

**REVIEWED**

Martin Luther King Day

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From honoring Martin Luther King Jr. to traveling, here are ways to spend the long weekend

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We hope you're ready for a long weekend, because **Monday, January 16** marks Martin Luther King Jr. Day. Being that it's a federal holiday, many people have Monday off from work and school. If you're looking for ways to spend the long weekend, we have some ideas from honoring the late Martin Luther King Jr. to spending time with family and friends.

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What is MLK Day?

Signed into law in 1983, Martin Luther King Jr. Day recognizes the achievements of the famous Black civil rights activist who was the center of several protest campaigns such as the Montgomery Bus Boycott, the Selma to Montgomery Marches and, of course, the March on Washington where he delivered his famous "I Have a Dream" speech.

What day is MLK Day 2023?

Martin Luther King Jr. Day is observed annually on the third Monday of January. This year, it takes place on **Monday, January 16th, 2023.**

► **MLK Deals:** Dr. Martin Luther King Jr. Day is on Monday—shop the best sales at Amazon, Coach and QVC

Ways to honor MLK Day

There are several ways to honor Martin Luther King Jr. While several businesses are closed on the holiday, many museums will remain open, allowing you to take a deep dive into the history of the civil rights movement and everything Martin Luther King Jr. fought for. You can also speak to a relative who lived through the civil rights era to get a sense of what life was like and gain a better appreciation for the world we live in today. Consider going to a commemorative march or performance in your area. There are also many movies and books that detail King's life if you're interested in learning more. Finally, you can continue his work by supporting Black-owned businesses and causes that fight for racial equity.

Spend time with family and friends

A long weekend is a perfect time to catch up with friends and family. There are many ways to do so, from hosting a fun gathering to having a mellow night at home. Given the current state of COVID-19, you may want to consider wearing a mask to curb the spread of germs. N95 or KN95 masks are the golden standard when it comes to protection with their 95% efficacy.

Put on the game or crank up some tunes with a chilled glass of wine in hand. Just don't forget to provide some tasty treats for your guests. A more low-key activity you could do together is play a board game or cozy up for a movie night. Amazon has an endless supply of board games to choose from, for all ages and interests. If you opt for a movie night, you'll be hard-pressed not to find a good movie option between streaming platforms like HBO Max, Disney+ and Hulu.

Shop Amazon

Enjoy a weekend getaway

Considering travel this weekend? Whether you're driving or heading somewhere by plane, you'll need a bag to carry all of your essentials. We love the Osprey Transporter Wheeled Carry On Luggage among all of the carry-ons we've tested because it has a lightweight build, all-terrain wheels for easy navigation and it can fit a decent amount.

\$225 from Amazon

Where should you head for the weekend during the cold of winter? To the slopes, of course! A ski resort is a fun experience whether you're seeking a relaxing adventure or a heart-pumping thrill. You just need the right gear and you're good to go. When skiing, no piece of gear is more essential than your ski boots. A high-quality pair to consider is the Fischer RC4 The Curv GT 130 Vacuum Walk. They are highly customizable and come in a wide range of sizes. If you prefer snowboarding, we recommend picking up the System MTN Men's Snowboard Package, which is a full-sized performance board that includes bindings.

\$570 from Amazon

\$300 from Amazon

Get some rest and relaxation

When you have a long weekend, sometimes all you want to do is kick back and relax. When else do you get to have a break from work? Or sleep in, for that matter. Now's the time to up your sleep game and get yourself that new pillow you *so deserve*. The best pillow we've ever tested is the Coop Home Goods Original Pillow. It's adjustable, inexpensive and washable, too. Most of all, it feels like you're resting your head on a cloud. Cozy up under some flannel sheets and you've got the recipe for a night's sleep beyond words. Our favorite flannel sheets we've tried are from Lands' End—they're soft, warm and quality-made.

\$72 from Amazon

From \$63 at Lands'End

If you're looking to spend a day at the spa without the cost, just plug in an essential oil diffuser, close your eyes and enter a world of tranquility. We love the Aroma Om from Saje when it comes to essential oil diffusers. Take your relaxation to the next level by dipping your toes into a foot spa like the Ivation Foot Spa Massager, with adjustable heating and massage rollers.

\$98 from Saje

\$90 from Amazon

Shop the best deals happening this weekend

While MLK Day isn't typically known for being a big shopping holiday, it comes at a time of year when retailers are offering tons of markdowns to kick off the new year. If you're looking

to spend your money in a more meaningful way this weekend, shop Black-owned businesses and retailers that give back to meaningful causes. Here are some major deals happening right now:

- **Best sales:** Sales to shop this weekend at Walmart, Kate Spade, lululemon
- **Samsung:** Pre-order the latest Samsung Galaxy S23 devices, save up to \$100
- **Amazon:** The 10 best Amazon deals you can get on DeWalt, Samsung, Winix
- **TV deals:** Deals from Amazon, Walmart, Best Buy ahead of the Super Bowl
- **Abercrombie:** Activewear up to 60% off, extra 20% on outerwear, jeans
- **Apple:** Save on iPads, MacBook laptops, AirPods and more
- **Walmart:** Shop incredible deals on Google, Shark and Burberry
- **Kate Spade:** Snag up to 60% off purses, wallets, dresses, shoes
- **Jewelry:** Shop deals at Kate Spade, Blue Nile, Brilliant Earth
- **Best Buy:** Shop the top deals on SanDisk, LG and iRobot

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