

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

May 2023

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Time to Stop and Smell the Roses

Sometimes you'll see a honey bee tucked in the folds of rose petals or "resting" on a rose. Ah, the sweet smell of roses! The expression stop and smell the roses came into use in the 1960s and is a rephrasing of a sentiment found in an autobiography written by the golfer Walter Hagen: "Don't hurry. Don't worry. And be sure to smell the flowers along the way." This passage was soon paraphrased as stop and smell the roses.

Mac Davis sang a song by the same title in 1974 with these important admonitions:

Hey Mister
Where you going in such a hurry
Don't you think it's time you realized?
There's a whole lot more to life than work and worry
The sweetest things in life are free
And there right before your eyes

You got to stop and smell the roses
You've got to count your many blessings everyday
You're gonna find your way to heaven is a rough and rocky road
If you don't stop and smell the roses along the way.

Stopping to smell the roses is an act of appreciation and recognizing the source of the goodness in our lives. It means taking time to recognize the daily moments that bring us joy and really seeing what causes that emotion. The difference in well-being, happiness, sense of elevation, and level of connectedness to other people, can be significantly higher for those who spend time noticing and savoring these moments of joy. Stop and smell the roses today!

May 2023

- 2 Food Distribution & LCC Computer Lab 9-1
- 4 **Closed**
- 9 Food Distribution & Senior CSFP & LCC Computer Lab 9-1
- 11 Food Distribution & LCC Computer Lab 9-1
- 16 Food Distribution & LCC Computer Lab 9-1
- 18 Food Distribution & LCC Computer Lab 9-1
- 23 Food Distribution & LCC Computer Lab 9-1
- 25 Food Distribution & LCC Computer Lab 9-1
- 30 Food Distribution & LCC Computer Lab 9-1



Prosperity Thought for the Month

I attract abundance and wealth
with my every breath.

♦ HAPPY ♦

Mother's Day



Peel garlic the fuss-free way

Remove all cloves from the bulb, then whack each clove with the side of a chef's knife. The skin will fall right off.

Peel citrus fruits without the mess

There's only one downside to eating an orange: the tedious task of peeling it. To avoid the mess and frustration, roll citrus fruits and/or microwave them for a minute for easy peeling. (Just be careful to not burn yourself!)

Peel potatoes without a peeler

Time to ditch the peeler again! Peel a potato in a snap by boiling it for a few minutes, then giving it an ice bath — a method known as blanching. The skin will separate from the potatoey center so you can pick it right off.

Reheat pasta in the microwave the right way

Reheating a giant blob of sauced spaghetti can get tricky — somehow it always ends up sizzling around the perimeter, ice cold in the middle. For even warming, shape leftover pasta into a donut (with a hole in the middle) on a plate.

Peel boiled eggs in a big batch

Time to put all your eggs in one basket — or, uh, one pot or other crockery. Peel multiple hard-boiled eggs at a time by shaking them in any lidded container. Smash, bang, boom! Shells are cracked and ready to shake right off. The eggs won't be pretty, but they will be ready for an egg salad much quicker than traditional methods.

Keep knives sharp

To keep knives from dulling, store them upside down in a countertop knife block (blades facing upward). Another way to preserve sharpness: After chopping, transfer food to a pan or bowl using the back of a knife, rather than drawing the blade across the cutting board. And remember kids, a sharper knife is a safer knife.

Memorial Day Food & Desserts

The Pioneer Woman has a [list of 75 best Memorial Day Recipes](#) for your backyard cookout. The most popular classic cookout sides are coleslaw, potato salad and pasta salad. Taste of Home has a list of [60 gorgeous Memorial Day Desserts](#).

Now that the summer fruits are starting to make an appearance, fresh fruit pies, tarts and cobblers are a favorite dessert for Memorial Day. Or even a plain fruit salad is a hit with adults and kids alike. Here is a recipe for ambrosia salad. Ingredients: can of Mandarin Oranges, drained; can of pineapple chunks (also called pineapple tidbits) drained; jar of maraschino cherries, drained; small container of vanilla Greek yogurt; shredded coconut; mini marshmallows; and

small container of cool whip.

Next drain the fruit and place in mixing bowl. Mix in yogurt, coconut flakes, and marshmallows. Then fold in cool whip coating all ingredients. Stir well before serving. Enjoy!



Memorial Day

Memorial Day, originally called Decoration Day, began during the American Civil War when citizens placed flowers on the graves of those who had been killed in battle. After World War I, it came to be observed in honor of those who had died in all U.S. wars, and its name changed to Memorial Day. It became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. This year Memorial Day will be celebrated on Monday May 29th.

Unofficially, Memorial Day marks the beginning of the summer season. A time when families traditionally fire up the grills and have cookouts and picnics. So how might you may Memorial Day more meaningful for your family? Here are a few ideas:

- Donate flowers for soldiers' graves. There is a National Cemetery in New Bern.
- Take a tour of a National Park.
- Help build a home for a veteran.
- Shop at a veteran-owned business.
- Learn how to play or sing a patriotic song. [Click here](#) for 30 Memorial Day Songs.
- Watch the Memorial Day concert (hosted by PBS).
- Take a virtual tour of the White House.

[Click here](#) to view.

- Listen to veteran's stories. [Click here](#) for Storycorpos oral history.
- Read veterans' stories. [Click here](#) for a list of Veterans' Day books.
- Craft your own Memorial Day poppy. [Click here](#) for a tutorial.
- Donate to related causes.
- Write letters to soldiers and their families. [Click here](#) to find out how.
- Put together care packages for soldiers. [Click here](#) for Operation Gratitude.
- Create patriotic chalk art. Gather the kids in your neighborhood and create a patriotic-inspired mural or just write out a simple thank you to local veterans, using sidewalk chalk.
- Attend a Memorial Day parade. Or create your own in the neighborhood.
- Watch a patriotic movie. [Click here](#) for a list of 38 Memorial Day movies.
- DIY red, white, and blue décor. [Click here](#) for ideas.
- Post a heartfelt tribute on social media. [Click here if](#) you need ideas.
- Deliver a dessert to a local military family or family of a fallen soldier. Most will be making a dessert for the family on this day, so why not make two and share. [Click here](#) for a list of 40 Memorial Day desserts.
- And lastly, browse the National Archives for a wealth of material documenting Memorial Day and honoring those who have served in all branches of the US military. [Click here](#) to access.





Nutrition · Education · Connection

Mission: To assist with filling the unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

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JONES COUNTY SENIOR SERVICES HEALTH FAIR

Senior Health Fair

Get a free health check-up: Blood Pressure Checks, Cholesterol Checks, Nutrition Assessments, & much more.



Thursday
May 25, 2023
9:00 AM-1:00 PM
COME OUT
& JOIN US



Jones County Civic
Center 832 NC Hwy
58 Trenton, NC
28585

For More Information
Contact

Teffiney Maready at
252-448-1001

Hope to see you there

Summer Reading Program

The 2023 Summer Reading theme is "All Together Now." All ages are invited to participate. Check with the nearest branch of the Neuse Regional Library for the schedule of events and do participate!

