



Golden Agers Rock!

CELEBRATING SENIORS MAKING THE BEST OF THE REST OF THEIR LIVES

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Get Ready—National Garlic Day is Coming!

Native to central Asia, garlic has a lengthy history dating back 6,000 years. A staple of Mediterranean diets, garlic is a common seasoning in the cuisines of Africa, Asia, and Europe. China is currently the world's biggest producer of garlic followed by India, South Korea, Egypt, and Russia.

As a force of both good and evil, the Egyptians are said to have fed the herb to workers building the Great Pyramid of Giza because they believed it boosted their stamina. In the Middle Ages, plague-phobic Europeans ate whole cloves of garlic to fight off the scourge known as the Black Death.

Known as nature's wonder drug, garlic is recognized for its wide-reaching medicinal properties. It has been credited with extending human longevity, preventing certain cancers, lowering cholesterol levels, reversing high blood pressure, resisting the common cold and overcoming fatigue.

Dubbed the "stinking rose", garlic is known for causing bad breath, which can be neutralized by sipping milk or eating parsley.

despite its illustrious reputation, the herb

that causes garlic breath has also long been admired for its powers as an aphrodisiac. Legend has it that Tibetan monks were forbidden from entering monasteries if they had eaten garlic because of its reputation for arousing sexual desire.

Thanks to Hollywood and popular literature, we're well aware of the myth that garlic deters vampires, but it's also thought to protect against the evil eye and to ward off jealous nymphs said to terrorize pregnant women and engaged maidens.

America's history with the herb wasn't always positive. At one time, gourmet chefs frowned on garlic as it was used mainly in ethnic, working-class neighborhoods. Diner slang in the 1920s coined the put downs "Bronx Vanilla" and "Italian Perfume" as substitute descriptions for garlic. By 1940, America embraced garlic, finally recognizing its value.

Our oldest daughter once grew a garlic that size of her hand! She did NOT get her green thumb from me.

Now on to important stuff...

Week of April 19-25 is:

- National Park Week
- Cleaning for a Reason Week
- Consumer Awareness Week
- National Coin Week
- National Princess Week
- National Volunteer Week
- Administrative Professionals Week
- National Stationery Week
- American Quilters Society Week

Some fun only lasts a day:

19th-Bicycle Day

- National Garlic Day
- National Hanging Out Day
- National Poker Day

20th-Chinese Language Day

- National Cheddar Fries Day
- National Pot Smokers Day
- National Weed Day

21st-Banana Day

- Administrative Professionals Day
- Bulldogs are Beautiful Day
- International Hemp Day
- Kindergarten Day
- Chocolate-Covered Cashews Day
- Surprise Drug Test Day
- National Yellow Bat Day

22nd-Earth Day

- National Jelly Bean Day
- Teach Children to Save Day
- National Pie Day
- Take Your Child to Work Day
- "In God We Trust" Day

23rd-English Muffin Day

- Movie Theatre Day
- National Day of Silence
- Spanish Language Day
- Talk Like Shakespeare Day

24th-Eeyore's Birthday

- Independent Bookstore Day
- International Sculpture Day
- National Dance Day
- National Herb Day
- National Kiss of Hope Day
- National Pool Opening Day
- National Sense of Smell Day
- Sauvignon Blanc Day
- Save the Frogs Day

25th-Hairstylists Appreciation Day

- Hug a Plumber Day
- Malaria Awareness Day
- Pinhole Photography Day
- World Penguin Day
- National Man-pedi Day

Have a great week & call if you need anything!

Serving Him & Loving it!

Carol

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One **CLOVE** from Elizabeth's giant garlic!