

Have You Filled A Bucket Today

Ice Bucket Challenge

The Ice Bucket Challenge, sometimes called the ALS Ice Bucket Challenge, is an activity involving the pouring of a bucket of ice water over a person's

The Ice Bucket Challenge, sometimes called the ALS Ice Bucket Challenge, is an activity involving the pouring of a bucket of ice water over a person's head, either by another person or self-administered, to promote awareness of the disease amyotrophic lateral sclerosis (ALS, also known as motor neuron disease or Lou Gehrig's disease) and encourage donations to research. The challenge was co-founded by Pat Quinn and Pete Frates; it went viral on social media during July–August 2014. In the United States, many people participated for the ALS Association, and in the United Kingdom, many people participated for the Motor Neurone Disease Association, although some individuals opted to donate their money from the Ice Bucket Challenge to other organizations.

The challenge encourages nominated participants to be filmed having a bucket of ice water poured on their heads and then nominating others to do the same. A common stipulation is that nominated participants have 24 hours to comply or forfeit by way of a charitable financial donation, though doing both was encouraged.

On August 1, 2015, a group of ALS organizations in the United States, including the ALS Association, Les Turner ALS Foundation, and ALS Therapy Development Institute, re-introduced the Ice Bucket Challenge for 2015 to raise further funds with the intention of establishing it as an annual occurrence. It failed to raise the same viral attention as the original event, which raised over \$115m worldwide for the disease in 2014 alone. However some people—including celebrities and various government officials around the world—have followed through with the intention of a yearly event by continuing to perform the challenge again each subsequent summer.

List of Internet challenges

This is a list of Internet challenges. Book Bucket Challenge – It went viral on social media during August–September 2014. The original Ice Bucket Challenge

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The Fantastic Four: First Steps

released a limited-edition popcorn bucket of Galactus to promote the film. The container can hold 9 liters (2.37 gallons) of popcorn and earned a Guinness

The Fantastic Four: First Steps is a 2025 American superhero film based on the Marvel Comics superhero team the Fantastic Four. Produced by Marvel Studios and distributed by Walt Disney Studios Motion Pictures, it is the 37th film in the Marvel Cinematic Universe (MCU) and the second reboot of the Fantastic Four film series. The film was directed by Matt Shakman from a screenplay by Josh Friedman, Eric Pearson, and the team of Jeff Kaplan and Ian Springer. It features an ensemble cast including Pedro Pascal, Vanessa Kirby, Ebon Moss-Bachrach, and Joseph Quinn as the titular team, alongside Julia Garner, Sarah Niles, Mark Gatiss, Natasha Lyonne, Paul Walter Hauser, and Ralph Ineson. The film is set in the 1960s of a retro-futuristic world which the Fantastic Four must protect from the planet-devouring cosmic being Galactus (Ineson).

20th Century Fox began work on a new Fantastic Four film following the failure of Fantastic Four (2015). After the studio was acquired by Disney in March 2019, control of the franchise was transferred to Marvel

Studios, and a new film was announced that July. Jon Watts was set to direct in December 2020, but stepped down in April 2022. Shakman replaced him that September when Kaplan and Springer were working on the script. Casting began by early 2023, and Friedman joined in March to rewrite the script. The film is differentiated from previous Fantastic Four films by avoiding the team's origin story. Pearson joined to polish the script by mid-February 2024, when the main cast and the title *The Fantastic Four* were announced. The subtitle was added in July, when filming began. It took place until November 2024 at Pinewood Studios in England, and on location in England and Spain.

The Fantastic Four: First Steps premiered at the Dorothy Chandler Pavilion in Los Angeles on July 21, 2025, and was released in the United States on July 25, as the first film in Phase Six of the MCU. It received generally positive reviews from critics and has grossed \$490 million worldwide, making it the tenth-highest-grossing film of 2025 as well the highest-grossing Fantastic Four film. A sequel is in development.

Abby Coleman

weather presenter on the Nine Network's Weekend Today and appearing as a panellist on Network Ten's Have You Been Paying Attention?, among others. In 2007

Abby Jane Coleman (born 26 May 1981) is an Australian radio presenter and comedian living in Brisbane, currently employed with B105. She rose to fame by finishing runner-up on the first season of the Australian version of *The Mole* as an 18-year-old.

Vantha Rajavathaam Varuven

appointed by Azhagu, where she narrates the story to the henchmen. Aadhi and Bucket reach the spot, and Maya reconciles with Raja. Pandithurai is arrested.

Vantha Rajavathaam Varuven (transl. If I return, it will only be as king) is a 2019 Tamil-language action comedy film directed by Sundar C and produced by Lyca Productions. A remake of the Telugu film *Attarintiki Daredi* (2013), it stars Silambarasan, Ramya Krishnan, Prabhu, Nassar, Megha Akash, and Catherine Tresa, with Mahat Raghavendra and Yogi Babu, among others, in supporting roles. Hip-hop Tamizha composes the film's music. The title of the film is taken from a dialogue by Silambarasan in the film *Chekka Chivantha Vaanam* (2018).

McCarthyism

traditional symbol of the Republican Party) to stand on a platform atop a teetering stack of ten tar buckets, the topmost of which is labeled "McCarthyism";. Block

McCarthyism is a political practice defined by the political repression and persecution of left-wing individuals and a campaign spreading fear of communist and Soviet influence on American institutions and of Soviet espionage in the United States during the late 1940s through the 1950s, heavily associated with the Second Red Scare, also known as the McCarthy Era. After the mid-1950s, U.S. senator Joseph McCarthy, who had spearheaded the campaign, gradually lost his public popularity and credibility after several of his accusations were found to be false. The U.S. Supreme Court under Chief Justice Earl Warren made a series of rulings on civil and political rights that overturned several key laws and legislative directives, and helped bring an end to the Second Red Scare. Historians have suggested since the 1980s that as McCarthy's involvement was less central than that of others, a different and more accurate term should be used instead that more accurately conveys the breadth of the phenomenon, and that the term McCarthyism is, in the modern day, outdated. Ellen Schrecker has suggested that Hooverism, after FBI head J. Edgar Hoover, is more appropriate. Following the end of the Cold War, unearthed documents revealed substantial Soviet spy activity in the United States, although many of the agents were never properly identified by McCarthy.

Steam shovel

digging at a rock face, the operator simultaneously raises and extends the dipper stick to fill the bucket with material. When the bucket is full, the

A steam shovel is a large steam-powered excavating machine designed for lifting and moving material such as rock and soil. It is the earliest type of power shovel or excavator. Steam shovels played a major role in public works in the 19th and early 20th century, being key to the construction of railroads and the Panama Canal. The development of simpler, cheaper diesel, gasoline and electric shovels caused steam shovels to fall out of favor in the 1930s.

Norwegian Trekking Association

water, so they are usually located very close to a river from which buckets may be filled. Before leaving a self-service hut, it is considered good etiquette

The Norwegian Trekking Association (Norwegian: Den norske turistforening, DNT) is a Norwegian association which maintains mountain trails and cabins in Norway. The association was founded on 21 January 1868 with the scope "to help and develop tourism in this country". Today the goal is to work for simple, secure and environmentally friendly outdoor activities. DNT has currently more than 300,000 individual members, and 57 local chapters. It also has several "honorary members", prominent people who have shown a keen interest in Norwegian nature and given the country publicity as a tourist destination, among them Kofi Annan and Katie Melua. The secretary-general of the association is Dag Terje Klarp Solvang.

The mountains of Norway have always been utilised by the Norwegian people since the first Norwegians followed the reindeer when the ice cap retracted ten thousand years ago.

DNT's first hut was Krokan by the Rjukan waterfall. The waterfall was later harnessed for hydropower production and the hut was sold. Today it is re-opened, situated by the main road from Tinn to Vinje. Together with local organisations all over Norway, it operates more than 550 cabins in Norwegian mountains and forest areas.

Olav Thon, a Norwegian real-estate investor and hobby trekker, has so far donated 55 million kr to the association. The money has been spent to build new and refurbish existing cabins.

Ice bath

How the ALS Ice Bucket Challenge Could Change Fundraising Forever, Retrieved Aug. 18, 2014, "...Never mind the ice bath; you could have just written the

In sports therapy, an ice bath, or sometimes cold-water immersion, Cold plunge or cold therapy, is a training regimen usually following a period of intense exercise in which a substantial part of a human body is immersed in a bath of ice or ice-water for a limited duration.

The method is controversial, with a risk of hypothermia, with the possibility of shock leading to sudden death. Many athletes have used cold water immersion after an intense exercise workout in the belief that it speeds up bodily recovery; however, the internal physical processes are not well understood and remain elusive. Evidence supporting cold water immersion as part of an athletic training has been mixed, with some studies suggesting a mild benefit such as reducing muscle damage and discomfort and alleviating delayed onset muscle soreness, with other studies suggesting that cold water immersion may slow muscle growth and interfere with an overall training regimen.

A 2025 article published in The Washington Post which cites studies researching whether or not cold plunges are beneficial or not adds to growing scientific skepticism about cold plunges, particularly following strength training. Researchers found that immersing limbs in near-freezing water after weightlifting significantly

reduced blood flow to the muscles, limiting their ability to absorb protein and recover. This effect could blunt muscle growth and undermine the benefits of resistance training. While cold plunges are often promoted for recovery and mental toughness, the new evidence suggests they may do more harm than good when used immediately after workouts.

Morgan Freeman

(1995), Amistad (1997), Deep Impact (1998), Gone Baby Gone (2007), and The Bucket List (2007). He also portrayed Lucius Fox in Christopher Nolan's Dark Knight

Morgan Freeman (born June 1, 1937) is an American actor, producer, and narrator. In a career spanning six decades, he has received numerous accolades, including an Academy Award and a Golden Globe Award, as well as a nomination for a Grammy Award and a Tony Award. He was honored with the Kennedy Center Honor in 2008, an AFI Life Achievement Award in 2011, the Cecil B. DeMille Award in 2012, and Screen Actors Guild Life Achievement Award in 2018. In a 2022 readers' poll by Empire, he was voted one of the 50 greatest actors of all time.

Born in Memphis, Tennessee, Freeman was raised in Mississippi, where he began acting in school plays. He studied theater arts in Los Angeles and appeared in stage productions in his early career. He rose to fame in the 1970s for his role in the children's television series *The Electric Company*. Freeman then appeared in the Shakespearean plays *Coriolanus* and *Julius Caesar*, the former of which earned him an Obie Award. In 1978, he was nominated for the Tony Award for Best Featured Actor in a Play for his role as Zeke in the Richard Wesley play *The Mighty Gents*.

Freeman received the Academy Award for Best Supporting Actor playing a former boxer in Clint Eastwood's sports drama *Million Dollar Baby* (2004). He was Oscar-nominated for *Street Smart* (1987), *Driving Miss Daisy* (1989), *The Shawshank Redemption* (1994), and *Invictus* (2009). He also acted in *Glory* (1989), *Lean on Me* (1989), *Robin Hood: Prince of Thieves* (1991), *Unforgiven* (1992), *Se7en* (1995), *Amistad* (1997), *Deep Impact* (1998), *Gone Baby Gone* (2007), and *The Bucket List* (2007). He also portrayed Lucius Fox in Christopher Nolan's *Dark Knight* trilogy (2005–2012) and acted in the action films *Wanted* (2008), *Red* (2010), *Oblivion* (2013), the *Now You See Me* films (2013–2025), and *Lucy* (2014).

Known for his distinctive voice, he has narrated numerous documentaries including *The Long Way Home* (1997), *March of the Penguins* (2005), *Through the Wormhole* (2010–2017), *The Story of God with Morgan Freeman* (2016–2019), *Our Universe* (2022) and *Life on Our Planet* (2023). He made his directorial debut with the drama *Bopha!* (1993). He founded the film production company *Revelations Entertainment* with business partner Lori McCreary in 1996, under which they produced projects such as the CBS political drama *Madam Secretary* (2014–2019).

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