



May 2021

Astronomical Event

If the weather cooperates, before dawn on May 26 this year, the western half of the country could get a glimpse of a total lunar eclipse, also known as a blood moon. This type of eclipse happens when the sun, Earth and moon are perfectly aligned so that the Earth casts a shadow on the moon, giving it a red tint. Lunar eclipses are safe to look at with the naked eye, and because this event is happening when the full moon is closest to the Earth, it will appear larger than normal, making it a super blood moon.

Under-Bed Storage

Create more storage space by using the area beneath a bed to store stuff that's out of season or that you use less often.

A Cool Wrap

Planning a picnic, or need to keep frozen foods from thawing out on the way home from the grocery store on a warm day? Wrap items you want to stay cool in some plastic bubble wrap. Sandwiches, cans of soda and even ice pops and ice cream will stay chilled when wrapped in the insulating packing material.



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Make Time for Mother Nature

Want to get happy and slash stress? Spend 20 minutes outside, whether it's a stroll in a public park or simply sitting in a patch of green space close to home or work. Even a small dose of nature has been shown to generate big payoffs to mental and physical health.

Burger Bargains

May 28 is National Hamburger Day and to celebrate, many burger chains offer freebies and specials. Check their social media sites for deals.

Positive Thought

"One of the most important things you can accomplish is just being yourself." —Dwayne Johnson

Thinking of Mom

Mother's Day is the time to give thanks to moms, grandmothers and other special women in our lives. If cards and flowers aren't your style, there are plenty of other ways to show your appreciation. Share a list of favorite memories, make her a playlist of meaningful songs, treat her to an at-home spa day, or bake her a batch of cookies. Whatever you do, she will cherish the fact you thought of her.

Bring Home the Berries

This time of year, you'll have your pick of strawberries. When you get them home, remove any overripe berries from the bunch and make sure the rest are dry. Keep the fruit in the fridge, and wait to rinse them and remove their stems until just before eating or using them in a recipe.



A Good Rule of Thumb

Washing your hands is a routine habit, but be sure your thumbs get in on that 20-second scrub-down. Those two digits spend a lot of time on high-touch surfaces, such as tapping cell phone screens and pressing remote control buttons, so don't forget them.

Self-Care Corner: Wake Up With Water

Drinking water throughout the day keeps you hydrated and feeling good, and one way to get into the habit is to have a glass of H₂O as soon as you get up. Health experts say drinking water right away can rehydrate your body after sleeping and helps you shake off fatigue.

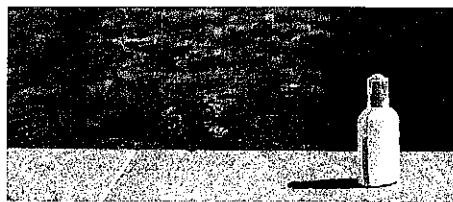
Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6–12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- A lamp symbolizes the nursing career. Nightingale was known as the "lady with the lamp," since she carried one with her at night while checking on her patients.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90% of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are over 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.

"Nurses dispense comfort, compassion and caring without even a prescription."

—Terri Guillemets



Seasonal Skin Care Tips

Days of outdoor fun and sun are ahead, which means your skin will likely be feeling the heat. Protect it with some skin-saving reminders.

Dermatologists' top advice?

Sunscreen, sunscreen, sunscreen! Protecting your skin from the sun's harmful ultraviolet rays should be a daily habit, but it's essential during summer days. Wear a broad-spectrum sunblock with a sun protection factor of 30 or higher, and reapply it every two hours when you're outside for long periods.

More sunshine, hot temperatures and humidity mean increased

perspiration. When sweat gets trapped in the skin's pores, heat rash, also called prickly heat, can develop. To prevent it, wear loose-fitting, lightweight clothing and try to keep skin dry and cool.

Itchy bug bites are also common this time of year. Resist the urge to scratch them, which can lead to infection and scarring. Use a cold compress or hydrocortisone cream for itch relief.

With outdoor activities and time at the pool, beach or lake, you may be showering more often. Frequent bathing in water that's too hot can dry out skin, so adjust the water temp to warm or cool and slather on a moisturizing lotion afterward.

And remember that drinking plenty of water is one of the best habits that can keep both you and your skin hydrated and healthy.

Tortilla Twists

The staple bread of Mexican cuisine, tortillas are always good to have on hand since they can be used in lots of different ways. Get cookin' with these creative takes:

Try a new tradition. Tacos, burritos and quesadillas are common tortilla-based recipes, but if you're looking to shake up your Mexican and Tex Mex-inspired meals, try making chimichangas, tostadas, flautas or taquitos.

Play with shapes. Make a salad feel fancy by baking corn or flour tortillas into the shape of a bowl, using an oven-safe bowl as a mold. Small tortillas can be placed in a muffin tin to create mini cups to hold dips, scrambled eggs, or even ice cream!

Wrap some apps. Love corn dogs? Wrap corn tortillas around hot dogs and bake until crispy. You can also roll tortilla halves around asparagus

spears, green beans or zucchini sticks and bake them for crunchy, healthy appetizers.

Fill and fold. This tortilla hack has gone viral on social media. Make a cut from the center of a tortilla to the bottom edge, then cover each of the four quarters of the tortilla with a different ingredient—think bacon, lettuce, tomato and cheese; or sliced strawberries, nut butter, shredded coconut and chocolate sauce. Starting with the cut edge, fold each section over one another until you have a layered triangle. The wrap can then be toasted in a skillet or eaten as is.



★★★★★
MEMORIAL DAY

★★★ REMEMBER & HONOR ★★★

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories. Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition. On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Learn about your family's military heritage. Talk to family members who were in the military about their experiences. Ask about stories of past relatives who served.

Post a tribute. If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Send a letter. Express your thanks in a note to currently deployed troops. Search online for one of many nonprofit groups that gather and distribute letters to men and women serving overseas.

Visit a memorial. Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.

Featured Recipe

Easy Strawberry Shortcake

Make the most of strawberry season with this quick version of a dessert favorite.

Ingredients:

- 1 tube refrigerated flaky buttermilk biscuits (5–8 biscuits)
- 2 tablespoons butter, melted
- 1/2 cup sugar, divided
- 3 cups fresh strawberries, sliced
- Whipped cream

Directions:

Heat oven to 375° F.

Dip top and sides of each biscuit in melted butter. Then dip in 1/4 cup sugar, covering the top and sides. Place biscuits sugar-side up on an ungreased baking sheet. Bake 13 to 17 minutes, or until golden brown.

While biscuits bake, make the strawberry mixture. In a medium bowl, stir together strawberries and remaining 1/4 cup sugar. Let sit until berries release their juices, about 30 minutes.

When ready to serve, split biscuit and put a dollop of whipped cream on the bottom half. Add a spoonful or two of the strawberry mixture. Cover with top half of biscuit. Add more whipped cream and a few berry slices.

Find more recipes at Culinary.net.



Laugh Lines: Vacation Vibes

A loaded minivan pulled into a campsite. Four children bounded out of the vehicle and feverishly began unloading gear. They rushed to put up a tent, gather firewood and unpack supplies.

A nearby camper marveled to the kids' father, "That, sir, is some display of teamwork."

The dad replied, "I have a system; no one goes to the bathroom until the camp is set up."

An American couple vacationing in Germany stepped into a shop to look for souvenirs. The woman sneezed.

"Gesundheit!" said the clerk.

"Honey," said the woman to her husband, "We're in luck. There's someone here who speaks English."

Q: Where do ants go on vacation?

A: Frants.

Q: Where do sharks go on vacation?

A: Finland.

Q: Where do sheep go on vacation?

A: The Baa-hamas.

Q: Where do goldfish go on vacation?

A: Around the globe.

Teacher: "Jacob, please use the words 'letter carrier' in a sentence."

Jacob: "My dad said that after seeing how much my mom was bringing on vacation, he's going to letter carrier own luggage."



Thank a Nurse







National Nurses Week
May 6-12



HAPPY 
Memorial
DAY

Kick-start the season
of sun and fun!

MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 	5	6	7	8
9  Happy Mother's Day	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 memorial ★ DAY 					

MOTHER'S DAY

DOWN

- | | |
|--|--|
| 1 Elemental | 38 Embrace affectionately |
| 2 Gum tree | 39 Enter without permission |
| 3 Female parent | 40 Long narrow opening |
| 4 Soft cheese | 42 Pointed end |
| 5 Lodge | 43 Voiced |
| 6 Leading | 45 Under, poetically |
| 7 Cried | 47 This or that |
| 8 Making into law | 48 Ice cream spoons |
| 9 Doctoral degree | 50 Put into the ground to grow |
| 10 Helps | 52 Express emotions |
| 11 Sold at a discount | 53 Printed document sent on
a special occasion to a
friend |
| 12 Killed | 54 Winged |
| 15 Remit (2 wds.) | 55 Depend |
| 20 Piece of writing with words
that rhyme | 57 Alack's partner |
| 21 Place where a person lives | 58 Land unit |
| 24 Impolite | 60 Delivery service |
| 26 What's "in" | 62 Perform |
| 28 Area used for growing
flowers | |
| 30 The other half of Jima | |
| 31 Not old | |
| 32 Attempt | |
| 34 Negative | |
| 36 Kimono sash | |
| 37 Food container | |

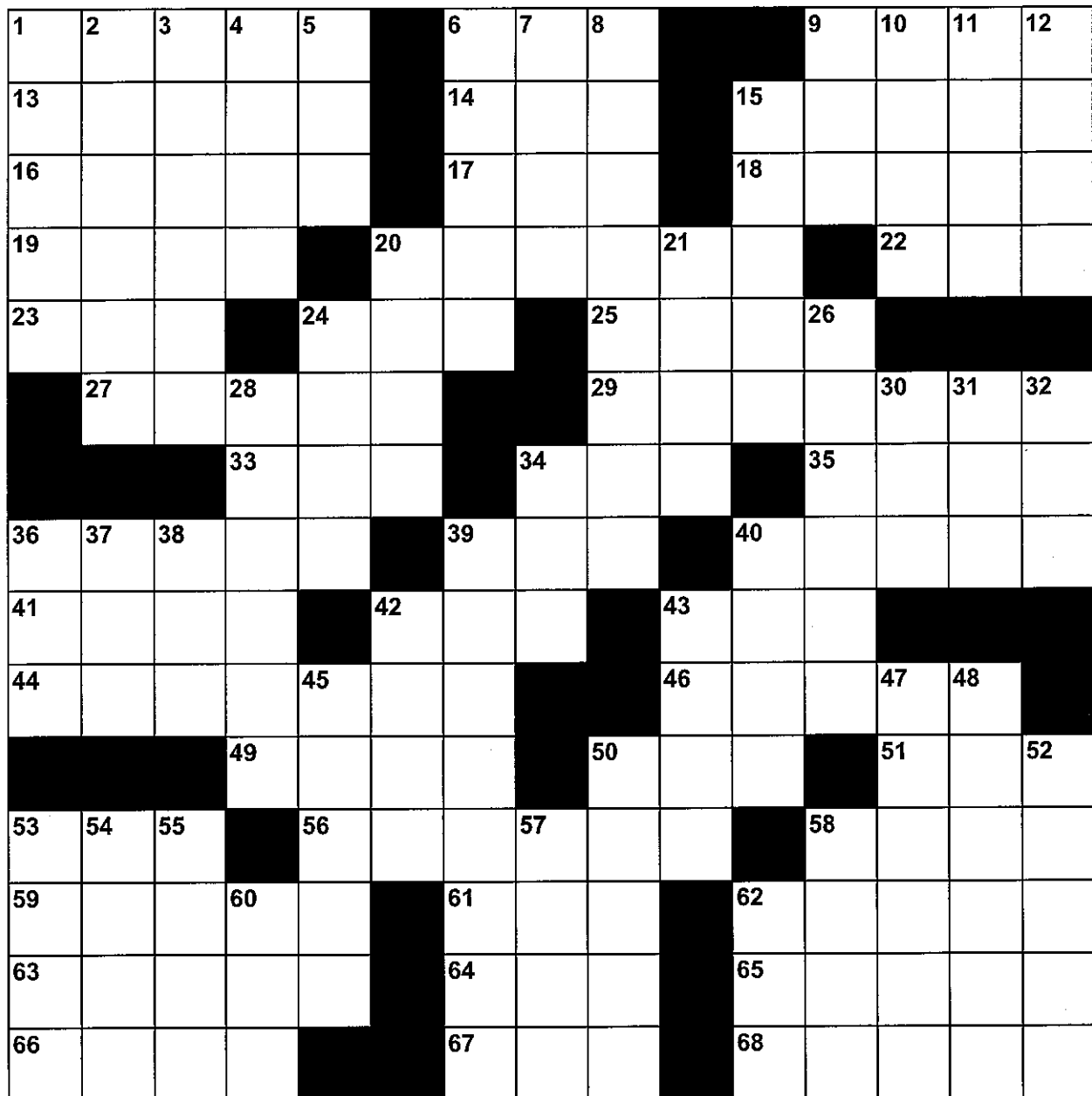
MOTHER'S DAY

ACROSS

- 1 Deer
- 6 Wonder
- 9 Move past
- 13 Squirrel's dinner
- 14 Chicken
- 15 Vial
- 16 Textile
- 17 Government agency
- 18 Confuse
- 19 Hurt
- 20 Irregular
- 22 Stitch
- 23 Tell a tall tale
- 24 Pole
- 25 Boast
- 27 Contend
- 29 Emboss
- 33 High naval rank (abbr.)
- 34 North northeast
- 35 Pitcher
- 36 Yellow pigment
- 39 Children's game
- 40 Poor tv reception
- 41 Data transmission rate
- 42 Weep
- 43 Elderly

- 44 Inexperienced young woman
- 46 Flowers with thorny stems
- 49 Loch __ monster
- 50 Touch affectionately
- 51 Frozen water
- 53 Auto
- 56 Cause to feel dismay
- 58 Particle
- 59 Aleutian
- 61 Wing
- 62 Sound of a sneeze
- 63 American essayist _____
Waldo Emerson
- 64 __ Francisco
- 65 Snuck
- 66 People who favor the prohibition of liquor
- 67 Concord e.g.
- 68 Brief

MOTHER'S DAY



By Evelyn Johnson - www.qets.com

MOTHER'S DAY

Solution:

1	B	2	A	3	M	4	B	5	I		6	A	7	W	8	E		9	P	10	A	11	S	12	S
13	A	C	O	R	N					14	H	E	N					15	P	H	I	A	L		
16	S	A	T	I	N					17	E	P	A					18	A	D	D	L	E		
19	A	C	H	E				20	P	A	T	C	21	H	Y			22	S	E	W				
23	L	I	E			24	R	O	D				25	T	O	U	26								
		27	A	R	28	G	U	E					29	I	M	P	R	30	I	N	31	T			
					33	A	D	M			34	N	N	E			35	E	W	E	R				
36	O	37	C	38	H	R	E			39	T	A	G			40	S	N	O	W	Y				
41	B	A	U	D				42	C	R	Y				43	O	L	D							
44	I	N	G	E	45	N	U	E							46	R	O	S	47	E	48	S			
					49	N	E	S	S			50	P	A	T			51	I	C	52	E			
53	C	54	A	55	R			56	A	P	P	57	A	L	L			58	A	T	O	M			
59	A	L	E	60	U	T				61	A	L	A				62	A	C	H	O	O			
63	R	A	L	P	H					64	S	A	N				65	C	R	E	P	T			
66	D	R	Y	S						67	S	S	T				68	T	E	R	S	E			

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Evelyn Johnson

MEMORIAL DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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T S R E W O L F H C E W S I L L
I N O I T A R B E L E C R N G N
W O R S H I P M H E S C O S O F
N A M E R I E O C L A E T E H S
A L V E T T L E I R A L S D I N
R A S T E I O B S A C E E A S R
E N I R D F E I C G E B C R T F
T O Y A O R R O U R R R N A O C
E I Y L T B A N N E R A A P R O
V T B Y A U N E T R Y T V H Y A
S O E R D I T A Y R N I E E D T
H M E N A U R L Y M O O U R L A
S E A T B V I O I T N N G G R A
T B I I T M E U M D U F L A G S
E M R L A P W R H E F D R K T P
M T B F Q R T M Y K M R C N Y K
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Ancestors	Duty	Holiday
Band	Emotional	Liberty
Banner	Family	Memorial
Bravery	Flags	Parade
Celebration	Flowers	Tribute
Celebration	Grave	Veteran
Cemetery	History	Worship

MEMORIAL DAY

HIDDEN QUOTATION

BY

Jeff Miller



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