

THE CHATTER BOX

FOR AND ABOUT WRANGELL SENIORS
WRITTEN BY GEORGE JOSEPH
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Wrangell Senior Center
PO Box 1818
Wrangell, Alaska 99929

Thank You Elks!

Once again the Wrangell Senior Center has benefitted from the generosity of the state and local Elks Club. Through out the year the center has received financial donations from the Wrangell Elks Lodge #1595. They answered our call for help when we were putting together our share for the new van (along with many other Wrangell organizations) they donated again at Thanksgiving, and now they have helped out with the heating expense for the center.

The seniors at the Wrangell Senior Center would like to take this opportunity to thank from our heart every Elk member in Wrangell and across the state of Alaska for being so generous to us. We know the Elks are not only taking care of us seniors but also taking care of Alaska's kids, veterans, and any other person who needs a helping hand. We say keep up the good work and it is great to see a guy in a suit once in a while!

Speaking of donations...the center has been getting lots of great donations of food items lately. Once again we would like to say Thanks to Bob's IGA, City Market, and the Stikeen Inn Restaurant for all of the donations of food. Getting the fresh produce from both City Market and the Stikeen Inn Restaurant helps out a lot, it saves us money also it allows us to serve more fresh produce than our budget really supports. We have recently been able to send fresh produce and baked goods with our home delivered meals so the seniors can cook it up any way they want it. It all is greatly appreciated! These are difficult times and every little bit helps. Thank you all from the Wrangell Senior Center.



A UNITED WAY
AGENCY

This agency receives partial funding from the Alaska Division of Senior And Disabilities Services Also Wrangell Cooperative Association And The City of Wrangell

NEW VAN SCHEDULE

Rides Available

Monday thru Friday

9:00 a.m.--3:30 p.m.

Tuesday

PREARRANGED ONLY

Persons 60+

\$1.00 One Way

Suggested Donation

To pre-arrange rides

Call 874-2066 or

Sign up at the center.

NO CALLS AFTER

3:30 P.M.

Wrangell Senior Center

- Serving Lunch every week day except Tuesday.
- Home delivered meals.
- Rides available to and from lunch.
- Lunch is served at 12:00 noon.
- Over 60 Free Will donation \$3.00.
- Under 60 lunches are \$8.00.
- CALL 874-2066 BY 10:00 a.m. TO RESERVE YOUR SEAT FOR LUNCH

ODD BODY FACTS!

1. What causes ‘goose bumps’?

Goose bumps pop up when you are cold or afraid. They are caused by a tiny muscle at the base of each body hair contracting. Back when we had hair on our body it made your body hair stand on end and frighten your enemies.

2. Why does chopping onions make you cry?

When an onion is cut it ruptures its cells releasing enzymes that produce a gas called propanethial sulfoxide. When the gas reaches your eyes it produces a mild sulfuric acid. That hurts. The pain signals your brain to produce liquid to flush the acid from your eyes.

3. Is it true that your ears grow throughout your life?

Yes, the outer ears grow throughout your life. Starting at birth, the ears are, proportionally, the bodies largest feature. They grow rapidly until around 10 years of age. The ear lobe itself lengthens throughout life, especially on men. The inner ear canal does not grow.

4. What causes the feeling of “pins and needles”?

Called ‘parathesia’, pins and needles is caused by blocked blood flow to a pressed nerve. If you sit too long in an awkward position—or just with your legs crossed—you may press hard enough on a nerve to interrupt it’s signaling to the brain, causing your feet to fall asleep, or go numb. Parathesia is usually felt in the extremities, and will go away simply by changing body position to allow resumption of nerve communication to the brain.

Little Known Body Facts....

- 1. *8 month babies have 1,000 trillion brain synapses.*
- 2. *The volume of an average adult’s stomach is 1/5 of a cup.*
- 3. *Your tongue can pick up 5 different types of taste sensations.*
- 4. *In 1900, the average life expectancy in the U.S. was 47 years.*
- 5. *You have 2 million tiny hairs in your inner ear.*
- 6. *The eye has three separate processing systems.*
- 7. *Most people hit their peak bone mass at age 30.*
- 8. *The average person’s body holds 1.3 gallons of blood.*
- 9. *You use 100 Percent of your brain.*
- 10. *The average infant spends 18 hours a day sleeping.*

**VAN RIDES ARE AVAILABLE
FOR SENIORS 60+
MONDAY-FRIDAY
BEGINNING AT 9:00 A.M.
NO CALLS AFTER 3:30 P.M.
NO LUNCH or RIDES on TUESDAY
\$1.00 EACH WAY
CALL 874-2066**

**DON'T FORGET
BINGO
FRIDAY
AFTER NOON
12:30-1:30**

Memories

by Just Lurine

The aged have many advantages. We have the ability to see, or think we see, a glimpse of something that takes us back to a memory that will keep us entertained for a long time and a smile on our face for the rest of the day.

I had that pleasure the other day. Some children walked by me and I noticed a couple of them had hair that hadn't seen a comb for a while. My mind immediately went back to my best girl friend, Florence. Florence lived on the farm next to us and spent most of her life with us until we started school. She would come early in the morning with her blue eyes shining and her blonde hair slicked down on each side of a middle part. My hair was BROWN (ugh!) with bangs. The story starts now—Florence would turn around and the back of her head looked like a hay stack that had been in a tornado! Mom couldn't stand it. She would start humming and clicking her teeth. Florence was on the high stool, mom was fussing around her and I was feeding her cookies to keep her oblivious of what was to come. I won't go into the next 10 minutes for we all can imagine the chaos in the kitchen!

Guess what? Florence came off that stool with tears wiped away, beautiful slicked down blonde hair, and a small new hair brush and comb in her hand. Yes, she did come back the next day with her brush and comb wanting Mom to show her how to use it.

Good memory—huh?

How Bout Some TRIVIA?

1. What animal spends most of its time hanging from tree limbs?
2. What game has you place tiles to form words?
3. What cowboy rode such mounts as Widowmaker and a spinning tornado?
4. What kind of house does the witch have in 'Hansel and Gretel'?
5. What part of a tree grows underground?
6. What kind of soup is "m'm, m'm good"?
7. What is Winnie-the-Pooh's favorite food?
8. What do the four H's stand for in the 4-H Club?
9. What does it mean to sing "a capella"?
10. Who was the Norse god of thunder and lightening?
11. What Christmas plant do people kiss under?

- Trivia Answers:
1. The sloth
 2. Scrabble
 3. Pecos Bill
 4. Gingerbread
 5. The roots
 6. Campbell's
 7. Honey
 8. Head, heart, health, hands
 9. Without musical accompaniment.
 10. Thor
 11. Mistletoe