

MAY 2016

DEARDOFF GAZETTE

DEARDOFF SENIOR CENTER * 605 S. RIVER STR. FRANKLIN, OH * 937-743-8100

*Website: www.deardoffseniorcenter.com



Dates to Remember

May 2nd Fellowship
Breakfast!

May 6th @ 5:30pm to 7pm
Mother's Day Painting
Class! (reservations
needed)

May 7th
Deardoff Community
Garage Sale!
8am to 5pm
(spaces still available)

May 13th
Metamora Bus Trip!

May 27th is the Carry-In
@ 11:30 am

May 30th
Center is Closed!

Please help me in Welcoming our new
Members to the Deardoff Center!

Volunteers are needed for the Garage sale May 7th. We need volunteers for the food stand and to help direct traffic. Call 937-743-8100 for details on how you can help!

Thank you ☺

Our Guest Speaker for the Carry-In for May is Exact-Care Pharmacy. If you are interested in having them organize your meds...please bring a medication list, RX bottles & Insurance cards.

Other news....

Franklin Chamber Dayton Dragons Group Outing, Tues., May 24, 7 p.m. Register by May 9. Enjoy an evening of fun with chamber members and friends, and of course, Dragons Baseball!

Downtown Franklin Farmers Market, Sat., June 4 through Sat. Sept. 24, 9 a.m. to 1 p.m., Franklin City Building. 20+ vendors will have all of your old favorites plus new ones! Co-sponsored by the Chamber and the City of Franklin.

Franklin Trivia, Mon., Apr. 25, 7 p.m. Sponsored by the Franklin Area Historical Society. Location Franklin Tavern. Enjoy an informal evening of fun with Franklin-area trivia. Play alone or with a team. Watch a panel of celebrities show off their knowledge! Doors open at 6 for those who want to order food/beverages. Questions? Call (937) 743-5832.

May Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born between May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Curious Geminis love to collect and share information. Witty and intellectual, they attract many friends, mentors, and colleagues. Famous May Birthdays...

Frankie Valli (singer) – May 3, 1934

Willie Mays (ballplayer) – May 6, 1931

Florence Nightingale (nurse) – May 12, 1820

Cher (singer and actress) – May 20, 1946

Bill Robinson (tap dancer) – May 25, 1878

Sally Ride (astronaut) – May 26, 1951

Rudy Giuliani (former mayor) – May 28, 1944

Clint Eastwood (actor) – May 31, 1930

Brooke Shields – May 31, 1965

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 sautéed 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 Groppe, 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.

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.

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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.

