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Postage  
Information

# SunnyBrook of Carroll

Assisted Living and Memory Care  
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May 2019



**Celebrating  
May**

**Older  
Americans  
Month**

**Meditation  
Month**

**Be Kind to  
Animals  
Week  
May 5–11**

**Teacher Day  
May 7**

**Mother's Day  
May 12**

**Nylon  
Stockings Day  
May 15**

**Memorial  
Day: U.S.  
May 27**

**Paper Clip  
Day  
May 29**

## Road Trip to the Odd and Awesome

May 5–11 is Travel and Tourism Week, and while you could spend all seven days visiting popular destinations such as Niagara Falls or the Grand Canyon, you could also pile into the car and take the path less traveled to see some of America's odd and awesome roadside attractions.

In Houston, Texas, you'll find the home of John Milkovich. Back in 1968, he grew tired of mowing the lawn, so he decided to landscape

his yard entirely in brick and concrete. He didn't stop there: Milkovich continued to cover his house entirely in siding made from aluminum beer cans. For the next 18 years, he used an estimated 50,000 beer cans to both insulate and decorate his home. The "Beer Can House" is not just a monument to the power of recycling, but it is an artistic center complete with guided tours and a gift shop.

If you're interested in giant-sized sculptures,

options abound along America's highways. Thirty-foot-tall dinosaurs loom above Interstate 10 south of Palm Springs, California. An 80-foot-long blue whale rests in a lagoon along Route 66 in Catoosa, Oklahoma. Two giant milk bottles are all that remain of the Benewah Dairy Company of Spokane,

*continued on pg. 4*



## May Birthdays

In astrology, those born May 1–20 are Bulls of Taurus. Bulls are stable, reliable, patient, and determined. They will work hard and finish the job no matter what gets in their way. Those born May 21–31 are Gemini's Twins. Twins seem to have two personalities and can blend into any situation. They have a fun-loving side that is the life of the party but also an emotional side that needs love.

Bing Crosby (singer) – May 3, 1903  
Audrey Hepburn (actress) – May 4, 1929  
Nellie Bly (journalist) – May 5, 1864  
Orson Welles (director) – May 6, 1915  
J.M. Barrie (author) – May 9, 1860  
Salvador Dali (artist) – May 11, 1904  
Florence Nightingale (nurse) – May 12, 1820  
Liberace (pianist) – May 16, 1919  
Peggy Lee (singer) – May 26, 1920  
Bob Hope (comedian) – May 29, 1903

## Road Trip *cont. from pg. 1*

Washington. The Longaberger Basket Company of Newark, Ohio, spent \$30 million to build its headquarters in the shape of a seven-story picnic basket with two 150-ton handles. (The Longaberger Company has since vacated the property but the unique building still remains.)

For those with an itch to see the exotic, you can find a replica of the Leaning Tower of Pisa in Niles, Illinois, but it's only half as tall and half as leaning. A small-scale replica of China's Forbidden City exists in Katy, Texas, complete with 6,000 tiny terra-cotta soldiers. You need travel no farther than Lake Havasu City, Arizona, to see the London Bridge. Oil baron Robert McCulloch moved all the pieces of the "fallen down" London Bridge to Arizona and put them together again as a ploy to draw tourists, which it has for almost 50 years.



## The Big Cheese

Every May a wide field of intrepid contestants converges on Cooper's Hill outside the small village of Gloucester in England. They will throw themselves down the 650-foot hill, risking life and limb, to chase a rolling nine-pound wheel of double Gloucester cheese. This is the extreme sport of cheese rolling.



Some say that this pastime came from an ancient pagan rite of spring, where bundles of burning brushwood were rolled down the hillside. No one knows when the rolling bundle of burning sticks became a wheel of cheese. What we do know is that the event was first recorded for posterity in 1826 and notes on that year's cheese rolling recorded by the town crier tell that the event was already hundreds of years old.

## For the Love of Pugs

Pug lovers will flock to Milwaukee on the weekend of May 18–19 for the annual Pugfest. The festivities revolve around three adorable contests, where pug owners parade their dogs in costumes. The categories are: "Hand-Crafted," "Ready-Made," and "Strollers and Floats." When visitors aren't ooh-ing and aah-ing over the cute dogs, they will be watching pug races and

Contestants assemble at the top of Cooper's Hill and wait for the master of ceremonies to push the cheese down the slope. The first to grab the cheese is the winner. However, the cheese may reach speeds of up to 70 mph, so usually no one catches the cheese. In that case, the first to cross the finish line is declared the winner. As simple as the competition sounds, there is nothing easy about chasing the cheese down the hill. Each year, many people suffer serious injuries. Paramedics wait at the hill's foot, ready to cart the injured off to local hospitals. Chris Anderson, a repeat champion, has suffered bruised kidneys, a concussion, and a torn calf for his victories. In 2013, the speeding wheel of cheese was swapped with a foam replica. Not to worry, winners still take the cheese.

allowing Father John Allen to perform the annual Blessing of the Pugs. Why do people love these tiny and, some might say, ugly dogs? They were originally bred as companion animals for Chinese royalty. When the dogs were brought back to Europe in the 16th century, European royalty adopted the practice. Today, anyone can feel like royalty with their own pup.

## Dancing Ghawazee

May 11 heralds the arrival of World Belly Dance Day. The term *belly dance* is a Westernized description of what was originally traditional Middle Eastern dancing. The earliest form of belly dancing came from the Egyptian *ghawazee* dancers. The *ghawazee* were popular street dancers, unveiled women who rapidly shook their hips and played brass cymbals or castanets with their hands. While audiences enjoyed the art form, it was often frowned upon as improper. In the 20th century, the dancing of the *ghawazee* evolved into *raqs sharqi*, a classical Egyptian style of belly dance. This modern style rose to fame during Egypt's golden age of film, but despite its popularity, *raqs sharqi* is still considered disreputable.



### Notable Quotable

"If a dog will not come to you after having looked you in the face, you should go home and examine your conscience."

~ Woodrow Wilson, U.S. president

## A Scent Is Born

On May 5, 1921, Gabrielle "Coco" Chanel introduced the first modern perfume to the world—her famous Chanel No. 5. It was no mistake that she debuted her fragrance on the fifth day of the fifth month, for the number five had long held special significance to Coco Chanel.

When Chanel was just 12 years old, her mother died of tuberculosis and her father sent her to live in the convent of Aubazine. As Chanel walked the pathways of the convent gardens,

she discovered that the stones were laid in groups of five, and they made a lasting impression. It was amongst the nuns that Chanel learned to sew, a skill that blossomed into a fabulous career in fashion design, but always the number five stayed with her.

Fashion houses were not interested in the perfume business, yet Coco Chanel was not interested in following traditions. In 1920, she approached the French-Russian perfumier Ernst Beaux and asked him to "create a scent that

would make its wearer smell like a woman, and not a rose." At the time, most perfumes mimicked the scent of one flower. Chanel wanted something new.

Beaux concocted several scents and presented bottles labeled 1–5 and 20–24. Chanel, of course, selected the fifth vial, naming it Chanel No. 5. On the fifth day of the fifth month of the next year, Chanel not only presented her latest fashion collection but also her new fragrance, a modern scent that took the world by storm.



### Notable Quotable

"In order to be irreplaceable one must always be different."

~ Coco Chanel

### I Smell a Challenge

Can you match the famous perfume or cologne to its designer?

- |                   |                        |
|-------------------|------------------------|
| 1. Shalimar       | A. Caron               |
| 2. White Diamonds | B. La Colonia Italiana |
| 3. Red Door       | C. Guerlain            |
| 4. Acqua di Parma | D. Elizabeth Taylor    |
| 5. Pour un Homme  | E. Elizabeth Arden     |

ANSWERS: 1. C; 2. D; 3. E; 4. B; 5. A

## May Day

For many, the first rite of spring comes on May 1, May Day, with the raising of the maypole. May Day dates back thousands of years. The Celts of the British Isles celebrated May 1 as Beltane, their most important holiday. It

marked the halfway point of a year split between the dark and light. Massive fires were burned to herald the return of life. The tradition of raising and dancing around a maypole came much later, during the Middle Ages, when villagers

would bear colorful streamers, ribbons, and baskets of flowers, symbolizing the fertility of the earth and blooming of trees and flowers. Many countries consider May Day a major holiday, but it is celebrated least of all in the United States.

