

May Birthdays

In astrology, those born from May 1–20 are Bulls of Taurus. While Taureans enjoy the comforts of luxury, they are unafraid of hard work and dedicate themselves to the tasks at hand. Their steadfast nature makes them reliable. Those born from May 21–31 are Twins of Gemini. With a feeling that something or someone is always missing, Twins forever seek new friends and opportunities. They are curious, intelligent, and sociable communicators, which makes them valuable colleagues and empathetic friends.

- Jim B. – May 1st
- Bing Crosby – May 3, 1903
- Sylvia U. – May 4th
- Nellie Bly – May 5, 1864
- Toni Tennille – May 8, 1940
- Louise O. – May 11th
- Salvador Dalí – May 11, 1904
- Stevie Wonder – May 13, 1950
- Henry Fonda – May 16, 1905
- Mr. T – May 21, 1952
- Naomi Campbell – May 22, 1970
- June C. – May 23rd
- Linda H. – May 25th
- Sally Ride – May 26, 1951
- Bob Hope – May 29, 1903



Spring Word Search



N	Q	F	I	P	F	S	D	R	I	B	L	S	B	F	Z	R
J	V	P	X	X	O	X	S	B	G	P	I	S	R	E	P	S
T	D	X	M	R	A	W	S	N	P	T	R	R	F	S	Q	E
N	M	Z	B	G	T	E	A	E	O	Z	P	E	N	J	M	O
Y	D	B	M	P	G	A	R	N	I	X	A	W	A	J	E	U
G	S	Y	C	T	X	S	G	I	U	R	V	O	T	N	V	V
G	I	S	N	Q	E	T	X	H	V	U	L	H	Q	X	Q	C
E	V	P	F	J	V	E	K	S	Y	U	S	S	Z	B	Y	L
V	D	T	L	C	P	R	E	N	A	P	R	E	E	Q	M	I
K	D	W	O	R	Y	D	R	U	M	B	R	E	L	L	A	W
M	R	G	W	D	Z	B	A	S	E	B	A	L	L	L	R	Q
R	R	T	E	Q	W	Q	Y	V	T	J	D	L	A	H	C	E
M	B	H	R	M	W	D	Q	T	W	W	Q	R	Q	X	H	U
M	F	M	S	E	R	J	F	N	O	T	T	A	G	S	H	E
N	G	N	I	R	P	S	X	X	B	G	A	I	S	I	V	W
E	R	H	I	I	L	M	G	R	E	E	N	Y	L	T	R	
Y	R	W	D	M	L	G	Q	T	T	I	A	O	A	F	F	B

SPRING
MAY
GREEN
WARM
UMBRELLA



MARCH
FLOWERS
GRASS
SHOWERS
EASTER



APRIL
BASEBALL
SUNSHINE
RAIN
BIRDS



Trinity Hills Times

Trinity Hills | 4611 Asheville Hwy., Knoxville, TN. 37914 | 865-329-3292



Celebrating May

Creative Beginnings Month

Meditation Month

Physical Fitness & Sports Month

Lemonade Day

May 2

Teacher Day

May 4

Cinco de Mayo

May 5

Mother's Day (U.S.)

May 9

International Nurses Day

May 12

Ride a Unicycle Day

May 16

NASCAR Day

May 21

Victoria Day (Canada)

May 24

Memorial Day (U.S.)

May 31

May Day Fun

May Day is celebrated on May 1. This secular holiday goes back to ancient times and is a yearly ritual to celebrate the bounty of spring. Typical festivities include flowers, dancing, and maypoles, which are tall poles decorated with ribbons and flowers erected for revelers to dance around. Traditionally, wreaths of posies adorn heads and bouquets are quietly left on the doorsteps of neighbors and friends as gestures of friendship.

What's Lucky in May?

- Lucky Color: Teal
- Lucky Animal: Dolphin
- Lucky Letter: N
- Lucky Day: Sunday
- Lucky Plant: Hydrangea



Animal of the Month – Ferret

Ferrets are small, carnivorous mammals that have brown, white, and/or black fur, small ears, a mask-like darker area across the eyes, and long tails. They typically weigh between one and a half to four and a half pounds. Pet ferrets are domesticated polecats. There are also wild ferrets, such as the black-footed ferret native to North America, which is on the endangered species list.



The highly social ferret has become a very popular pet, with several million now living in homes across America. Ferrets were domesticated around 2,500 years ago and

were kept by ancient Egyptians. Male ferrets are quite a bit bigger than female ferrets. These furry, inquisitive creatures are native to many places across the world, including North America and Europe. Because they are social and affectionate creatures, it is recommended to keep them in pairs or in a small group. Ignored pet ferrets can die of loneliness.

The Hart of the West

Billy the Kid. Jesse James. Wyatt Earp. America's Wild West has plenty of memorable names, but few of those names belong to women. History has largely forgotten the name Pearl Hart, even though she staged the last stagecoach robbery of the Wild West on May 30, 1899.



Pearl Taylor was born in Ontario, Canada, to a respectable family that provided her with a good education, but not good enough to keep her from falling in love with a gambler named Frederick Hart. She ran away to marry Hart at age

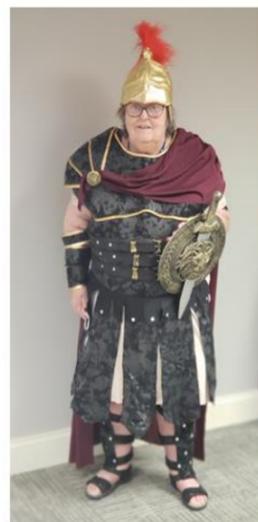
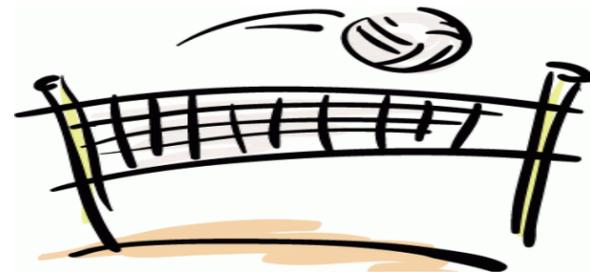
17 and endured years of abuse. The couple's drinking, gambling, and joblessness drew them to the Chicago World's Fair in 1893 in search of work. Instead, Hart found Buffalo Bill's Wild West Show and was enamored of the cowboy lifestyle.

What we know of Hart's life is spotty, but sometime after her experience in Chicago, she ended up in the mining town of Globe, Arizona, where she met another drifter, named Joe Boot. Hart and Boot were both broke, so they decided to rob the Globe-to-Florence stagecoach. Armed with a .38 revolver and dressed like a man, she made off with \$431, after returning one dollar to each traveler so they could buy something to eat once they reached Florence.

After her capture, Hart regaled reporters with a dramatic retelling of her exploits. Her fans begged for autographs, and she obliged them, signing as the "Bandit Queen." Hart was sent to Yuma, the nearest city with jailing facilities for women, but it took just a few days for her to sweet-talk some accomplices into helping her escape. Hart was later found in New Mexico and returned to the Yuma prison. When she became pregnant a year later, Hart was released with a pardon from the Arizona governor, who hoped to avoid a scandal. The rest of Hart's life is a mystery. Some say she may have joined the vaudeville circuit. Others say she settled down with a rancher and lived out her days as a law-abiding citizen. Either way, Hart's wild life story has earned her a place in the fabled history of America's West.

Residents in Action

One of our favorite activities, Balloon Volleyball, has grown so popular we outgrew the Activity Room! Starting in May, come join us in the Upstairs Game Room on Wednesday's at 3:15. The more the merrier!



As part of the group's study of Ephesians 6:10-20, Miss Chris dressed up as a Roman soldier. In this Bible verse, Paul uses an analogy of a Roman soldier to reflect the faithfulness of a Christian's belief.

We appreciate all that Miss Chris does for the residents at Trinity Hills!

Out on the Town

We are very excited to be able to go out on the bus again! Our trips to Cruze Farms or to see the Dogwood Trails are only the beginning! Be sure to check the monthly Activities Calendar to find out all the trips we have planned for the month of May. If you would like to sign up for an outing, let Shelli or Anthony know so we can put you on the list. Sign-ups are first come, first serve. Come join the fun!



The Old Ball Game

On May 2, 1908, songwriters Albert von Tilzer and Jack Norworth submitted their song "Take Me Out to the Ball Game" to the United States copyright office, unaware it would come to be called America's second national anthem. Even though the song's chorus is sung by millions, few know the rest of the lyrics or their feminist inspiration: the celebrity vaudeville star and outspoken suffragette Trixie Friganza.

Norworth was dating Friganza when he wrote the lyrics. While riding the New York City subway, he saw a sign that read "Baseball Today—Polo Grounds." Inspiration so overwhelmed Norworth that he scribbled the lyrics on the back of an envelope that is now on display at the Baseball Hall of Fame in Cooperstown, New York. The star of Norworth's tune is a woman named Katie Casey, a baseball superfan who "Saw all the games / Knew all the players by their first names." She even "Told the umpire he was wrong, / All along, / Good and strong." This outspoken female fan in the song was undoubtedly modeled after his progressive girlfriend, the indomitable Trixie Friganza.

