New Year's Day	Celebrates beginning of the Gregorian calendar year. Festivities include counting down to midnight (12:00 AM) on the preceding night, New Year's Eve. Traditional end of holiday season.
Third Monday in January	Birthday of Martin Luther King, Jr., or Martin Luther King, Jr. Day	Honors Martin Luther King, Jr., Civil Rights leader, who was actually born on January 15, 1929; combined with other holidays in several states.
January 20, the first January 20th following a Presidential election	Inauguration Day	Observed only by federal government employees in Washington D.C., and the border counties of Maryland and Virginia, in order to relieve congestion that occurs with this major event. Swearing-in of President of the United States and Vice President of the United States. Celebrated every fourth year. <i>Note</i> : Takes place on January 21 if the 20th is a Sunday (although the President is still privately inaugurated on the 20th). If Inauguration Day falls on a Saturday or a Sunday, the preceding Friday or following Monday is not a Federal Holiday
Third Monday in February	Washington's Birthday	Washington's Birthday was first declared a federal holiday by an 1879 act of Congress. The Uniform Holidays Act, 1968, shifted the date of the commemoration of Washington's Birthday from February 22 to the third Monday in February. Many people now refer to this holiday as "Presidents' Day" and consider it a day honoring all American presidents. However, neither the Uniform Holidays Act nor any subsequent law changed the name of the holiday from Washington's Birthday to Presidents' Day.

Last Monday in May	Memorial Day	Honors the nation's war dead from the Civil War onwards; marks the unofficial beginning of the summer season. (traditionally May 30, shifted by the Uniform Holidays Act 1968)
July 4	Independen ce Day	Celebrates Declaration of Independence, also called the Fourth of July.
First Monday in September	Labor Day	Celebrates the achievements of workers and the labor movement; marks the unofficial end of the summer season.
Second Monday in October	Columbus Day	Honors Christopher Columbus, traditional discoverer of the Americas. In some areas it is also a celebration of Italian culture and heritage. (traditionally October 12); celebrated as American Indian Heritage Day and Fraternal Day in Alabama; celebrated as Native American Day in South Dakota. In Hawaii, it is celebrated as Discoverer's Day, though is not an official state holiday.
November 11	Veterans Day	Honors all veterans of the United States armed forces. A traditional observation is a moment of silence at 11:00 a.m. remembering those killed in war. (Commemorates the 1918 armistice, which began at "the eleventh hour of the eleventh day of the eleventh month.")
Fourth Thursday in November	Thanksgivi ng Day	Traditionally celebrates the giving of thanks for the autumn harvest. Traditionally includes the consumption of a turkey dinner Traditional start of the holiday season. (Note: Thanksgiving is not celebrated on the same day in Canada).
December 25	Christmas Day	Celebrates the Nativity of Jesus. Some people consider aspects of this religious holiday, such as giving gifts and decorating a Christmas tree, to be secular rather than explicitly Christian.

### Weeks

Constitution Week O National Flag Week O National Forest Products Week O National Poison Prevention Week National Safe Boating Week O National School Lunch Week O National Transportation Week O Police Week O Save Your Vision Week National Friendship Week

### New Year's Day

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erved by	Almost all users of the Gregorian calendar and others
Туре	International
nificance	The first day of the Gregorian year
Date	January 1
servances	Making New Year's resolutions, parades, additional sporting events, fireworks
lated to	New Year's Eve, the previous day

## Specific, high-profile or common celebrations

- On New Year's Day, people in certain countries gather on beaches and run neo the water to celebrate the new year. Ireland, Britain, United States and Australia are the most popular countries for this. These events are sometimes known as polar bear plunges, and are sometimes organized by groups to raise money for charity. Polar Bear Clubs in many northern hemisphere cities near bodies of water, have a tradition of holding organized plunges on New Year's Day. The Coney Island Polar Bears, Club, in New York is the oldest cold water swimming club in the United
- Bears Club in New York is the oldest cold-water swimming club in the United States. They have had groups of people enter the chilly surf since 1903.
- Y In England and Scotland an extra round of football fixtures is played (unless New Year's Day falls on a Thursday, Friday or Sunday).
  - In Pasadena, California, United States, the Tournament of Roses is held, with revelers viewing the parade from the streets and watching on television, followed by the Rose Bowl college football game. The game is one of several postseason bowl games played in college football in the United States (though in 2004 and 2006, due to its involvement in the Bowl Championship Series (BCS), the Rose Bowl game was not held on New Year's Day).

This day is traditionally a religious feast, but since the 1900s has become an occasion for celebration the night of December 31, called New Year's Eve. There are often fireworks at midnight. Depending on the country, individuals may be legally allowed to burn fireworks, even if it's usually outlawed the rest of the year. It is also customary to make New Year's resolutions, which individuals hope to fulfill in the coming year. The most popular resolutions in the western world include to guit tobacco smoking, stop excessive drinking of alcohol, lose weight, and get physically fit.



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### Some facts

 Valentine's Day is a day to share loving feelings with friends and family. It is also known as a holiday honoring lovers. It is celebrated on the 14th of February. This is a happy day because it is specially dedicated to celebrate love, affection and friendship.

\* There is a wide-spread custom of sending greeting cards or gifts to express affection. Every February 14, millions of people send Valentines to those whom they love. The cards, known as Valentines, are often designed with hearts to symbolize love.

In England, Valentine greetings have been popular since the Middle Ages, when lovers used to send Valentine verses to their sweethearts.



### **Independence Day**

Displays of fireworks, such as these over the Washington Monument, are an example of the celebrations that take place nationwide.

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Also called	The Fourth of July The Glorious Fourth The Fourth
Observed by	United States
Туре	National
Significance	The day the Declaration of Independence was adopted by the Continental Congress
Date	July 4
Celebrations	Fireworks, Family reunions, Concerts, Barbecues, Picnics, Parades, Baseball games

# Mother's Da

Precursors to the American Mother's Day Precedents for the currently observed "Mother's Day" include:

•"Mothering Sunday" in the UK and Ireland is on the fourth Sunday of Lent. It was originally a time when Catholics were supposed to travel to attend Mass in their "Mother Church" (the regional cathedral) rather than in their local parish. By the Reformation, it had changed into an occasion for children to visit parents. An 1854 source mentions a couplet: "On 'Mothering Sunday,' above all other/Every child should dine with its mother." "Mother's Day Work Clubs" organized by Anna Jarvis's mother, Ann Maria Reeves Jarvis (1832-1905), to improve sanitation and health in the area. These clubs also assisted both Union and Confederate encampments controlling a typhoid outbreak, and conducted a "Mothers' Friendship Day" to reconcile families divided by the Civil War. The "Mother's Day" anti-war observances founded by Julia Ward Howe in 1872

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### Parents' Day in the United States

- In the United States, Parents' Day is held on the fourth Sunday of every July. This was established in 1994 when President Bill Clinton signed a Congressional Resolution into law (36 U.S.C. § 135) for "recognizing, uplifting, and supporting the role of parents in the rearing of children."
- Parents Day, proclaimed by a joint Congressional Resolution, is an opportunity to uplift parenthood and to highlight the important roles parents have in helping their children grow up to be all that they can be. It's an opportunity for parents to re-examine their priorities, and re-dedicate their commitment to not let life's problems and concerns take precedence over our responsibilities as parents to help nurture our children. Parents' Day is a time for communities to celebrate our dedicated parents who strive to raise their children with unconditional love, often putting self-gratification aside to nurture their children in a loving environment.

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