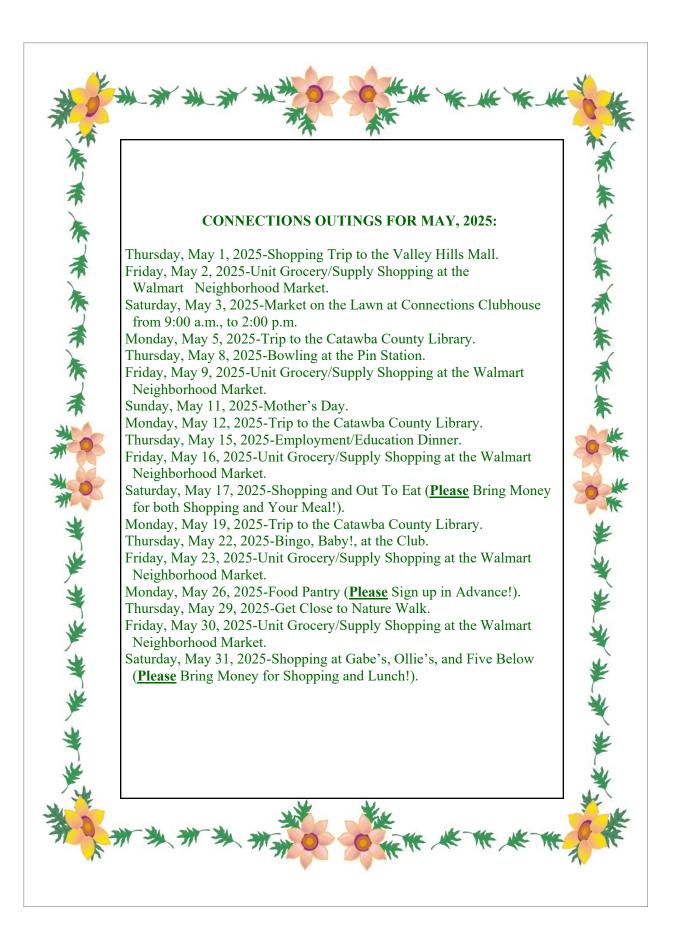
# NEWS & KNOWLEDGE... NEWS YOU CAN USE.... MAY, 2025



Don't give up as your own little miracle is just around the corner. Have faith. ♥

# **RIGHTS:**

- -The right to a place to come.
- -The right to a place for meaningful work.
- -The right to a place for meaningful relationships.
- -The right to a place to return.



#### Nine Fun Facts About Mother' Day: (From: www.goodnet.com):

Mother's Day celebrates the all of the love and the care that mothers show towards their children in doing the 24-hour, seven-day a week job of being a mother. All mothers are honored everywhere in the world. Here are nine fun facts about Mother's Day as listed below:

1. The ancient Greeks celebrated mothers in the Spring. The ancient Greeks held a spring festival in honor of the goddess, Rhea every year, who was believed to be the mother of many of the deities in Greek mythology. The festival honored mothers in general as well.

2. The most popular Mother's Day gift is a card. Whether the cards are handmade or store bought, cards are the most popular gift for Mother's Day. The second most popular Mother's Day gift is flowers.

3. A Pew Research survey from the 2020 census found out that there are approximately 85 million mothers in the United States. However, this figure does not include stepmothers or mother figures in people's lives. The average number of children each mother has is two.

4. Mother's Day is not on the same date each year. Mother's Day is always celebrated on the second Sunday in May and not on a specific date.

5. The most phone calls are made on Mother's Day. There are more than 122 million phone calls made on Mother's Day.

6. The word, "Mom," or, "Mama," comes from babies. The first sound that babies say is, "ma." That is why the word for mothers begins with the letter, "M," in almost every language.

7. Mother's Day was created in 1912. President Woodrow Wilson created the holiday to celebrate and honor mothers. A woman named Anna Jarvis developed the idea of the Mother's Day holiday to honor both her mother and all mothers. President Wilson stated that, "the holiday was a chance to express our love and reverence for the mothers of our country."

8. Anna Jarvis also started the tradition of wearing carnations on Mother's Day. Mothers received red or pink carnations. People also wore white carnations on Mother's Day to honor mothers who passed away to show that they remembered their mothers and to show love for their mothers.

9. More babies are born in the month of August. According to *USA Today*, August is the most popular moth to have babies. However, the most common birthday is September 9.

# Update on Market on the Lawn:

As of Tuesday, May 13, 2025, Connections raised slightly over \$2,700.00 at the Market on the Lawn fundraiser on Saturday, May 3, 2025! We had steady food traffic that day. Thank you very much to all of the volunteers, to all of the vendors, to all of the people who attended the Market on the Lawn, and a special, "Thank You," to Jason, whose hard work and organizational skills also helped to make the Market on the Lawn a big success!



www.PageBorders.net

### Ten Brilliant Facts about Blueberries You Should Know: (From: www.thefactsite.com):

Blueberries are made into delicious dishes such as blueberry muffins and blueberry pies. They also appear on pancakes as well. Here are ten facts about blueberries that you may not know as follows:

1. Blueberries have a variety of health benefits. They are rich in nutrients. They also contain high levels of antioxidants and they can also aid in the reduction of muscle damage after high levels of exercises. Blueberries can help reduce DNA damage, which helps in fighting cancer. They also help with brain function and they improve your memory.

2. Blueberries get their distinct blue color from a waxy coating. A study in 2024 showed that blueberries have an interesting outing coating that consists of tiny molecular structures which distribute the blue color of blueberries and UV light. Scientists took some of that wax and they crystallized it on a card to reproduce the blue color. Humans only see the blue color, while birds can see both the blue color and the UV light from blueberries.

3. The People's Republic of China are the largest producer of blueberries in the world. The People's Republic of China is the second-most populous country with a population over 1.4 billion people. They produce an annual output of blueberries of about 477, 080 tons. After China, the United States and Peru are the next largest producers of blueberries.

4. There are around 150 types of blueberries. Some examples of the types of blueberries include rabbiteye and hairy blueberries. The most common types of blueberries include highbush, lowbush, mid-high, and rabbiteye. The highbush blueberries are large, while lowbush blueberries are both sweet and small in size. Mid-high blueberries are a hybrid of both highbush and lowbush blueberries. Rabbiteye blueberries start out pink in color and they turn blue as they ripen.

5. Blueberries were first cultivated in the 1900s. In the 1890s, a woman named Elizabeth White from the state of New Jersey saw something special in blueberries and she had the idea to cultivate them. Eighteen years later, she teamed up with botanist Frederick Coville to develop them in a major cultivation and they sold the first commercial crops of blueberries in 1916. In recent years, the United States has produced over 300,000 tons of blueberries per year.

6. Blueberries need sunshine to grow. In order to grow blueberries, all you need is a blueberry plant, a cool and bright summer, and acidic soil. However, the quality of blueberries suffer when they are planted in a shady area.

7. In the United States, there is a Wild Blueberry Heritage Center. It is located in Columbia Falls, Maine. A woman and blueberry grower named Marie Emerson established the center in 2016. The three goals of the center are to help keep up the largest wild blueberry region in the United States, to support the local food economy, and to create learning opportunities for both local people and visitors. The Wild Blueberry Heritage Center is based in a blue dome, making it look like half of a giant blueberry!

8. Blueberries have a whole month of their own. National Blueberry Month is always celebrated each July. In 1974, both the United States Senate and the United States House of Representatives passed a resolution to make July the official month to celebrate blueberries. On July 8 yearly, National Blueberry Day is celebrated. When the resolution to make July the official month for blueberries passed, President Richard Nixon wanted Americans to observe Blueberry Month in July with blueberry-related ceremonies.

9. One blueberry bush can produce up to thousands of blueberries every year. When blueberries are planted in the right conditions, they can produce clusters of white flowers that eventually turn into blueberries. A single blueberry bush can grow up to 6,000 blueberries in a year!

10. The Native Americans considered blueberries to be a sacred fruit. Native American used blueberries for both medicinal purposes and as a symbol of renewal and protection. They also considered blueberries as a key part of their spiritual lives. The Native Americans offered blueberries to spirits in order to bring prosperity and good fortune to their communities.

Whenever you snack on blueberries in the future, you will have a greater understanding and a greater appreciation of blueberries after reading these facts!



A Few Funny Jokes:	
(From:	www.skiptomylou.org):

-Why are pediatricians always so grumpy? Because they have little patients!

-What starts with an, "E," end with an, "E,", and has only one letter in it? An envelope!

-What creature is smarter than a talking parrot? A spelling bee!

-Apparently, you can't use, "beef stew," as a password. It's not stronganoff!

-Why is Peter Pan always flying? Because he, "Neverlands!"

-Where do sheep go to get their hair cut? The baa-baa shop!



### The Origins of Memorial Day: (From: www.va.gov):

On May 5, 1868, three years after the end of the American Civil War, the head of an organization made up of Union veterans known as GAR (The Grand Army of the Republic) set up a holiday called Decoration Day to decorate the graves of people who died fighting for their country with flowers. A man named Major General John A. Logan declared that Decoration Day should be observed on May 30. It is believed that this date was chosen because flowers would be in bloom throughout the United States. In the same year, a large scale observance was held at Arlington National Cemetery across the Potomac River from Washington, DC. The ceremonies emphasized the mourning-draped veranda of the Arlington mansion where General Robert Lee and his family. Various officials from Washington, DC including General Ulysses S. Grant and his wife, presided over the ceremonies. After the speeches, children representing the Soldiers' and Sailors' Orphan Home and members of GAR walked through the cemetery and put flowers on the graves of both Union and Confederate soldiers, reciting prayers and singing hymns. Various places had held local springtime tributes to the Civil War dead. The first place to hold tributes for the Civil War dead was Columbus, Mississippi on April 25, 1866. A group of women had visited a cemetery to decorate the graves of Confederate soldiers who had died fighting in the battle of Shiloh. The women also saw the graves of Union soldiers that were neglected due to the fact that Southern people regarded the Union soldiers as enemies. They put flowers on the overlooked Union graves as well. Today, various cities in both the North and South claim to be the birthplace of Memorial Day. Cities such as Macon, Georgia, Columbus, Georgia, and Richmond, Virginia claim to be the birthplace of Memorial Day. The village of Boalsburg, Pennsylvania claimed that they started Decoration Day in 1864. A stone in Carbondale, Illinois in a cemetery claimed that the first Decoration Day occurred on April 29, 1866 there. Carbondale was also the wartime home of Major General John A. Logan as well. 25 places have been mentioned in connection in to the origin of Memorial Day. Many of the places mentioned were in the South where most of the men who died in the Civil War were buried. In 1966, both Congress and President Lyndon Baines Johnson named Waterloo, New York as the birthplace of Memorial Day. A ceremony there on May 5, 1866 honored the former veterans who fought in the Civil War. Businesses in Waterloo closed and residents flew their flag at half-mast. Earlier observances in other places were either informal and they were not community-wide or one-time events. By the end of the 19th century, various places throughout the United States celebrated Memorial Day on May 30. State legislatures passed proclamations designating May 30 as Memorial Day. After World War I, Memorial Day was expanded to honor all of the people who died in American wars. In 1971, Congress declared Memorial Day a national holiday. Congress also placed the celebration of Memorial Day on the last Monday of May. Many Southern states have their own days for honoring the Confederate dead. For instance, Mississippi celebrates Confederate Memorial Day on the last Monday in April. Alabama celebrates Confederate Memorial Day on the fourth Monday of April, while Georgia celebrates it on the 26th of April. North Carolina and South Carolina observe the holiday on May 10, while Louisiana

observes it on June 3rd. Texas observes Confederate Heroes Day on January 19th and Virginia observes Confederate Memorial Day on the last Monday in May. General Logan ordered his post to decorate graves in 1868, "with the choicest flowers of springtime." He also stated, "We should guard their graves with sacred vigilance...Let pleasant paths invite the coming and going of reverent visitors and fond mourners. Let no neglect, no ravages of time, testify to the present or to the coming generations that we have forgotten as a people the cost of a fee and undivided republic." The crowd that attended the first Memorial Day ceremony at Arlington Cemetery was approximately 5,000 people, the same size as the attendance of the ceremony now. Then and now, people placed small American flags on each grave, a custom that is followed by many national cemeteries now. Recently, many families put small American flags on the graves of all departed people. The origins of special services for honor people who died in war dates back to antiquity. The Athenian leader, Pericles, offered a tribute to all of the fallen heroes of the Peloponnesian War over 24 centuries ago. To ensure that the sacrifice of all fallen American heroes is never forgotten, in December, 2000 the United States Congress passed, "The National Moment of Remembrance Act," P.L. 106-579, which was also signed into law by the President. This law led to the creation of the White House Commission on the National Moment of Remembrance. The commission charter states that it is to, "encourage the people of the United States to give something back to their country, which provides them so much freedom and opportunity," by encouraging and coordinating commemorations in the United States of Memorial Day and the National Monument of Remembrance. The National Monument of Remembrance encourages all American to pause what they are doing at 3:00 p.m. local time on Memorial Day for a minute of silence to remember and honor all of the people who died in the service of their nation. As Camellia La Spada, the founder of Moment of Remembrance states, "It's a way we can all help put the memorial back in Memorial Day."

LET MEMORIAL DAY BE A DAY TO COUNT OUR BLESSINGS AND REMEMBER THOSE WHO SERVE TO PROTECT OUR COUNTRY AND OUR FREEDOM

funmunch.cor

# Unusual Holidays for May, 2025: (From: https://www.timeanddate.com):

Thursday, May 1, 2025-Batman Day. Friday, May 2, 2025-No Pants Day/Space Day. Saturday, May 3, 2025-Astronomy Day/Herb Day/Free Comic Day. Sunday, May 4, 2025-Star Wars Day. Monday, May 5, 2025-Square Root Day. Tuesday, May 6, 2025-Beverage Day. Wednesday, May 7, 2025-National School Nurse Day. Friday, May 8, 2025-Europe Day/Lost Sock Memorial Day. Saturday, May 9, 2025-Clean Up Your Room Day. Sunday, May 11, 2025-Mother's Day/Twilight Zone Day/Eat What You Want Day. Monday, May 12, 2025-Limerick Day. Tuesday, May 13, 2025-Frog Jumping Day. Wednesday, May 14, 2025-Dance Like a Chicken Day. Thursday, May 15, 2025-Chocolate Chip Day. Friday, May 16, 2025-Pizza Party Day. Saturday, May 17, 2025-Pack Rat Day. Sunday, May 18, 2025-No Dirty Dishes Day. Monday, May 19 2025-May Rat Day. Tuesday, May 20, 2025-Be a Millionaire Day. Wednesday, May 21, 2025-Talk Like Yoda Day. Thursday, May 22, 2025-Buy a Musical Instrument Day. Saturday, May 24, 2025-Scavenger Hunt Day. Sunday, May 25, 2025-Sing Out Day/Towel Day. Monday, May 26, 2025-Memorial day/World Lindy Hop Day. Tuesday, May 27, 2025-Sun Screen Day. Wednesday, May 28, 2025-Hamburger Day. Thursday, May 29, 2025-Pillow a Pillow on Your Fridge Day. Friday, May 30, 2025-My Bucket's got a Hole Day. Saturday, May 31, 2025-Macaroon Day.

#### Clubhouse International Standards for Clubhouse Programs: (From: www.clubhouse-intl.org):

#### **FUNCTIONS OF THE HOUSE:**

26. The clubhouse is located in an area where access to local transportation can be assured, both in terms of getting to and from the program and accessing TE opportunities. The Clubhouse provides or arranges for effective alternatives whenever access to public transportation is limited.

27. Community support services are provided by members and staff of the Clubhouse. Community support activities are centered in the work-ordered unit structure of the Clubhouse. They include helping with entitlements, housing and advocacy, promoting healthy lifestyles, as well as assistance in accessing quality medical, psychological, pharmacological, and substance abuse services in the community.

28. The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.

29. The Clubhouse is committed to accessing a range of choices of safe, decent, and affordable housing, including independent living opportunities for all members. The Clubhouse has access to opportunities that meet these criteria, or if unavailable, the Clubhouse develops its own housing program. Clubhouse housing programs meet the following criteria.

- a. Members and staff manage the program together.
- b. Members who live there do so by choice.
- c. Members choose the location of their housing and roommates.

d. Policies and procedures are developed in a manner consistent with the rest of the Clubhouse culture.

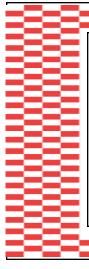
e. The level of support increases or decreases in response to the changing needs of the member.
f. Members and staff actively reach out to help members keep their housing, especially during periods of hospitalization.

30. On a regular basis, the Clubhouse conducts an objective evaluation of its effectiveness, including Clubhouse International Accreditation.

31. The Clubhouse Director, members, staff, and other appropriate persons participate in a comprehensive two– or three-week training program in the Clubhouse Model at a certified training base.

32. The Clubhouse has recreational and social programs during evening and weekends. Holidays are celebrated on the actual day they are observed.

If you need help in stopping smoking, you can contact the QuitlineNC Program (Website address: https://quitlinenc.dhp.ncdhhs.gov). QuitlineNC helps smokers by providing free smoking cessation services to smokers from commercial tobacco use. The QuitlineNC website defines commercial tobacco use as any tobacco products offered for sale, excluding sacred and traditional ceremonies held by many American Indian tribes and communities. You can go to the website address as listed above to enroll online or text, "Ready," to 34191. You can also call 1-800-QUIT-NOW (1-800-784-8669). To help teenagers with vaping, you can text, VAPERFREENC," 877373. Support from QuitlineNC is available 24 hours a day, 7 days a week. The service is free and it is nonjudgmental.



PARTNERS CRISIS LINE: If you are experiencing a non-medical mental health emergency, you can call the Partners Crisis Line at 1-833-353-2093. They are available 7 days a week, 24 hours a day. If you are experiencing a medical emergency, please call 911 or go to your local emergency room. Also, Catawba Valley Healthcare has crisis support and mobile crisis response services available 24 hours, 7 days a week, The Catawba Valley Healthcare Crisis Support/ Mobile Crisis Response Line Number is (828) 695-2511.

Strive not to be a success, but rather to be of value.

-Albert Einstein-