

Dallam and Hartley

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Family and Consumer Science

May Fun Facts

According to the early Roman calendar, May was the third month of the year. Later, the ancient Romans used January 1 for the beginning of the year and May became the 5th month.

They say that May was named for *Maia*, the Roman goddess of spring and growth. Her name is related to the Latin word that means *increase* or *growth*.

May is one of the most beautiful months of the year in the North Temperature Zone. The first gardens begin to sprout, the wildflowers are blooming and the trees and grass have turned green.

May is known for a couple of different holidays: Memorial Day, Mother's Day, and Armed Forces Day.

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MEMORIAL DAY

THE HISTORY BEHIND IT



Memorial Day was formerly known as Decoration Day. The first official Memorial Day was celebrated on May 30, 1968 by Commander in Chief John A. Logan, he declared it to be “for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village, and hamlet churchyard in the land.”

The first national celebration of Memorial Day took place May 30, 1968 at Arlington National Cemetery. The national observance of Memorial Day still takes place

there today, with the placing of a wreath on the Tomb of the Unknown Soldier and the decoration of each grave with a small American flag.

It is a day of remembering the men and women who died while serving in the United States Armed Forces. Memorial Day originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the Civil War. By the 20th century, Memorial Day had been extended to honor all Americans who have died while in the military service.

It is a US federal holiday which is

always celebrated on the last Monday in May. On June 28, 1968, the Congress passed the Uniform Monday Holiday Act, which moved 4 holidays, including Memorial Day from their traditional dates to a specified Monday in order to create a convenient 3 day weekend. The change moved Memorial day from its traditional May 30 date to the last Monday in May. The law took federal level in 1971. After some confusion and unwillingness to comply, all 50 states adopted Congress' change of the date within a few years.

Mom's Day!!

Mother's Day is a celebration honoring mothers and motherhood, maternal bonds, and the influence of mothers in society. It is celebrated the 2nd Sunday in May.

The celebration of Mother's Day began in the United States in the early 20th century.

The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother. She began a

campaign to make “Mother's Day” a recognized holiday in the United States.

Jarvis' holiday was adopted by other countries and it is now celebrated all over the world. In this tradition, each person offers a gift, card, or remembrance toward their mothers, grandmothers, and / or maternal figure on mother's day.



Poo-Pourri

Spritz the bowl before you go and no one else will ever know!!



Ingredients:

- * 10 drops of Lemongrass Essential oil
- * 10 drops Grapefruit Essential Oil
- * 10 drops Bergamot Essential Oil
- * 8 Ounces Water
- * 1 small spray bottle

Directions:

- * Fill the pray bottle with 8 ounces of water, add the oils and shake.

How to use:

Before nature calls, shake the bottle again and then spritz the Poo-Pourri into the toilet bowl.

- * You can try the essential oils of you choice, if you do not like these.

SKIN CANCER

May is skin cancer awareness month.

Here are a few Skin Cancer Facts:

- * It is the most common form of cancer in the U.S.
- * More than 3.5 million skin cancers in over 2 million people are diagnosed annually
- * 1 in 5 Americans will develop skin cancer in the course of a lifetime.
- * Over the past 3 decades, more people have had skin cancer than all other cancers combined.

Here are some prevention tips:

- * Seek the shade, especially between 10am and 4 pm
- * Do not burn
- * Avoid tanning and UV tanning booths
- * Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses
- * Use a sunscreen with an SPF of 15 or higher every day
- * Apply 1 ounce of sunscreen to your entire body 30 minutes prior to going outside
- * Keep young infants

out of direct sunlight to prevent sunburn

- * Examine your skin head-to-toe every month
- * Look for skin changes of any kind
- * Seek your physician every year for a professional skin care exam

Make sure to put on skin screen before you head out as our temperatures are rising!!

Check out this website for more information:
<http://www.skincancer.org/>



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FRUIT DIPS

Fruit Dip with fresh fruit is always an easy dish and a very refreshing summer treat.



Skinny Dip:

Ingredients:

- 1 large tub (16oz) of Cool Whip
- 1 package reduced fat (or no fat) cream cheese
- 1/3rd cup of Splenda or sweetener of your choice.
- 2 tsp. Vanilla
- Handful of raspberries (or fruit of your choice, optional)

Directions:

- Place cool whip in fridge the night before to thaw.
- Set cream cheese out 30 minutes prior to making to soften
- Mix cream cheese, Splenda and vanilla in mixing bowl to medium speed.
- Slowly add cool whip. If adding fruit, put it in at this time.

Fruit Dip:

Ingredients:

- 3/4 cup Greek Yogurt (plain or vanilla)
- 1 tablespoon peanut butter
- 1/2 tablespoon honey
- 1/8 teaspoon cinnamon or to taste.
- Stevia to sweeten your Greek Yogurt if it is plain.

Now grab your favorite fruits and start dipping!!!
ENJOY!!!!

