

JULY 2021

#PatriotChallenge

31 Days to rediscovering the American Spirit

Anthem
AMERICAN ROCK N' ROLL



S	M	T	W	T	F	S
<p>“As the song says: America, America God shed his grace on thee. God bless America, my home sweet home. A nation to cherish, to protect and defend, and to preserve for the generations to come.” Charlie Daniels</p>				<p>1 #TagAllegianceChallenge Record yourself saying the Pledge of Allegiance post online & tag 10 of your friends or family to join in.</p>	<p>2 Attend a community concert, local fair, farmers market, or car show.</p>	<p>3 Visit a local Veterans cemetery to place a flag on a grave.</p>
<p>4 CELEBRATE AMERICAS' BIRTHDAY! Wear your red, white, and blue! Get your ticket & tune into Anthems' Virtual 4th of July Concert at 7pm!</p>	<p>5 “WE HOLD THESE TRUTHS TO BE SELF EVIDENT...” Read the Declaration of Independence!</p>	<p>6 Support a local small business or restaurant. They are the backbone of America. Do you have a dream to open your own business?</p>	<p>7 Write a song about America.</p>	<p>8 Research why George Washington crossed the Delaware and importance in American history.</p>	<p>9 Learn the National Anthem. Sing it for Family and friends! Post online</p>	<p>10 Visit a historical landmark or museum with family and friends</p>
<p>11 Visit a state or local park, ride your bikes, have a picnic. Post a picture</p>	<p>12 Learn about Betsy Ross Buy or make your own American Flag and place on your home or car window.</p>	<p>13 Send a homemade card to a soldier or veteran in a nursing home or hospital</p>	<p>14 Head to the internet, or the library to read the Constitution of the United States of America</p>	<p>15 Tie dye a t-shirt red, white, and blue. Post wearing your new creation.</p>	<p>16 What does the American Dream mean to you? Post to SM</p>	<p>17 Play hide-n- go seek, camp out in the backyard, fly a kite, run, or skip but just have fun!!</p>
<p>18 Host a lemonade stand and donate \$ to a local charity. Post your pictures.</p>	<p>19 Volunteer at a local veteran's organization for example; Warrior Ranch, Calverton, NY. Find one in your area</p>	<p>20 Listen to “My Beautiful America” by the late Charlie Daniels. Write your own poem about America.</p>	<p>21 Interview a family member who served in the United States Armed Forces. Find out why they love America.</p>	<p>22 Gather clothing or jackets you no longer need, give to a local charity.</p>	<p>23 Go to a drive-in movie theatre or create one in your backyard.</p>	<p>24 Lend a hand at a local food bank.</p>
<p>25 Learn about your family's history. Create a family tree or organize a family reunion</p>	<p>26 Read the Declaration of Independence. Post a copy in your family's home.</p>	<p>27 Write a letter or send care package to a Soldier currently serving in our Armed Forces.</p>	<p>28 Write a poem about the importance of freedom.</p>	<p>29 Find a park to go on the swings, take a walk on the beach, go for a hike, climb a mountain, fish in a stream. Take a moment and breath in freedoms' fresh air.</p>	<p>30 Create a patriotic dessert! Post a video of your creation and be entered to win a prize!</p>	<p>31 Attend a baseball game, stand for the Anthem, cheer the local team have a hot dog, ice cream, peanuts and celebrate Americas' favorite pastime!</p>



Carolyn BENSON
WWW.CAROLYNBENSON.US