

CALENDAR HIGHLIGHTS

Harp Music at Dinner  
Wednesday, January 1, 5:00-6:00  
Catherine Schoeneberg will play her enchanting harp music during dinner on New Year's Day.

Lunch out: Keke's Café  
Thursday, January 2, 11:15  
Sign up in Activities for this trip. Limited to 1 wheelchair and 4 walkers. Total of 10.

Miss Ida's "Man in the Moon" Play  
Monday, January 6, 3:30  
Miss Ida is having a yard sale! This is a light comedic take with surprises and emotional depth.

Band of Angels Presentation  
Tuesday, January 7, 2:00  
Pat Vaillancourt returns with her next talk about the 77 nurses trapped in the Philippines after the Japanese invaded the islands.

Wellness Event  
Wednesday, January 8, 1:15  
Stay tuned for more details about the topic for this talk by David from Salus Physical Therapy.

Veteran's Lunch: Madeira Beach American Legion  
Thursday, January 9, 11:15  
Sign up inside Activities. Trip limited to 10, 1 wheelchair, 4 walkers.

Hymns Singing  
Sunday, January 12, 2:30  
This will be a new monthly program offered in the Activity Room on the 2<sup>nd</sup> Sunday of the month.

Bingo Store Blow Out Sale  
Thursday, January 16, 3:00  
More details to follow about changes we are making regarding the Bingo Store & Bingo Bucks.

5<sup>th</sup> Ave. Baptist Church Choir  
Monday, January 20, 10:00  
Don't miss this special performance by this amazing church choir.

January Resident Birthdays

Marie Nelson, January 2  
Carol Kettlestrings, January 5  
Audrie Sissom, January 12  
Bernie, McNichols, January 21  
Louise Whitaker, January 25

January Employee Birthdays

Fran Baratta, January 8  
Phyllis Davis, January 13  
Samantha Phillips, January 14  
Will Moore, January 18  
Donna Bowlin, January 25  
Deshard Killens, January 26  
Diamond Raiford, January 26  
Ann Marie Myers, January 29

Tea Party  
Tuesday, January 21, 3:00  
All ladies are invited to this Bi-Monthly Tea Party. Scones & tea will be served.

Orange Grove Winery Tour  
Thursday, January 23, 1:45  
Sign up inside Activities is you would like to attend this free tour of this local winery. Limit of 10, 1 wheelchair, 4 walkers.

Birthday Celebration  
Friday, January 24, 3:00  
All January birthdays will be celebrated today.

Activities Chat  
Tuesday, January 28, 3:30  
All residents are encouraged to attend this talk about previous events & upcoming ones.

Lunch Out: Trip's Diner  
Thursday, January, 30, 11:15  
Sign up in Activities to attend. Limited to 10, 1 wheelchair, 4 walkers.

Resident Council  
Thursday, January 30, 2:30  
This meeting is for all residents to discuss any concerns about the community.

ARBOR OAKS AT TYRONE

1701 68<sup>th</sup> Street North, St. Petersburg FL 33710



Arbor Oaks  
Staff Directory

Kelly O'Sullivan  
Executive Director

Tara Bryant  
Business Office Manager

Wendy Haskins, LPN  
Resident Care Director

Will Moore  
Maintenance Director

Keydion Brown  
"Chef Key"  
Food and Dining Service  
Director

Donna MacKenzie  
Activities Director

The Texas Oil Boom

Texas is known around the world as a leading producer of oil, but this booming industry did not exist until January 10, 1901, when the black gold was struck at Spindletop in Beaumont. Spindletop Hill was a small hill of earth pushed upward by an underground dome of salt. Self-taught geologist Patillo Higgins suspected that oil might be hidden somewhere under Spindletop. The area was known for its sulfur springs and seeps of gas that could be lit on fire. Higgins convinced engineer Anthony Lucas to finance a drilling operation at Spindletop, but they soon ran out of money. Lucas, unwilling to give up on Spindletop, sought the support of Pennsylvania oilmen to continue his drilling. Higgins, sadly, was excluded from the deal. Too bad, too, because on that fateful January day, after drilling had reached 1,020 feet, Lucas struck oil. Texas had never seen such a geyser. Oil shot 150 feet into the air, making it the most powerful gusher ever struck. The Lucas Geyser, as the Spindletop find came to be known, was shooting off 100,000 barrels of oil a day, more than all the other oil wells in America. It took nine days before the gusher was brought under control.

Beaumont suddenly grew from a sleepy Gulf-Coast backwater into a Texas boomtown. Its population tripled in a mere three months. New oil companies formed and searched for new wells. Refineries sprang up all over the Gulf Coast. In its first year, Spindletop produced 3.5 million barrels of oil. In its second year, it produced 17.4 million. John D. Rockefeller's Standard Oil, which had previously held a monopoly in the petroleum industry, was crushed by new Texas-based competitors like Texaco and Gulf Oil.

By 1904, production at Spindletop had declined significantly, dropping to 10,000 barrels per day. This prompted more drilling and more significant finds, but by World War I, oil production at Spindletop had mostly ceased. Texas, however, had changed forever, and the Texas oil boom became the engine that propelled the growth of America. Today, visitors to Beaumont can find the Boomtown Museum and its exhibits chronicling the lasting importance of the Lucas Geyser at Spindletop.



## Hi-Yo, Silver!



On January 31, 1933, a Detroit radio station hit broadcasting gold when it aired the first episode of a western series called *The Lone Ranger*. It was an instant hit, and 2,956 radio episodes were produced, followed by a series of books and television shows, a half-dozen movies, and countless games and toys. *The Lone Ranger* phenomenon became a cultural touchstone for an American nation hungry to romanticize its Wild West roots.

Perhaps the greatest appeal of the Lone Ranger was in his strict moral code. He may have hidden behind his signature black mask, but he never hid his desire for truth and justice. The Lone Ranger always used perfect grammar and never swore or used slang. He never drank or smoked. Scenes never took place in rough saloons but in restaurants serving food rather than liquor. The Lone Ranger had a pistol, as any western hero should, but he never shot to kill. He instead used his gun to disarm others and bring them to jail. Criminals were never glamorized with wealth or fame, nor did they enjoy positions of power. These decisions were made deliberately by the show's creators, Fran Striker and George W. Trendle. They intended *The Lone Ranger* to be wholesome family entertainment with a hero destined to become an honorable American icon.

*The Lone Ranger* hit the American public during a particularly fragile time. Many Americans were suffering during the Great Depression and had lost faith in their government and social institutions. The public needed a working-class hero—an ordinary man with extraordinary abilities—who promised to protect those who couldn't help themselves and bring order to a lawless frontier. Such a hero was easily adaptable to any era or medium. As such, *The Lone Ranger* transitioned easily into books, television, and the big screen over the decades. While *The Lone Ranger* has suffered its critics, especially due to its depiction of Native Americans, the Lone Ranger himself has endured as a symbol of justice and truth.

## The Last Shall Be First

New Year's Day is also Z Day, a day when those who are always last on alphabetical lists are finally allowed to be first. The holiday was created by Tom Zager, who decided that alphabetical order should be reversed so that all those with "Z" names might finally enjoy the pleasure of being first. This begs a larger question, though: Why is our alphabet in ABC order? To answer these questions, we must go all the way back to the Phoenicians, who inhabited Egypt 4,000 years ago. While Egyptian writing was based on hieroglyphics, the Phoenicians developed a set of symbols to represent the sounds of their language. Their first alphabet evolved from hieroglyphics and consisted of 22 simple symbols, an alphabet that was used by maritime merchants sailing around modern Lebanon, Syria, and Israel. Over the millennia, this alphabet slowly transformed into Greek, Latin, Old English, Middle English, and then Modern English. Despite these transformations, the letter order has largely stayed the same. Some of the earliest Phoenician alphabets begin with *abcdef*.

## The Sound of Silence



The first week of January brings Silent Record Week. Why on earth would someone go through the trouble of putting a silent record on the turntable? In 1952, experimental composer John Cage wrote his piece 4'33", which "consisted" of four minutes and 33 seconds of silence. During the silence, any environmental sounds were supposed to be considered music. In 1959, a jukebox at the University of Detroit won fame for including three silent records. Anyone who wanted a bit of silence could buy it for the price of a song. Rumor has it that the silent records were so popular that they developed noisy scratches and had to be repeatedly replaced. Many would argue that silence is valuable. Cage agreed. It was after his study of Zen Buddhism and the religion's emphasis on silence and stillness of the mind that he composed his silent masterpiece.

## Brain Games



As we age, we might misplace our keys or forget the names of people we know. These forms of memory loss might lead to worries about cognitive decline and even the onset of diseases such as Alzheimer's and dementia. Enter the industry of brain teasers and brain games, which promise to strengthen our minds and stave off cognitive decline. January is International Brain Teaser Month, but can these brain games actually fulfill the promises of mental acuity they so readily advertise?

Computerized brain-training programs are a \$1.3 billion-a-year industry. Some of the world's best neuroscientists have even designed brain games they tout as the best on the market. If you have bought into the notion that playing daily brain games can help keep your mind sharp, you are by no means alone. Sure, there is abundant evidence to suggest that living in an enriched environment with lots of stimulation can create positive changes in the brain. However, can a computer screen replicate such enriched environments? The general consensus of the scientific community is "no." There is no conclusive evidence that routinely playing brain games will improve cognitive performance in everyday life. Nor does evidence exist that brain teasers will ward off any form of cognitive slowing or brain disease associated with aging.

This does not mean that people should avoid brain teasers, especially if they enjoy them. However, other studies do show how exercise and socialization have positive effects on cognition. So perhaps the best solution is to play your brain games with a friend, rather than sitting alone in front of a computer. Better yet, take that friend and join a juggling club or play bridge, and then enjoy a lunch of brain-friendly foods such as vegetables. It seems that the healthiest modes of living for both the body and the brain are the ones we have been practicing for centuries: eating healthfully, exercising, and spending time with friends and family.

## Pedestrian Crossing

During the late 19th century, pedestrianism, or competitive walking, was all the rage. The frenzy for pedestrianism reached a fever pitch on January 13, 1879, when champion British pedestrian Ada Anderson showcased her talents in America for the first time. Anderson had already become England's preeminent pedestrian, thanks to her training by another champion racewalker, William Gale. Anderson was at her physical peak and adept at sleep deprivation by the time she arrived in America. Her manager wanted to showcase his star at Gilmore's Garden (now Madison Square Garden) in New York City but was rebuffed by the venue's owner, who believed Anderson would never be able to complete the feat of walking 2,700 quarter-miles in 2,700 quarter-hours. The event moved to Brooklyn's Mozart Garden. Anderson began her trek on December 16, 1878. Thousands watched her walk for 28 straight days, during which she took just nine-minute sleeping breaks until at last, she completed her walk on January 13th. Because of heavy wagers placed on the event, police protected her during her last laps. After crossing the finish line, she was hailed as the world's greatest pedestrian.

## Mummers the Word



Each year on New Year's Day, the Mummers Parade makes its way through Philadelphia. The parade is one of the oldest folk festivals in the United States, with roots dating back to the mid-17th century, when Swedish and Finnish immigrants would go door-to-door visiting neighbors on the day after Christmas. The parade is related to the English and Irish traditions of mummers' plays, folk plays performed in streets and pubs by amateur costumed actors. Today, the parade is a New Year's spectacle full of clowns, string bands, elaborate floats, and fancy costumes. At 11 hours long, the parade may also be the longest held in America.