



May every sunrise hold promise and every sunset hold peace.

#### May Reminders:

Friday, May 5<sup>th</sup>, Cinco de Mayo – Mexican American holiday that celebrates Mexico's defeat of the French Army.

Sunday, May 14<sup>th</sup>, is a special day for mothers. A mother's love for her child is like nothing else in the world. It knows no law, no pity. It dares all things and crushes down remorselessly all that stands in its path. Happy Mother's Day!

Monday, May 29<sup>th</sup>, CSI is closed for Memorial Day. It is a day to remember and honor all the brave heroes who served to hold our flag high. Happy Memorial Day!

If you need assistance with transportation, rent, utilities, and/or if you have questions regarding any of our services, please reach out to us @ (903)872-2401. Also, please let us know when you will not be home as a courtesy to the drivers.



Monday	Tuesday	Wednesday	Thursday	Friday
5/1/2023	5/2/2023	5/3/2023	5/4/2023	5/5/2023
Dijon Beef Meatballs Whole Kernel Corn Brussels Sprouts Dinner Roll Fresh Fruit Milk	Pizza Casserole Broccoli Diced Beets Texas Bread Chocolate Chip Cookie Beverage Mix	Spinach Chicken Whipped Potatoes Spring Vegetables Wheat Bread Oatmeal Cream Cookie Milk	Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup	Spaghetti Torte Green Beans Glazed Carrots Multigrain Bread Nutty Buddy Bar Milk
5/8/2023	5/9/2023	5/10/2023	5/11/2023	5/12/2023
Mozzarella Chicken Parslied Penne Pasta Spinach Multigrain Bread Animal Crackers Milk	Beef Taco Charro Beans Mexican Corn Flour Tortilla Creamsicle Pudding Milk Taco Sauce	Turkey Pasta Bolognese Green Peas Diced Beets Texas Bread Fresh Banana Milk	Chicken Salad Pasta Salad Tomato Spoon Relish Club Crackers Fudge Cream Cookie Milk	<b>Mother's Day</b> Salisbury Beef with Brown Gravy Garlic Whipped Potatoes Catalina Vegetables Dinner Roll Strawberry Cake Milk
5/15/2023	5/16/2023	5/17/2023	5/18/2023	5/19/2023
Meatloaf with Tomato Gravy Whipped Potatoes Catalina Vegetables Texas Bread Fresh Fruit Milk	Turkey Brunswick Stew Parslied Rice Spinach Multigrain Bread Chocolate Graham Crackers Milk	Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup	Turkey Chili with Beans Corn Casserole Mixed Greens Texas Bread Fresh Fruit Beverage Mix	Swiss Steak Delmonico Potatoes California Vegetables Wheat Bread Oatmeal Cream Cookie Milk
5/22/2023	5/23/2023	5/24/2023	5/25/2023	5/26/2023
Potato Crusted Pollock Parslied Rice Mixed Vegetables Wheat Bread Fresh Fruit Milk	Beef Tamale Casserole Hominy Green Beans Texas Bread Fresh Banana Beverage Mix	Oven Fried Chicken Black-Eyed Peas Country Tomatoes Multigrain Bread Fruited Cherry Gelatin Milk	Sloppy Joe Oven Roasted Potatoes Medley Cabbage Hamburger Bun Fudge Cream Cookie Milk	<b>Memorial Day</b> Beef Hot Dog Tater Gems Broccoli Hot Dog Bun Chocolate Chip Cookie Milk Mustard
5/29/2023	5/30/2023	5/31/2023		
<b>Closed for Holiday</b>	Turkey Macaroni and Cheese Broccoli Squash Medley Multigrain Bread Sugar Cookie Milk	Glazed Ham Lima Beans Okra and Tomatoes Cornbread Nutty Buddy Bar Milk Margarine		

*Sarah Hutsler, RD, LD*

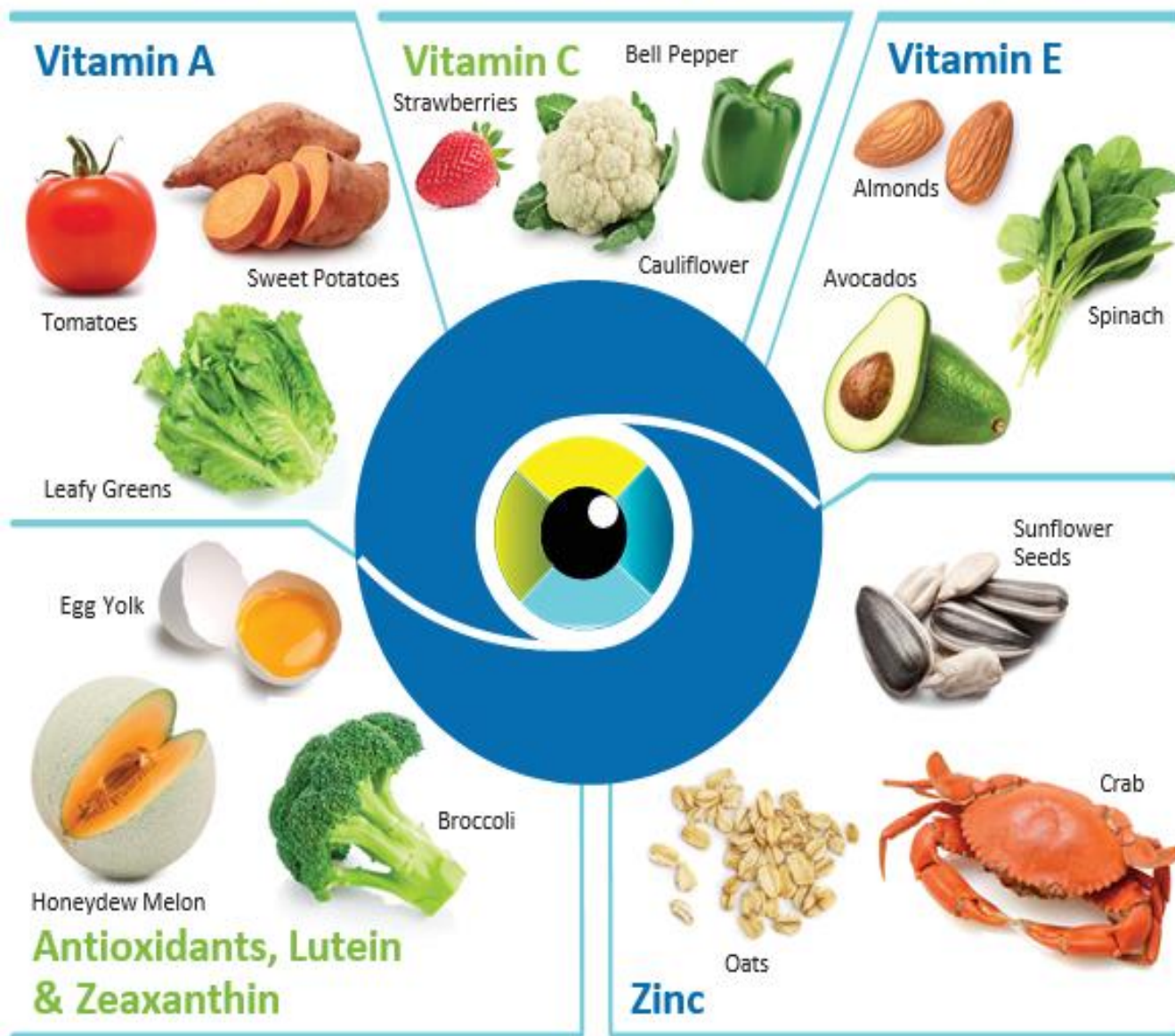
Sarah Hutsler, RD, LD #DT81463  
Expires 11/30/2023  
Approval Date 1/23/23



**HEALTHY  
VISION  
MONTH**

# SEE THE WORLD WITH A NEW FOCUS

Healthy eyes start with good nutrition. Eat more of these foods to get the nutrients you need for eye health.



Source: [www.eyetrust.org](http://www.eyetrust.org), [www.aoa.org](http://www.aoa.org), [www.foodandnutrition.org](http://www.foodandnutrition.org)

ELIOT NORTH AMERICA

# MOTHER'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

A	M	K	I	S	S	O	T	M	O	D	S	I	W
H	E	G	N	I	R	P	S	F	F	O	R	S	A
M	E	M	O	R	I	E	S	R	M	E	L	S	A
R	E	G	C	A	R	D	M	E	M	L	A	D	E
S	S	R	E	W	O	L	F	O	A	O	F	F	T
E	D	A	N	D	E	I	H	C	M	A	R	E	D
R	E	N	N	E	W	S	S	A	M	A	N	R	A
E	D	D	E	C	C	H	I	I	L	R	Y	O	U
M	D	M	I	I	R	H	L	E	M	E	N	D	G
E	S	O	L	R	R	Y	E	O	E	T	T	A	H
M	E	T	P	S	P	F	T	R	O	S	F	U	T
B	N	H	D	L	Y	H	I	N	I	I	I	T	E
E	H	E	E	M	E	R	D	T	N	S	G	Z	R
R	L	R	L	R	Z	G	T	L	R	D	H	T	Z

By Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

Adore	Friends	Mother
Call	Gift	Offspring
Card	Grandmother	Pride
Cherish	Home	Remember
Daughter	Kiss	Sister
Family	May	Wife
Flowers	Memories	Wisdom

# May 05: Cinco de Mayo



Charge of the Mexican Cavalry at the Battle of Puebla

On May 5, 1862, La Batalla de Puebla was fought. When the battle was over, the untrained Mexican forces (made up of commoners) had won victory over the all-powerful French army. Although this victory did not win the war, it did show the courage and strength of the Mexican troupes.

## Background

Mexico had gained its independence from Spain in 1810, but there were internal power struggles that left Mexico shaky. Then in 1846, under the dictatorship of Santa Anna, Mexico went to war with the United States. Mexico was fending off US claims and its desire to acquire California. Then Mexico lost a huge portion of land with the annexation of Texas to the US in December 1845. According to TheHistoryChannel.com, Mexico never recognized Texas's independence. As Congress debated the issue, Mexico made it clear that the loss of Texas would be sufficient cause for war. The Mexican-American War left Mexico in a state of national crisis. The years of fighting left them devastated and bankrupt.

Benito Juarez, a Zapotec Indian leader became the Minister of Justice in 1855. He proposed two very controversial laws. One, that the church and military courts could no longer try civilian cases and the second legalized the sale and distribution of church lands. This caused civil unrest. In 1861, Juarez took control of the capital and put his laws into effect causing a civil war that created a national debt.

On July 17, 1861, President Benito Juarez issued a statement that all foreign debt payments would cease for two years after which time the payments would resume. The English, Spanish, and French did not agree to this and decided to invade Mexico and extract their payments any



way they could. Eventually, the Spanish and English withdrew, but the French refused to leave. They planned to create an Empire in Mexico under Napoleon III. In 1862, the French army moved in.

Shortly before the battle on May 5th, Benito Juarez announced to his people:

The government of the republic will fulfill its duty to defend its independence, to repel foreign aggression, and accept the struggle to which it has been provoked, counting on the unanimous spirit of the Mexicans and on the fact that sooner or later the cause of rights and justice will triumph.

At the same time General Lorencz stated to the French government:

We are so superior to the Mexicans in race, in organization, in discipline, in morality, and in refinement of sensibilities, that as of this moment, at the head of our 6,000 valiant soldiers, I am the master of Mexico.

On May 5th the outnumbered, untrained, and ill-equipped Mexican people defeated the formidable French army. The success was unimaginable and was won with the determination and spirit of the Mexican people. However, victory was short lived and within a year France had successfully conquered Puebla and the rest of Mexico. They ruled there until 1867, then Juarez was restored to power where he ruled until his death in 1872.

## **Celebrations Today**

Cinco de Mayo celebrates the courage of the Mexican people during this battle. It's often confused with the Mexican Independence Day, which occurred September 16, 1810, about 50 years earlier. The United States celebrates Cinco de Mayo on a much larger scale than Mexico with fiestas, parades, mariachi music, and pinatas.



Dancers at the annual Cinco de Mayo Festival in Washington, D.C

# May, 2nd Sunday: Mother's Day



Mother's Day occurs on the second Sunday in May.

Moms have always been celebrated. In ancient Greece, Rhea, the Mother of all Gods, was honored in springtime festivities.

It wasn't until 1872 that Mother's Day in the United States was suggested by Julia Ward Howe as a day of peace. In 1907, Anna Jarvis began campaigning to establish a national Mother's Day. She started by convincing her mother's church in Grafton, West Virginia, to honor the memory of her mother on the anniversary of her mother's death (the second Sunday in May). The following year, Philadelphia also celebrated Mother's Day. By 1911 Mother's Day was celebrated in almost every state in the US. Finally in 1914, President Woodrow Wilson made Mother's Day an official national holiday to be celebrated on the second Sunday in May.

International Mother's Day is May 14.

## **Mother's Day Traditions:**

- If your mother is living, wear a red carnation.
- If your mother has passed away, wear a white carnation.
- Breakfast in Bed or Mother's Day Brunch.
- Taking Mom to dinner.
- Giving or sending Mom flowers and a card.

Two worn little shoes with a hole in the toe  
And why have I saved them? well, all mothers know.  
There's nothing so sweet as a baby's worn shoe  
and the patter of little footsteps following you.  
The feet they once held have grown slender and strong;  
Tonight they'll be tired after dancing so long.  
I guided her feet when she wore such as these,  
Dear God, may I ask, won't you guide them now, please?

# May, Last Monday: Memorial Day



Memorial Day is a secular holiday that was created to honor and pay respect to fallen soldiers. Flags are flown at half-staff until noon. People visit cemeteries and memorials. Volunteers place a small American flag on each grave in national cemeteries.

It was first known as Decoration Day. Both the North and South had been putting flowers on the graves of loved ones who perished in the American Civil War. The casualties of this war were high, 498,332 lives. On May 5, 1868 General John Logan, Commander-in-Chief of Grand Army of the Republic issued General Order No. 11, which officially proclaimed Decoration Day. It was first observed on May 30, 1868. However, the South decided to honor their dead on a different day up until World War I. In 1882, the name was changed to Memorial Day and in 1971 the day was declared an official national holiday.

Memorial Day falls on the last Monday in May. Many people take advantage of this three-day weekend and travel to beaches, lakes, or up to the mountains with their families. Parades, barbecues, and picnics are traditional as well. This is considered the unofficial start of summer.

## **National Moment of Remembrance**

In May of 1996, a group of children touring the nation's capital were asked by the Commission's Director what Memorial Day means. They responded, "That's the day the pool opens." In response, the following year, the President and Members of Congress created a National Moment of Remembrance to "put the 'memorial' back in Memorial Day." On Memorial Day "Taps" was played at 3 p.m. (local time) in many locations throughout the United States. People are asked to pause in an act of national unity for a duration of one minute.



## Eggs and Tomatoes



### Ingredients

- 2 large eggs, beaten
- 2 tomatoes, coarsely chopped
- 1 ½ teaspoons sugar
- salt to taste
- 1 dash soy sauce

**Prep Time:**

5 mins

**Cook Time:**

10 mins

**Total Time:**

15 mins

**Servings:**

2

**Yield:**

2 servings

## Directions

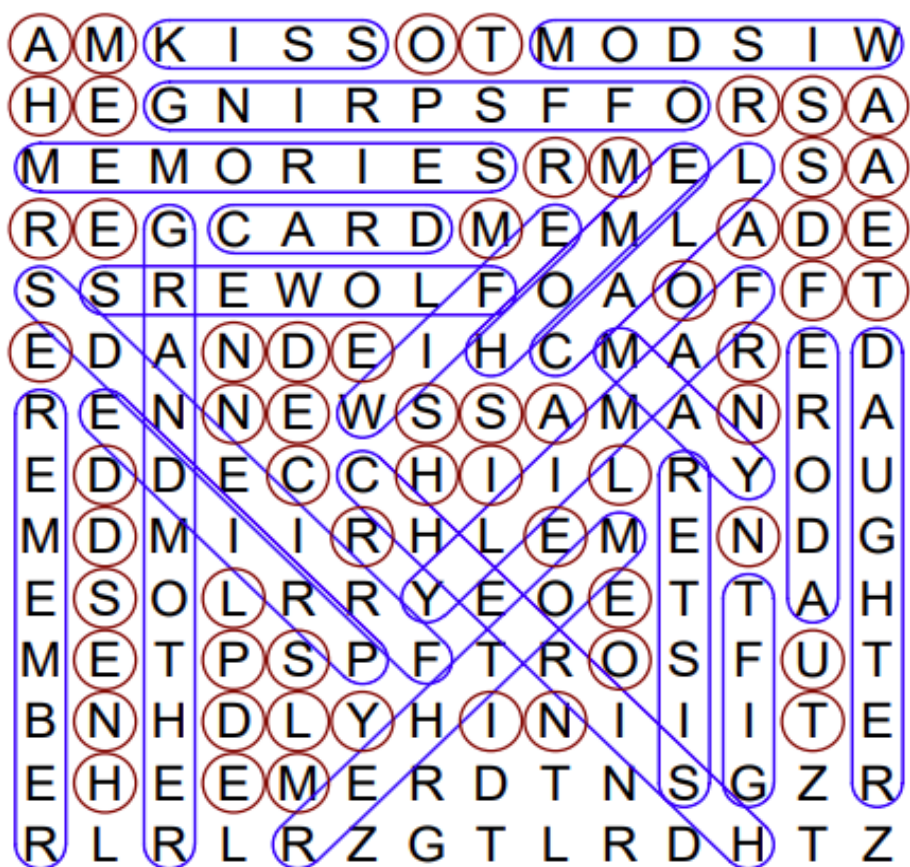
**Step 1**

In a skillet over medium heat, scramble eggs until almost done. Remove to a plate.

**Step 2**

Return skillet to medium heat, and stir in tomatoes. Cook 2 to 3 minutes. Stir in sugar, salt, and soy. Return eggs to skillet; cook, stirring, about 1 minute more.

Victor Hugo



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*Jimmy and Evelyn Johnson*