

## Behind the Fence



April 2020  
Employee of the month



Congratulations to Eric Watt, COI for being Employee of the Month, April of 2020!

On January 18, 2020, while doing area searches, he found several items of contraband in a Housing Unit. This included a tattoo gun, extra motor and accessories inside a shower wall cap. COI Watt began his career with Tipton Correctional Center in March 2019. He is doing his part to keep the staff and offender population safe.





WITH SPRING COMES....

## EASTER



### April 2020 Newsletter

**Easter** is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ. In the New Testament of the Bible, the event is said to have occurred three days after Jesus was crucified by the Romans and died in roughly 30 A.D. The holiday concludes the "Passion of Christ," a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday (the celebration of Jesus' Last Supper with his 12 Apostles, also known as "Maundy Thursday"), Good Friday (on which Jesus' crucifixion is observed) and Easter Sunday. Although a holiday of high religious significance in the Christian faith, many traditions associated with Easter date back to pre-Christian, pagan times.

Easter 2020 occurred on Sunday, April 12. However, Easter falls on a different date each year.

Easter Sunday and related celebrations, such as Ash Wednesday and Palm Sunday, are considered "moveable feasts," although, in western Christianity, which follows the Gregorian calendar, Easter always falls on a Sunday between March 22nd and April 25th. Easter typically falls on the first Sunday after the first full moon occurring on or after the spring equinox.

In Eastern Orthodox Christianity, which adheres to the Julian calendar, Easter falls on a Sunday between April 4th and May 8th each year.

### How Is The Date of Easter Determined?

Would you believe that the date of Easter is related to the full Moon? Specifically, Easter is celebrated on the first Sunday following the full Moon that occurs on or just after the spring equinox. Yes, it's a bit confusing at first read!

Let's break it down: In 2020, the spring equinox happened on Thursday, March 19. The first full Moon to occur after that date rises the night of Tuesday, April 7. Therefore, Easter will be observed on the subsequent Sunday, which is Sunday, April 12.

In Christian calendars, the first full Moon of spring is called the "Paschal Full Moon" (which we'll explain further below). So, to put it another way: Easter is observed on the Sunday after the Paschal Full Moon.

What Happens When the Full Moon and Spring Equinox Occur on the Same Day? Generally, if the full Moon occurs on the same day as the spring equinox, Easter is observed on the subsequent Sunday. However, there is a caveat:

Long ago, the Christian Church decided to simplify the process of calculating Easter's date by always observing the spring equinox on March 21, despite the fact that the equinox date changes over time and is actually getting earlier.

This discrepancy between the *astronomical* equinox date and the Church's *observed* equinox date can sometimes cause confusion, as it did in 2019, when the full Moon and the astronomical equinox occurred on the same day—Wednesday, March 20.

According to the formula above, this should have meant that Easter would be observed on Sunday, March 24. However, because the Church observes the equinox on March 21, the full Moon technically did not occur "on or just after" the equinox, meaning that the next full Moon would determine Easter's date instead. Thus, in 2019, Easter was held on Sunday, April 21, after the full Moon on Friday, April 19.

### What Is the Paschal Full Moon?

The word "Paschal," which is used in the ecclesiastical (Christian church) calendar, comes from "*Pascha*," a transliteration of the Aramaic word meaning "Passover."

In reference to the full Moon, Paschal refers to the date of the full Moon determined many years ago as the 14th day of a lunar month. Ancient calculations (made in A.D. 325) did not take into account certain lunar motions.

So, the Paschal Full Moon is the 14th day of a lunar month occurring on or after March 21 according to a fixed set of ecclesiastical calendar rules, which does not always match the date of the astronomical full Moon nearest the astronomical spring equinox.

It sounds complicated, but the basic idea is to make it simpler to calculate the date for modern calendars. Rest assured, the dates for Easter are calculated long in advance.



## 80's/90's Music Trivia: Brought to you by Safety Manager, Mark Stafford

Besides Frank Zappa and Dee Snider, who testified at the Senate Hearings against the PMRC and what year was it?

Who sang with Michael Jackson on the song "Say, Say, Say?"

Which 80's band's members were named Simon, Nick, John, Andy and Roger?

What was the first album AC/DC released after the death of lead singer Bon Scott?

Who formed the 1989 group Damn Yankees? Bonus Question, what other groups did they perform with?

What was Queen's biggest selling chart topper of 1980?

What town did the group Lipps Inc. sing about in 1980?

What Pink Floyd's classic deals with boarding schools?

From what song is this line from "You know I feel so dirty when they start talking cute?"

Ric Ocasek was the lead singer for what group?

What rap group was totally crossed out?

Who wanted you to "Hold my hand?"

What singer hit #1 with a midget in his band, who passed away towards the end of 2000?

Who made the Insane Clown Posse famous?

Who were the original members of N.W.A.?



*Turn in your answers to Mark Stafford*

In case you haven't heard (you know, because of all the stress in your life) — April is **National Stress Awareness Month**. Despite what many believe, feeling stressed isn't inevitable. While we don't have the power to prevent stressful situations from occurring, we can control our reactions to them

The practice of Mindfulness has been shown to decrease levels of the stress hormone Cortisol. Mindfulness helps you learn to calm your mind and body by only focusing on things happening in the present moment. Mindfulness is not a time to "zone out," but is rather a time to purposefully pay attention and be aware of your surroundings, thoughts and emotions. When you are mindful, you do just one thing and you pay close attention to that one thing.

Another important part of Mindfulness is to not judge the present moment. Judgments may lead you to dwell on bad situations, feelings or thoughts. For example, you might notice that a thought about work comes to your mind. Rather than worry about the thought, simply note the thought ("work") and feeling ("worry") without dwelling on them. Then turn your attention back to the present moment.

While at work, try to stop for a few minutes each hour and be mindful. Let yourself regroup and let your mind settle before you return to what you were doing.

Taking part of Mindfulness Based Stress Reduction has been linked to positive changes in the areas of the brain that affect how you pay attention, how you feel, and how you think.

## SPRING TIME!

April is the second month of Spring and a great month to begin preparing for your gardens.

Tip #1: We love the warmer months, but so do the bugs. A good idea is to incorporate plants that certain bugs do not like into your landscape. For instance, mosquitoes do not like Lemongrass. Lemongrass is attractive and functional part of your garden.

Tip #2: If you enjoy a vegetable garden, take your eggshells and grind them up in a blender. The powder is a great source of calcium.

Tip #3: Epsom Salt is a gardener's secret weapon. It is rich in magnesium and sulfate, which are crucial for plant life. Tomatoes and peppers benefit most because both tend to have magnesium deficiency. However, all plants will benefit from this inexpensive trick.

Happy Gardening!

## Other Fun April Facts

The word April comes from the Latin word "to open." It signals the time of spring when the flowers "Open" in bloom.

The Birth Stone of April is the Diamond.

The Flowers are the Daisy and the Sweet Pea.

April is the Month when the baseball season begins. (GO CARDS!)

The Zodiac Sign for April is Aries.

### April Dates In History

**April 2, 1792** - Congress established the first U.S. Mint at Philadelphia.

**April 3, 1860** - In the American West, the Pony Express service began as the first rider departed St. Joseph, Missouri. For \$5 an ounce, letters were delivered 2,000 miles to California within ten days. The famed Pony Express riders each rode from 75 to 100 miles before handing the letters off to the next rider. A total of 190 way stations were located about 15 miles apart. The service lasted less than two years, ending upon the completion of the overland telegraph.

**April 11, 1970** - Apollo 13 was launched from Cape Kennedy at 2:13 p.m. Fifty-six hours into the flight an oxygen tank exploded in the service module. Astronaut John L. Swigert saw a warning light that accompanied the bang and said, "Houston, we've had a problem here." Swigert, James A. Lovell and Fred W. Haise then transferred into the lunar module, using it as a "lifeboat" and began a perilous return trip to Earth, splashing down safely on April 17th.

**April 15, 1912** - In the icy waters off Newfoundland, the luxury liner *Titanic* with 2,224 persons on board sank at 2:27 a.m. after striking an iceberg just before midnight. Over 1,500 persons drowned while 700 were rescued by the liner *Carpathia* which arrived about two hours after *Titanic* went down.

**April 19, 1993** - At Waco, Texas, the compound of the Branch Davidian religious cult burned to the ground with 82 persons inside, including 17 children. The fire erupted after federal agents battered buildings in the compound with armored vehicles following a 51-day standoff.

**April 22, 1864** - "In God We Trust" was included on all newly minted U.S. coins by an Act of Congress.

**April 30, 1789** - George Washington became the first U.S. President as he was administered the oath of office on the balcony of Federal Hall at the corner of Wall and Broad Streets in New York City.

### Famous Birthdays:

April 2, 1939- Marvin Gaye, singer

April 3, 1961- Eddie Murphy, American actor, comedian

April 7, 1954- Jackie Chan, actor

April 10, 1952- Steven Seagal, actor

April 12, 1947- David Letterman, TV personality, comedian

April 13, 1743- Thomas Jefferson, 3rd U. S. President (1801-1809)

April 15, 1933- Roy Clark, singer, musician

April 23, 1940- Lee Majors, actor, "Six Million Dollar Man"

April 27, 1822- Ulysses S. Grant, 18th U.S. President, Civil War general (1869-1877)

April 29, 1951- Dale Earnhardt, auto racer

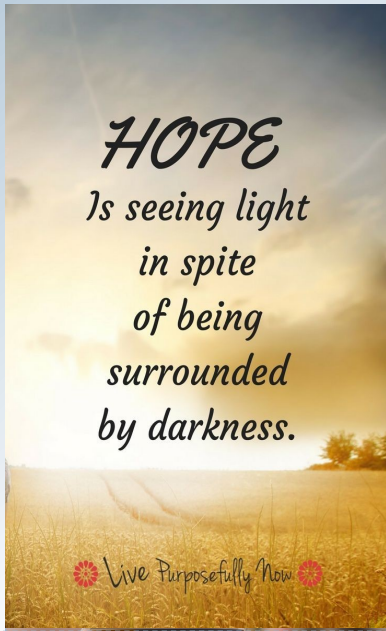
Reasons to Call SELF:

Family Matters

Stress

Relationships

Substance Use Call: 1 800 808 2261 or go online [www.guidanceresources.com](http://www.guidanceresources.com) Company Web ID: MCHP



## From TCC's Chief of Mental Health Services

Good afternoon TCC colleagues,

We all can use a dose of good news! Or, multiple doses, huh?!!!!

<http://www.msn.com/en-us/news/good-news?ocid=iehp>

[Click here if link doesn't work](#)

MSN has a good news tab. FOCUS on good news at least once a day to shift our focus away from the negative and remind us of the strength of the human spirit!

Humor and staying connected in creative ways keeps HOPE Alive and Thriving!

It is inspirational and heartwarming to see the outpour of generosity and love to our fellow man during this challenging time!

Stay Safe and Be Well!

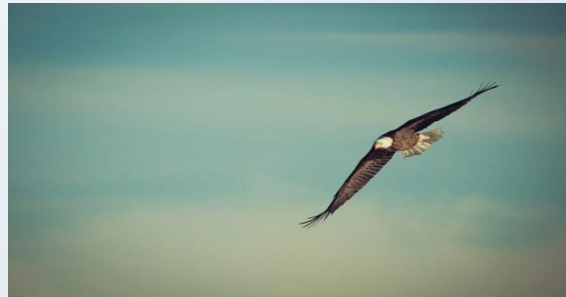
Sheila Rider, ICMHS



*"Everyday May Not Be Good But There Is Something Good In Every Day."*



When you're stressed,  
You eat ice cream,  
cake, chocolate  
and sweets.  
Why?  
because  
stressed  
spelled  
backwards is desserts.



Did you know that an eagle can foresee when a storm is approaching long before it breaks?

Instead of hiding, the eagle will fly to some high point and wait for the winds to come. When the storm hits, it sets its wings so that the wind can pick it up and lift it above the storm. While the storm rages below, the eagle soars above it.

The eagle does not escape or hide from the storm, instead it uses the storm to lift it higher. It rises on the stormy winds which others dread.

When the storm of life or challenges hit us, we can rise above them and soar like the eagle which ride the winds of the storm.

Don't be afraid of the storms or the challenges in your life. Use it to lift you higher in your life.

# Best Wishes

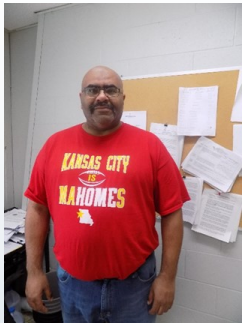
— On Your —

# Retirement



Corrections Case Manager, Bobby Kirkpatrick will have been with the DOC for 26 years. She started out as a COI at CMCC (Church Farm) in 1994 and transferred to ACC in 1996, then transferred to TCC when it opened. She was a COI for 13 years until she promoted to CCA and then eventually to Case Manager. She has also been a Core Training instructor since 1997, and served on the PACT team and Personnel Committee. After retirement she would like to become a school bus driver; she loves people and children and wants to continue to be a positive influence in other peoples lives.

"I have been here 26 years and I guess I should have wise words to say however, most of you know wisdom escapes me. But If I could say anything about my career here at TCC, it would be this: TCC Staff have walked with me through life (bringing Vickie home) and death (when Mike passed). You have helped me move twice and offered vehicles when I didn't have one. You have helped me through my surgeries, and carried my heavy bags for me. The truth is, I have spent 26 years of my life with you. Thank you for such a wonderful life!"



Corrections Case Manager, Larry Scott will have worked in the Department of Corrections for exactly 25 years and 1 month. He started out working at BCC as an Education Assistant II in 1995, and then was hired as a Case Manager at TCC in 1996. Larry states that he has made many friends here and will miss many co-workers. One of his favorite parts about working at TCC was during his time as the Puppies for Parole Coordinator. He also loved the days at TCC when staff chose where coloring books Restorative Justice had made were donated to. The books were donated to places such as the Ronald McDonald house, Children's Hospital of Columbia, and United Way. After Larry Retires, he plans to indulge as a Royals fan, and attend as many games as possible. He also plans on doing a lot of traveling.



Corrections Case Manager, Shirley Sumner retired the first of April after over 16 years in the DOC. She started out working at BCC as a COI, and then transferred to TCC in 2010 as a CCA. A few years later, she became a Corrections Case Manager. Shirley's favorite part about working at TCC was all the people she met and the lifetime friends that she made. Now that she has retired, she does a lot of work in her garden and flower bed as well as cooking. As soon as it is possible, she plans on doing a lot of traveling including visiting her grandson wherever he is stationed since he recently joined the Air Force.

## TCC SEARCH COINS



On March 17, 2020, Mailroom OSA, Pam Hodges was going through the mail, and came across two different envelopes that had unusual stamps attached (stiff and they wouldn't tear). Questioning them, she had Investigator, Steven Seehusen test them. The stamps came back positive for amphetamines.



On March 6, 2020 COI, Kacee Salzman received a search coin for a CERT search that took place in TCC's housing unit 17. While searching, he opened an electric plate cover located in the offender's rest room and observed a total of 26 dime-sized baggies of synthetic cannabis.

## From staff behind the fence

### **What is the first thing you plan on doing once the quarantine is over?**

"I plan on going to see my new Grand Daughter! And also going camping in our RV."

OSA, Kelly Argenbright

"I'm looking forward to taking my family out to eat and dining in!"

CSII, Michael Shewmaker

Something I plan on doing after the quarantine, is maybe going to a Chinese buffet or a steak house.

COI, Kacee Salzman

Two of my children have birthdays during the month of May, so after the quarantine is over, we will take each one out for their own birthday dinner.

CCM, Shawn Bax

I plan on taking my wife and son out to a nice restaurant to eat. I also plan on going to a Rage Against the Machine concert, they are supposed to be getting back together this year."

CSI, Reginald Hathaway

"Hopefully the quarantine is over before I go on vacation in June. My family is anxious for it to be over so we can do normal things. I plan on doing a lot of fishing when I go on vacation."

COII, James Thomas

We probably won't do anything different once the quarantine is over. We do everything we want to do at home such as fishing, taking care of our cattle, and home projects. However, when July comes, we will be celebrating the sesquicentennial anniversary of my home town Green Ridge.

COI, Doug Schouten

"The first thing I plan on doing is getting a hair cut!"

PO, Leslie Kelley

"I plan on going to visit my family in Ivy Bend, and introduce them to my fiancé."

COI, Troy Bishop



### Laughter...the best medicine

A deputy arrested a young man. The young man was verbally complaining to the officer about the injustice of him being arrested. He proclaimed his innocence over and over. The verbal barrage went on for about fifteen minutes as the deputy drove the young man to jail. Finally the young man asked the officer in a loud voice, "So tell me then, what do you do when you catch a real criminal?" The deputy shook his head and responded, "I don't know, all I've ever caught are innocent people."

A bank robber pulls out a gun, points it at the teller, and says, "Give me all the money or you're geography!" The puzzled teller replies, "Did you mean to say 'or you're history?" The robber says, "Don't change the subject!"

A thief was arrested for breaking into a Toys "R" Us store and stealing a board game... He got life.

An armed robber broke into a house and found a couple sitting at their dining room table. Pointing the gun, he said, "Let me know the names of my victims before I kill them." Wife: My name is Eunice. Robber: Oh. My mother's name is Eunice. I can't kill you (pointing the gun to the man) and you? Husband: I'm Joseph, but all my friends call me Eunice.



Missouri Department of  
**Corrections**



COI, Boyd Goad



COI, John McCutchen



COI, Wesley Thomas



AOSA, Kaitlynn Markway



### TCC COVID-19 Check Point



COI, Salzman and SGT Simms (left photo) screen staff who are entering the institution. SGT Mathis checks the temperature of COI Berger (right photo) during the screening process.





With blood supplies critically low, giving now can help, especially if you've already recovered from COVID-19



By Lisa L. Gill  
April 7, 2020

Wanting to do something to help out my community during the ongoing coronavirus pandemic, I decided it was time to roll up my sleeve—literally!—and look into donating blood near my home in Los Angeles.

The need now is clear: The nation's blood stores are at critical levels, according to the Food and Drug Administration. But that's not because there has been a surge in the need for blood: Treating COVID-19, the disease caused by the virus, typically doesn't require blood transfusions.

Instead, it's because blood donations have dropped sharply during the coronavirus pandemic. As of April 5, roughly 14,000 blood drives across the country had been canceled, resulting in at least 425,000 fewer blood donations, says Greta Gustafson, spokesperson for the American Red Cross, the nation's leading nonprofit disaster-relief organization that provides about 40 percent of the nation's blood supply.

That many cancellations is "unprecedented," says Jay Bhatt, M.D., at the Feinberg School of Medicine at Northwestern University in Chicago and the former chief medical officer for the American Hospital Association.

Part of that decline is because many places that typically hosted blood donations are now shut down. "Workplaces, college campuses, and schools are canceling their blood drives, as these locations temporarily close and more people are being told to work remotely and practice social distancing," Gustafson says.

That has made it harder for people who want to donate to find a place nearby. And even if they can find a place, they may be worried about giving blood now.

To be sure, I had a lot of questions. Am I putting myself or others at risk by donating? Are there special precautions to take now? Who should avoid donating, and who should really consider it now?

Here's what I learned, both as I was looking into concerns and during my first blood donation in more than 10 years.

## Will You Be Tested for Coronavirus Before You Donate?

No, says Gustafson at the American Red Cross. That's because the virus is not transmitted through blood, so there is no need to screen blood for it. "There are no data or evidence that coronavirus can be transmissible by blood transfusion, and there have been no reported cases worldwide of transmissions through blood for any respiratory virus, including coronavirus," says Bhatt at Northwestern.

(That's also one reason you don't have to worry about getting the coronavirus through a contaminated needle, Bhatt says. Another reason: the Red Cross and other donation sites observe strict sanitary procedures, discarding needles after each use and sterilizing your skin before drawing blood.) Of course, if you have symptoms of COVID-19, you should avoid donating, both because it's not healthy for you to give blood when you're ill or weak and because you don't want to expose others, especially healthcare workers, at the blood drive.

That's why a healthcare worker will take your temperature before you donate. I had mine measured twice, in fact: once before I was allowed to enter the donation center and again before I had my blood drawn. My temperature was 98.7, but if I'd had a fever, I would have been asked to reschedule.

The screener will also ask if you have other symptoms of COVID-19 including a dry cough, difficulty breathing, and body or head pain; if you have symptoms of the flu or another respiratory infection, such as a runny nose or phlegm when you cough; or if you are taking antibiotics to treat a bacterial infection.

You should also avoid donating if you know you've been exposed to someone with COVID-19, because people can be contagious before they show symptoms.

<https://www.consumerreports.org/health-wellness/safe-way-to-donate-blood-during-coronavirus-pandemic/>



Dr. Patricia Weng, Judah's pediatric nephrologist, left, and Dr. Alice Kuo, Judah's pediatrician, right, with the Schwartz family.

**Elaine Schmidt | January 17, 2020**

**H**er words hung in the hushed air.

"Thank you for saving our boy," the mother said, her voice choked by emotion.

Devra Schwartz, and her husband, Jeff, recently had a chance to express their gratitude to eight of the 100 strangers whose blood donations provided a lifeline for their son, Judah, now 4. The Santa Monica youngster nearly died last year when his kidneys failed due to foodborne *E. coli* infection.

Toxins in the *E. coli* bacteria ruptured Judah's red blood cells, leading to massive blood loss. His platelets — critical to clotting and preventing hemorrhage — plummeted to 13,000. A healthy person's platelet count is 250,000 to 450,000.

Judah underwent 47 transfusions in 21 days, his 37-pound body hooked to a dozen machines in the pediatric intensive care unit at UCLA Mattel Children's Hospital.

"At Judah's first transfusion, we were terrified and hopeful," recalled Jeff Schwartz, during a Jan. 10 event organized by the UCLA Blood & Platelet Center to recognize its top blood donors. "We sat by his bed and prayed that platelets would be the answer to his recovery."

When his kidneys shut down, Judah required 24-hour dialysis to clean his blood. Seizures and small strokes wreaked havoc in his brain. To lessen stress on his body and support his breathing, UCLA doctors placed Judah on a ventilator and induced a medical coma.

"We were not confident that Judah's story would have a positive resolution," Dr. Patricia Weng, his pediatric nephrologist and an assistant professor of pediatrics, told the audience. "Without you, his recovery would not have been the same."

UCLA collaborated with Loyola Marymount University, where Devra and Jeff work in campus security and instructional technology, respectively, to quickly organize a blood drive on the LMU campus. Thanks to a huge outpouring of community support, within 30 days the organizers collected all of the O-positive blood, platelets and plasma that Judah needed to survive.

"You feel like someone's hero without even intending to," said Naomi Mimila, one of Judah's blood donors, told KNBC-TV. "It's so rewarding, especially when you get news like this."

Fellow donor Dr. Anthony Bejjani, a hematology/oncology fellow at the David Geffen School of Medicine at UCLA, agreed. "I just assume that my blood will go to someone who really needs it. But it's nice to actually put a face to it."

UCLA is sharing Judah's story as the nation struggles with a severe blood shortage. The blood center's stock of type-O blood — which can be transfused into anyone, regardless of blood type — has dropped to half its normal inventory.

"We hope that people can be inspired by Judah's story and donate," said Devra, her eyes brimming with tears. "You are our angels. From the bottom of our hearts and souls, thank you."

To donate blood or platelets, a person must be 17 or older, weigh at least 110 pounds, be in good health, not take aspirin or anti-inflammatory drugs within 48 hours of donation, and be willing to allow one hour for donating blood or two hours for donating platelets.



<https://newsroom.ucla.edu/stories/blood-donors-reunion-schwartz-family>

The need is constant.  
The gratification is instant.  
Give blood.



**American  
Red Cross**

## **Tipton Correctional Center**

Assembly Room

**June 10, 2020**

**12 – 4pm**

**Please Donate**

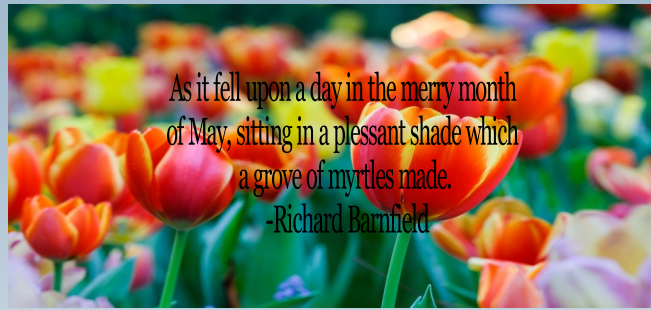
**Contact:**

**Jill Newton**

**Kelly Argenbright**

**Katy Clifford**

[redcrossblood.org](http://redcrossblood.org) | 1-800-RED CROSS



## **DATES TO LOOK FORWARD TO IN MAY...**

**MAY 5th—Cinco De Mayo**

**MAY 10th—Mother's Day**

**May 25th— Memorial Day**



other's Day is always celebrated on the second Sunday in May. It's not a federal holiday, but Mother's Day is widely celebrated as a special day to honor all mothers and motherhood. Together, let's honor the women who raised us—and all the mothers who sacrificed for their children.

### [The History of Mother's Day](#)

Although the custom of setting aside a day to honor mothers has ancient roots, our observance of Mother's Day mainly came about through the efforts of a devoted daughter, Anna M. Jarvis.

After the death of her own mother in 1905, Jarvis wanted to recognize the sacrifices mothers made for their children. She organized the first official Mother's Day celebration in May 1908 at a Methodist church in Grafton, West Virginia.

On May 8, 1914, President Woodrow Wilson signed a proclamation designating the second Sunday in May Mother's Day, and within a few years, the idea gained worldwide prominence.

### [Mothering Sunday](#)

In 16th century England a celebration called "Mothering Sunday" was inaugurated—a Sunday set aside for visiting one's mother. The eldest son or daughter would bring a "mothering cake," which would be cut and shared by the entire family. Family reunions were the order of the day, with sons and daughters assuming all household duties and preparing a special dinner in honor of their mother. Sometime during the day the mother would attend special church services with her family.

### [Julia Ward Howe](#)

Here in America, in 1872, Julia Ward Howe, a famous poet and pacifist who fought for abolition and women's rights, suggested that June 2 be set aside to honor mothers in the name of world peace. This happened not long after the bloody Franco-Prussian War after which Howe began to think of a global appeal to women. The idea died a quick death. Nothing new happened in this department until 1907, when a Miss Anna M. Jarvis, of Philadelphia, took up the banner.

### [Anna M. Jarvis](#)

After her mother died in 1905, Miss Anna Jarvis wished to memorialize her life and started campaigning for a national day to honor all mothers.

Her mother, known as "Mother Jarvis," was a young Appalachian homemaker and lifelong activist who had organized "Mother's Work Days" to save the lives of those dying from polluted water. During the Civil War, Mother Jarvis had also organized women's brigades, encouraging women to help without regard for which side their men had chosen. At the time, there were many special days for men, but none for women.

On May 10, 1908, a Mother's Day service was held at a church in Grafton, West Virginia, where Anna's mother had taught. Thus was born the idea that the second Sunday in May be set aside to honor all mothers, dead or alive.

Anna Jarvis, bombarded public figures and various civic organizations with telegrams, letters, and in-person discussions. She addressed groups large and small. At her own expense, she wrote, printed, and distributed booklets extolling her idea.

Her efforts came to the attention of the mayor of Philadelphia, who proclaimed a local Mother's Day. From the local level she went on to Washington, D.C. The politicians there knew a good thing when they saw it and were quick to lend verbal support.

West Virginia was the first state to officially adopt the holiday, and others followed suit. Proclamation of the day by the various states led Representative J. Thomas Heflin of Alabama and Senator Morris Sheppard of Texas to present a joint resolution to Congress that Mother's Day be observed nation-wide. The resolution was passed by both houses.

## Mother's Day Today

In 1914, President Woodrow Wilson signed a bill designating the second Sunday in May as a legal holiday to be called "Mother's Day"—dedicated "to the best mother in the world, your mother."

For the first few years, the day was observed as a legal holiday, but in absolute simplicity and reverence—church services were held in honor of all mothers, living and dead.

In many ways family observance much resembled that of the British version of "Mothering Sunday."



## Ideas for Mother's Day

1. Bring mom flowers! How about a bouquet with flowers that symbolize your relationship? Mother's Day founder, Anna Jarvis, envisioned all mothers wearing a white carnation on Mother's Day. Purple irises are also a special choice for mothers, symbolizing faith and hope. Or, simply pick flowers that have meaning to your own mother!
2. Give your mother a live plant. If your mom is a green thumb, consider giving her a new plant for her collection. Perhaps a new rose bush or a geranium?
3. Design and plant a garden. Give her the gift of a small garden. You can buy the plants and also plant them in the ground. Or, maybe she's admiring the spring blooms and would like some spring-blooming bulbs (plant in the fall) or summer-blooming bulbs (plant in the spring)?
4. Cook for mom! How about breakfast or brunch? Wake mom up with this delicious Frittata de Nonna. (*Nonna* means grandmother in Italian.) Or, delight mom with these easy Strawberry Crepes. Cut the strawberries into heart shapes for extra points!
5. Bake a cake! Traditionally, children in England always baked a cake for their Mother's Day—called Mothering Sunday.
6. Make a homemade gift. Mothers love gifts from the heart! Here are a few simple ideas:

[Lavender Sachets](#)

[Rose Potpourri](#)

[Raspberry Vinegar](#)

[Blueberry-Rhubarb Jam](#)

[Gift Jars](#)

7. Give your mother jewelry with your birthstone. For example, if your birthday is in August, give your mother peridot stud earrings. She'll always think of her dear child when she wears them. Or, Give your mother a locket with your photos. Forget about a digital photo gift. Imagine your mother's delight to have a beautiful locket with photos of her children. She'll treasure it forever!
8. Take your mother for a walk in the park, with her family. May is a wonderful time to see wildflower meadows! If you're mom is especially active, go for a hike. Then return home to cook together or go out for a bite! If your mom has passed away, taking a walk thinking about your mother is also a nice idea. If you are religious, attend a church service and dedicate it to your mother and motherhood.
9. If you don't live locally, give mom an extra-long phone call! Talk to her and make her laugh. Perhaps throw in some good "mom jokes." All most moms want is time with you.
10. Make your own card. Don't forget to send a card in advance! In our home, it's a tradition to make a homemade card every year. Wondering what to write in the card? How about sharing a funny story or a happy memory of you and your mom? It will make her smile.

# Science Word Search

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

Acoustics

Anatomy

Anthropology

Astronomy

Biology

Chemistry

Ecology

Embryology

Entomology

Gemology

Geology

Histology

Hydrology

Ichthyology

Kinetics

Lithology

Meteorology

Metrology

Mycology

Oceanology

Ornithology

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Virology

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