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Lost Sock Memorial Day, Eat What You Want Day, National Recommitment Month

May 1st is **Mother Goose Day** – a day to appreciate nursery rhymes and stories. Mother Goose has been illustrated in books since the early 19th century as an elderly woman in a tall hat and shawl and also as a goose wearing a bonnet. If you don't have any Mother Goose books around the house, check one out of the library or purchase one at your local bookstore to share with your children. You can take turns reading each story or the children can draw their favorites as you read the book aloud. For the younger children, download Mother Goose coloring sheets at www.mothergooseclub.com/coloring-pages.

Brothers and Sisters Day (not to be mistaken for Sibling Day, which is in April) is May 2nd. Even though you might feel like disowning them at times, your siblings are invaluable and should be cherished. Send a sentimental card, give them a call, stop by for a visit, or take your sibling to lunch. For those who don't have a brother or sister, you can become a Big Brother or Big Sister to a child in your own community, www.bbbs.org. For your children to get involved in Brothers and Sisters Day, ask them each to write something special – something that they love – about each of their siblings. These notes can be taped to the receiver's bedroom door for all to read or just swapped in private.

Star Wars Day is on May 4th, which falls on a Friday this year. Grab take-out after work and gather the family together to watch the original *Star Wars* movie. The kids can dress the part with items found around the house, like a brown bathrobe, a karate gi, or a black helmet. Girls can style their hair into Princess Leia buns. Have fun celebrating this classic movie. "May the 4th be with you."

May 9th is **Lost Sock Memorial Day**. This is the day to let go of the drawer full of socks that lost their mates. These loners can be recycled as dust rags or the kids could make sock puppets by gluing on buttons, googly eyes, and yarn for hair. Afterward, they can put on a puppet show using their new creations.

Leftover pizza for breakfast? Pickles and catsup sandwiches for lunch? Dessert for dinner? Anything goes on **Eat What You Want Day**, May 11th. Let the kids be creative today; after all, it's just one day.

Pack Rat Day is May 17th. This is a great day to talk about materialism with your children and help them to distinguish the difference between needs and wants. Collecting items – baseball cards, coins, dolls – isn't a bad thing, but help them see the fine line between collecting and hoarding. On this day, each family member

could take an hour to organize their items. If something hasn't been used in six months, it's time to donate or toss.

May 26th marks **Sally Ride Day**. Sally Ride was the first American woman astronaut to go into space in 1983. Pick up the children's book *Who Was Sally Ride?* by Megan Stine. The kids can get creative and build robots out of boxes and tubes and then paint them a gold or silver. "Space, the final frontier."

grill. You could also check on the Internet for interesting barbecue recipes or you can try creating your own sauce.

National Bike Month
Established in 1956, National Bike Month is a chance to focus on the benefits of bicycling and to encourage people who don't ride to try it out. With our roads finally getting clear of snow and potholes being filled, it's the perfect time to take down the bicycles from

their winter storage and get them ready for some road adventures. Check the tires for splits and cracks and if all set fill them until firm. Clean the chains, check the brakes, and wipe down the bike so it's free of gunk. For a more involved

cleaning for those bikes that get constant use, take the bike to a professional for a tune-up or search YouTube for tune-ups for do-it-yourselfers. This is also a good month to go over bike safety rules with the family. Even a seasoned rider could use a refresher course.

National Recommitment Month
Conveniently falling five months after the month of "making commitments" (January) is National Recommitment Month. This is the month to recommit to those things you said you would start to accomplish this year that went to the wayside in the last four months. So, anything you gave up on – exercise schedule, eating plan, quitting smoking – all get a redo. Reccommitments can also mean to recommit to a closer relationship to a spouse or a child, taking that night course you meant to take, or learning that musical instrument you told yourself you'd learn how to play this year. Commit to recommit.

Happy May celebrations!
Lori Catozzi Cook is the assistant editor and a feature writer for The Monadnock Shopper News.

Monadnock Family
with Lori Catozzi Cook



Date Your Mate Month
This is a month to prioritize your love relationship. Go out on more "date nights" than usual, or, if you don't already participate in date night, make this the month you implement one or two into your monthly schedule.

No need to be extravagant; a date night could be as easy as going to the movies, taking a walk, or picnicking at a local park. Add a little romance by giving your wife just one simple flower and a lingering kiss. Brush your fingertips across your husband's hand at dinner. Just simple gestures keep the spark alive.

National Barbecue and National Hamburger Month

It seems fitting that National Barbecue Month and National Hamburger Month are celebrated during the same month: May feels like the start of summer, which signifies the season of barbecuing and outdoor gatherings, and hamburgers are the mainstay of backyard barbecues. To celebrate these two national holidays, family members can take turns choosing something – a vegetable, meat, a dessert in foil, etc. – to

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