

Salad Days



Most everyone agrees that a salad is a healthy meal choice. What better way to get a daily dose of raw and delicious food abundant in vitamins and minerals into your diet? It may be hard to believe that building a healthy salad is harder than it looks. This May, Salad Month, expert nutrition consultant and certified sports dietician Cynthia Sass helps us mix the perfect salad.

The first salad mistake that Sass often notices is that people use too many veggies and not enough protein. Well-balanced salads require protein, because bodies require protein for tissue maintenance and healing. Lean meats like chicken or fish are good additions, but plant-based proteins like lentils or beans, and dairy proteins like cheeses or hard-boiled eggs are excellent choices.

Yes, even salads need fat. Like protein, fat is an important building block for our bodies, aiding our skin, brains, and cell membranes. Healthy fats include things like nuts, olives, and avocados. Also, including olive oil in salad dressing is an easy way to add a dose of healthy fat.

The most important part of any salad is vegetables. The most important rule of adding veggies to a salad is variety, and the easiest way to create variety is to add many different colors! Field greens, red tomatoes, purple cabbage, orange carrots, yellow peppers...a colorful palette of veggies will boost your intake of essential nutrients.

Those with a green thumb can grow many vegetables right in their home gardens. Leaf lettuce is very easy to grow, and so are cucumbers and radishes. Tomatoes are another garden favorite. Gardens aren't only for veggies, though—for a larger variety of goodies to toss into your salad, grow melons, herbs, and corn, too. This way you can enjoy a complete, farm-fresh salad from your own backyard.

May Birthdays

Staff:

5-9: Jennifer Payne
5-12: Cressie Poe
5-14: Ibana Singleton
5-15: Sue Cochenour
5-18: Lois Brown
5-19: Mark Linn
5-30: Ashley Mason

Residents:

5-6: Marvin Steiner
5-7: Randy Cross
5-8: Larry Allen
5-11: Mattie Ullman
5-15: Louise Steck

All Wheels Welcome

As the weather warms in May, cyclists of both the motor and pedal variety feel the call of the open road. As a response to this urge to cycle, many religious institutions hold a Blessing of the Bikes ceremony. In massive cathedrals like New York City's St. John the Divine, pews and aisles are packed with bikers and spandex-clad cyclists of all religious denominations, while the local priest showers attendees with holy water and prayers for a safe and fun bicycling season. Since 1972, the Blessing of the Bikes has become a ritual each May in Baldwin, Michigan. Up to 10,000 motorcyclists and bicyclists congregate at the Baldwin airport for a blessing ceremony. Some churches have added a new twist, inviting wheelchairs, strollers, and skateboards for a Blessing of the Wheels.



The Banner



Celebrating May

Family Month

Arthritis Awareness Month

Personal History Month

Global Love Day

May 1

Intergalactic Star Wars Day

May 4

Dandelion Days

May 6-8

Mother's Day

May 8

International Nurses Day

May 12

New Friends, Old Friends Week

May 15-21

Tap Dance Day

May 25

Memorial Day

May 30

Cultivating Wildlife

It does not matter whether you have an apartment balcony, a backyard, a 10-acre farm, or a business park, anyone can transform their green space into a sanctuary for wildlife. May is perfectly situated as Garden for Wildlife Month. Flowers and trees have burst into bloom. Many animals have begun to raise their young. A wildlife-friendly garden can be the perfect nursery for animals living in residential or commercial areas.

According to the National Wildlife Federation, a wildlife garden contains five essential components. A food source is paramount. Provide food by planting native plants that produce seeds, berries, fruit, or nectar. These plants will attract birds, butterflies, rabbits, and other wildlife to your yard. Water is also important. A birdbath provides a large "puddle" where birds can drink, bathe, and cool themselves. If you are lucky, perhaps a pond or stream runs through your property. If not, you could provide running water by way of a fountain. In addition to ample food and water, wildlife needs cover to hide, rest, or withstand the elements. Thickets, logs, or brush and rock piles offer plenty of hidden nooks and crannies. Animals also need places to raise their young. Dense shrubs, trees, ponds, birdhouses, roosting boxes, and bat boxes can provide both nurseries and year-round homes for wildlife.

Perhaps the most important element of a wildlife garden is native vegetation. Plant only flowers, shrubs, and trees typically found in your region, for these are the exact types of plants that many birds, insects, and animals use for food and shelter. Also, a native wildlife garden will sustain itself. There will be no need for chemical fertilizers or pesticides. Proud wildlife gardeners do not have to be shy about their accomplishments—contact the National Wildlife Federation (www.nwf.org) to request a special sign that identifies your garden as a Certified Wildlife Habitat.

Mariachi Season

Ay, ay, ay, ay! May is the season for mariachi! The celebration begins a bit prematurely with Texas State University's Feria del Mariachi, or Mariachi Festival and Competition, on April 30. Not to worry, for there will be plenty more mariachi enjoyed on May 1, the official Mariachi Day in Texas and elsewhere.



Mariachi may be Mexico's most well-known style of folk music. It has been recognized as a treasured cultural heritage by UNESCO. Mariachi is rooted in Spain's arrival in Mexico when the Spanish introduced European musical instruments such as guitars, violins, harps, brass horns, and woodwinds that were used in theater productions and church services. Native Mexicans quickly appropriated the instruments to their own uses, even building, tuning, and modifying them.

Scholars argue over the origin of the term *mariachi*. Some believe that it comes from the French word *mariage*, meaning "wedding" or "marriage." How did a French word enter the Mexican lexicon? In the 19th century, Mexico was conquered and ruled by Maximilian I, a Frenchman at the command of Napoleon III, nephew of Napoleon Bonaparte. Others believe that the word does not stem from French at all but is rather from a native word for a local tree used to build both guitars and for the stage upon which musicians played music.

No matter where the word originated, mariachi music embodies the heart and soul of Mexico. Bands typically consist of at least two violins, two trumpets, and one guitar. For some of the best in mariachi, head to El Paso, Texas, on Mother's Day weekend for the Mariachi Loco Music Festival. The Annual Battle of the Mariachis will take place on May 14 in San Juan Capistrano, California. In Mexico, every day is Mariachi Day, but perhaps the best day to hear mariachi would be on Cinco de Mayo (May 5), the Mexican holiday celebrating Mexico's victory over the French at the Battle of Puebla.

Bermuda Day

May 24 is Bermuda Day, a celebration to encourage civic and cultural pride in Bermudian ways of life. Bermuda Day marks the unofficial beginning of summer and is celebrated with parades, a half-marathon, and plenty of music and dancing.

Bermuda Day also marks the start of Bermuda shorts season. Is there anything more symbolic of Bermuda than Bermuda shorts? They are the official national dress for men, worn three inches above the knee with knee socks, tasseled loafers, a jacket, and tie. They are worn as business attire, evening wear, and are even part of Bermuda's police uniform. The shorts originated with the British Royal Navy. Soldiers working desk jobs in the tropics were issued lightweight shorts and knee socks. Civilians in Bermuda first started copying the military style in the 1920s. Unfortunately for businessmen beyond Bermuda, the shorts never caught on as business attire. But for casual occasions, like celebrating Bermuda Day on May 24, Bermuda shorts are a must.

Slow Food

Some recoil at the thought of eating snails, or *escargot*, as they are called in French. Others consider snails sauteed in garlic, butter, and herbs to be a delicacy. If you haven't yet tried them, perhaps May 24, Escargot Day, is your chance. Humans have been eating snails for over 30,000 years. Snail shells discovered in Stone Age-era settlements in Spain even showed how they were cooked: roasted in their shells over charcoals made of pine and juniper. These days, the best snails for eating are wild Burgundy snails, renowned for their grassy-buttery flavor and exceptional nutritional value. Toss them with pasta, skewer them on kebabs, or sweeten them for dessert to join the ranks of those who have eaten escargot.



Turn Down the Volume

Many of us might not like to admit that we are constantly turning up the TV volume. However, over a lifetime of listening, our hearing begins to deteriorate. As we age, the tiny hairs in our inner ears that pick up sound vibrations begin to break down. The louder the noise, the more violent the assault on these hair cells and the more severe the degradation. On May 31, turn down the television, radio, or headphones playing music from your smartphone—it is Save Your Hearing Day.



How loud is too loud? The World Health Organization suggests that a person could listen to music played at 80 decibels all day without negative effect. However, when that level is over 85 decibels, which is roughly equivalent to the beep of a microwave, the noise should be limited to less than an hour. When volume is cranked up to 105 decibels, or the sound of a chainsaw, it should be limited to only four minutes. So on a positive note, you can still listen to your favorite music or TV program at very loud levels, but you should do so for only a few minutes at a time.

Experts think that one of the best ways to save our hearing is to protect our ears. Professions that require the use of loud equipment often require the use of earplugs or earmuffs. The same advice applies to those engaging in loud recreational activities such as riding a motorcycle or hunting. For those who find themselves in loud places such as an airplane or crowded train, noise-cancelling headphones often help make the loud environment more comfortable and tolerable.

It turns out that the best medicine for our ears is to give them a rest. It is recommended that it takes 16 hours of quiet rest to counter two hours of 100-decibel sound, such as a rock concert. Perhaps the best way to celebrate Save Your Hearing Day is simply to hit the mute button.

Rules of Order

Henry Martyn Robert was born on May 2, 1837, and went on to build a distinguished military career, earning the rank of brigadier general in the American Army's Corps of Engineers. But where Robert really earned his fame was in the writing of the book *Robert's Rules of Order*. This pocket manual was a guide for running and organizing large meetings, especially when the involved parties didn't see eye to eye. His inspiration for the book came from his personal failure at moderating a church meeting. Robert resolved to never lead another meeting until he worked out a fair set of procedures. To this day, alumni organizations, charities, condo associations, school boards, trade unions, sports leagues, corporations, and even family reunions have relied on Robert's Rules to keep things civil.

Tennis, Anyone?

While May has earned the nickname Tennis Month, tennis has earned the nickname "the sport for a lifetime." Dr. Jack Groppel, health expert in fitness and nutrition, calls tennis the most healthful sport due to its wide-ranging health benefits for players of all ages.



Tennis not only provides a vigorous physical workout, but scientists at the University of Illinois believe that it exercises the brain as well. Tennis requires such a high level of alertness and tactical thinking that, regardless of age, playing the sport prompts our brains to grow new nerve connections. Furthermore, researchers at Southern Connecticut State University have discovered that tennis players score higher in tests measuring vigor, optimism, and self-esteem than athletes playing other sports. There's only one catch: in order to reap these many benefits, you have to start playing tennis now. So this May, grab a racket and a tennis ball, and put your mind and body to work.