

CALENDAR HIGHLIGHTS**Saturday Night Dinner Music****Saturday, November 2**

Keyboard music will be played at dinner.

Project Pup Pet Therapy**Sunday, November 3 & 17, 3:30**The 1st & 3rd Sunday of every month Elizabeth will be here with her Dalmatian.**Captivating Spies of D Day****Tuesday, November 5, 2:00**

Presentation of inside secrets of the British Espionage and the French resistance.

Veteran's Lunch Out**Thursday, November 7, 11:15**

Our Veterans are going to lunch at the American Legion. Sign up inside Activities.

Food Council**Thursday November 7, 2:15**

Key, the Director of Dining Services will be available for questions and concerns.

Veteran's Day Pizza Party & Entertainment with Steve Mullis**Monday, November 11, 2:30**

Come celebrate Veteran's Day with some pizza and live music.

Wellness Event**Wednesday, November 13, 1:00**

Nutrition and hydration will be discussed.

Pottery Display**Thursday, November 14, 10:00-2:00**

Joe Pittaluga will display & sell his pottery.

Heritage Village Tour**Thursday, November 14, 1:15**

Sign up in Activities to take a tour of Heritage Village. Limit of 10, 2 wheel chairs, 4 walkers.

Men's Gathering**Tuesday, November 19, 2:30**

Beer and pretzels will be served.

November Birthdays**Residents:**

Alice Reagle, November 1
 Ruth Hopkins, November 1
 Robert Bishop, November 2
 Grace Meyer, November 20
 Sharon Iversen, November 21
 Kay Carter, November 23
 Danny Prescott, November 25
 Mary Ann Kolasa, November 27

Employees:

Nora Ricketts, November 2
 Mary Lynn Wicka, November 23
 Joe McIntosh, November 24
 Rosalind McIntosh, November 27
 Madelin, Waldspurger, November 27
 Rosalind, Clayton, November 30

Lima Bean Auction**Thursday, November 21, 10:00**

Come see all the great items to bid on.

Lunch Out- Po Folks**Thursday, November 21, 11:15**

Sign up in Activities to attend. Limit of 10, 2 wheel chairs and 4 walkers.

Sand Sculptures**Thursday, November 21, 4:00**

Sign up in Activities to see the Sand Sculptures on Treasure Island, see the sunset and enjoy a box lunch for dinner. Limit 10. 2 wheelchairs, 4 walkers.

Activities Chat**Tuesday, November 26, 2:30**

Find out what's to come in December.

Resident Council**Wednesday, November 27, 4:00**

All residents are encouraged to attend this meeting to discuss issues and concerns.

ARBOR OAKS AT TYRONE**1701 68th Street North, St. Petersburg FL 33710****Arbor Oaks
Staff Directory**

Erica Hutsenpiller
Executive Director

Tara Bryant
Business Office Manager

Rodney Barron, LPN
Resident Care Director

Will Moore
Maintenance Director

Keydion Brown
"Chef Key"
*Food and Dining Service
Director*

Donna MacKenzie
Activities Director

RESIDENT SPOTLIGHT: RUDY MIKOZ

Rudy was born in Detroit, Michigan and had 2 sisters and 1 brother. His father was a tool & die maker and his mom was a homemaker. At 12 years old the family moved to Roseville, Michigan when his father was offered a new job.

At 17, Rudy joined the Navy and spent 2 years in Boston Massachusetts and 2 years in San Diego California. He married his wife a year later and they had 1 daughter together.

Following the service, Rudy attended a Painting School for 3 years to become a residential and commercial painter. He later entered a competition put on by the painting union and won first place for his art. His picture hung in the Sands Hotel in Las Vegas for 2 years.

Rudy and his wife and daughter loved to drive across the country and go camping. Over the years they drove through every state except Alaska and Hawaii.

Grow a Mo, Bro

This November, you may notice that a lot more men than usual are sporting beards and moustaches. These facial hair aficionados may be following the premise “Grow a Mo, Save a Bro,” in honor of Movember, a worldwide movement of growing facial hair to raise awareness of men’s health issues.



The Movember movement began in a bar in 2003, when two Australian men, Travis Garone and Luke Slattery, shared a beer and a laugh over the demise of the moustache. It seemed as if that particular piece of facial hair’s heyday was long over. Moustaches had not just fallen out of fashion, but they were deemed corny. Inspired by a friend who was fundraising for his mother’s breast cancer, these two friends decided that they would grow big and funny moustaches as a fundraiser for men’s health issues such as prostate cancer. They would ask people to donate 10 dollars per moustache. Before long, they had found 30 friends willing to grow a “mo” in support of their cause. Today, their worldwide moustache movement numbers five million “mo bros,” and over the past 15 years, they have raised \$837 million to combat men’s health problems such as prostate and testicular cancer, mental health problems, and suicide prevention. Thanks to Movember, many men are living longer and healthier lives.

Men can join Movember by growing a moustache, and women can support the men who choose to grow a mo. You can also support the movement by just explaining why you’ve chosen to grow a moustache. Many men will kick off the month of Movember with a “shave down” event, where they gather over dinner or drinks and shave their faces as a group, beginning their month of growing their moustaches as a team. Whether you grow a handlebar, a walrus, a goatee, or a pencil moustache, your facial hair will help prevent men from dying too young.

Pride of the Pilgrims

In 1620, the pilgrims departed England on the *Mayflower*, looking for religious freedom in the New World. They had contracted with the Virginia Company to establish a colony in Virginia, but storms drove their ship far off course, and they landed instead on what is now Cape Cod. Far from Virginia, the pilgrims aboard the *Mayflower* began to argue that they were no longer bound to the laws of Virginia Company. Pilgrim leader William Bradford knew that without laws the colonists would turn against themselves. And so, on November 11, 1620, the colonists signed the Mayflower Compact, a set of laws establishing order within their new colony. It fell upon Myles Standish, as chief military officer, to enforce the compact. Historians now believe that it was this document that allowed the colonists to work for each other and survive that first, harsh winter. The Mayflower Compact remains the first document that established self-government in the New World and is regarded as the earliest successful example of democracy in the colonies.

Easy-Baked Success



On November 4, 1963, the Kenner toy company introduced the Easy-Bake Oven, a real baking oven for children that was powered by nothing more than a lightbulb. Toy salesman Norman Shapiro was inspired after taking a trip to New York City, where he saw street vendors heating their pretzels with lightbulbs. Inventor Ronald Howes was tasked with turning the idea into reality, which he did by using two 100-watt bulbs. Despite a high price tag of \$15.95, which is equivalent to \$127 in today’s marketplace, the toy was a hit, selling half-a-million units in its first year alone. Now, over 50 years and 10 different designs later, it remains popular.

Jukebox Heroes



The day before you gather around the turkey for Thanksgiving, gather around the jukebox for Jukebox Day! After all, both are American pastimes, and both offer perfect reasons to gather together and have a party.

The very first jukebox was installed by Louis Glass in San Francisco’s Palais Royale Saloon on November 23, 1889. His nickel-in-the-slot machine was little more than an Edison wax cylinder phonograph fitted with Glass’s own invention, a coin slot. The machine did not have any speakers or means of amplification, so listeners had to put their ear to one of four listening tubes to hear the music. And listen they did! In the first six months of operation, the single nickel-in-slot phonograph machine earned over \$1,000. Glass quickly installed other machines throughout the area, which helped him earn thousands. Before long, other inventors got in on the game, creating coin-operated music players of their own.

In 1918, Hobart Niblack created a device that could automatically change records. This led to the invention of the first machine that could play a wide selection of music from different records, by the Automated Musical Instrument Company in 1927. Then in 1928, Justus Seeberg combined a loudspeaker with a coin-operated player that allowed for multiple records. The modern jukebox was born, and the 1930s became the jukebox’s golden era.

So why was the device named the “jukebox”? The term *juke* comes from the Elizabethan English word *jouk*, meaning “to dance or act wildly.” Before the jukebox, there were juke bands that played in juke joints. These were rowdy establishments filled with heavy drinking and good times. But with the invention of the automatic, coin-operated playing machine, live juke bands gave way to the far cheaper jukeboxes, which suddenly appeared in every juke joint in America.

That’s So Cliché

Each year, Cliché Day is celebrated on the same day, November 3, which is apt considering that a cliché is a phrase or expression that is used over and over again until it becomes unexciting or boring. Perhaps the saddest part of any cliché is that it was once original and exciting. Take the story opener, “It was a dark and stormy night.” This phrase was originally penned by Edward Bulwer-Lytton in his 1830 novel *Paul Clifford*. Bulwer-Lytton is not only responsible for this cliché but also for incorporating the phrases “the pen is mightier than the sword” and “pursuit of the almighty dollar” into his books. It seems that if anyone should be celebrated on Cliché Day, it is Bulwer-Lytton. So, feel free to use any number of worn-out expressions on this day, as long as you give credit where credit is due.

The Descent of Dunce



November 8 commemorates the death of the medieval Catholic scholar and philosopher John Duns Scotus in 1308. It is from Duns Scotus that we get the term *dunce*, meaning “a stupid person.” How would such an esteemed scholar give rise to a term for a know-nothing? Duns Scotus earned great renown for his sweeping philosophical tracts, including arguments for free will, the existence of God, and the Immaculate Conception of Mary. He rivaled the great minds of Thomas Aquinas and William of Ockham. Hundreds of years later, during the Renaissance of the 16th century, many scholars thought that the ideas of Duns Scotus were behind the times. Many began to use the word *Duns*, or *dunce*, as an insult, meaning one who was incapable of scholarship. Furthermore, since Duns Scotus was often depicted in his signature pointy cap, which he believed was a sort of funnel for knowledge into the head, his detractors derided the “Dunce Cap” not as a badge of intelligence, but as a symbol of ineptitude.