

MAY – BACKGROUND INFORMATION

1. *Mother Goose Day*

Mother Goose Day is celebrated on May 1st each year. The holiday was founded in 1987 by Gloria T. Delamar in conjunction with the publication of her book *Mother Goose, from Nursery to Literature*. Its purpose is to generate a renewed appreciation for the old nursery rhymes. A variety of community and business organizations plan special Mother Goose events each year, especially schools and libraries. These festivities primarily target children in kindergarten through primary grades, but older children and adults enjoy reminiscing about their favorite nursery rhymes, as well.

2, 3. *National Asthma and Allergy Awareness Month*

National Asthma and Allergy Awareness Month is observed in May each year because it's a peak season for asthma and allergy sufferers. It was created by the Asthma and Allergy Foundation of America (AAFA) and is an ideal opportunity to educate patients, family, friends, co-workers, and others about these health conditions. There is no place in America free from allergies, and the occurrence of asthma and allergy-related illnesses is on the rise. For this reason, each year the AAFA asks the President of the United States to officially declare May as "National Asthma and Allergy Awareness Month." The AAFA encourages participation in the observance by providing educational materials and helpful tools for people to use in the community, in schools, at work, and at home.

4. *Cinco de Mayo*

Cinco de Mayo is celebrated on May 5th each year primarily in the United States. It commemorates the surprise victory of the outnumbered Mexican army over French forces at the Battle of Puebla on May 5, 1862. At that time in its history, Mexico was battling against unwelcome French occupation. The victory at Puebla served to invigorate the Mexican people, boosting morale and sparking a surge in patriotism and national pride. Some mistakenly assume that Cinco de Mayo celebrates Mexico's declaration of independence from Spain, but that took place on September 15, 1810, and has nothing to do with Cinco de Mayo. Mexico's Independence Day is that nation's most important patriotic holiday, while Cinco de Mayo receives relatively little attention there. It is observed widely in the United States, however, as a celebration of Mexican heritage and pride.