



# 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

## Where did it go?

Well, here it is, the middle of August. We have had a chili summer so far, consequently it seems we have had no summer to speak of. You know, the traditional hot, dry, lazy days of summer we all dream about all winter long. Oh well, fall is on the way and with that come the brisk days that for tell of winter months to come. During the fall and winter we all appreciate our friends and neighbors even more.

At the Wrangell Senior Center we are hoping for one more picnic before the official end of warm days. Please watch the scanner and listen to KSTK for an announcement of just when that picnic will be happening. Our last picnic was a huge success and it would be great to break our record attendance this next time. Of course all Wrangell seniors will be invited and rides will be provided. We will keep you posted!

### ***THANK YOU VERY MUCH FIRST BANK!***

*To First Bank, Wrangell Branch, the seniors at the Wrangell Senior Center send a very heart felt thank you! The senior center has been chosen to receive a community development grant from First Bank. This grant was awarded to the center to help with operating expenses, right now the most important operating expense we have is the grocery expense. The senior center operates on grants, donations, and support from the many organizations, clubs, and citizens in the community of Wrangell. Without this generous community the center could not provide meals and rides to the seniors of Wrangell. It is hard to put into words the way we at the center feel about the community. Every time we are in need, some one helps us out. There are tough times coming for all of us, seniors and non-seniors alike. Remember your friends, and your friends will remember you! Again, Thank You First Bank, and Thank You Wrangell!*

*George and the gang at 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

## IT'S A DOG'S WORLD!???

If you can.....

- \* start the day without caffeine
- \* get going without pep pills
- \* always be cheerful, ignoring aches and pains
- \* resist complaining and boring people with your troubles
- \* eat the same food everyday and be grateful for it
- \* understand when your loved ones are too busy to give you any time
- \* overlook it when those you love take it out on you when something goes wrong
- \* take criticism and blame without resentment
- \* ignore your friends' limited education and never correct them
- \* resist treating a rich friend better than a poor friend
- \* face the world without lies and deceit
- \* conquer tension without medical help
- \* relax without liquor
- \* sleep without the aid of drugs
- \* honestly say that deep in your heart you have no prejudice against creed, color, religion or politics

Then, my friends, you are almost as good as your dog.

\*\*\*\*\*

*I just love this bit of "reality therapy" so I thought I would share it with you, my friends. George*

**RESEARCH SHOWS THAT PETS  
MAY CONTRIBUTE TO THE  
HEALTH AND WELL BEING OF  
THEIR OWNERS.**

**VAN RIDES ARE AVAILABLE**

**FOR SENIORS 60+**

**MONDAY-FRIDAY**

**BEGINNING AT 9:00 A.M.**

**NO CALLS AFTER 3:30 P.M.**

**NO LUNCH TUESDAY**

**\$1.00 EACH WAY**

**\*TUESDAY\***

**\* PRE ARRANGED RIDES ONLY \***

### **Most Common Heart Attack Warning Signs**

- \* Discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- \* Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- \* Shortness of breath with or without chest discomfort.
- \* Breaking out in a cold sweat, nausea, or lightheadedness.

### **Most Common Stroke Warning Signs**

- \* Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- \* Sudden confusion, trouble speaking or understanding.
- \* Sudden trouble seeing in one or both eyes.
- \* Sudden trouble walking, dizziness, loss of balance or coordination.
- \* Sudden severe headache with no known cause.

Not all these warning signs occur in every attack. If some start to occur, don't wait.

Call 9-1-1 to get medical help right away!

\*American Heart Association.

## Big Elections

I love to vote. I am a proud 4th generation legal citizen that can vote for the leader of our country.

I enjoy digging into the history of the ones who are running our country and if they are running for re-election how they have voted in the past on issues that affect me. When I get in the booth I vote for the one I have chosen and it is up to me if I tell anyone how I vote.

Dad taught me the importance of voting and how to do it! I work hard on my home work, what bothers me is all the rhetoric thrown at me by the news media. My friends and acquaintances know all the bad moves that all are up for election have made. It is as if they have lived with the ones they don't like and saw all they have done wrong and most everyone takes this information as if it is gospel. I try to figure out which person will help us live in our area more comfortably.

This year we have broken tradition and have more choices to choose from. I don't care the sex, color, or age the person that is on the ballot. I want to know how, and if they are going to help me, my friends, and the area where I live.

Do your own homework, your choice is important. I am so happy I live in a country that allows me to vote as I want.

Just Lurine

THE POINT IS...GET OUT AND VOTE.  
VOTING IS YOUR WAY OF MAKING A  
DIFFERENCE, SPEAKING OUT. JUST  
DO IT!!!

## OATMEAL MUFFIN MIX.....

This recipe will make 7 dozen muffins! The basic mix stores excellently for future use.

- \* 5 1/2 cup sifted flour
- \* 1 1/3 cup sugar
- \* 6 T-spoon baking powder
- \* 1 T-spoon salt

Sift together at least twice. Then cut in

- \* 1 1/4 cup Crisco shortening

Until the last particles are the size of rice grains. Then add

- \* 5 1/2 cup of "quick" rolled oats

Blend well and store in covered container.

Use this basic mix to make muffins or cookies. Great for last minute treats for visitors!

### \*\*\*\*\*To make 12 Muffins\*\*\*\*\*

Put 2 cups of your muffin mix in your mixing bowl. Mix together

- \* 1 beaten egg
- \* 2/3 cup of milk

then stir lightly into the muffin mix until combined. Fill muffin cups 2/3 full. Bake in a hot oven (425 degrees) for 15-20 minutes. Enjoy!

### \*\*\*\*\*For Cookies\*\*\*\*\*

Same as above just use less milk and add some chopped nuts and raisins or chocolate chips and drop by teaspoonful or for bigger cookies Tablespoonful onto a cookie sheet. Flatten a wee bit with the back of the spoon, then bake 8-10 minutes at 350 degrees. Enjoy!

\*Conovah Goodrich sent this recipe to share with all CHATTERBOX readers. There is a great story that goes along with this recipe but due to lack of print space I can't put it all in this month. Thank you very much Conovah!