

PANHANDLE PATH TO HEALTHY LIVING

TEXAS A&M
AGRI LIFE

Lavender

May 2021

Lavender is known for its soothing, calming, and restorative properties. Its restorative properties are ideal for a number of health conditions such as anxiety, depression, irritability, headaches, migraines, and stress. It is ideal as a gift for someone who has to cope with these conditions or just as a kind gesture to show that you care for the people you love.

SOME OTHER BENEFITS OF LAVENDER:

- The lavender essential oil also has medicinal properties and aids the healing of cuts, scrapes, and burns with its antiseptic and anti-inflammatory qualities.
- The beautiful aroma creates a relaxing atmosphere that leads to a restful night's sleep.
- Lavender adds a sweet fragrance to any room. Whether you have kids, pets or just a lot going on in your home, the fresh lavender smell can get rid of any pungent smells and unwanted odors.
- You can also apply Lavender to your temples and the back of your neck to enjoy both its relaxing aroma and to help melt away feelings of stress or tension.
- Natural cleaning spray: Lavender oil makes good natural cleaning sprays because it helps to reduce bacteria on surfaces. The lavender oil fragrance also helps to balance the strong scent of other cleaners.
- Soothe minor aches: Lavender oil and other essential oils have demonstrated positive effects on pain management. Using lavender oil in an essential oil diffuser or directly inhaling it can provide temporary pain relief for minor aches.

Lavender makes for great use as a cuticle cream to bring the moisture back into your nails. You can also use this cream on your hands, lips or anywhere you have dry spots to achieve the wonderful, soothing abilities of lavender.

Kelli Lehman

History of Mother's Day



Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2021 will occur on Sunday, May 9.

Celebrations of mothers and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday."

Over time the Mothering Sunday tradition shifted into a more secular holiday, and children would present their mothers with flowers and other tokens of appreciation. This custom eventually faded in popularity before merging with the American Mother's Day in the 1930s and 1940s.

The origins of Mother's Day as celebrated in the United States date back to the 19th century. In the years before the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children.

These clubs later became a unifying force in a region of the country still divided over the Civil War. In 1868 Jarvis organized "Mothers' Friendship Day," at which mothers gathered with former Union and Confederate soldiers to promote reconciliation.

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children.

After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. That same day also saw thousands of people attend a Mother's Day event at one of Wanamaker's retail stores in Philadelphia.

Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. By 1912 many states, towns and churches had adopted Mother's Day as an annual holiday, and

Jarvis had established the Mother's Day International Association to help promote her cause. Her persistence paid off in 1914 when President Woodrow Wilson signed a measure officially establishing the second Sunday in May as Mother's Day.

Anna Jarvis had originally conceived of Mother's Day as a day of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting one's mother or attending church services. But once Mother's Day became a national holiday, it was not long before florists, card companies and other merchants capitalized on its popularity.

While Jarvis had initially worked with the floral industry to help raise Mother's Day's profile, by 1920 she had become disgusted with how the holiday had been commercialized. She outwardly denounced the transformation and urged people to stop buying Mother's Day flowers, cards and candies.

Jarvis eventually resorted to an open campaign against Mother's Day profiteers, speaking out against confectioners, florists and even charities. She also launched countless lawsuits against groups that had used the name "Mother's Day," eventually spending most of her personal wealth in legal fees. By the time of her death in 1948 Jarvis had disowned the holiday altogether, and even actively lobbied the government to see it removed from the American calendar.

While versions of Mother's Day are celebrated worldwide, traditions vary depending on the country. In Thailand, for example, Mother's Day is always celebrated in August on the birthday of the current queen, Sirikit.

Another alternate observance of Mother's Day can be found in Ethiopia, where families gather each fall to sing songs and eat a large feast as part of Antrosht, a multi-day celebration honoring motherhood.

Did You Know?

More phone calls are made on Mother's Day than any other day of the year. These holiday chats with Mom often cause phone traffic to spike by as much as 37 percent.

The Symbolism Behind Memorial Day Poppies

As Memorial Day approaches, red poppies begin to make their annual appearance: You might see them pinned on lapels or hanging from rearview mirrors. These poppies, often made of fabric or crepe paper, symbolize more than a fundraising effort to support our country's veterans. They're worn to honor and memorialize the soldiers who gave their lives to protect our country's freedom.

The red poppy officially became the national emblem of remembrance in 1920 – but the resilient little flower has roots that run deep, all the way back to the battlefields of World War I, where it grew in the unlikeliest of places.

Why red poppies?

Though vibrant in color and as beautiful as any flower, poppies are technically classified as weeds. They're resilient in nature, growing in even the most ravaged landscapes – such as the desolate and war torn battlefields of Belgium. Though the landscapes were left devastated, these red poppies would spring from the wreckage come spring, like small beacons of hope.

Canadian Lieutenant Colonel John McCrae was particularly moved by the red flowers he saw popping up all over

the European battlefields. He noticed a cluster of poppies in Flanders Field in Belgium that spring, where he was serving as a brigade surgeon for an Allied artillery unit. Soon after, a huge battle tore through the area, killing 87,000 allied soldiers, including one of McCrae's close friends.

Overcome with sorrow, he wrote the poem "In Flanders Field" to channel his grief. Told from the perspective of the fallen soldiers buried beneath the poppies, the poem honored the troops who

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

"In Flanders Fields" by John McCrae

May 3rd, 1915

So, how did the poppy make its way to America to become a national symbol?

McCrae's poem, published in London's *Punch* magazine in December 1915, became an instant success. It was read at countless memorial services, used in efforts to recruit soldiers and reprinted in countless publications, including *Ladies Home Journal*. This is where Moina Michael, a professor at the University of Georgia, first came across "In Flanders Field." The poem resonated with her, and unable to shake it from her mind, she vowed to always wear a red poppy in remembrance of those who had left their lives behind in Flanders Field.



Michael found her first fabric poppies at a department store, where she bought a handful for herself and her colleagues. Eventually, after the war had ended, she decided to make and sell red silk poppies to raise money for the returning veterans.

She didn't stop there – she also lobbied to make the red poppy a national memorial symbol in honor of all those who had sacrificed their lives for our safety.

Her idea was turned down at first, but she was persistent. In 1920, she was able to convince Georgia's chapter of the American Legion, a veteran's group, to adopt the poppy; soon after, the National American Legion followed suit. The red poppy officially became the U.S. national emblem of remembrance on September 27, 1920.

Red poppies as a Memorial Day tradition

The poppy is now recognized in countries around the world as a symbol of the soldiers lost during WWI. Millions of people in the United Kingdom, Canada, France, Belgium, Australia and New Zealand wear the red flowers on Nov. 11 to commemorate the anniversary of the 1918 armistice. In the United States, however, the tradition has unfolded differently – we don't typically wear poppies on Veterans Day, since it's a day to honor all living veterans.

Instead, we don the red poppy on Memorial Day to honor the men and women who have died fighting for our country. In fact, Americans are asked to wear their red flowers on National Poppy Day each year, which falls on the Friday before Memorial

Day. Led by the American Legion Auxiliary, volunteers hand out red poppies in exchange for donations to support the country's veterans and their families.





Storing Dried Herbs & Spices

GUIDELINES FOR STORING DRY HERBS & SPICES TO PREVENT COLOR AND FLAVOR LOSS

- Store in tightly covered containers.
- Store in a dark place away from sunlight, such as inside a cabinet or drawer.
- Avoid storage above the dishwasher, microwave, stove, refrigerator, or near a sink or heating vent.
- If storing in an open spice rack, store in a site away from heat, light and moisture.

OTHER TIPS AND INFO

- Spices do not go bad like other foods, they have a shelf life---the time they are the most aromatic and delicious for cooking.
- Many spices can last years past their "Best by Date". Professional cooks may say 6 months but home cooks should use the following guidelines:
 - Indefinite: Vanilla extract, salt, and that's about it. (Other extracts will fade in 2-3 years).
 - Whole spices (unground, such as peppercorns, whole allspice, caraway seeds, and more): 3-4 years
 - Ground spices (such as cumin, ginger, paprika and chili powder): 2-4 years
 - Ground and whole leafy herbs such as basil, oregano, rosemary and most seasoning blends: 1-3 years

To know if herbs & spices are making the most impact:

Aroma should be strong • Taste should be potent • Color should be vibrant

TEXAS A&M
AGRI LIFE
EXTENSION

Source: Eat by Date (www.eatbydate.com/other/how-long-do-spices-last)

McCormick (www.mccormick.com/toss)

Created by Felice Acker,

Family and Community Health Agent, Castro County

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

BETTER LIVING FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

Path to Randall County



A one-of-a-kind day summer camp program specifically designed for active senior adults aged

Thursday, June 3, 2021

9 AM—8 PM

High Plains Retreat Center

\$65

Registration
Due May 24th

Human beings are social creatures. Our connection to others enables us to survive and thrive.

Join us for the first ever **Randall County Senior Camp.**

Be watching your mailbox! You will receive registration forms and flyer to register & to help you promote the event to your friends.

Visit the Randall County Extension website for Registration Forms. Scan QR Code or visit <https://randall.agrilife.org/>



Registration Includes:

- Lunch & Snacks
- Session Materials
- Program Fees & Facility Rental
- Cart Rental for Door to Door Sessions
- Camp Tee Shirt
- Dinner catered by Chef Christopher Kizer

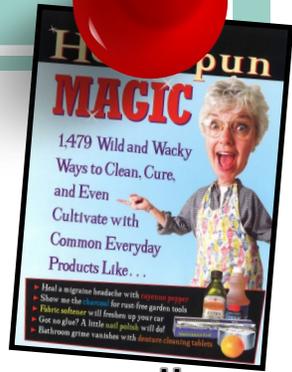
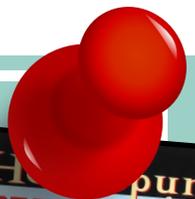


Archery, Yoga, Ropes Course, Chopped Food Challenge, Gardening, Technology, Cardio Drumming, Yard & Table Games, Swimming, Free time to Socialize & FUN

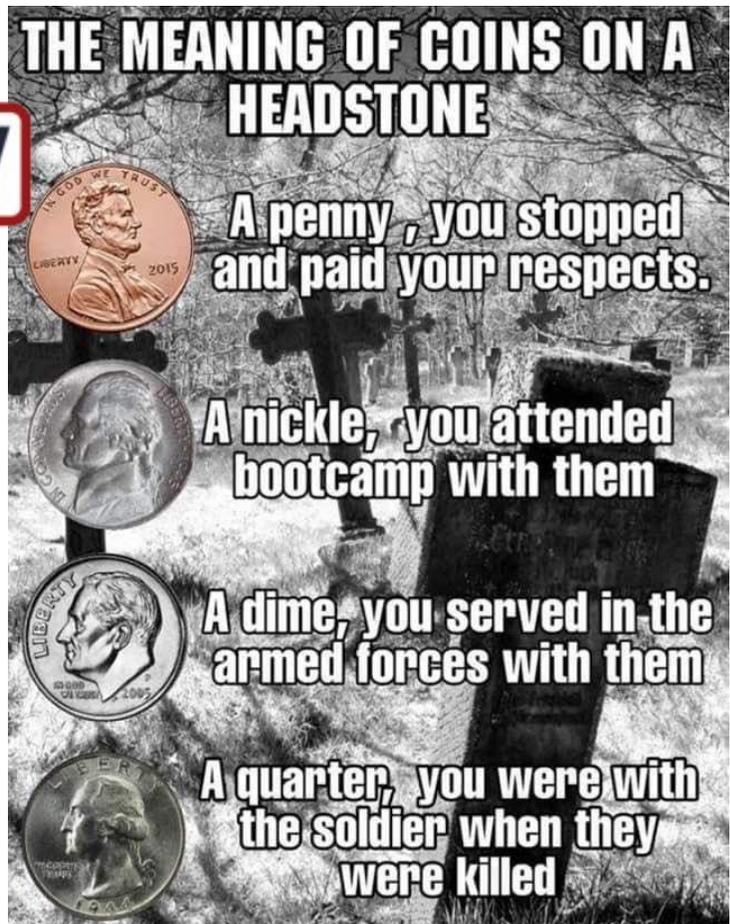
The registrant who's name appears most often on the refer-a-friend contact will receive [FREE Registration to Senior Camp 2022!](#)



Path to Randall County



If you have problems with birds nesting in your gutters, try this old-time trick. After you've cleared the away an old nest, replace it with a small mirror. The next bird that wants to build a home in that spot will be discouraged when he sees that it's already occupied. That mirror works just like a "no vacancy" sign!



TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.



Kelli D. Lehman

Texas A&M AgriLife Extension Service –
Randall County, Panhandle District 1

County Extension Agent –

Family & Community Health

<http://randall.agrilife.org/>

806.468.5543

TEXAS A&M AGRILIFE EXTENSION SERVICE
Randall County
Herbert F. & Jeannie Kuhlman Extension Center
200 N. Brown Road
Canyon, Texas 79015

Postage

Return Service Requested

Path to Plate..... The Best French Toast

Ingredients

1-1/2 cups half-and-half cream
3 large egg yolks
3 tablespoons brown sugar
2 teaspoons vanilla extract
3/4 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
8 slices day-old brioche bread (1 inch thick)
Optional toppings: Butter, maple syrup, fresh berries, whipped cream and confectioners' sugar

Instructions

In a shallow dish, whisk together the first 7 ingredients. Preheat a greased griddle over medium heat. Dip bread in egg mixture, letting it soak 5 seconds on each side. Cook on griddle until golden brown on both sides. Serve with toppings as desired.

Note

Using day-old bread from a bakery helps the French toast to be more stable. If

using commercially produced brioche, be sure to allow bread to become slightly stale for best results.

Nutrition Facts

2 pieces: 546 calories, 24g fat (15g saturated fat), 263mg cholesterol, 786mg sodium, 64g carbohydrate (25g sugars, 2g fiber), 13g protein.

<https://www.tasteofhome.com/recipes/the-best-french-toast/>

