



## **Celebrating June**

**Great Outdoors Month**

**Women's Golf Month**

**Audiobook Appreciation  
Month**

**Say Something Nice Day**

*June 1*

**Corn on the Cob Day**

*June 11*

**World Blood Donor Day**

*June 14*

**Men's Health Week**

*June 15–21*

**Father's Day**

*June 21*

**Day of the Seafarer**

*June 25*

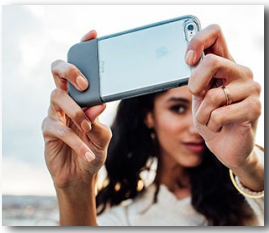
**Take Your Dog  
to Work Day**

*June 26*

**"Happy Birthday  
to You" Day**

*June 27*

## Strike a Pose



There is an ancient Greek myth that tells of a man named Narcissus. He was so beautiful that even the fairest beings of all, the woodland nymphs, fell in love with him. Narcissus, though, was not

interested in the nymphs. Instead, he fell in love with himself after catching sight of his face reflected in a pool of water. So strong was his attraction to his own face that he admired himself day after day until he died. From this Greek myth we get the word *narcissist*, meaning someone who is self-involved and vain. This old Greek story offers a word of warning to those celebrating Selfie Day on June 21.

Selfies, those arm-length photos we take of ourselves with our smartphones, are not elegant self-portraits. The selfie, hastily snapped and shared on social media, becomes a means through which both friends and strangers eavesdrop on your intimate moments and mundane tasks. Some believe that the fixation with selfies has reached epidemic proportions. A culture obsessed with snapping selfies must be narcissistic.

Groundbreaking psychoanalyst Heinz Kohut might have argued that a more self-focused culture isn't necessarily a bad thing. Unlike poor Narcissus, who loved himself to death, Kohut believed in the idea of "healthy narcissism." In his view, a measured degree of self-regard fosters confidence, resilience, and vitality. After all, learning to value oneself is a prerequisite for forming healthy relationships with others.

How fitting, then, that "Selfie Day" now feels almost redundant. Miss Selfie Day on June 21? The third Wednesday in January each year is Museum Selfie Day, encouraging photos taken alongside art or dinosaur bones. In practice, every day is selfie day. Recent research suggests that young adults continue to spend significant time curating and sharing self-images across platforms—part of everyday communication rather than novelty. At least, unlike Narcissus, they still pause long enough to eat, work, and bathe.

## The Lucky Flip

The notion of making a decision based on the flip of a coin began with the invention of the metal coin itself, long before Flip a Coin Day was ever celebrated on June 1. In ancient Rome, coins bore the head of Julius Caesar on one side and a ship on the other. People would play *navia aut caput*, meaning "ship or head," to decide matters small and large, even in criminal cases deciding guilt. If it landed on Caesar's head, you won, believing that the emperor sided with you. Throughout history, coin flips have been used to make other important decisions. Wilbur Wright won a coin toss against his brother Orville to attempt the first flight at Kitty Hawk, though he didn't get far. And two pioneers used a coin toss to decide the name of Portland, Oregon. The famous "Portland Penny" remains on display at the Oregon Historical Society Museum.



## Seasoned Living



June 10 is National Herbs and Spices Day, celebrating the plants that quietly shape how we cook, heal, and even garden. Long before refrigeration or modern

medicine, herbs and spices were prized for their ability to preserve food, enhance flavor, and support health.

Take turmeric, for example. Its active compound, curcumin, has well-documented anti-inflammatory properties and is often studied for its potential role in easing joint pain and supporting cardiovascular health. Cinnamon has been shown to help regulate blood sugar levels, making it a staple not just in baking but also in traditional wellness practices. Garlic, another everyday powerhouse, contains sulfur compounds that support immune function and may help lower blood pressure. Even common herbs like rosemary and thyme are rich in antioxidants and have antimicrobial qualities.

Historically, herbs and spices were valuable commodities. In places like ancient Egypt, spices were used in embalming and medicine, while medieval Europe relied on imported pepper, nutmeg, and cloves as both status symbols and practical tools for food preservation. These plants helped shape trade routes, agriculture, and cuisine across continents.

Today, one of the simplest ways to connect with that history is through a windowsill garden. Many herbs thrive indoors with minimal effort. Basil, chives, parsley, and mint need little more than sunlight, regular watering, and good drainage. Growing your own ensures freshness and makes cooking more intuitive—you're more likely to use herbs when they're within arm's reach.

National Herbs and Spices Day is a reminder that these small plants punch far above their weight. They add flavor without excess salt or sugar and invite a hands-on relationship with food that starts right at the window.

## Recess Reclaimed



There is a saying that “All we really need to know, we learned in kindergarten.” The founders of Recess at Work Day on June 18 seem to have taken this advice literally. Studies repeatedly show how recess in

elementary schools creates positive impacts in attendance and achievement. Might recess at work show similar benefits for adults? Dr. Stuart Brown, founder of the National Institute for Play, believes that adults need play just as much as children do. Play builds community, keeps the mind sharp, and keeps us close to the ones we love. Adults who do not play can suffer serious consequences. “Perseverance and joy in work is lessened and... life is much more laborious,” Brown says. Perhaps more companies need to add recess to their list of employee benefits.



## The Fabric of Freedom



June 14 is Flag Day in the United States, a day commemorating the adoption of the American flag by the Second Continental Congress in 1777. Known as “Old Glory,” “Stars and Stripes,” and the “Star-Spangled Banner,” the flag has 13 horizontal red and white stripes symbolizing the original 13 colonies. The canton

is the rectangle in the upper left corner. It’s blue with 50 white stars representing the 50 states, alternating in numbers of six and five per row. Throughout America’s history, there have been 27 flag designs, with the canton stars changing each time a state was added. Before the 48-star flag, canton designs had no official arrangement of stars. Sometimes they were in a circular pattern and other times in a star pattern. Since 1777, one thing hasn’t changed: the American flag has always stood for freedom.

