

These Features Make the **WEEKLY MEMO** a Handy Organizing Tool



- Easily save pages by simply tucking them behind the spiral bar.
- Before, after & current months, moon phases & holidays.
- Large memo space for each day of the year.
- Heavy board back and large pad size (5" x 8").
- Small accounting house figures on each date let you know how many days have passed and how many days are left in the year.

- Handy monthly index at the bottom of each page for quick reference.
- Over 50 back pages of recipes, tables, facts, and useful information for the entire year.

All information included in this calendar is for general reference purposes only. It is not intended to replace the advice of a professional.

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CALENDAR FOR 2024

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6		1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30	28	29	30				
MAY							JUNE							JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1						1	1	2	3	4	5	6	7	4	5	6	7	8	9	10
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	11	12	13	14	15	16	17
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	18	19	20	21	22	23	24
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	25	26	27	28	29	30	31
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				28	29	30				
SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

CALENDAR FOR 2025

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1						1	1	2	3	4	5	6	7	1	2	3	4	5	6	7
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29	27	28	29	30			
MAY							JUNE							JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7	3	4	5	6	7	8	9
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	10	11	12	13	14	15	16
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30
SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			

CALENDAR FOR 2026

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28	19	20	21	22	23	24	25
25	26	27	28	29	30	31								29	30	31					26	27	28	29	30		
MAY							JUNE							JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7	1	2	3	4	5	6	7	2	3	4	5	6	7	8
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	9	10	11	12	13	14	15
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	13	14	15	16	17	18	19
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

BIRTHDAY AND ANNIVERSARY DATES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



NOVEMBER						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

JANUARY						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

DEC. 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY
15

350/016

Full Moon

MONDAY
16

351/015

TUESDAY
17

352/014

WEDNESDAY
18

353/013

THURSDAY
19

354/012

FRIDAY
20

355/011

SATURDAY
21

356/010

Winter Begins

VEHICLE/EQUIPMENT SERVICE HISTORY

SERVICE RECORD

Vehicle Description _____

OIL CHANGE		OIL FILTER CHANGE		FUEL FILTER CHANGE		AIR FILTER CHANGE	
Date	Hours or Miles	Date	Hours or Miles	Date	Hours or Miles	Date	Hours or Miles

Vehicle Description _____

OIL CHANGE		OIL FILTER CHANGE		FUEL FILTER CHANGE		AIR FILTER CHANGE	
Date	Hours or Miles	Date	Hours or Miles	Date	Hours or Miles	Date	Hours or Miles

NOVEMBER							F	S
S	M	T	W	T	F	S		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

JANUARY							F	S
S	M	T	W	T	F	S		
				1	2	3	4	
5	6	7	8	9	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30	31			

DEC. 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUNDAY

22

357/009

Last Quarter

MONDAY

23

358/008

TUESDAY

24

359/007

WEDNESDAY

25

360/006

Christmas Day

THURSDAY

26

361/005

Boxing Day (Canada)

Hanukkah Begins

FRIDAY

27

362/004

SATURDAY

28

363/003

VEHICLE/EQUIPMENT SERVICE HISTORY

SERVICE RECORD

Vehicle Description _____

OIL CHANGE		OIL FILTER CHANGE		FUEL FILTER CHANGE		AIR FILTER CHANGE	
Date	Hours or Miles	Date	Hours or Miles	Date	Hours or Miles	Date	Hours or Miles

Vehicle Description _____

OIL CHANGE		OIL FILTER CHANGE		FUEL FILTER CHANGE		AIR FILTER CHANGE	
Date	Hours or Miles	Date	Hours or Miles	Date	Hours or Miles	Date	Hours or Miles

DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

JAN. 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY
29

364/002

MONDAY
30

365/001

New Moon

TUESDAY
31

366/000

JANUARY

WEDNESDAY
1

001/364

New Year's Day

THURSDAY
2

002/363

FRIDAY
3

003/362

SATURDAY
4

004/361

DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

JAN. 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY

5

005/360

MONDAY

6

006/359

First Quarter

TUESDAY

7

007/358

WEDNESDAY

8

008/357

THURSDAY

9

009/356

FRIDAY

10

010/355

SATURDAY

11

011/354

CALENDAR FOR LEAP YEARS

1864 1892 1904 1932 1960 1988 2016 2044

January	February	March
S M T W T F S	S M T W T F S	S M T W T F S
1 2	1 2 3 4 5 6	1 2 3 4 5
3 4 5 6 7 8 9	7 8 9 10 11 12 13	6 7 8 9 10 11 12
10 11 12 13 14 15 16	14 15 16 17 18 19 20	13 14 15 16 17 18 19
17 18 19 20 21 22 23	21 22 23 24 25 26 27	20 21 22 23 24 25 26
³⁴ ₃₁ 25 26 27 28 29 30	28 29	27 28 29 30 31
April	May	June
S M T W T F S	S M T W T F S	S M T W T F S
1 2	1 2 3 4 5 6 7	1 2 3 4
3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11
10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18
17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25
24 25 26 27 28 29 30	29 30 31	26 27 28 29 30
July	August	September
S M T W T F S	S M T W T F S	S M T W T F S
1 2	1 2 3 4 5 6	1 2 3
3 4 5 6 7 8 9	7 8 9 10 11 12 13	4 5 6 7 8 9 10
10 11 12 13 14 15 16	14 15 16 17 18 19 20	11 12 13 14 15 16 17
17 18 19 20 21 22 23	21 22 23 24 25 26 27	18 19 20 21 22 23 24
³⁴ ₃₁ 25 26 27 28 29 30	28 29 30 31	25 26 27 28 29 30
October	November	December
S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5	1 2 3
2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
³⁴ ₃₁ 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31

CALENDAR FOR LEAP YEARS

1876 1916 1944 1972 2000 2028

January	February	March
S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5	1 2 3 4
2 3 4 5 6 7 8	6 7 8 9 10 11 12	5 6 7 8 9 10 11
9 10 11 12 13 14 15	13 14 15 16 17 18 19	12 13 14 15 16 17 18
16 17 18 19 20 21 22	20 21 22 23 24 25 26	19 20 21 22 23 24 25
³⁴ ₃₁ 25 26 27 28 29	27 28 29	26 27 28 29 30 31
April	May	June
S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5 6	1 2 3
2 3 4 5 6 7 8	7 8 9 10 11 12 13	4 5 6 7 8 9 10
9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17
16 17 18 19 20 21 22	21 22 23 24 25 26 27	18 19 20 21 22 23 24
³⁴ ₃₁ 24 25 26 27 28 29	28 29 30 31	25 26 27 28 29 30
July	August	September
S M T W T F S	S M T W T F S	S M T W T F S
1	1 2 3 4 5	1 2
2 3 4 5 6 7 8	6 7 8 9 10 11 12	3 4 5 6 7 8 9
9 10 11 12 13 14 15	13 14 15 16 17 18 19	10 11 12 13 14 15 16
16 17 18 19 20 21 22	20 21 22 23 24 25 26	17 18 19 20 21 22 23
³⁴ ₃₁ 25 26 27 28 29	27 28 29 30 31	24 25 26 27 28 29 30
October	November	December
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7	1 2 3 4	1 2
8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9
15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16
22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23
29 30 31	26 27 28 29 30	³⁴ ₃₁ 25 26 27 28 29 30

DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

JAN. 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY

12

012/353

MONDAY

13

013/352

Full Moon

TUESDAY

14

014/351

WEDNESDAY

15

015/350

THURSDAY

16

016/349

FRIDAY

17

017/348

SATURDAY

18

018/347

JAN

CALENDAR FOR YEARS

1854	1865	1871	1882	1893	1899	1905	1911
1922	1933	1939	1950	1961	1967	1978	1989
1995	2006	2017	2023	2034	2045		

January							February							March								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
1	2	3	4	5	6	7							1	2	3	4						
8	9	10	11	12	13	14	5	6	7	8	9	10	11		5	6	7	8	9	10	11	
15	16	17	18	19	20	21	12	13	14	15	16	17	18		12	13	14	15	16	17	18	
22	23	24	25	26	27	28	19	20	21	22	23	24	25		19	20	21	22	23	24		
29	30	31					26	27	28						26	27	28	29	30	31		
April							May							June								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
					1					1	2	3	4	5	6					1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13		4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20		11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27		18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31					25	26	27	28	29	30		
July							August							September								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
					1					1	2	3	4						1	2		
2	3	4	5	6	7	8	6	7	8	9	10	11	12		3	4	5	6	7	8	9	
9	10	11	12	13	14	15	13	14	15	16	17	18	19		10	11	12	13	14	15	16	
16	17	18	19	20	21	22	20	21	22	23	24	25	26		17	18	19	20	21	22	23	
23	24	25	26	27	28	29	27	28	29	30	31				24	25	26	27	28	29	30	
October							November							December								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
1	2	3	4	5	6	7						1	2	3						1	2	
8	9	10	11	12	13	14	5	6	7	8	9	10	11		3	4	5	6	7	8	9	
15	16	17	18	19	20	21	12	13	14	15	16	17	18		10	11	12	13	14	15	16	
22	23	24	25	26	27	28	19	20	21	22	23	24	25		17	18	19	20	21	22	23	
29	30	31					26	27	28	29	30				24	25	26	27	28	29	30	

CALENDAR FOR YEARS

1855	1866	1877	1883	1894	1900	1906	1917
1923	1934	1945	1951	1962	1973	1979	1990
2001	2007	2018	2029	2035	2046		

January							February							March									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
1	2	3	4	5	6					1	2	3					1	2	3				
7	8	9	10	11	12	13		4	5	6	7	8	9	10	11	12	13	14	15	16	17		
14	15	16	17	18	19	20		11	12	13	14	15	16	17	18	19	20	21	22	23	24		
21	22	23	24	25	26	27		18	19	20	21	22	23	24	25	26	27	28	29	30	31		
28	29	30	31					25	26	27	28				25	26	27	28	29	30	31		
April							May							June									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
1	2	3	4	5	6	7				1	2	3	4	5					1	2			
8	9	10	11	12	13	14		6	7	8	9	10	11	12		3	4	5	6	7	8	9	
15	16	17	18	19	20	21		13	14	15	16	17	18	19		10	11	12	13	14	15	16	
22	23	24	25	26	27	28		20	21	22	23	24	25	26		17	18	19	20	21	22	23	
29	30							27	28	29	30	31				24	25	26	27	28	29	30	
July							August							September									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
1	2	3	4	5	6	7				1	2	3	4						1				
8	9	10	11	12	13	14		5	6	7	8	9	10	11		2	3	4	5	6	7	8	
15	16	17	18	19	20	21		12	13	14	15	16	17	18		9	10	11	12	13	14	15	
22	23	24	25	26	27	28		19	20	21	22	23	24	25	26		16	17	18	19	20	21	
29	30	31						26	27	28	29	30	31				23	24	25	26	27	28	29
October							November							December									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
1	2	3	4	5	6					1	2	3							1				
7	8	9	10	11	12	13		4	5	6	7	8	9	10		2	3	4	5	6	7	8	
14	15	16	17	18	19	20		11	12	13	14	15	16	17		9	10	11	12	13	14	15	
21	22	23	24	25	26	27		18	19	20	21	22	23	24		16	17	18	19	20	21	22	
28	29	30	31					25	26	27	28	29	30		23	24	25	26	27	28	29	30	

CALENDAR FOR YEARS

1850	1861	1867	1878	1889	1895	1901	1907
1918	1929	1935	1946	1957	1963	1974	1985
1991	2002	2013	2019	2030	2041	2047	

January							February							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6					1	2				1	2				
6	7	8	9	10	11	12	3	4	5	6	7	8	9	10	11	12	13	14	15	16
13	14	15	16	17	18	19	10	11	12	13	14	15	16	17	18	19	20	21	22	23
20	21	22	23	24	25	26	17	18	19	20	21	22	23	24	25	26	27	28	29	30
27	28	29	30	31			24	25	26	27	28			31	1	2	3	4	5	6
April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6					1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	12	13	14	15	16	17	18
14	15	16	17	18	19	20	12	13	14	15	16	17	18	19	20	21	22	23	24	25
21	22	23	24	25	26	27	19	20	21	22	23	24	25	26	27	28	29	30	31	
28	29	30					26	27	28	29	30	31								
July							August							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6					1	2	3			1	2	3	4	5	6
7	8	9	10	11	12	13	4	5	6	7	8	9	10	11	12	13	14	15	16	17
14	15	16	17	18	19	20	11	12	13	14	15	16	17	18	19	20	21	22	23	24
21	22	23	24	25	26	27	18	19	20	21	22	23	24	25	26	27	28	29	30	31
28	29	30	31				25	26	27	28	29	30	31							
October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6					1	2				1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	10	11	12	13	14	15	16
13	14	15	16	17	18	19	10	11	12	13	14	15	16	17	18	19	20	21	22	23
20	21	22	23	24	25	26	17	18	19	20	21	22	23	24	25	26	27	28	29	30
27	28	29	30	31			24	25	26	27	28	29	30							

CALENDAR FOR YEARS

1851	1862	1873	1879	1890	1902	1913	1919
1930	1941	1947	1958	1969	1975	1986	1997
2003	2014	2025	2031	2042			

January							February							March											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S					
					1	2	3	4					1							1					
5	6	7	8	9	10	11						5	6	7	8		2	3	4	5	6	7	8		
12	13	14	15	16	17	18			9	10	11	12	13	14	15		9	10	11	12	13	14	15		
19	20	21	22	23	24	25			16	17	18	19	20	21	22		16	17	18	19	20	21	22		
26	27	28	29	30	31				23	24	25	26	27	28		23	24	25	26	27	28	29			
April							May							June											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S					
				1	2	3						1	2	3					1	2	3	4	5	6	7
6	7	8	9	10	11	12			4	5	6	7	8	9	10		8	9	10	11	12	13	14	15	16
13	14	15	16	17	18	19			11	12	13	14	15	16	17		15	16	17	18	19	20	21	22	23
20	21	22	23	24	25	26			18	19	20	21	22	23	24		22	23	24	25	26	27	28	29	30
27	28	29	30						25	26	27	28	29	30	31		29	30							
July							August							September											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S					
				1	2	3						1	2						1	2	3	4	5	6	7
6	7	8	9	10	11	12			3	4	5	6	7	8	9		7	8	9	10	11	12	13	14	15
13	14	15	16	17	18	19			10	11	12	13	14	15	16		14	15	16	17	18	19	20	21	22
20	21	22	23	24	25	26			17	18	19	20	21	22	23		21	22	23	24	25	26	27	28	29
27	28	29	30	31					24	25	26	27	28	29	30		28	29	30						
October							November							December											
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S					
				1	2	3							1						1	2	3	4	5	6	7
5	6	7	8	9	10	11			2	3	4	5	6	7	8		7	8	9	10	11	12	13	14	15
12	13	14	15	16	17	18			9	10	11	12	13	14	15		14	15	16	17	18	19	20	21	22
19	20	21	22	23	24	25			16	17	18	19	20	21	22		21	22	23	24	25	26	27	28	29
26	27	28	29	30	31				23	24	25	26	27	28	29		28	29	30	31					

DECEMBER						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

JAN. 2025						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY

19

019/346

MONDAY

20

020/345

Martin Luther King Jr. Day (USA)

TUESDAY

21

021/344

Last Quarter

WEDNESDAY

22

022/343

THURSDAY

23

023/342

FRIDAY

24

024/341

SATURDAY

25

025/340

CALENDAR FOR LEAP YEARS

1872 1912 1940 1968 1996 2024

January							February							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6							1	2						1	2
7	8	9	10	11	12	13		5	6	7	8	9	10		11	12	13	14	15	16
14	15	16	17	18	19	20		11	12	13	14	15	16	17		18	19	20	21	22
21	22	23	24	25	26	27		18	19	20	21	22	23	24		17	18	19	20	21
28	29	30	31					25	26	27	28	29			24	25	26	27	28	29
April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6							1	2	3						1
7	8	9	10	11	12	13		5	6	7	8	9	10	11		2	3	4	5	6
14	15	16	17	18	19	20		12	13	14	15	16	17	18		9	10	11	12	13
21	22	23	24	25	26	27		19	20	21	22	23	24	25		16	17	18	19	20
28	29	30						26	27	28	29	30	31		23	24	25	26	27	28
July							August							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6							1	2	3					1	2
7	8	9	10	11	12	13		4	5	6	7	8	9	10		11	12	13	14	15
14	15	16	17	18	19	20		11	12	13	14	15	16	17		18	19	20	21	22
21	22	23	24	25	26	27		18	19	20	21	22	23	24		25	26	27	28	29
28	29	30	31					25	26	27	28	29	30	31		29	30			
October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6							1	2							1
7	8	7	8	9	10	11		3	4	5	6	7	8	9		10	11	12	13	14
13	14	15	16	17	18	19		10	11	12	13	14	15	16		15	16	17	18	19
20	21	22	23	24	25	26		17	18	19	20	21	22	23		22	23	24	25	26
27	28	29	30	31				24	25	26	27	28	29	30		29	30			

CALENDAR FOR LEAP YEARS

1856 1884 1924 1952 1980 2008 2036

January							February							March							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5						1	2							1		
6	7	8	9	10	11	12	3	4	5	6	7	8	9	2	3	4	5	6	7	8	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	1	10	11	12	13	14	15	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	16	17	18	19	20	21		
27	28	29	30	31			24	25	26	27	28	29	30	23	30	31	25	26	27	28	29
April							May							June							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5					1	2	3			1	2	3	4	5	6	7
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	15
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	29
27	28	29	30				25	26	27	28	29	30	31	29							
July							August							September							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5						1	2			1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	28	29	30					
October							November							December							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4									1		1	2	3	4	5	6	7
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	14
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	28
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				

CALENDAR FOR LEAP YEARS

1868 1896 1908 1936 1964 1992 2020 2048

[illegible]

CALENDAR FOR LEAP YEARS

1852 1880 1920 1948 1976 2004 2032

January							February							March						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	3	4	5	6	7				1	2	3	4	5	6
4	5	6	7	8	9	10								7	8	9	10	11	12	13
11	12	13	14	15	16	17								14	15	16	17	18	19	20
18	19	20	21	22	23	24								21	22	23	24	25	26	27
25	26	27	28	29	30	31							29							
April							May							June						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2							1						1	2
4	5	6	7	8	9	10							2	3	4	5	6	7	8	9
11	12	13	14	15	16	17							9	10	11	12	13	14	15	16
18	19	20	21	22	23	24							16	17	18	19	20	21	22	23
25	26	27	28	29	30	31							23	24	25	26	27	28	29	30
July							August							September						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2							1						1	2
4	5	6	7	8	9	10							2	3	4	5	6	7	8	9
11	12	13	14	15	16	17							9	10	11	12	13	14	15	16
18	19	20	21	22	23	24							16	17	18	19	20	21	22	23
25	26	27	28	29	30	31							23	24	25	26	27	28	29	30
October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2							1						1	2
3	4	5	6	7	8	9							2	3	4	5	6	7	8	9
10	11	12	13	14	15	16							9	10	11	12	13	14	15	16
17	18	19	20	21	22	23							16	17	18	19	20	21	22	23
24	25	26	27	28	29	30							23	24	25	26	27	28	29	30

JANUARY						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SUNDAY

26

MARCH						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 ₃₀	24 ₃₁	25	26	27	28	29

FEB. 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

026/339

MONDAY

27

027/338

TUESDAY

28

028/337

WEDNESDAY

29

029/336

New Moon

THURSDAY

30

030/335

FRIDAY

31

031/334

SATURDAY

1

032/333

FEBRUARY

FEB

23

IMPORTANT EVENTS AND ANNIVERSARIES

JANUARY

- 1 — Betsy Ross born, 1752
— Emancipation Proclamation, 1863
- 2 — Nat'l speed limit becomes law, 1974
- 7 — Millard Fillmore born, 1800
- 8 — Battle of New Orleans, 1815
- 9 — Richard M. Nixon born, 1913
- 10 — 1st meeting of United Nations, 1946
- 11 — Amelia Earhart crosses Pacific, 1935
- 15 — Dr. Martin Luther King Jr. born, 1929
- 16 — Persian Gulf War begins, 1991
- 17 — Benjamin Franklin born, 1706
- 22 — Anzio landings, Italy, 1944
- 24 — Gold discovered in California, 1848
- 27 — Incandescent light patented, 1880
- Paris Peace Accords signed, 1973
- 28 — Search for Pancho Villa ends, 1917
— Challenger disaster, 1986
- 29 — Thomas Paine born, 1737
— William McKinley born, 1843
- 30 — Franklin D. Roosevelt born, 1882

FEBRUARY

- 1 — 1st Supreme Court session, 1790
- 3 — US captures Marshall Islands, 1944
- 4 — *Last of the Mohicans* published, 1826
— Yalta Conference convenes, 1945
- 6 — Ronald Reagan born, 1911
- 8 — Boy Scouts of America founded, 1910
- 9 — William Henry Harrison born, 1773
— Daylight Saving Time begins, 1942
- 10 — Laura Ingalls Wilder dies, 1957
- 11 — Thomas A. Edison born, 1847
- 12 — Abraham Lincoln born, 1809
- 15 — Battleship *Maine* sinks, 1898
- 17 — National PTA Founders' Day
- 18 — *Pilgrim's Progress* published, 1678
- 19 — Donner Party rescued, 1847
— Edison patents phonograph, 1878
— Marines land on Iwo Jima, 1945
- 20 — Glenn orbits Earth 3 times, 1962
- 22 — George Washington born, 1732
— Spain cedes Florida to US, 1819
— Tet Offensive ends, 1968
- 23 — Rotary founded, Chicago, 1905

MARCH

- 1 — Peace Corps established, 1961
- 4 — 1st US Congress convenes, 1789
- 6 — Missouri Compromise, 1820
- 7 — Bell patents telephone, 1876
- 9 — Battle of the ironclads, 1862
- 12 — Girl Scouts founded, Savannah, 1912
- 14 — Whitney patents cotton gin, 1794
- 15 — Andrew Jackson born, 1767
- 16 — James Madison born, 1751
- 17 — Camp Fire Founders' Day
- 18 — Grover Cleveland born, 1837
- 19 — War in Iraq begins, 2003
- 20 — *Uncle Tom's Cabin* published, 1852
- 22 — Stamp Act, 1765
— Congress passes ERA, 1972
- 25 — Triangle Shirtwaist Fire, 1911
- 26 — Robert Frost born, 1874
- 29 — John Tyler born, 1790
— Patton takes Frankfurt, 1945
— US withdraws from Vietnam, 1973
- 30 — US purchases Alaska, 1867

APRIL

- 2 — Ponce de León lands in FL, 1513
- 3 — First Pony Express riders start, 1860
- 4 — North Atlantic Treaty signed, 1949
- 6 — Peary at North Pole, 1909
— US enters WWI, 1917
— Battle of Shiloh begins, 1862
- 9 — Lee surrenders at Appomattox, 1865
— 7 US astronauts chosen, 1959
- 10 — Congress creates Patent Office, 1790
- 11 — Sertoma founded, 1912
- 12 — Fort Sumter bombarded, 1861
— Salk polio vaccine successful, 1955
- 13 — Thomas Jefferson born, 1743
- 14 — Abraham Lincoln assassinated, 1865
- 15 — *Titanic* sinks, 1912
- 18 — Gen. Doolittle bombs Tokyo, 1942
- 19 — Lexington and Concord, 1775
- 23 — James Buchanan born, 1791
— First public movies (NY), 1896
- 24 — Library of Congress created, 1800
- 27 — Ulysses S. Grant born, 1822
- 28 — James Monroe born, 1758
- 30 — Washington inaugurated, 1789
— Louisiana Purchase, 1803

MAY

- 1 — Adm'l Dewey wins at Manila, 1898
— Empire State Bldg. dedicated, 1931
- 5 — Shepard 1st American in space, 1961
- 7 — Surrender of Germany, 1945
- 8 — Harry S. Truman born, 1884
— World Red Cross Day
- 10 — Transcontinental Railroad done, 1869
- 13 — Jamestown settled, 1607
- 15 — 1st regular airmail service, 1918
— Cooper makes 22 earth orbits, 1963
- 17 — *Brown v. Board of Education*, 1954
- 21 — American Red Cross founded, 1881
— Lindbergh lands in Paris, 1927
- 22 — National Maritime Day
- 24 — Carpenter orbits Earth 3 times, 1962
- 26 — Last Model T produced, 1927
- 27 — Golden Gate Bridge opens, 1937
— SALT agreements signed, 1972
- 29 — John F. Kennedy born, 1917
- 30 — Memorial or Decoration Day, Trad.
- 31 — Walt Whitman born, 1819

JUNE

- 2 — Civil War ends, 1865
- 3 — 1st American walks in space, 1965
- 4 — Battle of Midway begins, 1942
- 6 — YMCA founded, 1844
— D-Day, 1944
- 9 — Secretariat wins Triple Crown, 1973
- 10 — Franklin flies his kite, 1752
- 12 — George H. W. Bush born, 1924
- 13 — *Miranda* decision, 1966
- 14 — US Army founded, 1775
— US flag adopted, 1777
— Donald Trump born, 1946
- 21 — US Constitution ratified, 1788
- 22 — FDR signs GI Bill, 1944
- 25 — Custer defeated at Little Bighorn, 1876
- 26 — Federal Highway Act, 1956
- 27 — Truman orders troops to Korea, 1950
- 30 — *Gone with the Wind* published, 1936

JANUARY						
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SUNDAY

2

033/332

Groundhog Day (USA)

MONDAY

3

034/331

TUESDAY

4

035/330

WEDNESDAY

5

036/329

First Quarter

THURSDAY

6

037/328

FRIDAY

7

038/327

SATURDAY

8

039/326

FEB

25

IMPORTANT EVENTS AND ANNIVERSARIES

JULY

- 1 — Battle of Gettysburg begins, 1863
- 2 — Civil Rights Act, 1964
- 4 — US Military Academy opens, 1802
- Stephen Foster born, 1826
- John Adams dies, 1826
- Thomas Jefferson dies, 1826
- Fall of Vicksburg, 1863
- Calvin Coolidge born, 1872
- 5 — Salvation Army founded, 1865
- 6 — George W. Bush born, 1946
- 7 — US annexes Hawaii, 1898
- Hoover Dam construction starts, 1930
- 10 — Transocean TV via Telstar, 1962
- 11 — John Quincy Adams born, 1767
- 14 — Gerald R. Ford born, 1913
- 16 — First atomic bomb exploded, 1945
- 20 — First human walks on moon, 1969
- 21 — First Battle of Bull Run, 1861
- Grissom space flight, 1961
- 27 — Atlantic cable completed, 1866
- Korean armistice agreement, 1953
- 28 — Austria declares war on Serbia, 1914
- 30 — Henry Ford born, 1863

AUGUST

- 2 — Last G. A. R. veteran dies, 1956
- 3 — USS *Nautilus* at North Pole, 1958
- 4 — Barack Obama born, 1961
- Coast Guard Day
- 6 — Trudy Ederle swims Channel, 1926
- Hiroshima bombed, 1945
- 7 — Tulagi, Guadalcanal landings, 1942
- 9 — Nagasaki bombed, 1945
- 10 — Herbert Hoover born, 1874
- 13 — AFL-CIO asks 35-hour week, 1962
- 14 — Atlantic Charter, 1941
- Allies invade southern France, 1944
- V-J Day, 1945
- 15 — Battle of Ft. Dearborn, 1812
- Panama Canal opens, 1914
- Will Rogers, Wiley Post crash, 1935
- 16 — Battle of Bennington, 1777
- 17 — David "Davy" Crockett born, 1786
- 18 — 19th Amendment ratified, 1920
- 19 — Bill Clinton born, 1946
- 20 — Benjamin Harrison born, 1833
- 21 — Hawaii becomes 50th state, 1959
- 27 — 1st oil well, Titusville, PA, 1859
- Lyndon B. Johnson born, 1908

SEPTEMBER

- 1 — Germany invades Poland, 1939
- Airbags mandatory, 1998
- 2 — US Treasury established, 1789
- 5 — First Continental Congress, 1774
- 6 — President McKinley shot, 1901
- First Battle of the Marne begins, 1914
- 8 — Spanish settle St. Augustine, 1565
- 10 — Perry wins on Lake Erie, 1813
- 13 — Key writes national anthem, 1814
- Walter Reed born, 1851
- 15 — William H. Taft born, 1857
- Tanks first used, 1916
- 16 — Mayflower departs England, 1620
- 17 — Battle of Antietam, 1862
- Space Shuttle unveiled, 1976
- Camp David Accords signed, 1978
- 18 — Capitol cornerstone laid, 1793
- US Air Force founded, 1947
- 22 — Nathan Hale executed, 1776
- 25 — William Faulkner born, 1897
- 26 — Meuse-Argonne offensive, 1918
- 30 — Berlin Airlift ends, 1949

OCTOBER

- 1 — Yosemite NP established, 1890
- 1st free rural mail delivery, 1896
- Jimmy Carter born, 1924
- 4 — Rutherford B. Hayes born, 1822
- 5 — Chester Arthur born, 1829
- First presidential speech on TV, 1947
- 8 — Great Chicago Fire, 1871
- 12 — Columbus Day, Traditional
- 13 — US Navy founded, 1775
- 14 — Dwight D. Eisenhower born, 1890
- Yeager breaks sound barrier, 1947
- 19 — Cornwallis surrenders, 1781
- 20 — MacArthur lands on Leyte, 1944
- 23 — Naval blockade of Cuba begins, 1962
- 24 — United Nations Day
- 27 — Theodore Roosevelt born, 1858
- NYC subway opens, 1904
- 28 — Statue of Liberty dedicated, 1886
- Gateway Arch completed, 1965
- 29 — NY Stock Market crash, 1929
- 30 — John Adams born, 1735

NOVEMBER

- 2 — Daniel Boone born, 1734
- James K. Polk born, 1795
- Warren G. Harding born, 1865
- 3 — Dewey declared president, 1948
- 5 — Sinclair Lewis wins Nobel Prize, 1930
- 6 — John Philip Sousa born, 1854
- 10 — US Marine Corps created, 1775
- 11 — WWI ends, 1918
- 13 — Vietnam Vet. Memorial opens, 1982
- 15 — Articles of Confederation, 1777
- Lewis & Clark reach Pacific, 1805
- 18 — US railroads create time zones, 1883
- 19 — James Garfield born, 1831
- Lincoln's Gettysburg Address, 1863
- 20 — Joseph Biden born, 1942
- 21 — Mayflower Compact signed, 1620
- 22 — JFK assassinated, 1963
- 23 — Franklin Pierce born, 1804
- 24 — Zachary Taylor born, 1784
- Battle of Lookout Mountain, 1863
- 25 — Andrew Carnegie born, 1835
- 30 — Mark Twain born, 1835

DECEMBER

- 1 — Congress decides presidency, 1824
- 2 — Monroe Doctrine proclaimed, 1823
- 5 — Martin Van Buren born, 1782
- Prohibition repealed, 1933
- AFL-CIO merger, 1955
- 6 — Washington Monument finished, 1884
- 7 — Delaware becomes 1st state, 1787
- Pearl Harbor attacked, 1941
- 11 — Edward VIII abdicates, 1936
- UNICEF founded, 1946
- Human Rights Day
- 12 — Marconi's signals cross ocean, 1901
- 13 — National Guard founded, 1636
- Saddam Hussein captured, 2003
- 14 — Amundsen reaches South Pole, 1911
- 15 — Bill of Rights adopted, 1791
- 16 — Boston Tea Party, 1773
- Battle of the Bulge begins, 1944
- 17 — Wrights fly, Kitty Hawk, NC, 1903
- 18 — 13th Amendment adopted, 1865
- 19 — *Poor Richard's Almanack*, 1732
- 21 — Pilgrims land at Plymouth, 1620
- Gen. George Patton dies, 1945
- 25 — Delaware crossing, 1776
- 28 — Woodrow Wilson born, 1856
- 29 — First American YMCA, Boston, 1851
- Andrew Johnson born, 1808

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SUNDAY

9

040/325

MONDAY

10

041/324

TUESDAY

11

042/323

WEDNESDAY

12

043/322

Lincoln's Birthday (USA)

Full Moon

THURSDAY

13

044/321

FRIDAY

14

045/320

Valentine's Day

SATURDAY

15

046/319

FEB

27

UNITED STATES STATISTICS

State	Settled	Capital	Entered Union	Land Area, sq. miles	Rank in Land Area
Alabama	1702	Montgomery	1819, Dec. 14	50,645	28
Alaska	1784	Juneau	1959, Jan. 3	570,641	1
Arizona	1848	Phoenix	1912, Feb. 14	113,594	6
Arkansas	1785	Little Rock	1836, June 15	52,035	27
California	1769	Sacramento	1850, Sept. 9	155,779	3
Colorado	1858	Denver	1876, Aug. 1	103,642	8
★ Connecticut	1635	Hartford	1788, Jan. 9	4,842	48
★ Delaware	1638	Dover	1787, Dec. 7	1,949	49
Dist. Columbia		Washington		61	51
Florida	1565	Tallahassee	1845, Mar. 3	53,625	26
★ Georgia	1733	Atlanta	1788, Jan. 2	57,513	21
Hawaii		Honolulu	1959, Aug. 21	6,423	47
Idaho	1842	Boise	1890, July 3	82,643	11
Illinois	1720	Springfield	1818, Dec. 3	55,519	24
Indiana	1733	Indianapolis	1816, Dec. 11	35,826	38
Iowa	1788	Des Moines	1846, Dec. 28	55,857	23
Kansas	1727	Topeka	1861, Jan. 29	81,759	13
Kentucky	1774	Frankfort	1792, June 1	39,486	37
Louisiana	1699	Baton Rouge	1812, Apr. 30	43,204	33
Maine	1624	Augusta	1820, Mar. 15	30,843	39
★ Maryland	1634	Annapolis	1788, Apr. 28	9,707	42
★ Massachusetts	1620	Boston	1788, Feb. 6	7,800	45
Michigan	1668	Lansing	1837, Jan. 26	56,539	22
Minnesota	1805	St. Paul	1858, May 11	79,627	14
Mississippi	1699	Jackson	1817, Dec. 10	46,923	31
Missouri	1735	Jefferson City	1821, Aug. 10	68,742	18
Montana	1809	Helena	1889, Nov. 8	145,546	4
Nebraska	1847	Lincoln	1867, Mar. 1	76,824	15
Nevada	1850	Carson City	1864, Oct. 31	109,781	7
★ New Hampshire	1623	Concord	1788, June 21	8,953	44
★ New Jersey	1664	Trenton	1787, Dec. 18	7,354	46
New Mexico	1605	Santa Fe	1912, Jan. 6	121,298	5
★ New York	1614	Albany	1788, July 26	47,126	30
★ North Carolina	1650	Raleigh	1789, Nov. 21	48,618	29
North Dakota	1766	Bismarck	1889, Nov. 2	69,001	17
Ohio	1788	Columbus	1803, Mar. 1	40,861	35
Oklahoma	1889	Oklahoma City	1907, Nov. 16	68,595	19
Oregon	1811	Salem	1859, Feb. 14	95,988	10
★ Pennsylvania	1682	Harrisburg	1787, Dec. 12	44,743	32
★ Rhode Island	1636	Providence	1790, May 29	1,034	50
★ South Carolina	1670	Columbia	1788, May 23	30,061	40
South Dakota	1856	Pierre	1889, Nov. 2	75,811	16
Tennessee	1757	Nashville	1796, June 1	41,235	34
Texas	1691	Austin	1845, Dec. 29	261,232	2
Utah	1847	Salt Lake City	1896, Jan. 4	82,170	12
Vermont	1724	Montpelier	1791, Mar. 4	9,217	43
★ Virginia	1607	Richmond	1788, June 25	39,490	36
Washington	1811	Olympia	1889, Nov. 11	66,456	20
West Virginia	1727	Charleston	1863, June 20	24,038	41
Wisconsin	1766	Madison	1848, May 29	54,158	25
Wyoming	1834	Cheyenne	1890, July 10	97,093	9

★ Denotes original 13 colonies

JANUARY						
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SUNDAY

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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MARCH						
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047/318

Washington's Birthday Observed (USA)

Presidents' Day (USA)

048/317

Family Day (Canada)

049/316

050/315

051/314

Last Quarter

052/313

053/312

Washington's Birthday (USA)

FEB

29

UNITED STATES PRESIDENTS

Name	Party	Term	State of Birth	Birth–Death
1. George Washington	Federalist	1789–1797	Virginia	1732–1799
2. John Adams	Federalist	1797–1801	Massachusetts	1735–1826
3. Thomas Jefferson	Dem–Rep	1801–1809	Virginia	1743–1826
4. James Madison	Dem–Rep	1809–1817	Virginia	1751–1836
5. James Monroe	Dem–Rep	1817–1825	Virginia	1758–1831
6. John Q. Adams	Dem–Rep	1825–1829	Massachusetts	1767–1848
7. Andrew Jackson	Democratic	1829–1837	South Carolina	1767–1845
8. Martin Van Buren	Democratic	1837–1841	New York	1782–1862
9. William Harrison	Whig	1841–1841 ¹	Virginia	1773–1841
10. John Tyler	Whig	1841–1845	Virginia	1790–1862
11. James Polk	Democratic	1845–1849	North Carolina	1795–1849
12. Zachary Taylor	Whig	1849–1850 ¹	Virginia	1784–1850
13. Millard Fillmore	Whig	1850–1853	New York	1800–1874
14. Franklin Pierce	Democratic	1853–1857	New Hampshire	1804–1869
15. James Buchanan	Democratic	1857–1861	Pennsylvania	1791–1868
16. Abraham Lincoln	Republican	1861–1865 ²	Kentucky	1809–1865
17. Andrew Johnson	Democratic	1865–1869	North Carolina	1808–1875
18. Ulysses S. Grant	Republican	1869–1877	Ohio	1822–1885
19. Rutherford B. Hayes	Republican	1877–1881	Ohio	1822–1893
20. James Garfield	Republican	1881–1881 ²	Ohio	1831–1881
21. Chester Arthur	Republican	1881–1885	Vermont	1829–1886
22. Grover Cleveland	Democratic	1885–1889	New Jersey	1837–1908
23. Benjamin Harrison	Republican	1889–1893	Ohio	1833–1901
24. Grover Cleveland	Democratic	1893–1897	New Jersey	1837–1908
25. William McKinley	Republican	1897–1901 ²	Ohio	1843–1901
26. Theodore Roosevelt	Republican	1901–1909	New York	1858–1919
27. William Taft	Republican	1909–1913	Ohio	1857–1930
28. Woodrow Wilson	Democratic	1913–1921	Virginia	1856–1924
29. Warren Harding	Republican	1921–1923 ¹	Ohio	1865–1923
30. Calvin Coolidge	Republican	1923–1929	Vermont	1872–1933
31. Herbert Hoover	Republican	1929–1933	Iowa	1874–1964
32. Franklin D. Roosevelt	Democratic	1933–1945 ¹	New York	1882–1945
33. Harry Truman	Democratic	1945–1953	Missouri	1884–1972
34. Dwight D. Eisenhower	Republican	1953–1961	Texas	1890–1969
35. John F. Kennedy	Democratic	1961–1963 ²	Massachusetts	1917–1963
36. Lyndon Johnson	Democratic	1963–1969	Texas	1908–1973
37. Richard Nixon	Republican	1969–1974 ³	California	1913–1994
38. Gerald Ford	Republican	1974–1977	Nebraska	1913–2006
39. Jimmy Carter	Democratic	1977–1981	Georgia	1924–
40. Ronald Reagan	Republican	1981–1989	Illinois	1911–2004
41. George H. W. Bush	Republican	1989–1993	Massachusetts	1924–2018
42. Bill Clinton	Democratic	1993–2001	Arkansas	1946–
43. George W. Bush	Republican	2001–2009	Connecticut	1946–
44. Barack Obama	Democratic	2009–2017	Hawaii	1961–
45. Donald Trump	Republican	2017–2021	New York	1946–
46. Joe Biden	Democratic	2021–	Pennsylvania	1942–

¹ Died in Office

² Assassinated in Office

³ Resigned

FEBRUARY						
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SUNDAY

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MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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APRIL						
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MAR. 2025

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054/311

055/310

056/309

057/308

058/307

New Moon

059/306

MARCH

060/305

MAR

31

POST OFFICE-AUTHORIZED 2-LETTER STATE ABBREVIATIONS

Alabama	AL
Alaska	AK
Arizona	AZ
Arkansas	AR
California	CA
Colorado	CO
Connecticut	CT
Delaware	DE
District of Columbia	DC
Florida	FL
Georgia	GA
Guam	GU
Hawaii	HI
Idaho	ID
Illinois	IL
Indiana	IN
Iowa	IA
Kansas	KS
Kentucky	KY
Louisiana	LA
Maine	ME
Maryland	MD
Massachusetts	MA
Michigan	MI
Minnesota	MN
Mississippi	MS
Missouri	MO

Montana	MT
Nebraska	NE
Nevada	NV
New Hampshire	NH
New Jersey	NJ
New Mexico	NM
New York	NY
North Carolina	NC
North Dakota	ND
Ohio	OH
Oklahoma	OK
Oregon	OR
Pennsylvania	PA
Puerto Rico	PR
Rhode Island	RI
South Carolina	SC
South Dakota	SD
Tennessee	TN
Texas	TX
Utah	UT
Vermont	VT
Virgin Islands	VI
Virginia	VA
Washington	WA
West Virginia	WV
Wisconsin	WI
Wyoming	WY

Also approved for use in addressing mail are the following abbreviations:

Alley	ALY
Annex	ANX
Arcade	ARC
Avenue	AVE
Boulevard	BLVD
Branch	BR
Bypass	BYP
Causeway	CSWY
Center	CTR
Circle	CIR
Court	CT
Courts	CTS
Crescent	CRES
Drive	DR
Expressway	EXPY
Extension	EXT
Freeway	FWY
Gardens	GDNS

Grove	GRV
Heights	HTS
Highway	HWY
Lane	LN
Manor	MNR
Parkway	PKWY
Place	PL
Plaza	PLZ
Point	PT
Road	RD
Rural Route	RR
Square	SQ
Street	ST
Terrace	TER
Trail	TRL
Turnpike	TPKE
Viaduct	VIA
Vista	VIS

POSTAL ABBREVIATIONS FOR CANADIAN PROVINCES

Alberta	AB
British Columbia	BC
Manitoba	MB
New Brunswick	NB
Newfoundland and Labrador	NL
Northwest Territories	NT
Nova Scotia	NS

Nunavut	NU
Ontario	ON
Prince Edward Island	PE
Quebec	QC
Saskatchewan	SK
Yukon	YT

FEBRUARY						
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SUNDAY

2

061/304

MONDAY

3

062/303

TUESDAY

4

063/302

WEDNESDAY

5

064/301

Ash Wednesday

THURSDAY

6

065/300

First Quarter

FRIDAY

7

066/299

SATURDAY

8

067/298

MAR

WORLD TIME DIFFERENCES

Computed by adding the positive or negative number next to the city when it is noon (12:00) Eastern Standard Time in New York.

Alexandria.....	+7	Istanbul.....	+8
Amsterdam.....	+6	Jerusalem.....	+7
Anchorage.....	-4	Johannesburg.....	+7
Athens.....	+7	Karachi.....	+10
Auckland.....	+17*	Lima.....	0
Baghdad.....	+8	Lisbon.....	+6
Barcelona.....	+6	London.....	+5
Beijing.....	+13*	Los Angeles.....	-3
Belfast.....	+5	Melbourne.....	+15*
Berlin.....	+6	Montreal.....	0
Bogota.....	0	Moscow.....	+8
Brussels.....	+6	Oslo.....	+6
Budapest.....	+6	Paris.....	+6
Buenos Aires.....	+2	Phoenix.....	-2
Caracas.....	+1	Rio de Janeiro.....	+2
Chicago.....	-1	Rome.....	+6
Copenhagen.....	+6	Santiago.....	+1
Damascus.....	+7	Seoul.....	+14*
Delhi.....	+10.5	Shanghai.....	+13*
Denver.....	-2	Singapore.....	+13*
Dublin.....	+5	Stockholm.....	+6
Frankfurt.....	+6	Sydney.....	+15*
Geneva.....	+6	Teheran.....	+8.5
Glasgow.....	+5	Tokyo.....	+14*
Halifax.....	+1	Vienna.....	+6
Havana.....	0	Vladivostok.....	+15*
Helsinki.....	+7	Warsaw.....	+6
Hong Kong.....	+13*	Washington.....	0
Honolulu.....	-5	Zurich.....	+6

*Indicates the morning of the following day

ABOUT JET LAG

Any time you travel through more than two time zones, you're likely to experience jet lag, a condition in which it's difficult to sleep at night and stay awake during the day. You'll also find yourself hungry at inappropriate times. Researchers say jet lag is caused by the disruption of the circadian sleep-wakefulness cycle. In other words, our biological clock isn't synchronized with the local time zone.

What can you do about it?

- Get plenty of rest before your trip, and, if possible, alter your sleep by even 1 to 2 hours to get a little closer to the new time zone.
- Set your watch to your destination time as soon as you board your flight, then try to sleep and eat according to that time.
- Upon arrival, fit into the local time as quickly as you can, participating in enough social activities to force yourself to stay alert or feel sleepy at appropriate times.

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23 ₃₀	24 ₃₁	25	26	27	28	29

SUNDAY

9

068/297

MONDAY

10

069/296

TUESDAY

11

070/295

WEDNESDAY

12

071/294

THURSDAY

13

072/293

FRIDAY

14

073/292

Full Moon

SATURDAY

15

074/291

MAR

WEDDING ANNIVERSARY GIFT LIST

Anniversary	Traditional Gift	Modern Gift
First	Paper	Clock
Second	Cotton	China
Third	Leather	Crystal, Glass
Fourth	Fruit, Flowers	Appliances
Fifth	Wood	Silverware
Sixth	Candy, Iron	Wood
Seventh	Wool, Copper	Desk Accessories
Eighth	Pottery, Bronze	Linens, Lace
Ninth	Willow, Pottery	Leather
Tenth	Tin, Aluminum	Diamond Jewelry
Eleventh	Steel	Fashion Jewelry
Twelfth	Silk, Linen	Pearls
Thirteenth	Lace	Textiles
Fourteenth	Ivory	Gold Jewelry
Fifteenth	Crystal	Watches
Twentieth	China	Platinum
Twenty-Fifth	Silver	Silver
Thirtieth	Pearl	Diamond
Thirty-Fifth	Coral	Jade
Fortieth	Ruby	Ruby
Forty-Fifth	Sapphire	Sapphire
Fiftieth	Gold	Gold
Seventy-Fifth	Diamond	Diamond

BIRTHSTONES & FLOWERS

Month	Birthstone	Flower
January	Garnet	Carnation
February	Amethyst	Violet
March	Bloodstone, Aquamarine	Daffodil
April	Diamond	Daisy
May	Emerald	Lily of the Valley
June	Pearl, Alexandrite	Rose
July	Ruby	Larkspur
August	Sardonyx, Peridot, Spinel	Gladiolus
September	Sapphire	Aster
October	Tourmaline, Opal	Marigold
November	Topaz, Citrine	Chrysanthemum
December	Tanzanite, Zircon, Turquoise	Narcissus

FEBRUARY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

APRIL						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAR. 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 ₃₀	24 ₃₁	25	26	27	28	29

SUNDAY
16

075/290

MONDAY
17

076/289

St. Patrick's Day

TUESDAY
18

077/288

WEDNESDAY
19

078/287

THURSDAY
20

079/286

Spring Begins

FRIDAY
21

080/285

SATURDAY
22

081/284

Last Quarter

MAR

37

METRIC TABLE

Capacity		Area	
10 milliliters	= 1 centiliter	100 sq. millimeters	= 1 sq. centimeter
10 centiliters	= 1 deciliter	100 sq. centimeters	= 1 sq. decimeter
10 deciliters	= 1 liter	100 sq. decimeters	= 1 sq. meter (centare)
10 liters	= 1 dekaliter	100 sq. meters	= 1 are
10 dekaliters	= 1 hectoliter	10,000 sq. meters	= 1 hectare
1,000 liters	= 1 kiloliter	100 hectares	= 1 sq. kilometer
Length		Weight	
10 millimeters	= 1 centimeter (cm)	10 milligrams	= 1 centigram
10 centimeters	= 1 decimeter	10 centigrams	= 1 decigram
10 decimeters	= 1 meter (m)	10 decigrams	= 1 gram
10 meters	= 1 dekameter	1,000 grams	= 1 kilogram (kilo)
100 meters	= 1 hectometer	100 kilograms	= 1 quintal
1,000 meters	= 1 kilometer	1,000 kilograms	= 1 metric ton

METRIC EQUIVALENTS OF U.S. WEIGHTS AND MEASURES

Dry Measure		Avoirdupois Measure	
1 pint	= .550610 liter	1 ounce	= 28.349527 grams
1 quart	= 1.101221 liters	1 pound	= .453592 kilogram
1 peck	= 8.80977 liters	1 short ton	= .90718486 metric ton
1 bushel	= .35238 hectoliter	1 long ton	= 1.01604704 metric tons
Liquid Measure		Square Measure	
1 pint	= .473176 liter	1 sq. inch	= 6.4516 sq. centimeters
1 quart	= .946353 liter	1 sq. foot	= 9.29034 sq. decimeters
1 gallon	= 3.785341 liters	1 sq. yard	= .836127 sq. meter
Long Measure		1 acre	= .40469 hectare
1 inch	= 2.54 centimeters	1 sq. mile	= 2.59 sq. kilometers = 259 hectares
1 yard	= .9144 meter	Cubic Measure	
1 mile	= 1.6093 kilometers	1 cu. inch	= 16.387 cu. centimeters
		1 cu. foot	= .02831 cu. meter
		1 cu. yard	= .76456 cu. meter

U.S. GOVERNMENT LAND MEASURE

A township: 36 sections—each one mile square.
A section: 640 acres.
A quarter section: ¼ mile square—160 acres.
An eighth section: ⅛ mile long, north and south, and ¼ mile wide—80 acres.
A sixteenth section: ⅙ mile square—40 acres.
The sections are all numbered 1 to 36, commencing at the northeast corner.
The sections are divided into quarters which are named by the cardinal points.

KILOMETER – MILE CONVERSION

KILOMETERS INTO MILES		MILES INTO KILOMETERS	
Kilometers	Miles	Miles	Kilometers
1	0.6	1	1.6
5	3.1	5	8.1
10	6.2	10	16.1
20	12.4	20	32.2
30	18.6	30	48.3
40	24.9	40	64.4
50	31.1	50	80.5
60	37.3	60	96.6
70	43.5	70	112.7
80	49.7	80	128.7
90	55.9	90	144.8
100	62.1	100	160.9

FEBRUARY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

APRIL						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAR. 2025						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 ₃₀	24 ₃₁	25	26	27	28	29

SUNDAY

23

082/283

MONDAY

24

083/282

TUESDAY

25

084/281

WEDNESDAY

26

085/280

THURSDAY

27

086/279

FRIDAY

28

087/278

SATURDAY

29

088/277

New Moon

MAR

39

HELPFUL MATH NOTES

TO FIND CIRCUMFERENCE:

Circle – Multiply the diameter by 3.1416.

TO FIND AREA:

Circle – Multiply the square of the radius by .7854.

Rectangle – Multiply the length of the base by the height.

Sphere (surface) – Multiply the square of the radius by 3.1416 and multiply by 4.

Square – Square the length of one side.

Trapezoid – Add the length of the two parallel sides, multiply by the height and divide by 2.

Triangle – Multiply the base by the height and divide by 2.

TO FIND VOLUME:

Cone – Multiply the square of the radius of the base by 3.1416, multiply by the height and divide by 3.

Cube – Cube the length of one edge.

Cylinder – Multiply the square of the radius of the base by 3.1416 and multiply by the height.

Pyramid – Multiply the area of the base by the height and divide by 3.

Rectangular Prism – Multiply the length by the width by the height.

Sphere – Multiply the cube of the radius by 3.1416, multiply by 4 and divide by 3.

DECIMAL EQUIVALENTS OF PARTS OF AN INCH

$1/32 = .0312$	$3/8 = .375$	$23/32 = .7187$
$1/16 = .0625$	$13/32 = .4062$	$3/4 = .75$
$3/32 = .0937$	$7/16 = .4375$	$25/32 = .7812$
$1/8 = .125$	$15/32 = .4687$	$13/16 = .8125$
$5/32 = .1562$	$1/2 = .5$	$27/32 = .8437$
$3/16 = .1875$	$17/32 = .5312$	$7/8 = .875$
$7/32 = .2187$	$9/16 = .5625$	$29/32 = .9062$
$1/4 = .25$	$19/32 = .5937$	$15/16 = .9375$
$9/32 = .2812$	$5/8 = .625$	$31/32 = .9687$
$5/16 = .3125$	$21/32 = .6562$	$1 = 1.0$
$11/32 = .3437$	$11/16 = .6875$	

MARCH							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	1	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23 ₃₀	24 ₃₁	25	26	27	28	29	25	26	27	28	29	30	31

SUNDAY

30

MONDAY

31

TUESDAY

1

WEDNESDAY

2

THURSDAY

3

FRIDAY

4

SATURDAY

5

APR. 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

089/276

090/275

APRIL

091/274

All Fools' Day

092/273

093/272

094/271

First Quarter

095/270

APR

WINDCHILL TABLE

Source: National Oceanic and Atmospheric Administration

Degrees (Fahrenheit)	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
Wind (MPH)																	
5	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
10	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
15	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
20	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
25	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
30	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
35	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
40	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
45	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93

(Wind speeds greater than 45 mph have little additional chilling effect.)

How Cold is Cold? Windchill temperature measures the combined cooling effect of wind and temperature. As wind increases, heat is carried away from the body at a faster rate, lowering both the skin temperature (which can cause frostbite) and, eventually, the internal body temperature (which can cause death).

NATIONAL WEATHER SERVICE COASTAL WARNING DISPLAY SIGNALS

Source: National Weather Service, NOAA, Dept. of Commerce

The National Weather Service retired its Coastal Warning Display Network in 1989. In 2007 it reestablished the program at selected small boat stations which will hoist display flags to warn of small craft advisories, gale warnings, storm warnings, and hurricane warnings. Boaters should consult forecasts via the National Weather Service's telephone recordings or a NOAA Weather Radio for the most up-to-date weather conditions in their area.

TORNADO SURVIVAL

1. Listen to your radio for official warnings and take them seriously. A tornado "watch" means a tornado is possible. A tornado "warning" means a tornado has been sighted or indicated by weather radar.
2. Go to an underground shelter or basement. If none is available, the best alternative is a small, windowless room or hallway on the lowest level of a sturdy building. No area of a mobile home is safe during a tornado. In all cases, crouch as low as possible, facing down, and cover your head. Take a battery-operated or rechargeable radio along for official information about the storm's progress.
3. If driving when a tornado strikes, drive away from the storm's path, if possible, and seek shelter. If you can't escape the storm's path, stay in your vehicle with your seat belt on. Put your head down below the windows, cover your head with your hands, a blanket, a jacket, or other cushion. If you can safely get lower than the level of the roadway, leave your car and lie in that area, covering your head with your hands. Avoid seeking shelter under bridges.

HURRICANE PREPAREDNESS

1. Prepare ahead of time. Make an emergency plan and build or restock your basic disaster supply kit. Consider buying a generator and installing storm shutters.
2. Listen to your radio for official warnings and take them seriously. A hurricane "watch" means that hurricane conditions are possible in the next 48 hours. A hurricane "warning" means hurricane conditions are expected within 36 hours.
3. Prepare your home. Bring loose, lightweight objects indoors. Cover all your home's windows with plywood or storm shutters. Secure loose downspouts and clear them of any debris.
4. Before the storm hits, ensure you have an adequate supply of water for drinking and for sanitary purposes such as flushing toilets. Turn the temperature in your fridge to it's coldest setting. Charge your phone battery. Make sure your vehicles are fully fueled.
5. Follow evacuation orders. Know the local evacuation routes and have a plan for where you can stay, even if you are not in an evacuation area. If you are sheltering in place, stay where you are as the storm approaches. Let friends and family know where you are. Keep abreast of storm information using a battery-operated or rechargeable weather radio.
6. During the storm, shelter in a safe room. If you don't have one, take refuge in a small interior room, closet, or hallway on the lowest level. Stay indoors, away from windows and glass doors. Keep curtains and blinds closed. Close all interior doors. Secure and brace external doors.

MARCH							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	1	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23 ₃₀	24 ₃₁	25	26	27	28	29	25	26	27	28	29	30	31

SUNDAY

6

MONDAY

7

TUESDAY

8

WEDNESDAY

9

THURSDAY

10

FRIDAY

11

SATURDAY

12

APR. 2025						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

096/269

097/268

098/267

099/266

100/265

101/264

102/263

Full Moon

APR

Gestation Table

Average Gestation Period		
	Weeks or Days	Extremes (days)
Sow	16 112	109 to 120
Ewe	22 150	146 to 157
Cow	40% 283	240 to 311
Mare	48% 340	307 to 412

Canaries	14 Days
Chickens	21 Days
Ducks	30 Days
Guineas	28 Days
Geese	30 Days
Ostriches	41 Days
Pheasants	25 Days
Pigeons	21 Days
Parrots	40 Days
Swan	42 Days
Turkeys	28 Days

Date of Service	Date Animal Due to Give Birth							
	Mare		Cow		Ewe		Sow	
Jan. 1	Dec. 7	Oct. 11	May 31	Apr. 25				
Jan. 11	Dec. 17	Oct. 21	June 10	May 5				
Jan. 21	Dec. 27	Oct. 31	June 20	May 15				
Jan. 31	Jan. 6	Nov. 10	June 30	May 25				
Feb. 10	Jan. 16	Nov. 20	July 10	June 14				
Feb. 20	Jan. 26	Nov. 30	July 20	June 24				
Mar. 2	Feb. 5	Dec. 10	July 30	June 14				
Mar. 12	Feb. 15	Dec. 20	Aug. 9	July 4				
Mar. 22	Feb. 25	Dec. 30	Aug. 19	July 14				
Apr. 1	Mar. 7	Jan. 9	Aug. 29	July 24				
Apr. 11	Mar. 17	Jan. 19	Sept. 8	Aug. 3				
Apr. 21	Mar. 27	Jan. 29	Sept. 18	Aug. 13				
May 1	Apr. 6	Feb. 8	Sept. 28	Aug. 23				
May 11	Apr. 16	Feb. 18	Oct. 8	Sept. 2				
May 21	Apr. 26	Feb. 28	Oct. 18	Sept. 12				
May 31	May 6	Mar. 10	Oct. 28	Sept. 22				
June 10	May 16	Mar. 20	Nov. 7	Oct. 2				
June 20	May 26	Mar. 30	Nov. 17	Oct. 12				
June 30	June 5	Apr. 9	Nov. 27	Oct. 22				
July 10	June 15	Apr. 19	Dec. 7	Nov. 1				
July 20	June 25	Apr. 29	Dec. 17	Nov. 11				
July 30	July 5	May 9	Dec. 27	Nov. 21				
Aug. 9	July 15	May 19	Jan. 6	Dec. 1				
Aug. 19	July 25	May 29	Jan. 16	Dec. 11				
Aug. 29	Aug. 4	June 8	Jan. 26	Dec. 21				
Sept. 8	Aug. 14	June 18	Feb. 5	Dec. 31				
Sept. 18	Aug. 24	June 28	Feb. 15	Jan. 10				
Sept. 28	Sept. 3	July 8	Feb. 25	Jan. 20				
Oct. 8	Sept. 13	July 18	Mar. 7	Jan. 30				
Oct. 18	Sept. 23	July 28	Mar. 17	Feb. 9				
Oct. 28	Oct. 3	Aug. 7	Mar. 27	Feb. 19				
Nov. 7	Oct. 13	Aug. 17	Apr. 6	Mar. 1				
Nov. 17	Oct. 23	Aug. 27	Apr. 16	Mar. 11				
Nov. 27	Nov. 2	Sept. 6	Apr. 26	Mar. 21				
Dec. 7	Nov. 12	Sept. 16	May 6	Mar. 31				
Dec. 17	Nov. 22	Sept. 26	May 16	Apr. 10				
Dec. 27	Dec. 2	Oct. 6	May 26	Apr. 20				

	In heat for	If not impregnated heat will occur in—
Mares	5-7 days*	3 to 6 weeks
Cows	2-3 days*	3 to 4 weeks
Ewes	2-3 days	17 to 28 days
Sows	2-4 days	21 days

[illegible]

APR. 2025						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

13

Palm Sunday

Passover Begins

14

104/261

15

105/260

16

106/259

17

107/258

18

108/257

Good Friday

19

109/256

45

WEIGHT OF GRAIN AND PRODUCE PER BUSHEL

Article	Weight (lbs.)	Article	Weight (lbs.)
Alfalfa.....	60	Oats	32
Apples, Green.....	48	Onions	57
Apples, Dried.....	25	Orchard Grass Seed.....	14
Barley	48	Osage Orange	36
Bermuda Grass	35	Peaches, Green.....	48
Bluegrass Seed	14	Peaches, Dried	33
Bran	20	Peas, Stock and Green	60
Buckwheat.....	50	Potatoes, Irish	60
Cane Seed.....	50	Potatoes, Sweet	50
Carrots.....	50	Red Top Seed.....	14
Castor Beans.....	46	Rice, Rough.....	45
Clover Seed.....	60	Rutabagas	50
Corn, Shelled.....	56	Rye	56
Corn on Ear	70	Salt, Fine	50
Corn Meal.....	50	Sorghum, grain.....	56
Cotton Seed	33	Soybeans.....	60
Flax Seed	56	Sunflower	22
Hemp Seed	44	Sweet Clover	60
Kafir Corn	56	Timothy Seed	45
Malt Rye	35	Tomatoes.....	60
Millet Seed.....	50	Turnips.....	55
Navy Beans	60	Wheat	60

MARCH							MAY						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
2	3	4	5	6	7	1	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23 ₃₀	24 ₃₁	25	26	27	28	29	25	26	27	28	29	30	31

SUNDAY

20

110/255

Easter Sunday

Last Quarter

MONDAY

21

111/254

Easter Monday (Canada)

TUESDAY

22

112/253

Earth Day

WEDNESDAY

23

113/252

Administrative Professionals Day (USA)

THURSDAY

24

114/251

FRIDAY

25

115/250

SATURDAY

26

116/249

APR. 2025

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

PLANTING & YIELD RECORD

ACRES	VARIETY	DATE PLANTED	RATE	INSECTICIDE CHEMICAL & RATE	HERBICIDE CHEMICAL & RATE	DATE HARVESTED YIELD LOSS

APRIL						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JUNE						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY 2025						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUNDAY

27

117/248

New Moon

MONDAY

28

118/247

TUESDAY

29

119/246

WEDNESDAY

30

120/245

MAY

THURSDAY

1

121/244

FRIDAY

2

122/243

SATURDAY

3

123/242

MAY

49

FARM REFERENCE DATA

TABLE OF TANK CAPACITY

To find the number of gallons of liquid in a tank, measure the depth of liquid in inches and multiply by the gallons per inch of depth. To determine the gallon capacity of round tanks, use this formula: Diameter (in inches) squared x depth (in inches) x .0034. The table below shows round tank capacity for 20 inches of liquid.

Diameter (in feet)	Gallons per inch of Depth	Gallon Capacity
3	4.4	88
3.5	6.0	120
4	7.8	156
4.5	9.9	198
5	12.2	244
5.5	14.8	296
6	17.6	352
6.5	20.7	414
7	24.0	480
7.5	27.5	550
8	31.3	626
9	39.7	794
10	49.0	980

TABLE OF SILO CAPACITY

The table below shows approximate silo capacity in tons of silage crops.

Silo Height (in feet)	Silo Diameter (in feet)					
	20	22	24	26	28	30
40	295	358	423	500	578	663
42	317	384	455	537	620	713
44	339	410	487	573	665	763
45	350	425	503	592	685	788
48	384	465	522	650	753	865
50	407	492	583	688	795	913
52	431	522	620	730	845	970
54	455	550	655	770	890	1020
55	468	565	673	790	918	1060
57	492	595	705	830	960	1110
58	504	610	725	870	990	1130
60	529	640	760	910	1030	1190

APRIL						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

JUNE						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY 2025						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUNDAY

4

124/241

First Quarter

MONDAY

5

125/240

TUESDAY

6

126/239

WEDNESDAY

7

127/238

THURSDAY

8

128/237

FRIDAY

9

129/236

SATURDAY

10

130/235

MAY

FARM MACHINERY ON PUBLIC ROADS

If you operate a tractor or other farm machinery on public roads, you should familiarize yourself with your responsibilities under the law. The department of public safety in your state has information about required lighting, right-of-way, speed limits, and other rules. Also, keep these general suggestions in mind:

- Only experienced operators should drive machinery on public roads.
- Never allow extra riders on tractors or towed equipment.
- Stop and wait for traffic to clear before crossing a road. Driving across a road in front of fast-moving vehicles can cause an accident.
- Set loaders and other front-mounted equipment at the lowest position possible. This is best for visibility and tractor stability.
- Double check that all loads are secure before transport. Falling items, such as hay bales, cause obstacles that fast-moving traffic will have difficulty avoiding.
- Enlist extra help when driving wide equipment, such as a combine, down a public road. Vehicles (with flashers on) in front and behind the wide piece of equipment will alert other drivers so they have plenty of time to slow down.
- Drive slow-moving vehicles on the right side of the road, as close to the edge of the roadway as possible. Traveling on the shoulder can be dangerous because of unseen potholes or bumps, and it may encourage other drivers to attempt to pass in an unsafe location.
- Pull over to the shoulder and stop (if possible) to let traffic pass when several vehicles congregate behind your slow-moving equipment.
- Make your intentions known when turning by using signal lights at least 100 feet in advance of the turn.
- Know the route you're going to travel and take special precautions for hazards such as narrow bridges and blind corners.
- Be aware of posts near the roadway, such as those that support road signs and mail boxes, when pulling or driving wide equipment.
- Only drive after dark if necessary, and then only if your tractor has adequate headlights and signal lights and your machinery or wagons have marker lights or reflectors.
- If pulling wagons, machinery, or anhydrous ammonia tanks with a truck, be sure to limit your speed to the maximum recommended speed on the implement's tires. Agricultural tires are designed to stand up to rugged use in the field and are not made to withstand moderate and high speeds on the highway.

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SUNDAY

11

131/234

Mother's Day

MONDAY

12

132/233

Full Moon

TUESDAY

13

133/232

WEDNESDAY

14

134/231

THURSDAY

15

135/230

FRIDAY

16

136/229

SATURDAY

17

137/228

Armed Forces Day (USA)

MAY

Farmers today are aided by technology at nearly every turn. Still, long hours and the nature of farm work can create safety hazards both in the field and in shops, garages, and other farm buildings. A few simple safety precautions can go a long way toward preventing falls, slips, and other injuries.

- Clear obstructions around your yard and use proper lighting for frequently traveled paths.
- Never allow riders on farm equipment—even when just moving it around your yard.
- Keep farm machinery, grain bin and silo steps, and ladders free of mud, ice, and snow buildup.
- In the winter, keep a supply of sand or salt on hand to cover icy spots on the driveway or anywhere else people walk.
- Consider applying abrasive coatings to concrete, metal, and wood surfaces in barns and shops.
- Purchase ladders with slip-resistant steps.
- Organize your shop so everything has a designated place. Tools, parts, and other items should be stored on secure shelving so there's no chance of them falling and injuring you or someone else.
- Promptly clean up any fluid spills to avoid creating slippery spots on your shop floor.
- Before working on machinery, make sure the equipment is turned off, all rotating parts have stopped moving, and safety locks are put in place.
- Keep all guards and shields in place on machinery.
- Use hand tools only for their intended purpose.
- Equip your shop with ground-fault circuit interrupters (GFCI) to help prevent electrical shock.
- Make sure your shop and other buildings are well lit. Keep heated buildings properly vented and store flammable liquids far away from any heat source.
- Always have protective gear on hand—and use it. Examples include leather gloves, chemical-resistant gloves, safety glasses, face shields, earplugs or muffs, steel-toed boots, hard hats, respirators, protective aprons (or clothing), and welding shields.
- Equip your shop and other buildings with working fire extinguishers.
- At least once a year, check all electrical cords on appliances, equipment, and hand tools for cracking or damage.
- Keep a fully stocked first aid kit available in your tractors, your home, and your shop.

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SUNDAY

18

138/227

MONDAY

19

139/226

Victoria Day (Canada)

TUESDAY

20

140/225

Last Quarter

WEDNESDAY

21

141/224

THURSDAY

22

142/223

FRIDAY

23

143/222

SATURDAY

24

144/221

MAY

55

HARVEST SAFETY REMINDERS

Long hours and dangerous working conditions are accepted as a normal part of agribusiness, and it is important to work safely all year long. Harvest is one of the busiest seasons for farmers, so extra precaution should be taken to stay safe. Keep these tips in mind during this hectic time:

- Thoroughly inspect and test farm equipment before use.
- Stay alert and take breaks. Get out of the cab and walk around at least once every hour.
- Never leave running equipment unattended. Shut down equipment, turn off the engine, remove key, and wait for moving parts to stop before dismounting equipment.
- Drink plenty of water. Staying hydrated increases awareness.
- Shut down the equipment before working on it. If the combine is plugged, shut off the motor, not just the header, before attempting to unplug it by hand.
- Stay aware of the location of coworkers at all times. Visibility is poor around large equipment.
- Never trust hydraulic systems when working under machines. Use a safety prop to be certain heavy machinery is secure.
- Do not stand on grain that is being moved. Every year people “drown” in grain bins that are being emptied.
- Do not allow children to play in or around grain bins, wagons, or truck beds.
- Wear a dust filter or filter respirator when working in a grain bin.
- When transporting machinery on roads, be sure these items are in place: a spotter, reflectors from the department of transportation, a slow-moving vehicle sign, and flags on items that stick out.
- If machinery is being moved on roadways after dark, have working headlights and flashing front and rear warning lights.

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SUNDAY

25

145/220

MONDAY

26

146/219

Memorial Day (USA)

New Moon

TUESDAY

27

147/218

WEDNESDAY

28

148/217

THURSDAY

29

149/216

Ascension Day

FRIDAY

30

150/215

SATURDAY

31

151/214

MAY

57

AGRITOURISM

Anything you do to draw visitors to your farm for the purpose of selling them products or providing experiences is agritourism. It can be as simple as a vegetable and fruit stand or as elaborate as a corn maze. If you enjoy interacting with the public, showing people the operations on the farm, and providing a product or experience, agritourism may be a positive venture for you. The income agritourism generates is significant for some farms, and it diversifies the farm's market outlets.

Agritourism can include farm stands, U-pick, tours, on-farm classes, fairs, festivals, pumpkin patches, Christmas trees, winery weddings, orchard dinners, youth camps, barn dances, hunting or fishing, or any service or experience you can offer that people will enjoy. Numerous benefits result from agritourism in addition to income potential:

- Agritourism expands employment opportunities for farm family members, especially younger family members representing the future of farming.
- It creates community and economic development. Visitors gain the opportunity to purchase fresh, local farm products and form relationships with the growers. Educational and recreational opportunities enable visitors to connect with rural amenities. Visitors often patronize surrounding attractions and businesses resulting in economic growth.
- A renewed focus and understanding of agriculture preserves and encourages the continuation of farming traditions.

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SUNDAY

1

152/213

MONDAY

2

153/212

Shavuot

First Quarter

TUESDAY

3

154/211

WEDNESDAY

4

155/210

THURSDAY

5

156/209

FRIDAY

6

157/208

SATURDAY

7

158/207

JUN

LAUNDERING CLOTHES CONTAMINATED WITH PESTICIDES

Clothing contaminated with pesticides can pose a health risk to the person wearing the clothes, the person laundering the contaminated clothes, and other family members whose clothing may come into contact with the contaminated clothing during laundering. Here are some tips to make handling these garments safer:

- Before entering the house, discard clothing saturated with highly toxic, undiluted pesticides and any contaminated leather apparel. The pesticide can't be completely removed from these items.
- Using waterproof gloves, take contaminated clothing off before entering the house. Prerinse these garments twice in a pail of hot water. Dispose of the water where it won't be a danger to humans or animals.
- The person responsible for washing clothes should avoid skin exposure from the contaminated clothing by wearing a long-sleeved shirt and waterproof gloves when loading the washing machine.
- Keep pesticide-contaminated clothing separate from other clothes. Launder as soon as possible after soiling, washing only a few items at one time. Use the hottest and highest water setting and the longest, most aggressive wash cycle available.
- Use high-quality detergents and avoid products termed "gentle detergents" that are designed for fragile fabrics or baby clothing. Liquid or dry detergents provide similar wash efficiency when used with sufficient water volume, duration, agitation, and temperature.
- After laundering pesticide-soiled clothing, decontaminate the washing machine by running a complete cycle, empty, with hot water and detergent.
- Always dry garments on a clothesline. This prevents contaminating the dryer, which can happen if the pesticide wasn't completely removed during the wash cycle.

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SUNDAY

8

159/206

MONDAY

9

160/205

TUESDAY

10

161/204

WEDNESDAY

11

162/203

Full Moon

THURSDAY

12

163/202

FRIDAY

13

164/201

SATURDAY

14

165/200

Flag Day (USA)

JUN

MANAGING STRESS

Stress is part of life. Stress can be positive (such as planning a vacation) or negative (such as dealing with conflict in a relationship). Successful stress management requires you to take charge of your thoughts, emotions, schedule, and attitude toward problems.

Physical or emotional tension are often signs of stress. They can be reactions to a situation that causes you to feel anxious, helpless, or out of control. Common reactions to stress include:

- Disbelief and shock
- Tension and irritability
- Difficulty making decisions
- Loss of appetite
- Anger
- Feeling powerless
- Crying
- Trouble sleeping
- Difficulty concentrating
- Headaches

Once you understand the symptoms of stress, it is important to learn how to cope with it. There are many healthy ways to manage stress—you can either change the situation or change your reaction. No single method works for everyone. The goal is to feel calm and in control when dealing with stress.

- Avoid stress – There are a number of stressors you can eliminate today simply by saying “no,” avoiding people who stress you out, and managing your time better.
- Alter the situation – Figure out what you can do to prevent a stress related problem in the future. Be willing to compromise, and deal with problems rather than ignore them.
- Adapt to the stressor – View situations from a positive perspective, and remember to appreciate the good things in your life. This simple strategy will help you keep things in perspective.
- Accept what you cannot change – Stress happens, and sometimes there is no way to avoid it. In some cases, the best way to cope with stress is to accept the situation and move forward.
- Relax and recharge – Make time for fun and relaxation so you will be in a better position to handle life’s stressors. Do something you enjoy every day!

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SUNDAY
15

166/199 *Father's Day*

MONDAY
16

167/198

TUESDAY
17

168/197

WEDNESDAY
18

169/196 *Last Quarter*

THURSDAY
19

170/195 *Juneteenth National Independence Day (USA)*

FRIDAY
20

171/194 *Summer Begins*

SATURDAY
21

172/193

PREVENT WATER DAMAGE

Preventing water damage to our homes is a lot less expensive than paying for repairs. Water damage has the ability to weaken your home's foundation and the structure that holds your house together. Not only does damp wood invite termites and carpenter ants but it also causes mold and mildew. Fortunately, there are simple precautions you can take that will give you peace of mind.

- Ensure good drainage away from your home's foundation. Clean gutters regularly, install downspouts to direct water 5 to 10 feet away from the foundation, and maintain at least a 6-inch landscaping slope to keep water from seeping right next to the foundation.
- Test the sump pump regularly. Check the sump pump at least once a year, and observe how it functions during heavy storms as often as possible. To test your sump pump, slowly fill the pit with water. Watch for the "float" to rise which should activate the pump. If the water level falls, the pump is operating correctly.
- Check for water leaks and fix them immediately. Unresolved leaks lead to mold and mildew, rot, and eventually termites and carpenter ants. Look for dark spots under pipes inside kitchen and bathroom sink cabinets, stains on ceilings, loose toilets, and other drips from pipes around the house. Don't forget to check the roof, and repair missing, loose, or damaged shingles, and check around the flashing for leaks.
- Sometimes the issue is more involved. If you practice these maintenance tasks and water problems still persist, consult a professional wet basement repair specialist for advice.

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SUNDAY

22

173/192

MONDAY

23

174/191

TUESDAY

24

175/190

St. John the Baptist Day (Que.)

WEDNESDAY

25

176/189

New Moon

THURSDAY

26

177/188

FRIDAY

27

178/187

SATURDAY

28

179/186

JUN

Homemade cleaners are often safer than their commercial counterparts and can save you money too.

ESSENTIALS FOR NONTXIC HOUSEHOLD CLEANING

- **Baking soda** is commonly available at grocery stores, and many people use it to fight odors in refrigerators and freezers. Sprinkled on a damp cloth, you can use it to clean kitchen countertops, sinks, ovens, and fiberglass surfaces. You can also add baking soda to your laundry, use it to deodorize carpet, and combine it with vinegar to clean in-sink garbage disposals.
- **Washing soda** (sodium carbonate) is closely related to baking soda, but it is much more alkaline. Wear gloves when using it because it is caustic. Washing soda cuts grease, cleans petroleum oil, removes wax or lipstick, and neutralizes odors. Don't use it on waxed floors, aluminum, or fiberglass because it can remove wax and roughen these surfaces.
- **White vinegar** is good for removing alkaline substances such as scale from hard water. Vinegar is also effective for cleaning windows. Dissolve a few tablespoons in an empty spray jug and use it on home and vehicle windows and mirrors. Add it to your dish water to help remove grease on stubborn pots and pans.
- **Tea tree oil** is a natural fungicide and can be used as an all-purpose cleaner. Add it to the water tank of your humidifier to keep the water fresh. A small amount of tea tree oil added to each load in your washing machine kills germs and leaves laundry smelling clean and fresh.
- **Borax** is a naturally occurring mineral, soluble in water. Many use it to boost the power of laundry detergent and remove stains.
- **Corn starch** can be used to clean windows, polish furniture, and shampoo carpets and rugs.
- **Isopropyl alcohol** is an effective, inexpensive disinfectant. Use gloves and keep it away from children at all times.
- **Lemon juice** can be used to clean glass and remove stains from aluminum, clothes, and porcelain.
- **Cream of tartar** can be used to remove stains and the bitter taste from old-fashioned coffee percolators. It is also used to remove tarnish from silver jewelry and cutlery. Don't use cream of tartar on pieces that have black decorative detailing, because it will remove the detailing. Also, be careful when cleaning jewelry with gemstones, adhesives, or other materials that may be dissolved.

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SUNDAY

29

180/185

MONDAY

30

181/184

JULY

TUESDAY

1

182/183

Canada Day (Canada)

WEDNESDAY

2

183/182

First Quarter

THURSDAY

3

184/181

FRIDAY

4

185/180

Independence Day (USA)

SATURDAY

5

186/179

JUL

67

GERMINATION TABLES

VEGETABLE PLANTS

	<i>Approximate number of days to germination</i>
Asparagus	21–28
Beans, bush/bush lima or pole	6–10
Beans, pole lima	7–12
Beets	7–10
Broccoli	6–10
Brussels sprouts	6–10
Cabbage	6–10
Carrots	10–15
Cauliflower	6–10
Celery	12–20
Chard, Swiss	7–10
Collards	6–10
Corn, sweet	7–12
Cress, garden	4–5
Cucumber	6–8
Eggplant	10–15
Endive	8–12
Kohlrabi	6–8
Lettuce	6–10
Muskmelon	6–10
Mustard	4–5
Okra	15–20
Onion	8–12
Parsley	18–24
Parsnip	12–18
Peas	6–10
Pepper	10–14
Pumpkin	6–10
Radish	4–6
Rhubarb	12–14
Rutabaga	4–7
Spinach	6–12
Squash, bush or vine	6–10
Tomato	6–10
Turnip	4–7
Watermelon	8–12

ANNUAL FLOWERS

	<i>Approximate number of days to germination</i>
Acrolinium	8–10
Ageratum	7–11
Alyssum, sweet	10–13
Browallia	18–20
Cacalia	8–12
Calendula	10–12
California poppy	5–10
Candytuft	6–9
Canterbury bell	12–15
Celosia (coxcomb)	20–25
Centaurea (ragged robin)	5–20
Chrysanthemum	6–8
Cosmos	5–15
Cynoglossum	11–15
Flax	13–16
Four-o'clock	12–15
Gaillardia	12–15
Gomphrena	20–25
Helichrysum	5–10
Larkspur	15–20
Lupine	25–30
Marigold	5–8
Nicotiana	20–25
Petunia	18–20
Phlox Drummondi	20–25
Pinks	5–8
Portulaca	18–20
Scabiosa	18–20
Snapdragon	20–25
Sweet Pea	15–20
Verbena	8–10
Zinnia	5–8

JUNE						
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SUNDAY

6

187/178

MONDAY

7

188/177

TUESDAY

8

189/176

WEDNESDAY

9

190/175

THURSDAY

10

191/174

Full Moon

FRIDAY

11

192/173

SATURDAY

12

193/172

JUL

69

COMMON HOUSEPLANT PROBLEMS

PROBLEM	CAUSE	CURE
Yellowing bottom leaves	Lack of nitrogen	Water regularly – include liquid fertilizer
Soft stems	Too much water – plant set too deep	Let plant dry out – establish proper rate of watering – transplant to larger pot
Curling leaves	Too much water in roots	Transplant to pot with drainage hole – establish regular watering schedule
Dropping leaves	Old leaves: sudden decrease in light New leaves: soil too heavy	Old: keep plant in sunny area New: repot with mixture of potting soil and vermiculite
Black, misshapen leaves	Soil too salty	Remove plant – flush salts from soil and roots – repot
Dull leaves during new growth	Underfertilized	Fertilize on a regular basis
Brown leaf tips	Fluoride injury	Trim off damaged areas – keep soil uniformly moist
Black spots on leaves	Drafts	Move plants to less drafty area
White fuzz on leaves – flying fuzz	Mealybugs or whitefly	White fuzz: use malathion Flying fuzz: use malathion and rub leaves with rubbing alcohol every 3–4 days
Web-like matter on underside of leaves	Red spider	Wash plant – use malathion
Pale, colorless new leaves that quickly turn brown	Lack of humidity	Spray leaves – raise room humidity if possible
Tan spots on leaves	Too much direct sunlight	Move plant out of direct sunlight
Brown scales on stems	Small brown insects	Rub leaves with rubbing alcohol every 3–4 days

REPOTTING HOUSEPLANTS

Some plants require repotting annually, while slow-growing species may only require replacement of a little topsoil with fresh soil. Houseplants should be kept in pots as small as possible without overcrowding the root system. This way, the activity of plant growth is concentrated above ground. Unlike outdoor plants, an extensive root system is not necessary for houseplants. If a plant requires water more than once every 24 hours, a larger pot is needed.

When repotting, remove the shoulder of soil around the top of the pot and any loose soil. Also, loosen the soil at the base of the root ball to encourage rooting into the new soil. To loosen and remove soil, use a gradual squeezing motion to minimize damage to the tender young roots. Repot the plant in a new or clean disinfected container no more than one or two sizes larger than the one the plant was in.

Put new soil on the bottom, sides, and, if necessary, on top of the remaining root ball. In most cases, the plant should not be placed any deeper in the soil than it was in the previous pot. Try to spread out the bottom roots rather than compress them into a small volume. Water thoroughly and then add more soil if settling occurs. Because overwatering hinders new growth, water again when the soil dries, but not before. A good potting soil generally requires no fertilization for 3–4 months under most home conditions.

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SUNDAY

13

194/171

MONDAY

14

195/170

TUESDAY

15

196/169

WEDNESDAY

16

197/168

THURSDAY

17

198/167

Last Quarter

FRIDAY

18

199/166

SATURDAY

19

200/165

EMERGENCY PREPAREDNESS

It's important to prepare for natural disasters and other emergencies as a family.

- Keep basic survival supplies on hand including: water; nonperishable, easy-to-prepare food; flashlights; a battery-powered or hand-crank radio; first aid kit; at least a week's supply of medications; sanitation and personal hygiene items; copies of important documents (medical information, proof of address, insurance policies); family and emergency contact information; and extra cash. Remember to plan ahead for your pets and for any special needs (medical devices, baby diapers and formula, etc.).
- Purchase a NOAA weather radio to keep your household better informed about severe weather and other threats.
- Make emergency contact cards for each member of your family. Write work, school, home, and cell phone numbers on each card. Each family member should carry a card in his or her wallet, purse, or backpack.
- Meet as a family and create a plan for responding to emergencies, including a fire. Discuss the natural disasters/emergencies most likely to happen where you live. Plan two places to meet—one directly outside your home and one outside your neighborhood—in the event access to your home is blocked or authorities ask you to evacuate.
- Choose a friend or family member who does not live in your immediate area to be an out-of-area emergency contact person. It may be easier for family members to remain in contact through this person if local telephone lines are compromised by a storm or other disaster.
- Enroll in a first aid/CPR class individually or as a family. The training you receive will be beneficial for daily living as well, especially if you have young children in the home.

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SUNDAY

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201/164

MONDAY

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202/163

TUESDAY

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203/162

WEDNESDAY

23

204/161

THURSDAY

24

205/160

New Moon

FRIDAY

25

206/159

SATURDAY

26

207/158

JUL

73

FIRST AID

What to do until professional medical help is available

Anaphylaxis: A severe allergic reaction (anaphylaxis) can produce shock and life-threatening respiratory distress. Such a reaction can be caused by venom, pollen, and latex as well as certain foods and drugs. The person may break out in hives and the eyes and lips may swell. Of most concern is throat swelling, which can make it difficult to breathe. A person with anaphylaxis needs immediate emergency medical assistance. Check to see if the person is carrying emergency medicine for allergies.

Animal bites: If the bite barely breaks the skin, treat it as a minor wound. Wash thoroughly with soap and water. Apply an antibiotic cream to prevent infection and cover with a clean bandage. If the bite creates a deep puncture of the skin or the skin is badly torn and bleeding, apply pressure to stop the bleeding and see your doctor. With all bites, if you notice signs of infection (swelling, redness, increased pain, or oozing), see a doctor immediately. If the bite was from an animal with unknown immunization status, see a doctor as soon as possible to be checked for rabies.

Burns: The least serious burns are those in which only the outer layer of skin is burned. These don't require emergency medical care unless they occur over a major joint or large area. Cool the burn with cold running water or immerse in cold water. Don't use ice; this can cause frostbite, further damaging the skin. Once the area is completely cooled, apply an aloe vera lotion, antibiotic ointment, or moisturizer to prevent drying and ease pain. Minor second-degree burns that are less than 2 or 3 inches in diameter can also be treated this way. For larger second-degree burns and all third-degree burns, seek medical attention immediately. Don't remove clothing from the injured area and make sure clothing is no longer in contact with burning or smoldering materials. Cover the burn area with a cool, moist, sterile bandage or clean cloth.

Chemical in the eye: If a chemical or irritant splashes into your eye, take immediate action. First, flush the eye with water. Clean drinking water will do. It's more important to start rinsing than to find purified water. Continue to flush for at least 20 minutes. After washing the eye, close the eyelid and cover with a loose, moist dressing. Seek emergency medical attention and be sure to write down or remember the name of the chemical that came into contact with your eye.

Cuts: Proper care of a minor cut is essential for preventing infection. First, stop the bleeding by applying gentle pressure with a clean bandage or cloth. Clean the wound by holding it under running water. To clean the area around the wound, apply warm soapy water. After cleaning, apply an antibiotic cream or lotion to discourage infection. Cover the wound with a bandage and change the dressing daily. Watch for signs of infection and keep your tetanus boosters up to date. (Many experts recommend that you receive a tetanus booster every 10 years.)

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SUNDAY

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208/157

MONDAY

28

209/156

TUESDAY

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210/155

WEDNESDAY

30

211/154

THURSDAY

31

212/153

FRIDAY

1

AUGUST

213/152

First Quarter

SATURDAY

2

214/151

AUG

75

FIRST AID

What to do until professional medical help is available

Electrical shock: If you believe someone has been electrocuted, call 911 for emergency medical help. First, look over the scene and try to determine what caused the shock. Don't touch the victim as they may still be in contact with the source. Turn off the electricity if possible. Move the source away from you and the victim using a nonconducting object such as cardboard, plastic, or wood. Once the person is free from the source of electricity, check their breathing and pulse. Also, if the person is faint, pale, or shows other signs of shock, lay the person down with their head slightly lower than their legs. Treat major burns and wait for the medical response team.

Fainting: If someone faints, position them on their back with their legs elevated above heart level. Make sure they are breathing. If not, the problem is more serious than a fainting spell, and CPR should be started. Seek emergency medical assistance immediately. If a person who fainted does not regain consciousness within 1 to 2 minutes, seek medical attention. If the person who fainted fell, be sure to check for related injuries and treat appropriately.

Frostbite: The most likely areas to be affected by frostbite are your hands, feet, nose, and ears. First, get out of the cold. Next, warm your hands by tucking them into your armpits. If another area is frozen, warm it by covering with dry, gloved hands. If numbness remains during warming, get help immediately.

Heat exhaustion: If left untreated, heat exhaustion can become heatstroke—a life-threatening condition. Symptoms of heat exhaustion include feeling faint; nausea; heavy sweating; rapid heartbeat; low blood pressure; cool, moist, pale skin; and a low-grade fever. Get the person out of the sun and into a shady or air-conditioned location. Lay the person down and elevate the feet slightly. Loosen or remove the person's clothing and have them drink cool water (not cold) or a sports drink containing electrolytes. Try to cool them by spraying with water and fanning.

Nosebleeds: First, sit upright to help discourage further bleeding. Pinch your nose using your thumb and index finger, and breathe through your mouth. Continue pinching for 5 to 10 minutes. This sends pressure to the bleeding point and often stops the flow of blood. Seek medical attention if the bleeding lasts for more than 15 to 30 minutes, you feel weak or faint, there is a great deal of blood loss, or blood begins to trickle down the back of your throat.

Sunburn: Symptoms of sunburn usually appear within a few hours of exposure bringing pain, redness, swelling, and occasionally blistering to the affected area. To treat sunburn, take a cool bath or shower. Apply an aloe vera lotion several times a day to help restore moisture. If needed for pain, take an over-the-counter pain reliever. Avoid exposing the affected area to the sun until it is healed. If sunburn begins to blister or if you develop a rash or fever, seek medical attention immediately.

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SUNDAY

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215/150

MONDAY

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216/149

Civic Holiday (Canada)

TUESDAY

5

217/148

WEDNESDAY

6

218/147

THURSDAY

7

219/146

FRIDAY

8

220/145

SATURDAY

9

221/144

Full Moon

AUG

77

STAIN REMOVAL FOR WASHABLE FABRICS

Alcoholic beverages: Procedure 2.

Asphalt, Tar: Scrape excess from fabric with dull knife. Procedure 5.

Ballpoint pen, felt-tip marker, other ink: Sponge with dry-cleaning solvent until all bleeding of ink stops. Follow same procedure using alcohol and/or glycerine. If stain remains, apply detergent. Let stand overnight if necessary. Apply prewash spot and stain remover and launder.

Blood: Soak in cold water for 15–30 minutes. Apply ammonia. Rinse. Procedure 8. Apply detergent to stain; rinse. If stain remains, soak 15 minutes in oxygen bleach or hydrogen peroxide solution. Launder.

Chewing gum: Rub with ice cube to harden. Remove excess from fabric. Procedure 5, 7, or 8.

Coffee, Tea: Procedure 2 or 8. For coffee with cream, procedure 3, 7, or 8.

Cosmetics: Procedure 4 or 6.

Cream, Milk, Ice Cream: Procedure 6 or 8. If stain remains, procedure 4.

Deodorant, Antiperspirant: Procedure 1. Color may be restored by sponging with ammonia (new stains) or vinegar (old stains).

Egg: Procedure 8. If stain remains, use procedure 4 or 7.

Fruits, Berries: Rinse stain under cool running water. Use procedure 2. If stain remains, use procedure 8.

Grass: Sponge with dry-cleaning solvent or waterless hand cleaner, then use procedure 2.

Gravy: Procedure 4, 6, or 8.

Grease, Oil, Butter, Salad Dressing: Procedure 4 or 6.

Ketchup: Remove excess with dull knife. Procedure 5, 7, or 8.

Mustard: Scrape off excess with dull knife. Sponge with detergent and ammonia. If stain remains, bleach with oxygen bleach. Launder.

Paint, oil-base: Remove quickly before paint dries. If unable to treat immediately, wrap in plastic to prevent drying. If a particular solvent is recommended as a thinner, treat stain with it. Procedure 5.

Paint, water-base: Remove quickly before paint dries. Sponge with dry-cleaning solvent or waterless hand cleaner. Procedure 1. Add chlorine bleach to wash water if safe for fabric.

Perspiration: Procedure 1 or 8. If odor remains, rub with bar of deodorant soap and launder again. Or, soak overnight in a quart of warm water with 4 tablespoons of salt. Rinse and relaunder. Color may be restored with ammonia (new stains) or vinegar (old stains).

Rust: Use rust remover according to manufacturer's directions.

Soft drinks: Procedure 2. Permanent yellowing may result if stains are allowed to remain in fabric.

Wax, candle: Scrape excess from fabric with dull knife. Place stain between paper towels and press with warm iron to remove wax. Procedure 5.

PROCEDURE 1: Sponge or soak stain in cool water. Apply detergent to stain. Launder.

PROCEDURE 2: Soak in solution of 1 quart warm water, ½ teaspoon detergent, and 1 tablespoon white vinegar for 15 minutes. Rinse with water. If stain remains, sponge with alcohol, rinse thoroughly, and launder. Add chlorine bleach, if safe for fabric, to wash water.

PROCEDURE 3: Soak in solution of 1 quart warm water, ½ teaspoon detergent, and 1 tablespoon white vinegar for 15 minutes. Rinse with water; air dry. If stain remains, sponge with dry-cleaning solvent or waterless hand cleaner. Rinse with water. Launder using hot water and chlorine bleach, if safe for fabric.

PROCEDURE 4: Sponge with dry-cleaning solvent or waterless hand cleaner. Rinse with water. Air dry. Apply detergent to stain. Launder.

PROCEDURE 5: Sponge with dry-cleaning solvent or waterless hand cleaner. Rinse with water. Apply detergent to stain. Launder using hot water and chlorine bleach, if safe for fabric.

PROCEDURE 6: Treat garment with a prewash spot and stain remover. Launder.

PROCEDURE 7: Treat dry garment with a prewash spot and stain remover. Launder using hot water and chlorine bleach, if safe for fabric.

PROCEDURE 8: Soak in warm water and enzyme presoak for 15 to 30 minutes. Launder.

Information Courtesy of University of Kentucky Cooperative Extension Service

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SUNDAY

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222/143

MONDAY

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223/142

TUESDAY

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224/141

WEDNESDAY

13

225/140

THURSDAY

14

226/139

FRIDAY

15

227/138

SATURDAY

16

228/137

Last Quarter

AUG

79

A great garden includes more than just plants. Incorporate design elements just like you would when decorating the inside of your home. Your outdoor space is a reflection of your personality and individuality. Express yourself with color, structure, balance, and aesthetics. Here are a few ideas to inspire you:

- For year-round appeal, garden ornaments offer dimension and feeling to your garden. Carefully placed, these elements create a theme, and allow the gardener to creatively express interests beyond gardening.
- Nothing draws us in more than the sound of trickling water, so fountains are a perfect fit for the garden. They tickle our senses with the musical sound of gurgling and splashing, and like a fire, they mesmerize us visually with a dramatic display of color as light reflects off the water.
- Dressing up your front door is as easy as adding a few pots of colorful flowers. Your front entry should reflect your home's interior and show your personal style. Use it to promote an inviting, warm allure, welcoming to those that pass by.
- Connect with nature and learn about different bird species by adding bird feeders to your garden. Bird watching is fun for all ages, and a great way to teach children about the importance of providing for nature's creatures.
- Many plants are architectural by nature or can be pruned to look that way. Use them to accentuate the design of an entrance, pathway, or corner. They provide bold lines and symmetry to the landscape and can fit in a spot where a larger tree will not work.
- Add height throughout your garden with planters and hanging baskets. They not only add dimension to your yard but also create a sea of gorgeous color. Include three types of plants in each container—something that hangs down over the edge, something that mounds and fills in, and something that is tall for the center.
- Save yourself a seat. Your garden is meant to be enjoyed, and a comfortable table and chair will remind you to take time to relax and enjoy the calmness of nature.

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229/136

MONDAY

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230/135

TUESDAY

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231/134

WEDNESDAY

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232/133

THURSDAY

21

233/132

FRIDAY

22

234/131

SATURDAY

23

235/130

New Moon

AUG

81

HOUSEHOLD ORGANIZATION

Kitchen:

- Reserve precious counter space for items that you use daily. Find a permanent spot for everything else, such as appliances that you may only use on a weekly basis. Find closet space for seldom-used items such as large roasters and platters that only come out on special occasions.
- Dress up existing drawers with dividers and caddies for frequently used items to avoid having to dig through an entire drawer to find a particular gadget.
- Designate one corner or area for phone books, personal items, and non-cooking “stuff” in the kitchen. To keep this area organized and clutter-free, try this family rule: all non-cooking-related items in the kitchen must be put in their appropriate places by dinner.

Entryway:

- Make a list of items that should stay in the entryway (boots, jackets) and items that don’t belong there (backpacks, etc.). Then, designate areas for the things that need to stay.
- Have hooks handy for hanging coats, umbrellas, and hats.
- Place bins on the floor or install cubbies for shoe storage. Use another bin, shelf, or box for outgoing items such as mail so you can grab these items as you head out the door.

Bedrooms:

- Designate one central location near your laundry room for dirty laundry. Encourage family members to take laundry to this central sorting location at the end of each day. Don’t allow dirty laundry to pile up in bedrooms.
- If you need extra space for seasonal linens, clothes, and shoes, look under the bed. Use sealed plastic containers to protect items from dust and other damage. Label each bin clearly, and store related items together.
- Install shelving and storage in a child’s room that is appropriate for their age and development. Start teaching organization skills early by giving them the opportunity to put toys, clothes, and other belongings away at the end of each day.

Bathrooms:

- Discard old and expired products from your linen closet and medicine cabinet a few times per year.
- Use spring-loaded separators and plastic trays in vanity drawers to keep items in place and prevent them from mixing together.

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SUNDAY

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236/129

MONDAY

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237/128

TUESDAY

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238/127

WEDNESDAY

27

239/126

THURSDAY

28

240/125

FRIDAY

29

241/124

SATURDAY

30

242/123

AUG

83

Cooking at home can be healthy, tasty, and cost-effective. There is no need to sacrifice flavor in the foods you enjoy. In fact, taste should be a priority when preparing nutritious meals. Try some of these simple techniques to enhance the flavor of your food.

- Start with high quality ingredients at peak freshness.
- Be sure to handle and store foods safely because poor storage destroys flavor and quality.
- Try pan-searing, grilling, or broiling meat, poultry, and fish. These high-heat techniques brown the meat and intensify the flavor.
- Grill or roast vegetables in a very hot (450° F) oven or grill to achieve a sweet, smoky flavor. Before cooking, brush or spray the veggies with oil so they don't dry out, and season them with herbs.
- Use red, green, and yellow peppers of all varieties: sweet, hot, and dried.
- Lift and balance flavor by adding the juice of a lemon, lime, or orange.
- Add small amounts of ingredients with bold flavor such as pomegranate seeds, chipotle pepper, or cilantro.
- Boost flavor with good quality condiments like horseradish, flavored mustard, wasabi, or salsa.
- Cook food at lower temperatures and slowly. Unless you are searing or boiling food, cooking on high heat and too quickly destroys flavor.

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OCTOBER						
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243/122

SEPTEMBER

First Quarter

244/121

Labour Day (Canada)

245/120

246/119

247/118

248/117

249/116

SEP

85

CONVERTING RECIPES FOR THE SLOW COOKER

Many people enjoy the convenience of a slow cooker. It's especially nice after a long day to come home to a meal that's ready to serve. If you've got a favorite recipe that you'd like to convert for use in a slow cooker, check out these tips and see if you can make it work.

- Soups and many casseroles are easy to prepare in the slow cooker. Good candidates are any recipe that requires little attention and has a cooking time of at least an hour. For these dishes, you can usually just swap out the stovetop or oven cooking for an afternoon in the slow cooker.
- Some ingredients will work better if you cook them before adding them to the slow cooker. You don't need to precook large pieces of meat, but you may want to sear the outside for extra flavor. Small pieces of meat like slices of sausage or crumbles of ground beef will cook better and taste better if you brown them on the stovetop first. Onions and garlic often have a better flavor if you sauté them before adding them to the slow cooker; other vegetables don't need to be precooked.
- It might take a bit of trial and error to find the right cooking time and setting for a recipe. As a general rule, if the original cooking time was an hour, cooking on HIGH for 4 hours, but no longer than 6 hours, is a good starting point. Pasta casseroles, quick soups, vegetarian fare, and chicken or seafood dishes all fall into this category. If the original recipe was more than an hour, the recipe will probably do well when cooked for 8 hours or more on LOW. Think meat braises and slow-simmered stews like chili.
- Be thoughtful about when you add vegetables to the slow cooker; you don't want them to turn to mush. Onions, potatoes, carrots, and other hard vegetables will do fine if added right away and will hold up for any length of cooking. Vegetables like broccoli and cauliflower can handle cooking for 4-6 hours. Delicate quick-cooking vegetables like peas and spinach and other greens should only be added in the last hour of cooking.

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250/115 *Grandparents Day* *Full Moon*

251/114

252/113

253/112

254/111 *Patriot Day (USA)*

255/110

256/109

FREEZING AND REHEATING FOOD

Buying meat in bulk or preparing meals ahead of time and freezing them for future use can save money and be a real time-saver. Here are some tips to help with the process:

- You can freeze one-dish meals and casseroles before or after they are baked. When baking a frozen one-dish meal, you'll have to bake it longer than one that's baked immediately after being prepared. Add at least 10 to 15 minutes to the cooking time.
- Freeze foods in batches that are sized appropriately for your family. You can also freeze food in single-serving containers for work lunches and meals when you'll be eating alone.
- Be sure to cool foods before placing them in the freezer. To speed up the cooling process, place filled containers in a sink of cold water, and stir the food every 15 minutes to ensure even cooling. Remember to allow enough space in containers for expansion while freezing.
- Moist foods reheat best, and covering foods while reheating will result in faster and more even heating. Reheat pizzas and other crispy foods on a browning dish or a microwave rack to avoid a soggy bottom.
- Freezing works well for many foods, but avoid freezing the following: soft cheeses, cooked pasta, fried foods, hard-boiled eggs, garlic, mayonnaise, and milk-based sauces.
- Supermarket wrappings are safe for most foods frozen one to two months, but for best quality, overwrap packages with heavy-duty freezer materials or store in plastic freezer bags.
- Never defrost perishable foods (meat, poultry, fish/seafood, dairy, eggs) outdoors, in a cold room in the house, or on the kitchen counter. Thaw foods overnight in the fridge or in watertight containers in a sink of cold water. Change the water every 30 minutes or until the food is thawed.

AUGUST

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SUNDAY

14

OCTOBER

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257/108

Last Quarter

SEP. 2025

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258/107

TUESDAY

16

259/106

WEDNESDAY

17

260/105

THURSDAY

18

261/104

FRIDAY

19

262/103

SATURDAY

20

263/102

COOKING TERMS

- **Au Gratin:** Topped with crumbs and/or cheese and browned under the broiler.
- **Au jus:** Meat served in its own juices.
- **Baste:** Moisten food with pan juices, marinades, or other liquid to add flavor and prevent drying.
- **Batter:** A mixture containing flour and liquid that is thin enough to pour.
- **Blend:** Combine ingredients until *just* mixed. Avoid overmixing.
- **Brown:** Cook over high heat, usually on top of the stove, to brown food.
- **Core:** Remove the seeds or tough woody centers from fruits and vegetables.
- **Cream:** Soften butter (or another fat) at room temperature by beating it. Butter and sugar are often creamed together, making a smooth, soft paste.
- **Dice:** Cut into cubes.
- **Drippings:** Juices and fats drawn from meat or poultry during cooking.
- **Drizzle:** Pour melted butter, oil, syrup, melted chocolate, or other liquid back and forth over food in a fine stream.
- **Fillet:** A flat piece of boneless meat, poultry, or fish. Also, to cut the bones from a piece of meat, poultry, or fish.
- **Garnish:** To decorate a dish to enhance its appearance. Herbs, citrus, vegetables, nuts, and chocolate are popular garnishes.
- **Glaze:** Coat food with glossy mixtures of jellies or sauces.
- **Grease:** Rub the interior surface of a cooking dish or pan with shortening, oil, or butter to prevent food from sticking to it.
- **Marinate:** Immerse meat or other food in a liquid mixture in order to tenderize or add flavor.
- **Mix:** To combine ingredients by hand or with a mixer with the goal of blending them well and uniformly together.
- **Pinch:** An amount you can hold between your thumb and forefinger.
- **Purée:** To process foods into a smooth mixture using a blender, food processor, food mill, or sieve.
- **Reduce:** To cook liquids down so that some of the water they contain evaporates. Used to concentrate flavors in sauces, etc.
- **Sauté:** Cook or brown food in a small amount of hot oil, butter, or shortening. Often done with onions, mushrooms, and other chopped vegetables.
- **Shred:** Cut food into narrow strips with a knife or grater.
- **Simmer:** Cooking in liquid just below the boiling point. The surface of the liquid should barely move, broken occasionally by slowly rising bubbles.
- **Steam:** Cook food in a covered pan on a rack or in a steamer set over boiling or simmering water.
- **Stir:** Mix ingredients with a circular motion until well blended or of uniform consistency.
- **Toss:** Combine ingredients with a lifting motion.
- **Whip:** Beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

AUGUST

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SUNDAY

21

264/101

New Moon

MONDAY

22

265/100

Autumn Begins

TUESDAY

23

266/099

Rosh Hashanah

WEDNESDAY

24

267/098

THURSDAY

25

268/097

FRIDAY

26

269/096

SATURDAY

27

270/095

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91

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GREAT WINE AND FOOD PAIRINGS

Wine and food are two of life's greatest culinary pleasures, and the perfect match can be a delicious experience. Certain wines are so delicious with certain foods that they seem made for each other. Start by thinking about the characteristics of the food served. Is it mild or flavorful? Is it fatty or lean? Is it rich or acidic? With these traits in mind, select a wine that will keep flavors in balance. Generally, match mild foods with mild wines, and match flavorful foods with flavorful wines. Consider these wine and food pairings:

- Pinot Noir leaves a memorable impression on the palate because of its complex aromas, delicacy, and lasting finish. Low in tannin, the typical Pinot Noir's medium to high acidity gives a long finish to its flavors of raspberry, cherry, smoke, and earth (among many others). Show off the complexity of Pinot Noir by pairing it with roast beef, grilled salmon, and a variety of cow's milk cheeses.
- A medium- to full-bodied wine with low to moderate acidity and substantial tannin in some versions, Zinfandel often boasts black pepper and jammy fruit flavors, though it is a chameleon of sorts and produces a wide range of styles. These wines are great for sipping or when paired with Mediterranean dishes, lamb, strong cheeses, and robust seasonings such as garlic.
- Chardonnay is the wine of many personalities. The climate, soil type, and terrain (as well as the use of oak barrels or chips during fermentation) add dimension to the Chardonnay grape, which on its own is fairly neutral in flavor. Hints of vanilla, oak, pear, and even citrus are typically present. Dry, acidic Chardonnays are a perfect pairing with seafood. Rounder Chardonnays, with mild acidity and generous fruit notes, are perfect for sipping and pairing with heartier fall foods.
- Malbec has sometimes been characterized as a more "rustic" version of Merlot, or somewhere between Merlot and Cabernet Sauvignon, depending on the region and producer. Malbecs typically have very deep red coloring, ample tannin, and characteristic plum and blackberry flavors with hints of black pepper and vanilla. Malbec is a perfect pairing for hearty winter stews, roasted vegetables, and red meat.

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SUNDAY

28

271/094

MONDAY

29

272/093

First Quarter

TUESDAY

30

273/092

OCTOBER

WEDNESDAY

1

274/091

THURSDAY

2

275/090

Yom Kippur

FRIDAY

3

276/089

SATURDAY

4

277/088

OCT

93

SELECTING FRESH FRUIT

Walk into your local grocery store, and you may find mountains of fruit. How do you know which apples to buy? How do you find the best melon? In general, look for deterioration. Even with modern food-handling methods, product quality can decline rapidly on display. Also remember that appearance and quality often go hand in hand, but there are exceptions.

Apples - Look for firm, crisp, well-colored apples. Avoid overripe apples that feel spongy when you apply slight pressure to the skin.

Apricots - Look for plump apricots with a uniform golden-orange color. Ripe apricots will yield to gentle pressure on the skin. Avoid dull-looking, soft and mushy, or greenish-yellow fruit.

Bananas - Look for bananas that are firm, bright in appearance, and free from bruises. A solid yellow color is best for immediate eating. Avoid discolored skins and bananas with a dull, grayish, aged appearance.

Blueberries - Look for berries dark blue in color with a silvery, waxy coating. Avoid soft, mushy, or leaking berries.

Cantaloupe - Look for a yellowish cast to the rind and a pleasant cantaloupe aroma. Avoid melons with mold growth or a soft rind.

Cherries - For sweet cherries, look for a deep maroon or mahogany red to black color. Rainier cherries should be straw colored. Good cherries have bright, glossy, plump-looking surfaces and fresh-looking stems. Avoid dull looking cherries that may appear shriveled or have dried stems or leaking flesh.

Grapefruit - Look for firm fruits heavy for their size. Avoid ones with soft, water-soaked areas or dull color.

Grapes - Look for well-colored, plump grapes that are firmly attached to the stem. White or green grapes are sweetest when they have a yellowish cast or straw color. Red varieties are better when a deep red color is present on most of the grapes. Avoid soft or wrinkled grapes.

Honey Dew - Look for a soft velvety texture and a faint pleasant fruit aroma. Avoid melons that are bruised, white or greenish white, or hard and smooth.

Kiwi - Look for plump, unwrinkled fruit. Avoid shriveled or soft fruit.

Oranges - Look for firm and heavy oranges with fresh, bright-looking skin. Avoid lightweight oranges with very rough skin texture, which may indicate an abnormally thick skin. Also check for cuts or skin punctures and soft spots.

Peaches - Look for peaches which are fairly firm or a bit soft that have a yellow or creamy skin color between the red areas. Avoid hard peaches with a distinctly green ground color or flattened areas.

Pears - Look for firm pears; color can vary. Avoid wilted or shriveled fruit.

Pineapples - Check for bright color and a fragrant pineapple aroma.

Plums - Look for good coloring (depends on variety) and a good degree of firmness. Avoid fruits with skin breaks or punctures.

Strawberries - Look for berries with a full red color and bright luster. They should be dry and clean. Avoid wet, discolored, or soft strawberries.

Watermelon - Look for firm, juicy flesh with a deep red color without white streaks. It is difficult to judge a watermelon's quality only from outer appearance.

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SUNDAY

5

278/087

MONDAY

6

279/086

Full Moon

TUESDAY

7

280/085

Sukkot

WEDNESDAY

8

281/084

THURSDAY

9

282/083

FRIDAY

10

283/082

SATURDAY

11

284/081

OCT

95

SELECTING FRESH VEGETABLES

When buying vegetables, always look for the characteristic signs of freshness: bright lively color and crispness. Also, savvy shoppers should always be on the lookout for damage from careless handling.

Asparagus - Look for closed, compact tips; smooth, round spears; and a fresh appearance. A rich green color should cover most of the spear.

Broccoli - Look for a firm, compact cluster of small flower buds, with none open enough to show the bright-yellow flower. Clusters should be dark green or sage green. Avoid broccoli with a yellowish-green color or wilted condition, signs of overmaturity.

Brussels Sprouts - Look for a fresh, bright-green color, tight-fitting outer leaves, and a firm body. Avoid sprouts that are wilted, flabby, or contain blemishes.

Cabbage - Look for firm or hard heads that feel heavy for their size and have a rich green or red (depending on variety) color. Avoid heads with wilted leaves or ones that have turned yellow.

Carrots - Look for carrots that are well formed, smooth, firm, and deep orange in color. If tops are attached, they should be green in color. Avoid carrots with large green "sunburn" areas at the top.

Cauliflower - Look for white to creamy-white, compact, solid, and clean curds. Avoid cauliflower with severe wilting or discolored spots.

Celery - Look for celery with solid, rigid stalks. Leaflets should be fresh or only slightly wilted. Also look for a glossy surface. Avoid wilted celery and celery with flabby upper branches or leaf stems.

Corn - Look for fresh, succulent husks that have swelled slightly, brownish silk ends that are free from decay or worm injury, and full, milky kernels.

Cucumbers - Look for cucumbers that have a bright, even color without blemishes or soft spots. Avoid overgrown cukes with a large diameter or with dull coloring or a yellowish hue.

Eggplants - Look for firm, heavy, smooth, and uniformly dark-purple eggplants. Avoid eggplants that are soft, shriveled, or have brown spots.

Lettuce - In general, look for signs of freshness. Lettuce should not be wilted and should have a full, bright color suitable for the particular variety.

Mushrooms - Look for mushrooms that are small to medium in size. Caps should be either closed around the stem or moderately open with pink or light-tan gills.

Onions - Look for hard or firm onions which are dry and have small necks. They should be free from green sunburn spots and other blemishes.

Peppers - Look for peppers with deep, characteristic color, glossy sheen, relatively heavy weight, and firm walls or sides. Avoid peppers that appear wilted or have soft, watery spots on their sides.

Potatoes - Look for firm potatoes free from blemishes or excessive skinning.

Squash - Look for squash with good color for the variety and a glossy skin.

Sweet Potatoes - Look for firm sweet potatoes with smooth, bright, uniformly colored skins, free from signs of decay. Avoid ones with cuts, worm holes, or any other defects. Since sweet potatoes are more perishable than regular potatoes, extra care must be taken when selecting them.

Tomatoes - Look for tomatoes that are smooth, well ripened, and reasonably free from blemishes. For fully ripe fruit, look for an overall rich-red color and a slight softness. Avoid tomatoes with sunburn (yellow or green areas near the stem scar) and growth cracks (deep brown cracks around the stem scar). Also avoid tomatoes with depressed areas, surface mold, or soft water-soaked spots.

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SUNDAY

12

285/080

MONDAY

13

Columbus Day (USA)

Indigenous Peoples' Day (USA)

286/079

Thanksgiving Day (Canada)

Last Quarter

TUESDAY

14

287/078

WEDNESDAY

15

288/077

THURSDAY

16

289/076

National Boss Day (USA)

FRIDAY

17

290/075

SATURDAY

18

291/074

OCT

97

GENERAL

- At the store, buy fresh meat and poultry products last—right before you are ready to check out.
- Meat and poultry products should feel cold to the touch. Do not purchase products that feel warm, as this indicates the product has not been stored at proper temperature.
- Place items in a plastic bag to prevent juices from leaking onto other products in your cart.
- Choose packages that are tightly wrapped and have no tears or punctures. Be sure the packages do not contain excessive liquid, which can be an indication of temperature fluctuation or lengthy storage.
- If it takes longer than 30 minutes to get fresh meat products home from the store, bring a cooler with ice to keep them cold.

BEEF

- Choose beef with a bright cherry-red color. A darker purplish-red color is typical of vacuum-packaged beef. Once exposed to oxygen, beef will turn from dark red to bright red.

GROUND BEEF

- Ground beef is more perishable than whole muscle cuts of meat and should be handled with care.
- Fresh ground beef goes through a number of color changes during its shelf life. These color changes are normal, and ground beef remains perfectly wholesome and safe to eat if purchased by the “sell by” date on the package label.
- A package of ground beef may appear bright red on the surface, where it is exposed to oxygen through the permeable plastic wrapping, while the interior, where oxygen is absent, remains purplish red. With extended exposure to oxygen, beef’s cherry-red color will take on a brown color.

PORK

- Choose pork cuts with a pink color. Chops, steaks, and roasts should be firm to the touch.

TURKEY/POULTRY

- Raw turkey skin color is off white to cream colored. The color under the skin can range from pink to lavender blue depending on the amount of fat just under the skin; this is normal.
- Bone-in products should be fully fleshed and meaty, have a normal shape, and be free of disjointed or broken bones.
- Products with the skin on should be free of pinfeathers, exposed flesh, and discoloration.
- Boneless products should be free of bone, cartilage, tendons, and bruises.

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SUNDAY

19

292/073

MONDAY

20

293/072

TUESDAY

21

294/071

New Moon

WEDNESDAY

22

295/070

THURSDAY

23

296/069

FRIDAY

24

297/068

SATURDAY

25

298/067

OCT

99

MEASURING INGREDIENTS

- **Flour:** Before measuring flour, fluff it with a large spoon. Using the spoon, scoop flour into the measuring cup and level off with the back of a knife. Don't shake the cup or use it to scoop the flour out of its container—this can overpack the flour.
- **Baking Powder/Soda:** Stir with a fork or spoon in the container to fluff the powder/soda before measuring. Lightly scoop from the container with the measuring spoon and use the back of a knife (or the edge provided on the container) to scrape any excess off the spoon.
- **White Sugar:** Use the measuring spoon or cup to scoop sugar directly out of the bag/storage container until it's overflowing. Level off the top with the back of a knife.
- **Brown Sugar:** Pack brown sugar into the measuring cup or spoon with another utensil or your fingers. The sugar should retain the shape of the measuring cup or spoon when added to the other ingredients.
- **Powdered Sugar:** Spoon powdered sugar into the measuring cup or spoon, and use the back of a knife to level it off. If powdered sugar is clumped, it's best to sift the sugar before measuring.
- **Butter/Shortening:** Measure fats that are solid at room temperature in dry ingredient measuring cups (if not measuring by markings on a stick). Scoop a heaping amount into the cup, pack it down slightly to remove any air bubbles, and then level off the top with the back of a knife.
- **Vanilla, Almond, and Other Extracts:** For measuring vanilla and other extracts, avoid pouring into the measuring spoon while holding over the mixing bowl. A little of these ingredients goes a long way, and spilling into the measuring bowl can throw off the flavors of the recipe. Measure over a clean measuring cup or bowl so you can pour any spilled extract back into its original container.
- **Liquids:** Measure all liquids using clean liquid measuring cups. Be sure to view the liquid amount from eye level.
- **Chopped Ingredients:** Pay close attention to whether you're supposed to measure before or after chopping. If measuring after, fill the measuring cup until the chopped ingredient is level with the top.

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SUNDAY

26

299/066

MONDAY

27

300/065

TUESDAY

28

301/064

WEDNESDAY

29

302/063

First Quarter

THURSDAY

30

303/062

FRIDAY

31

Halloween

304/061

NOVEMBER

SATURDAY

1

305/060

All Saints' Day

NOV 101

KITCHEN MEASUREMENT EQUIVALENTS

a pinch.....	$\frac{1}{8}$ teaspoon or less
3 teaspoons.....	1 tablespoon
4 tablespoons.....	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tablespoons.....	$\frac{1}{3}$ cup
8 tablespoons.....	$\frac{1}{2}$ cup
16 tablespoons.....	1 cup
2 cups.....	1 pint
4 cups.....	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks.....	1 bushel
1 ounce.....	2 tablespoons
2 ounces.....	$\frac{1}{4}$ cup
4 ounces.....	$\frac{1}{2}$ cup
6 ounces.....	$\frac{3}{4}$ cup
8 ounces.....	1 cup
16 ounces.....	1 pound
32 ounces.....	1 quart

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SUNDAY

2

306/059

MONDAY

3

307/058

TUESDAY

4

308/057

Election Day (USA)

WEDNESDAY

5

309/056

Full Moon

THURSDAY

6

310/055

FRIDAY

7

311/054

SATURDAY

8

312/053

NOV 103

INGREDIENT SUBSTITUTIONS

Instead of:	Amount:	Use:
Baking powder	1 tsp.	1/4 tsp. baking soda + 1/2 tsp. cream of tartar
Breadcrumbs, dry	1/4 cup	1/4 cup finely crushed cracker crumbs, corn flakes, or quick-cooking or old-fashioned oats
Broth (chicken, beef, vegetable)	1 cup	1 tsp. chicken, beef, or vegetable bouillon granules (or 1 cube) dissolved in 1 cup boiling water
Brown sugar	1 cup	1 cup granulated sugar + 2 Tbsp. dark corn syrup or molasses
Buttermilk	1 cup	1 Tbsp. lemon juice or white vinegar + enough milk to make 1 cup—let stand a few minutes
Chocolate, semisweet baking Chocolate, unsweetened baking	1 oz. 1 oz.	1 oz. unsweetened baking chocolate + 1 Tbsp. sugar 3 Tbsp. baking cocoa + 1 Tbsp. vegetable oil
Cornstarch	1 Tbsp.	2 Tbsp. all-purpose flour or 4 tsp. quick-cooking tapioca
Corn syrup, light	1 cup	1 cup granulated sugar + 1/4 cup water
Flour, all-purpose Flour, cake Flour, self-rising	1 cup 1 cup 1 cup	1 cup + 2 Tbsp. cake flour 1 cup - 2 Tbsp. all-purpose flour 1 cup all-purpose flour + 1-1/2 tsp. baking powder and 1/2 tsp. salt
Garlic	1 med. clove	1/8 tsp. garlic powder or 1/4 tsp. instant minced garlic
Herbs, fresh (chopped)	1 Tbsp.	3/4–1 tsp. dried herbs
Mustard, yellow	1 Tbsp.	1 tsp. ground mustard
Poultry seasoning	1 tsp.	1/4 tsp. ground thyme + 3/4 tsp. ground sage
Pumpkin or apple pie spice	1 tsp.	1/2 tsp. ground cinnamon + 1/4 tsp. ground ginger + 1/8 tsp. ground allspice + 1/8 tsp. ground nutmeg
Sour cream	1 cup	1 cup plain yogurt
Tomato juice	1 cup	1/2 cup tomato sauce + 1/2 cup water
Tomato sauce	2 cups	3/4 cup tomato paste + 1 cup water
Tomatoes, canned	1 cup	Approx. 1-1/3 cups cut-up fresh tomatoes, simmered 10 minutes
Yeast, regular or quick active dry	1 pkg. (1/4 oz.)	2-1/4 tsp. regular or quick active dry or 1 package (0.6 oz.) compressed cake yeast
Yogurt, plain	1 cup	1 cup sour cream

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NOV. 2025						
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SUNDAY

9

313/052

MONDAY

10

314/051

TUESDAY

11

Veterans Day (USA)

315/050

Remembrance Day (Canada)

WEDNESDAY

12

316/049

Last Quarter

THURSDAY

13

317/048

FRIDAY

14

318/047

SATURDAY

15

319/046

NOV 105

MINIMUM COOKING TEMPERATURES

Category	Food	Temp ¹	Rest Time
Ground meat and meat mixtures	Beef, pork, veal, lamb Turkey, chicken	160°F 165°F	None None
Fresh beef, veal, lamb	Steaks, roasts, chops	145°F	3 minutes
Poultry	Chicken and turkey, whole Poultry breasts, roasts Poultry thighs, legs, wings Duck and goose Stuffing (cooked alone or in bird)	165°F ² 165°F 165°F 165°F 165°F	None None None None None
Pork and ham	Fresh pork Fresh ham (raw) Precooked ham (to reheat)	145°F 145°F 140°F	3 minutes 3 minutes None
Eggs	Eggs Egg dishes	Cook until yolk and white are firm 160°F	None None
Leftovers and casseroles	Leftovers Casseroles	165°F 165°F	None None
Seafood	Fin Fish Shrimp, lobster, and crabs Clams, oysters, and mussels Scallops	145°F or cook until flesh is opaque and separates easily with a fork Cook until flesh is pearly and opaque Cook until shells open during cooking Cook until flesh is milky white or opaque and firm	None None None None

Information courtesy of [Foodsafety.gov](https://www.foodsafety.gov).

1 In general, place food thermometer in the thickest part of the meat. It shouldn't be touching bone, fat, or gristle. Always follow the instructions that came with your meat thermometer.

2 165°F is the minimum safe temperature for poultry according to the U.S. Department of Agriculture. You may want to cook poultry to a higher temperature for palatability. For example, cooking whole birds to 180°F eliminates the pinkness and rubbery texture in thigh meat.

OCTOBER						
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DECEMBER						
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SUNDAY

16

320/045

MONDAY

17

321/044

TUESDAY

18

322/043

WEDNESDAY

19

323/042

THURSDAY

20

324/041

New Moon

FRIDAY

21

325/040

SATURDAY

22

326/039

NOV 107

FOOD STORAGE

Category	Food	Refrigerator ¹ (40°F or below)	Freezer ² (0°F or below)
Salads	Egg, chicken, ham, tuna, and macaroni salads	3–5 days	DNF ³
Hot dogs	Opened package Unopened package	1 week 2 weeks	1–2 months 1–2 months
Luncheon meat	Opened package or deli-sliced Unopened package	3–5 days 2 weeks	1–2 months 1–2 months
Bacon and sausage	Bacon Sausage, raw—chicken, turkey, pork, or beef	7 days 1–2 days	1 month 1–2 months
Hamburger and other ground meats	Hamburger, ground beef, turkey, veal, pork, lamb, or mixtures of these	1–2 days	3–4 months
Fresh beef, veal, lamb, pork	Steaks Chops Roasts	3–5 days 3–5 days 3–5 days	6–12 months 4–6 months 4–12 months
Fresh poultry	Chicken or turkey, whole Chicken or turkey, pieces	1–2 days 1–2 days	1 year 9 months
Soups and stews	Vegetables or meat added	3–4 days	2–3 months
Leftovers	Cooked meat or poultry Chicken nuggets/patties Pizza	3–4 days 3–4 days 3–4 days	2–6 months 1–3 months 1–2 months
Eggs	Fresh, in shell Hard-cooked Mayonnaise, commercial	4–5 weeks 1 week 2 months	DNF DNF DNF
Fish and shellfish	Lean fish Fatty fish Cooked fish Smoked fish Fresh shrimp, scallops, crawfish, squid Canned seafood (after opening)	1–2 days 1–2 days 3–4 days 14 days 1–2 days 3–4 days	6 months 2–3 months 4–6 months 2 months 3–6 months 2 months

¹ Safe time limits for home-refrigerated foods.

² Times are for quality and taste only. Frozen foods remain safe to eat indefinitely.

³ Do not freeze.

OCTOBER						
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DECEMBER						
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NOV. 2025						
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SUNDAY

23

327/038

MONDAY

24

328/037

TUESDAY

25

329/036

WEDNESDAY

26

330/035

THURSDAY

27

331/034

Thanksgiving Day (USA)

FRIDAY

28

332/033

First Quarter

SATURDAY

29

333/032

NOV 109



RECIPES

PHILLY CHEESESTEAK

2 Tbsp. butter
1 medium onion, sliced about 1/4-inch-thick
1 lb. thinly sliced deli roast beef
salt and pepper, to taste
4 crusty kaiser or sub rolls

Cheese Sauce
4 oz. loaf-style processed cheese
1 Tbsp. butter
1/2-3/4 cup milk

Heat a large skillet over medium heat. Add butter. When it is melted and sizzles, add onion and cook until translucent. Add sliced roast beef and cook until meat is no longer pink and begins to brown. Season with salt and pepper to taste. Divide evenly between the 4 rolls. Drizzle with cheese sauce.

To make cheese sauce: Microwave the cheese and butter on high for 1 minute; stir until completely smooth (you may have to microwave an additional 20 to 30 seconds). Gradually add enough milk so the sauce is the consistency you desire.

Serves 4.

NOVEMBER						
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SUNDAY

30

MONDAY

1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

SATURDAY

6

JANUARY						
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DEC. 2025

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334/031

DECEMBER

335/030

336/029

337/028

338/027

Full Moon

339/026

340/025



RECIPES

BLACKBERRY COBBLER

1/4 cup butter, softened
1/2 cup sugar
1 cup all-purpose flour
2 tsp. baking powder
1/2 cup milk
2 cups fresh or frozen blackberries
3/4 cup raspberry or apple juice
Ice cream or whipped cream, optional

In a small mixing bowl, cream butter and sugar until light and fluffy. Combine flour and baking powder; add to creamed mixture alternately with milk just until moistened.

Pour into a greased 1-1/2 qt. baking pan. Sprinkle with blackberries. Pour juice over all. Bake at 350° F for 45-50 minutes or until golden brown. Serve warm; top with ice cream or whipped cream, if desired.

NOVEMBER							JANUARY						
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SUNDAY

7

MONDAY

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TUESDAY

9

WEDNESDAY

10

THURSDAY

11

FRIDAY

12

SATURDAY

13

DEC. 2025						
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341/024 Pearl Harbor Day, 1941 (USA)

Blank writing area for Monday, Dec 8.

342/023

Blank writing area for Tuesday, Dec 9.

343/022

Blank writing area for Wednesday, Dec 10.

344/021

Blank writing area for Thursday, Dec 11.

345/020 Last Quarter

Blank writing area for Friday, Dec 12.

346/019

Blank writing area for Saturday, Dec 13.

347/018



RECIPES

CREAM OF VEGETABLE SOUP

2 cups chopped sweet onions
1-1/2 cups chopped carrots
1 cup chopped celery
2 Tbsp. canola oil
4 cups cubed, peeled potatoes
1 large head cauliflower, broken into florets
3 cans (14-1/2 ounces each) reduced-sodium
chicken broth or vegetable broth
2 tsp salt
2 tsp white pepper
1/2 cup half-and-half cream
fresh basil

In a large kettle or Dutch oven, sauté onions, carrots and celery in oil until onions are tender. Add potatoes and cauliflower; sauté 5-6 minutes longer. Add the broth, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until vegetables are tender. Let stand until cool.

Purée vegetable mixture in a blender or food processor in batches. Return to pan. Stir in cream; heat through. (Do not boil.) Garnish with fresh basil.

NOVEMBER							JANUARY						
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SUNDAY

14

MONDAY

15

TUESDAY

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WEDNESDAY

17

THURSDAY

18

FRIDAY

19

SATURDAY

20

DEC. 2025						
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348/017

349/016

Hanukkah Begins

350/015

351/014

352/013

353/012

New Moon

354/011



RECIPES

BAVARIAN CHEESE BALL

1 can (14 oz.) sauerkraut, rinsed and drained
1 cup (4 oz.) finely shredded cheddar cheese
1 cup chopped dried beef
1 cup (8 oz.) sour cream
1/2 cup mayonnaise
14 saltine crackers, broken into pieces
2 Tbsp. minced fresh parsley
1 Tbsp. chopped onion
additional parsley
assorted crackers

Place sauerkraut in a food processor; cover and process until creamy. Add the cheese, dried beef, sour cream, mayonnaise, saltine crackers, parsley and onion; cover and process until blended.

Transfer to a large bowl; cover and refrigerate for 30 minutes. Shape into a ball; roll in additional parsley. Cover and refrigerate until serving. Serve with crackers.

NOVEMBER						
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JANUARY						
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DEC. 2025						
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SUNDAY

21

355/010

Winter Begins

MONDAY

22

356/009

TUESDAY

23

357/008

WEDNESDAY

24

358/007

THURSDAY

25

359/006

Christmas Day

FRIDAY

26

360/005

Boxing Day (Canada)

SATURDAY

27

361/004

First Quarter



MAPLE-GLAZED SWEET POTATOES

4 Tbsp. vegetable oil, divided
4 lb. sweet potatoes, peeled, cut into 3/4-inch chunks
1/2 cup pure maple syrup (preferably Grade B)
3 Tbsp. unsalted butter, cut into 1/2-inch cubes

Preheat oven to 400°F. Oil 2 large rimmed baking sheets with 1 tablespoon oil each. Combine sweet potatoes and remaining 2 tablespoons oil in large bowl; toss. Divide sweet potatoes between baking sheets, spreading evenly. Sprinkle with salt and pepper. Roast until almost tender, turning occasionally with metal spatula, about 35 minutes. (Can be prepared 2 hours ahead. Let stand uncovered at room temperature.)

Drizzle maple syrup over sweet potatoes and toss to coat. Roast until sweet potatoes are tender and syrup is reduced to glaze and coats sweet potatoes, about 20 minutes. Remove from oven; scatter butter cubes over sweet potatoes and let stand until melted. Season to taste with salt and generous amount of cracked pepper.

DECEMBER						
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FEBRUARY						
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JAN. 2026						
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SUNDAY

28

362/003

MONDAY

29

363/002

TUESDAY

30

364/001

WEDNESDAY

31

365/000

THURSDAY

1

JANUARY

001/364

New Year's Day

FRIDAY

2

002/363

SATURDAY

3

003/362

Full Moon



JAN



BASIL BAKED COD FILLETS

1/2 lb. cod fillets
1 tsp. olive oil
1 tsp. lemon juice
1/4 tsp. dried basil, crushed
1/8 tsp. black pepper
dash salt
2 plum tomatoes, cored and cut lengthwise into thin slices
2 tsp. grated parmesan cheese

Preheat oven to 400°F.

Drain and pat fillets dry and cut into 2 serving pieces. Combine oil and lemon juice in a baking dish. Add fish and turn to coat both sides. Sprinkle with basil, pepper, and salt. Overlap tomatoes in an even layer on fish and sprinkle with parmesan cheese. Cover with foil and bake at 400° F about 10-15 minutes or until fish flakes easily.