

The 411 on Mother's Day flowers

Mother's Day is an annual holiday that honors motherhood and provides an opportunity for men,

women and children to show their mothers how much they appreciate them.

The tradition of Mother's Day in the United States dates back more than a century to 1908, when West Virginia native Anna Jarvis held a memorial service to honor her mother, who had passed away three years earlier, and all mothers in Grafton, West Virginia. Mother's Day would ultimately become a national holiday in the United States in 1914, thanks in large part to Jarvis' campaigning. As Jarvis, who never married and never had children of her own, grew old, she criticized Mother's Day as overly commercial, even trying to have it removed from the calendar. Those efforts failed, and Mother's Day remains popular now, more than 100 years after the idea for it was conceived.

While Mother's Day traditions have changed since Jarvis first proposed the holiday, many people feel it's customary to give mothers gifts on Mother's Day, when moms take the day off from chores and relax with their families. Flowers make for popular

Mother's Day gifts, and well-wishers who want to give the special women in their lives flowers this year can consider a host of varieties.

Carnations

Carnations are popular Mother's Day flowers, perhaps because they are available in a number of colors. That means it's highly likely sons, daughters, husbands and others gifting moms this Mother's Day can find some carnations in Mom's favorite color. Ask your florist about what each carnation color symbolizes, as each has its own unique meaning. Pink carnations, for example, are believed to symbolize a mother's love.

Roses

Few mothers can resist roses, making them one of the more popular flowers come Mother's Day. Roses are symbolic of love and make the perfect floral gift for mothers who like traditional flowers. If you want to spice things up, order a bouquet made up of roses of various colors.

Daffodils

Yellow is synonymous with spring, and daffodils can highlight the season in which Mother's Day



Celebrate Mother's Day this year with fresh flowers (Photo submitted)

takes place while also providing a cheerful look that's perfect for Mother's Day floral bouquets. Daffodils can be given on their own or added to mixed bouquets. Daffodils also last quite a while when cared for correctly, giving moms more than just a few days to enjoy their bouquets.

Freesia

Like daffodils, freesia are

long-lasting, meaning mothers will still be enjoying them long after Mother's Day has come and gone. The inviting fragrance of freesia makes bouquets of these flowers popular choices for Mother's Day gifts. Freesia also come in many colors, proving Mother's Day gift gives a greater chance of finding flowers their mothers will love.

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3 Memorial Day weekend travel tips

Memorial Day weekend is one of the busiest travel weekends of the year. In 2017, the automotive group AAA estimated that 40 million Americans would travel 50 miles or more on Memorial Day weekend. Those estimates also projected that 34.6 million vehicles would be used to make those trips.

Often referred to as "the unofficial beginning of summer," Memorial Day and the weekend that precedes it has become synonymous with beach trips and backyard barbecues. Travelers who want to avoid traffic jams and ensure their weekends get off on the right foot can benefit from employing these three travel-savvy strategies.

1. Start the weekend early.

In its "State of American Vacation 2017" survey, Project: Time Off found that 662 million vacation days were unused in 2016. People traveling for Memorial Day who typically leave some vacation days on the table can start their weekends early this year. Many offices close early the Friday before Memorial Day, and workers who aren't so lucky may just leave work early, meaning Friday afternoon traffic figures to be heavy. By leaving Thursday afternoon or evening, travelers can avoid the Friday rush to the beach.

2. Take public transportation.

Travelers who can't take an extra day off or leave work early the Friday before Memorial Day may

want to consider taking public transportation to their beach destinations instead of driving themselves. In 2016, the U.S.-based data firm Inrix noted that a traffic-free Friday jaunt from New York City to Long Island's East end would take 90 minutes, while the same trip would take three hours and 40 minutes on the Friday of Memorial Day weekend. Travelers who can't leave early can save themselves from the stress of holiday traffic jams by letting someone else do the navigating.

3. Be patient and depart on Saturday morning.

Travelers who can be patient may find that waiting to depart for their destinations until Saturday can save them from dealing with much

of the stress of traveling on Memorial Day weekend. The benefits of being patient may depend on where travelers live, as the Inrix study noted that Friday was the busiest day to leave Los Angeles on Memorial Day weekend, while San Diego residents tended to deal with the most traffic on Saturday. An added benefit of waiting until Saturday is the likelihood that such travelers will not return home until Tuesday, avoiding traffic on Monday, which tends to be the busiest return travel day of the weekend.

Memorial Day weekend travel tends to be hectic. But savvy travelers with some flexibility can take steps to make their trips less stressful.



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How to find more time for family

Working parents tend to have hectic schedules, and those responsibilities often impede on the time moms and dads get to spend with their families. Many parents strive to make more time for their families, and doing so can prove a greater reward than any promotions or bonuses earned at the office.

For those parents whose efforts to

achieve better work-life balances remain works in progress, the following are a few ways to free up more time for those people who matter the most to you.

- Stop working. Once you leave the office for the day, resist the temptation to pick up your smartphone and check your email or listen to your voicemail messages. Smartphones

have made it easier than ever before to stay connected to the office. But many working professionals feel this convenience has a significant downside, making them feel as if they are working round-the-clock, even during moments that were initially earmarked as family time. Working parents who want to make the most of the time they have with their children

should ignore their smartphones during dinner or the time they spend hanging out with their kids or helping them do their homework. You can always sneak a peek at your emails when the kids go to bed.

- Shake things up. If your list of responsibilities is truly taking time away from your family, don't be afraid to shake up your routine. For example, instead of cooking dinner alone, involve the kids so you can get some extra time in with them. If you like to go on a nightly jog around the neighborhood, let the kids accompany you on their bicycles so you can still get your exercise without having to sacrifice time spent with your children.

- Propose changes at work. Work is one of the biggest consumers of parents' time. Parents who feel their work schedules are inefficient or in

need of some change should try to think of ways to approach those inefficiencies so they aren't having such adverse effects on family time. Business travel was once a reality of life for many working professionals, but nowadays technology, such as video conference calls, can let working moms and dads stay closer to home without sacrificing their productivity. Before bringing any issues to your boss, think of realistic ways to institute change so you and your coworkers can get more time with your families without falling short of company goals.

- Move closer to the office. Though this might be a drastic change, moving closer to the office might free up more time for parents to spend with their families than any other potential change they can make.

According to data from the United States Census Bureau, more than 8 percent of workers have a commute to work of 60 minutes or more. The Census Bureau's 2013 American Community Survey also found that nearly 24 percent of workers worked outside their county of residence, which no doubt contributed to the nearly 26-minute average commute time to work. Parents who feel their commutes are greatly diminishing the time they get to spend with their families may want to consider moving closer to their offices so they spend less time sitting in traffic and more time with their families.

Many parents are determined to spend more time with their families, and those willing to make a few adjustments can find that goal is not as difficult as it seems.

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Strategies to get kids to exercise

Exercise is an important component of a healthy lifestyle. That's not just true for adults, but for children and teenagers as well.

Parents concerned about their kids living sedentary lives may have more to worry about than they know. According to a 2017 study published in the journal Preventive Medicine that analyzed data from the National

Health and Nutrition Examination survey from 2003-2004 and 2005-2006, 19-year-olds spent as much time being inactive and sedentary as 60-year-olds.

Getting kids to be more active may be especially difficult for today's parents, who must contend with the internet, social media, tablets, smartphones, and other distractions as they

try to encourage their kids to unplug and spend more time being physically active. But parents can try various strategies to get kids off the couch and exercising.

• Set a positive example. Kids, especially young children, often try to emulate their parents. Parents can capitalize on kids' desire to be like mom and dad by exercising in front

of their children. Young children may not be ready to lift weights or run on the treadmill, but parents can embrace kid-friendly exercises, such as walking and cycling. Invite kids along for daily bike rides or go for family walks around the neighborhood after dinner.

• Park the car. Kids don't need to know they're exercising in order to



Exercising alongside their children is an effective way for parents to get their kids to be more physically active. (Photo submitted)

be more physically active. In lieu of driving to the bank or pharmacy, parents can leave the car at home and ride their bikes alongside their children when running errands. If possible, parents can walk youngsters to and from school rather than driving them.

• Choose friend-friendly activities. Adults employ the buddy system as a means to motivate themselves to keep exercising, and that same principle can apply to children, who might be more excited about physical activity if their friends are joining them. Team sports provide chances to exercise with friends, as do organizations like the Boy Scouts of America and the Girl Scouts of America. But even inviting a child's friend along on a family hike or bike ride

may make such activities more fun for kids.

• Give gifts that encourage physical activity. Kids might want the latest device or video game for their birthdays, but parents also can give gifts that encourage youngsters to be physically active. Bicycles, rollerblades, ice skates, and sports equipment are just a handful of potential gifts that may compel kids to exercise more.

Childhood obesity is a significant problem, with the 2015-2016 NHANES reporting that 20.6 percent of youths between the ages of 12 and 19 were obese. Getting kids off the couch and exercising more often can help reduce those figures and ensure healthier futures for kids of all ages.

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Safety tips for the grilling season

People have been cooking meals over open flames since the discovery of fire. Even today, when there are so many ways to cook a meal, many still insist there's nothing better than the taste of food cooked on the grill.

The Hearth, Patio & Barbecue Association, which tracks industry trends, points out that one-third of consumers plan to use their grill or smoker more often this year. Even though grilling is widely associated with summer, a growing number of people are embracing year-round grilling. HPBA's CEO Jack Goldman has said, "Barbecuing is no longer just a pastime, but an integral part of the North American lifestyle."

Seven in 10 adults in the United States and eight out of 10 in Canada own a grill or smoker. With so many people firing up their grills, it's important to recognize the importance

of grilling safety. Each year an average of 8,900 home fires are caused by grilling, and close to half of all injuries involving grills are due to thermal burns, advises the National Fire Protection Association. Here's how to stay safe.

- Only grill outside. Propane and charcoal barbecue grills should only be used outdoors. Grills should be placed well away from the home. Keep grills away from deck railings, eaves, overhangs, and tree branches.

- Keep the grill clean. Thoroughly clean the grill prior to first use, and keep it tidy all year long. Grease or fat buildup can ignite and cause a fire.

- Always attend the grill. Grill distraction-free and keep an eye on the food being cooked. Simply stepping away for a few moments can lead to a fire or accident.

- Start fires safely. Charcoal grills and gas grills may be lit using elec-



Each year an average of 8,900 home fires are caused by grilling, and close to half of all injuries involving grills are due to thermal burns, advises the National Fire Protection Association. Here's how to stay safe. (Photo submitted)

tronic starters that do not require fire. If using starter fluid, only do so

on charcoal, and do not add more fluid or other flammable liquids

after the fire has ignited.

- Check for gas leaks. Whether

the gas grill is hooked up to a propane tank or the natural gas supply of a home, ensure that the hoses or tanks are not leaking. Apply a light soap-and-water solution to hoses to see if they bubble from leaking gas.

- Keep baking soda nearby. Baking soda can control grease fires, but it's also helpful to have a fire extinguisher or a bucket of sand on hand for other types of fires.

- Watch children and pets. Keep children and pets at least three feet away from grilling areas.

- Wait for the grill and coals to cool. Practice safety around the grill until all coals are cool and the grill is no longer hot to the touch. Only then should the grill be moved or relocated.

Grilling is a passion that is enjoyed throughout much of the year. Safely cook outdoors by heeding safety guidelines.

Celebrate all military this May

Memorial Day is celebrated each May to commemorate the people who died in service of the United States of America.

Even though barbecues and visions of the upcoming summer weather may command much of the attention come Memorial Day weekend, the holiday really serves as a remembrance for those military members who paid the ultimate sacrifice for their country, as well as the personnel who continue to protect and serve today.

Memorial Day origins

Memorial Day was first known as Decoration Day and was borne out of the Civil War. On May 30, 1868, General John Logan, a national commander of the Grand Army of the Republic, decreed General Order No. 11, which designated the day for the "purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost

every city, village and hamlet churchyard in the land." May 30th was chosen because it wasn't the anniversary of any particular battle.

It took several years for the first state to recognize the holiday, which New York adopted in 1873. By 1890, all northern states recognized Decoration

Day. When the holiday changed from commemorating those who died fighting the Civil War to honoring Americans who died fighting in any war after

World War I, the South began to recognize it as well.

Honoring the military

Although Memorial Day pays homage to the brave people who perished fighting for their country, it also is an opportunity to recognize the military men and women and their families who continue to work to ensure the freedom of Americans.

The United States Armed Forces is renowned for its size and strength. Various sources suggest the size of the United States military is somewhere between 1.4 and 1.6 million active service people. The military is comprised of the Army, Army National Guard, Navy, Air Force, Marine Corps, and Coast Guard. Each of these military branches also has its own reserves.

There are many ways to honor active, reserve and former veterans, as well as those who died in service of their country.

- Help Veterans of Foreign Wars distribute red poppies as a visual reminder of the military's efforts.

- Volunteer at a veterans' hospital or visit a wounded veteran at home.

- Offer financial, legal or career expertise through the Corporation for National & Community Service (serve.gov).

- Help to maintain the veteran area of a nearby cemetery. Place flags on all of the graves.

- Befriend military families who frequently relocate, making a concerted effort to welcome them into your community.

- Educate children about past wars and the services the military provides.

- Visit a military museum or historic site.

- Observe the National Moment of Remembrance at 3 pm local time for one minute.

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Vertical Photos fit our community guide's cover the best!
- now that's something to shoot for!
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Submit your BEST PHOTOS of the Maple Lake Area for a chance to win cash prizes and a spot on the front cover of this years 2018-2019 Community Guide!
Winners from the past!
Entrants must submit a photo taken in the Maple Lake Area by 4 p.m. on Monday, June 18, winners will be announced in the June 20 issue of the Maple Lake Messenger.
All entries may be submitted by dropping off or mailing an 8x10 color print to the Maple Lake Messenger or by emailing your photograph with your name, address and phone number to ads@maplelakemessenger.com. Please send digital images as large as possible. Minimum of 7 inches wide and 300 dpi.
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May 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		<ul style="list-style-type: none"> • Corinna Township Meeting, 7 p.m. • Silver Creek Township Meeting, 7 p.m. 	<ul style="list-style-type: none"> • Maple Lake Chamber of Commerce meeting at the Legion, 12 p.m. 	<ul style="list-style-type: none"> • Legion Riders Meeting, 6:30 p.m. at Legion Club • 7th Grade Choir Concert, 7:30 p.m. 	<ul style="list-style-type: none"> • 6th Grade Festival of Nations 	
6	7	8	9	10	11	12
	<ul style="list-style-type: none"> • Co-Curricular Awards, 7:30 p.m. 	<ul style="list-style-type: none"> • Chatham Township Meeting, 7 p.m. • American Legion Meeting, 7:30 p.m. • Late Start • 4th Grade Program, 7 p.m. 	<ul style="list-style-type: none"> • Hasty-Silver Creek Sportsman's Club Meeting, 7 p.m. 	<ul style="list-style-type: none"> • Sons of the American Legion, 8 p.m. • Lions Club Meeting, 7 p.m. at The V • Kindergarten Field Trip, Children's Museum • 8th Grade Choir Concert, 7:30 p.m. 		
13	14	15	16	17	18	19
 <p>Mother's Day</p>	<ul style="list-style-type: none"> • Gardening World Wide Meeting, 6:30 p.m. • PTA Meeting, 4 p.m. • 5th/6th/JH Band Concert, 6:30 p.m. • School Board Meeting, 7 p.m. 	<ul style="list-style-type: none"> • Maple Lake City Council Meeting, 7 p.m. • Albion Township Meeting, 7 p.m. • Corinna Township Meeting, 7 p.m. • Maple Lake Township Meeting, 7 p.m. 	<ul style="list-style-type: none"> • Volunteer Training, 7:30 p.m. • 6th Grade Wolf Ridge Trip 	<ul style="list-style-type: none"> • Wright Saddle Club Meeting, 7:30 p.m. • Maple Lake Legion Auxiliary, 7 p.m. • SH/Jazz Band Concert, 7 p.m. • 6th Grade Wolf Ridge Trip 	<ul style="list-style-type: none"> • 6th Grade Wolf Ridge Trip 	
20	21	22	23	24	25	26
	<ul style="list-style-type: none"> • SH Choir Concert, 7:30 p.m. 	<ul style="list-style-type: none"> • Wright County Snowmobile Assoc. Meeting, 7:30 p.m. at Legion Club 			<ul style="list-style-type: none"> • Track and Field Day 	
27	28	29	30	31		
	 <p>Memorial Day No School</p>		<ul style="list-style-type: none"> • Senior Awards Night, 7:30 p.m. 	<ul style="list-style-type: none"> • 6th Grade Graduation, 1:30 p.m. • Knights of Columbus Meeting, 7 p.m. at St. Timothy's Church 		

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