

Race to the Top



On May 1, 1931, American President Herbert Hoover officially dedicated the opening of New York’s Empire State Building, then the tallest building ever constructed in the world, by pressing a button in the White House that turned on the lights of the New York skyscraper. Hoover may have pushed the button in Washington, D.C., but someone else in New York was responsible for synchronizing the flip of the switch at the Empire State Building. Hoover’s press of the button was largely symbolic, and so was the construction of the Empire State Building.

The dazzling commemoration of the Empire State Building was just what New York and the country needed during the depths of the Great Depression. Such a majestic feat of engineering gave New York City a deep sense of pride. Sure, the construction of the building had employed 3,400 workers each day, many of whom were paid excellent wages. But the building took just a little over a year to build, and it was constructed ahead of schedule and under budget. One year after the Empire State Building opened, only 25% of its offices had been rented. The economic turmoil of the Great Depression still held New York City in its clutches.

Who would want to build such a thing during such a desperate economic period? The idea of the Empire State Building was the result of a competition between two wealthy men. Walter Chrysler, executive of the Chrysler Corporation, and John Jakob Raskob of General Motors wanted to see who could build the taller building. Chrysler had already completed his Art-Deco masterpiece in midtown Manhattan 11 months earlier. And for those 11 months, at 1,046-feet tall, the Chrysler Building was the world’s tallest. But Raskob would not be beaten. His design, it is said, was based on the look of a pencil. And it was builder-friendly. Each story was exactly the same, so extra stories could easily be added if it needed to grow taller to overtake Chrysler’s building, and so grow it did. At 1,250 feet tall, Raskob’s Empire State Building had bested Chrysler’s.

MAY BIRTHDAYS

In astrology, those born between May 1–20 are the Bulls of Taurus. Not only do Bulls work hard with a determined and tireless manner, but they enjoy the payoff, rewarding themselves for a job well done. These stable and reliable types won’t finish the job until they are completely satisfied. Those born from May 21–31 are the Twins of Gemini. Gemini’s dual nature is expressed through its skillful communication and dynamic sociability. The Twins are energetic, quick-witted, optimistic, and emotionally intelligent.

RESIDENT BIRTHDAYS

#31A James Valdez	May 5 th
#14 Bill Huston	May 5 th
#54 Beverly Bramble	May 8 th
#89 Marie Thomas	May 10 th
#48 Kazuko Fantone	May 17 th
#106 Leona Crownover	May 21 st
#39 Donald LaFranchi	May 26 th

STAFF BIRTHDAYS

Keshaun Johnson (Kitchen Staff)	May 2 nd
Brittany Rankins(MC Care Staff)	May 12 th
Misty Wilson (Care Staff)	May 12 th
Russell Thomas (Maintenance)	May 23 rd
Heather Murdock (Marketing Director)	May 24 th



REFLECTIONS



AT THE POND | MAY 2020

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CELEBRATING MAY

Global Health and
Fitness Month



Gardening for Wildlife Month

Kentucky Derby
May 2



Nurses Week
May 6–12

American Indian Day
May 9



Mother’s Day: U.S.
May 10

O. Henry Pun-Off Day
May 15

National Polka Festival
May 22–24

Memorial Day: U.S.
May 25

Picture Perfect

May is Photography Month, a time to not only enjoy snapping photos and capturing memories, but a time to look at the world differently, through the eyes of a photographer. And with pocket-sized cell phones equipped with powerful cameras that rival the top traditional cameras, it seems as if everyone these days is capable of high-quality photography.

Photography has always seemed a bit magical. After all, photo-graphy gives us the ability to freeze a moment in time and cherish it forever. Photographers may record important moments in history, capture the energy and emotion of a single memory, or stage scenes to send political messages or make social or cultural critiques. In the end, however, what makes a photograph special is its subject matter and composition. What is the play between light and shadow? Is color saturated or muted? Are faces joyful and energetic or melancholy and lonely? A simple photograph communicates so much—both a message to the viewer and the self-expression of the photographer. And now that cell phones put cameras in the hands of most everyone, photography has become a part of many peoples’ daily lives. In this way, photography has never been more democratic than it is today.

Just as a cell phone is a device used for communicating via voice or text, the cell phone camera is also a mode of communication, but via picture. The first camera phone was unveiled in 1995 to little fanfare. At first, it seemed strange to pair a phone with a camera. Today, cell phones without a camera are both unthinkable and unmarketable. The most powerful cell phone cameras are filled with sensors and meters that allow users to simply point and click to make mini masterpieces. Apps like Instagram, Tumblr, Snapchat, and Pinterest share photos with millions of people instantaneously. We share images of our children, vacations, artwork, and even our food. In Egypt and China, cell phone cameras captured images that broadcast solutions to the world. In these ways, photography is more than art—it is a means to make your voice heard.

Let's Hear It for the Birds

International Migratory Bird Day, celebrated on the second Saturday in May, is a day to celebrate the 4,000 different species of birds that migrate around the globe. That's over 40% of all bird species. For these birds, migration means survival. As the seasons change, birds leave areas where resources are scarce and embark on journeys to areas with more resources, such as abundant food sources and protected nesting grounds where they can hatch and raise their young. For many birds, the scale of their migratory journeys is mind-boggling.



The Arctic tern has rightly earned worldwide fame for embarking on the longest migration in the animal world. Each year they fly round-trip from the Antarctic to the Arctic and back again, covering nearly 49,700 miles. Moving back and forth from the south pole to the north has its advantages. These birds enjoy the benefit of two summer seasons, rife with food and warm weather. Arctic terns have 30-year lifespans. Over such a lifetime, the miles add up quickly. One bird may fly the equivalent of three trips to the moon and back.

Not to be outdone is the bar-tailed godwit. This shorebird flies 7,000 miles from New Zealand on its nonstop migration to Alaska. It takes eight days of flying for the birds to reach the tidal flats of the Yellow Sea, which lies between China and the Korean peninsula. This is their only stopover before they continue their journey north. The flight back is just as grueling, a nonstop journey over the open ocean of the Pacific from Alaska back to New Zealand.

Before undertaking such awesome and taxing journeys, birds enter into a state known as *hyperphagia*, where they eat tremendous amounts of food in order to bulk up and store fat that can later be used as energy during their flight. Some birds have been known to double their body weights before migrating. One such bird is the tiny northern wheatear, which typically weighs less than an ounce. This bird swells up to two ounces before setting out on a three-month, 9,000-mile journey from Alaska to Eastern Africa.

Your Management Team

Lupe Ramirez
Executive Director

Ligia Rodriguez
Care Director

Melina Deary
Wellness Director

Heather Murdock
Marketing Director

Bernadette Soliz
Executive Chef

Dina Masterson
Activity Director

Lorine Ricardos
Housekeeping Director

Jessica Rivera
Office Manager

Maintenance- Russell Thomas & Corey Knapp
Transportation- Kelli Hendrickson

A Chomp Off the Old Block



That hungry, little yellow chomper known as *Pac-Man* made his debut on May 22, 1980, when the first *Pac-Man* machine was installed in a Japanese movie theater. The game was very different from the other popular games of the era. *Space*

Invaders and *Asteroids* depended on shooting things in order to win. *Pac-Man's* creator, Toro Iwatani, wished to design something wholly different—a game that would be universally appealing. He was eating a slice of pizza when he noticed that the rest of the pie looked like a friendly character. He considered the word *eat* and determined that the notion of eating appealed to everybody. The game he would design not only starred the pizza but required eating in order to win. The name *Pac-Man* comes from the Japanese slang word *paku-paku*, which means “to chomp.”

Celebrate Cinco de Mayo



Cinco de Mayo enjoys widespread popularity across the United States, despite many Americans mistaking the holiday as Mexico's Independence Day. Cinco de Mayo revelers take note! Mexico's Independence Day is held on

September 16. It commemorates the day in 1810 when a Catholic priest known as Father Hidalgo made a speech in the town of Dolores calling for independence from Spain. Hidalgo's speech has since been called the “Cry of Dolores,” and the town is now known as Dolores Hidalgo. Cinco de Mayo commemorates a very different event on a date over 50 years later.

In 1861, Benito Juárez was elected the new president of Mexico, but the country he was elected to run was bankrupt after decades of civil war. Juárez was forced to put off repaying all debts to Europe for two years, a decision that angered France, Britain, and Spain. These countries responded by sending their naval fleets across the Atlantic to collect their due. Juárez negotiated a deal with Britain and Spain. France, however, saw an opportunity to invade Mexico. Napoleon III ordered the landing of French troops at Veracruz, and the French forces chased Juárez and his government out of the city.

French General Charles Latrille de Lorencez soon marched his force of 6,000 upon the town of Puebla de Los Angeles. Juárez was desperate. He rounded up a group of 2,000 locals and fortified the town under the command of General Ignacio Zaragoza. On May 5, 1862, Lorencez surrounded Puebla and began shelling the town with heavy artillery. Yet by nightfall, the French were forced to retreat, having lost 500 soldiers. Zaragoza's victory at the Battle of Puebla was not a major one, but it was symbolic. Juárez's government used the victory to rally support against the French. Five years later, the United States sided with Mexico against the French and put an end to the war. Americans celebrating Cinco de Mayo are not celebrating America's successful intervention. It is more a general celebration of Mexican culture, fueled by the marketing influence of the beverage industry.

FUN ON THE PATIO

