Wacky Holidays that You (Probably) Didn’t Know Existed in November

By Nick Dabbs

Most of us are familiar with popular holidays such as Easter, Christmas, Halloween, or, in the case of November, Thanksgiving. While these specific holidays serve as seasonal landmarks that give us an occasion to look forward to (or maybe not look forward to), each month is usually comprised of holidays that are anywhere from mildly popular to not known at all. With that being said, here are some wacky holidays that you might not have known exist in the month of November that you can now celebrate from here on out! If you like these, you might even venture off and find some more weird and/or unknown holidays that interest you! Here they are:

November 7th: International Tongue Twister Day

If you are not familiar with tongue twisters, they are “simply” phrases that are difficult to articulate, especially when said really fast, and often result in a comedic effect when mispronounced. So, for example, can you say: “Shep Schwab shopped at Scott’s Schnapps shop / One shot of Scott’s Schnapps stopped Schwab’s watch” really fast without messing up? This is an example of a tongue twister. If you are wanting to demonstrate your excellent command of diction, or if you simply want to watch your friends struggle to get through a tongue twister for your own amusement, give these a shot:

“Which wristwatches are Swiss wristwatches?”

“Six stick shifts stuck shut”

November 13th: World Kindness Day

World Kindness Day was founded in 1998 by the World Kindness Movement, and accentuates the good deeds of the community or people within the community. While this holiday is not typically observed in the U.S., it still has an important message about looking past our differences and doing something kind for other people. Here are some acts of kindness that you can do:

- Send a positive text message to five different people right now
- Try to make sure every person in a group conversation feels included
- Write a positive comment on a friend’s social media account

November 16th: National Fast Food Day

Let’s face it: we enjoy when things are convenient for us, especially when those things happen to be food. Fast food restaurants do just that: they provide us with food, at our convenience, in a quick manner. While most people in America already eat at fast-food restaurants often, or even on a daily basis, you should, if possible, try and grab a drink and/or some food to be a participant of this holiday!

Ingredients

- 1 cup cooked brown rice
- 1/2 cup black beans, drained and rinsed
- 2-3 tablespoons salsa, or to taste
- 1 tablespoon plain Greek yogurt
- 1 tablespoon shredded cheddar or Mexican-blend cheese
- Toppings: Diced avocado, diced tomato, guacamole, pico de gallo, etc.

Instructions

- Prepare brown rice according to package instructions.
- In a microwave-safe bowl, combine rice, black beans, salsa, plain Greek yogurt, and shredded cheese. Microwave on high for 30-60 seconds, or until heated through.
- Top with diced avocado, diced tomato, guacamole, pico de gallo, or other desired toppings.

Source: https://www.healthy-liv.com/5-minute-vegetarian-burrito-bowl/
Tutoring Times:

- Tuesday Studios 6 p.m. - 8 p.m. (LRH Great Room)
- Thursday walk-in writing help 2 p.m. – 4 p.m. (LRH 111)
- Friday Studios 11 a.m. - 1 p.m. (LRH Great Room)

Thursday, November 29th, Writing Workshop 3-3:30 (location TBA)

CAP Creative Collective
First Wednesday of every month (October through December)
LRH Great Room

5pm: Join CAP faculty and staff in creative exercises and activities
November 7th activity: Come learn to make monotypes on the gel plate. These one of a kind prints can be used for cards, collages, art journals, bookmarks, and gift tags or wrap. They also can decorate your walls. Supplies and snacks provided!

5:30pm: Engage in your own creative pursuits in a supportive environment. Learn new skills from peers and share your talents!

Our priority deadline for the 2018-2019 publication is December 14th, 2018
To submit your work, email continuum@uis.edu

To learn more about Continuum, visit https://www.uis.edu/caphonors/continuum/about-the-journal/
CAP Profile: Dani Sakach

Dani Sakach, the peer-mentoring graduate assistant in CAP, is in her third semester of graduate school and is a newcomer to working in CAP. While she is still new to her role in CAP, she is not new to CAP itself, having been in the program prior to graduating in 2018. When asked what a typical day looks like for her, Dani says “I just take it as it comes, and then I drink a lot of coffee; and I drink a lot of Mountain Dew.” She goes on to elaborate that the rest of her day involves going to class, where she does a lot of “learning and thinking, counseling,” playing bass, guitar, and/or singing at night in one of her many bands, doing homework, and lying on the couch with her dog, Rudy, who is a “good dog,” but has a “compulsive licking problem that makes everything wet.”

When asked about her favorite travel spot, Dani immediately shouts: “Veeeeegs! Vegas, baby!” Dani recently took a trip to Las Vegas with her family, and expressed excitement about the nightlife there, as well as the different kinds of people there. “I love Vegas. It’s the best place ever. Everybody is just walking around like I don’t care what you’re doing and I also don’t care what I’m doing,” Dani reflects, fondly, back on her recent trip there. One of her secret life goals is to open a bunch of parking lots in the United States, but specifically in Las Vegas, because “that would be the best place.”

Dani’s favorite movie is Spirited Away, which she loves and comes back to often because “it’s whimsical, thoughtful, interesting, and beautiful.” She also thinks that it has a great score, which enhances the beauty of the film. When she’s not watching Spirited Away, she enjoys watching horror movies, and will watch any horror movie. Specifically, her favorite types of horror movies are psychological thrillers and films with a lot of gore. She cites Saw as one of her favorite horror movies, because of the “psychological game play, which makes it fun for [her] to watch.”

One of her favorite parts about working in CAP is when mentors come to her for advice when handling situations with their mentees. “Having the mentors come to me, talk to me, and trust me is what makes me proud to be doing what I’m doing,” she says fervently. Dani works closely with the mentors, not only offering them advice and assistance with their mentees, but she also attends a peer-mentoring class with them, and organizes events with them. “When somebody comes to me with something very personal and sensitive and they trust me to handle it and they trust me to give them sound advice, I think that’s a really fulfilling thing for me… I feel I’m in the right place.”

November Birthdays

Lizette Zavala 3
Emily Ortega 4
Mario Falsone 7
Tej Patel 8
Malavika Mujumdar 11
Kyrianna Johnston 12
Jennifer Rush 12
Alicia Madden 13
Michael Bates 17
Jelena Marasevic 18
Gabriella Weybright 18
Savannah Brannan 19
Tala Elfaki 21
Makayla Cox 22
Carolyn Franke 23
Brooklyn Blackwell 26
Richard Lutze 27
Rory Carlson 28