

City of Kenai
Kenai Senior Center
361 Senior Ct.
Kenai, Alaska 99611
907-283-4156

JANUARY 2021

The Kenai Senior Center



Centerline



Know Your Neighbor

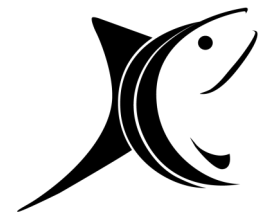
By Carol Prior

January 2021 can you believe it? If you're like me you're ready to say goodbye to 2020 and start a new decade. Kathy has asked to start writing the "Know Your Neighbor" column for **The Centerline** again. I have volunteered to do so.

I will interview by phone because we can't get together face to face, starting with a couple interviews a month. It has been so long since we have been able to really visit with anyone in the dining room due to the Covid-19 public health emergency. It will be fun to catch up.

To start out I thought I should at least tell you who I am, if you don't already know. I am the Data Entry Clerk for the Senior Center. I have been working here since 2016 and I keep the statistical data for Senior Center that is turned into the City, and State for various reports and grants. A lot of you know me from various other events and activities. My "most famous" job is the Wednesday joke or funny story teller. (I really miss that! I have been collecting some for when we get back together.) I belong to the Writer's Group, so I'm sure Virginia will be editing my writing.

I am a Retired Wildland Fire Dispatcher, from the State of Alaska. My husband and I came to Alaska in 1989 after our youngest son graduated from high school. We have three children and five grandchildren. I am the proud mother of the current City of Kenai Fire Chief, Tony Prior, who is married to Dianna, and who have two children, Nikki and Cameron.



KENAI

Inside this issue

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Special points of interest

- Kenai Senior Connection News
- Know Your Neighbor
- Effects of Excessive Sodium
- PFD Application Information
- TV Commercial Trivia
- What Happened in 1921?
- 13 New Year's Traditions

KENAI SENIOR CENTER SERVICES

PICK UP MEALS:

Monday through Friday at 11:30 AM. Call the front desk by 10:30 am to arrange for a pickup meal.

HOME-DELIVERED MEALS:

Monday through Thursday
Call 283-8212 for more information.

VINTAGE POINTE HOUSING:

Call 283-4156 for more information or to get on the waiting list.

FACILITY RENTAL:

*Suspended (COVID-19)

TRANSPORTATION:

*Suspended (COVID-19)

SUGGESTED DONATIONS:

Pick up Meals - \$7
(60 years and older)
Home-delivered Meals - \$7
Transportation - \$3

PFD Filing Begins January 1

Anyone Can Apply Online!

- All applicants can conveniently file online and electronically sign a PFD application. Adults can use an already created myAlaska account or create a new one.
- Anyone who does not want to electronically sign the PFD application can still file online by selecting the bottom option; I do not want to electronically sign.
- Paper applications are available at the Senior Center. Please call us and we can mail one directly to you.
- Remember, Kenai Senior Connection, Inc. is now a Pick. Click. And Give. Organization. Every dollar given through Kenai Senior Connection, Inc. directly benefits the Kenai Senior Center.



Kenai Senior Connection, Inc.

JANUARY BIRTHDAYS

Day	Name	Day	Name	Day	Name
2	Glenese Pettey	9	Debora Studnek	21	Carol Harrison
5	Janice Carlton	10	Harold Becker	23	Chuck Thornton
5	Charles Kahakawila	10	Ray Nickelson	23	Ellen Hudson
6	Jim Doyle	10	Galen Neptune	24	Robert Arrington
6	Karolee Hansen	11	Linda Williams	24	Mary Anne Cowgill
6	Lily O'Dell	14	Ray Verg-in	25	Joseph Jolly
6	Dale Sandahl	14	Maxine Ruberg	25	Bill Perrigo
6	Melanie Switzer	15	Jeppe Hanson	26	Linda Sutton
7	Robert Bedwell	15	Diane Sadler	28	Carolyn Ostrander
8	William Switzer	15	Bobbi Jedlicki	28	Sally Kaas
8	Wanda Stuart	16	Karen Taylor	29	Ardele Trail
8	Michael Meeks	20	Millie Evans	31	Jan Erwin
9	Virginia Hallmark	20	Don Weller		

What is \$5 Club?

Our \$5-A-Month Club is a voluntary membership to the Kenai Senior Center through the Kenai Senior Connection, Inc. and a valuable help!

All funds are used to assist with the Senior Center budget and for special needs throughout the year. We thank everyone for your support as we continue to grow and serve the needs of our senior community. Donations may be made on a monthly or year-to-year basis. Items purchased with these funds include the piano!

We proudly post our \$5 Club members on the bulletin board and in the Centerline!

JANUARY \$5 CLUB

Patricia Bravo	Joel & Laura Henkelman	Judy Martin	Barbara Smith
Sue Carter	Cliff Heus	Harry Nagasako	Steve Smith
Glenn Clifford	Kathy Heus	Bill Nelson	Buck Steiner
Patsy Clifford	Jan Hollers	Lois Nelson	Shiela Steiner
Carol Freas	Donna Hoyt	Ray Nickelson	Charles & Janice Thornton
Omer Goodman	Molly Jackson	Marian Nickelson	Vivian Terry
Pete Hallgrimson	Anita Kwan	Joseph & Janice Nightingale	Ray & Yen-ti Verg-in
	Lisa Lambert	Pat Robinson	Janice Wilsack



Business Hours

Mondays 8:00am ~ 5:00pm
Tuesdays 8:00am ~ 5:00pm
Wednesdays 8:00am ~ 5:00pm
Thursdays 8:00am ~ 5:00pm
Fridays 8:00am ~ 5:00pm

Need to speak with someone in administration?

Director, Kathy Romain
283-8213
Administrative Assistant, Angie Clary
283-8212





Hot Chocolate Pudding

Ingredients:		
4 1/2 cups milk	1/3 cup cornstarch	2 tsp. vanilla extract
3/4 cup sugar	1/4 tsp salt	Whipped cream, for topping
2/3 hot chocolate or cocoa mix	5 large egg yolks, beaten	

Step 1 Heat 4 cups of the milk in a large saucepan over medium heat until steaming.

Step 2 Meanwhile, whisk the sugar, hot chocolate mix, cornstarch and 1/4 teaspoon salt in a large bowl. Whisk in the egg yolks and the remaining 1/2 cup milk.

Step 3 Slowly add half of the hot milk to the egg mixture, whisking constantly until smooth. Gradually whisk the egg-milk mixture into the remaining hot milk in the saucepan and bring to a boil over medium heat, whisking constantly. Continue to cook, whisking constantly, until the mixture has thickened to a pudding-like consistency, 3 to 4 minutes. Remove the saucepan from the heat and stir in the vanilla.

Step 4 Let the pudding cool slightly, stirring a few times to prevent a skin from forming. Place a piece of plastic wrap directly on the surface of the pudding and refrigerate until it has completely cooled and thickened, about 4 hours.

"Families are like branches on a tree. We grow in different directions yet our roots remain the same."
~Author Unknown

Know Your Neighbor *(Continued from page 1)*

My daughter Shelly and her husband Dale moved to Washington after their daughter Alex graduated from Soldotna High School. My son Monte and his wife Tracy moved to Idaho after their children, Mason and Serena. They both graduated from Soldotna High School as well. My husband has gone home to be with the Lord, so I work to keep busy. I didn't do well with being retired. I love being around people.

I only work part-time for the City of Kenai, and part-time at my church, which turns out to be five days a week. I guess I'm part-timed retired.

I look forward to writing this column in next few months so stay tuned.



Number Search Puzzle #001

DIRECTIONS: Find the numbers in the list below the grid. The numbers can be in any direction: backwards, forwards, up, down, or diagonally.

2	5	6	1	8	5	6	3	0	4	8	3	6	1	6
7	2	8	7	6	5	3	2	8	0	8	5	8	1	8
3	0	2	3	1	3	5	0	5	5	4	8	7	5	5
2	2	9	0	8	3	4	5	2	0	9	6	2	0	8
4	8	5	7	4	3	3	3	3	4	5	2	4	9	8
4	8	6	6	9	2	6	1	9	8	4	1	5	0	5
4	7	8	5	1	0	0	0	2	1	5	1	4	6	1
7	0	5	6	5	4	1	8	0	9	0	6	9	0	3
9	0	5	4	4	4	5	9	7	7	0	3	3	3	4
1	9	5	3	9	2	7	4	2	3	5	2	9	5	0
0	9	8	9	6	4	9	7	9	8	0	5	9	2	0
3	2	2	9	4	2	5	5	0	0	6	3	9	0	0
3	8	7	1	2	6	0	0	0	0	8	2	1	6	5
9	6	5	4	9	8	7	2	5	2	0	6	8	0	1
4	3	6	2	3	4	7	0	8	9	9	1	0	1	3

130456

150526

253060

270159

280858

286554

296684

322942

325326

399918

410974

433334

436234

444791

454908

470085

481973

500043

520680

549872

561280

567037

572855

588586

592884

642950

712600

870099

896497

991013

1921 Continued

Thousands of frogs reportedly fell during a thunderstorm on Gibraltar on the Iberian Peninsula, alive and jumpy. It also reportedly happened in France in 1889, Minneapolis in 1901, and England in 1894. Frog rain happens more often than you'd think.

Quotes Included:

"You see things; and you say, 'Why?' But I dream things that never were; and I say, 'Why not?'" *George Bernard Shaw*

The phrase: "A picture is worth a thousand words" first appeared in *Printer's Ink* (a trade journal).

"I'd walk a mile for a Camel." *Camel Cigarettes*

Pop Culture History:

Wonder Bread began distribution. It went national in 1925 when the Continental Baking Company bought out Taggard baking, the originators of the product.

Betty Crocker was not a real person. The name was created as a way to give a personalized response to consumer product questions. The name Betty was selected because it was a cherry all-American name, and Crocker was the last name of one of the company directors at that time.

Albert Einstein won the Nobel Prize for Physics for his work on Solar Power, not his 1916 work "The General Theory of Relativity."

The largest civil uprising in US history since the Civil War occurred when 10,000 coal miners battled 3,000 police officers and "strikebreakers." The coal miners were attempting to unionize the coal mines of West Virginia. US Troops were eventually brought in by Presidential Order.

A dog named "Dormie" went on trial in San Francisco for allegedly murdering 14 cats. He walked. (*Read more about the trial on page 11*)

Lake Chaugogagoggmanchauggagoggchaubunagungamaug in Massachusetts actually does exist, but its "Native American" etymology is a myth. While it does loosely translate to "You fish on your side" etc., it was meant as a joke perpetrated by newspaper editor Larry Dale in 1921, and somehow it stuck.

The shortest-lived team in NFL history was the Tonawanda Kardex Lumbermen, who played in one NFL game in 1921. Tonawanda is in New York, a suburb of Buffalo.

The Black Sox Scandal: Eight Chicago White Sox players were banned for life for purposefully losing the World Series to the Cincinnati Reds. They were all acquitted in criminal court.

The Buffalo All-Americans were announced as NFL champions until the Chicago Bears challenged them to a final game which became the first ever postseason NFL game which the Bears won 10-7, stealing the championship title from Buffalo.

Most of the 1890 US census data no longer exists due to a fire in 1921.

Willis Meadows coughed up a bullet 58 years after he was shot in the eye during the Civil War.

Biggest Pop Artists of 1921 included: Nora Bayes, Eddie Cantor, Frank Crumit, Carl Fenton and His Orchestra, Marjorie Harris, Art Hickman & His Orchestra, Al Jolson, Billy Jones, Isham Jones and His Orchestra, Benny Krueger and His Orchestra, Ted Lewis and his Band, Billy Murray, The Original Dixieland Band, The Peerless Quartet, Leo Reisman and His Orchestra, Mamie Smith & Her Jazz Hounds, Van & Schenck, Ethel Waters, Reinald Werrenrath, Paul Whiteman and His Orchestra, and Yerkes Jzarimba Orchestra.

Sources: *Wikipedia, 1921 History, Trivia and Fun Facts, World History Project-1921*



13 New Year's Traditions to Try for Good Luck, From All Over the World

(Adapted from Brandi Neal Article in [bustle.com](https://www.bustle.com),)

Humans are a superstitious bunch. From knocking on wood to throwing salt over your shoulder, you've likely engaged in a few seemingly odd activities to ensure good fortune. If you want to manifest prosperity in 2021, these uncommon New Year's traditions to try for good luck can help you put your best foot forward as you leave the dark and twisty vibes of 2020 in the rearview. Growing up, my mom always made me and my brothers eat a spoonful of sauerkraut on New Year's Day so we would have good luck in the coming year. No one left the dinner table without ingesting the dreaded kraut, which has its roots in German New Year's traditions and is said to bring blessings and wealth.

1. **Wearing Red Underwear** — Wearing red underwear on New Year's Eve is common in lots of countries, including Spain and Italy. It's said to bring good luck, if, of course, the undergarment was given to you by someone else.
2. **Eating 12 Green Grapes at Midnight** — A New Year's tradition that originated in Spain, eating 12 grapes at midnight is thought to ensure 12 lucky months in the coming year. (If only we had known about this one for 2020.)
3. **Swinging Balls of Fire** — In Scotland, New Year's is celebrated with a three-day festival called Hogmanay. The festival begins with tens of thousands of people marching through the streets of Edinburgh swinging torches of fire. The tradition dates back to the Vikings and is believed to be linked to the Winter Solstice.
4. **Taking your Suitcase for a Walk** — In Ecuador, if you plan to travel in the coming year, you are supposed to run around the block (or house) with a suitcase at midnight to enjoy success during your travels.
5. **Take the Polar Plunge** — Done all over the world, this tradition is running into frigid water on New Year's Day, usually for charity, because giving back is a good way to start off the New Year.
6. **Chair Jumping** — People in Denmark jump off of chairs at midnight to ensure their feet are in the air going into the new year. This is thought to leave any bad mojo behind by making sure their feet are firmly planted on the ground when they land in the next year.
7. **Pomegranate Throwing** — In Greece, people hurl pomegranates on the ground at the stroke of midnight. The more pieces the fruit bursts into, the more abundance you can expect in the coming year.
8. **Dressing Up Like Bears** — In Romania, dressing up in bear costumes, and dancing from house to house, is a tradition meant to keep evil at bay.
9. **Furniture Throwing** — In South Africa and Italy, if you're moving, and your furniture fits through your window, throw it away so that you start the new year off fresh.
10. **Graveyard Camping** — In Chile, the tradition of camping in graveyards on New Year's Eve is so you start off the new year with your deceased friends and family.
11. **Dropping Ice Cream on the Floor** — In Switzerland, people drop a scoop of ice cream on the floor at midnight to manifest abundance in the coming year.
12. **Baking Coins into Desserts** — A tradition in Bolivia, Greece, and other countries, it's considered good luck to bake coins into desserts to celebrate New Year's.
13. **Sleeping With Mistletoe** — In Ireland, if an unmarried woman places mistletoe under her pillow before bed, she will be blessed with good fortune and love in the new year.



Kenai Senior Connection, Inc. NEWS

It is time to say goodbye to 2020 and



2020 has come and gone. It's certainly been a different kind of year that we will probably always remember. I hope everyone had a nice Christmas. Right now, we are patiently waiting to get our lifestyles back to normal.

The Senior Center's staff and all the team have been working hard and done a number of projects in the building. There are new storage units set up, and a room with new flooring that you might not recognize. I know I am not the only one that will be very happy to get back in the Center and see all that has been done. Maybe there will still be a few projects to do and we'll be able to help with them.

The Senior Connection, Inc. still has not had an opportunity to have an in-person meeting, however was involved in some projects, including providing funds to purchase candies, fruit and stocking stuffers to include in over 100 Christmas goody bags. Hilcorp Alaska and Peninsula Community Health Services also provided small stocking stuffers and fruit for the bags.

HAPPY NEW YEAR EVERYONE!

VELDA GELLER, PRESIDENT, KENAI SENIOR CONNECTION, INC.



If you were a December home-meal recipient and would like to send a personal thank-you note to the three sponsors of the small goody bag you received, the addresses are as follows:

HILCORP
P.O. Box 244027
Anchorage, AK 99524

~~~

Peninsula Community Health Services of Alaska  
805 Frontage Road  
Kenai, AK 99611

~~~

Kenai Senior Connection, Inc.
P.O. Box 806
Kenai, AK 99611

TV Commercial Trivia Answers

Page One: 1. Staples, 2. Olive Garden, 3. Men's Warehouse, 4. United Airlines, 5. Alka Seltzer, 6. Energizer Batteries, 7. ABC's Wide World of Sports, 8. Brylcreem Hair Gel, 9. Life Alert, 10. M&M candies, 11. Coca-Cola, 12. Capital One credit card, 13. Maxwell House Coffee, 14. Kellogg's Frosted Flakes, 15. Folgers Coffee, 16. Coors Beer, 17. Wrigley's Doublemint Gum, 18. Wheaties Cereal, 19. Nike Shoes, 20. General Electric, 21. Wal-Mart, 22. Exxon Gas, 23. Wonder Bread, 24. Bounty Paper Towels, 25. Hallmark Cards, 26. Lay's Potato Chips, 27. Zenith TV, 28. Southwest Airlines.

Page Two: 29. Jell-O, 30. Miller Light Beer, 31. Blue Bonnet Margarine, 32. Merrill Lynch, 33. Carnation Milk, 34. Dentyne Gum, 35. Lending Tree, 36. Jiff Peanut Butter, 37. Geico Insurance, 38. Applebee's, 39. IHOP Restaurants, 40. Home Depot, 41. Life Cereal, 42. Subway, 43. Olympia Beer, 44. US Marine Corp, 45. Coppertone Lotion, 46. Bisquick, 47. Rice-a-Roni, 48. Pillsbury Poppin' Fresh Dough, 49. Prudential insurance, 50. Michelin Tires, 51. California Almond Growers, 52. Buick, 53. Motel 6, 54. Avis Car Rental.



FOR OFFICIAL USE ONLY—DO NOT WRITE IN THIS BOX

Date Received _____ Received by _____

With the recent closures due to the COVID-19 virus, it has become apparent that we are missing or have outdated information on many of our patrons. Please help us to update our database by filling out this form and giving it to the receptionist, or mailing it to:

Kenai Senior Center, 361 Senior Ct., Kenai, AK 99611

~Thank you for your help!

Name _____
First Middle Last

Mailing Address _____

City _____ State _____ Zip _____

Physical Address _____

City _____ State _____ Zip _____

Date of Birth _____ Home Phone _____ Cell Phone _____

Kenai Senior Center Donation Form

Helping People Age With Dignity

Your tax deductible donations are a valuable and necessary means for the sustainability of Kenai Senior Center services. If you would like to make a meaningful donation to help those in need, please make a selection from the following services:

*Please make checks to **Kenai Senior Center**:*

- ☐ Congregate Meal Program
- ☐ Transportation Services
- ☐ Home Delivered Meal Program
- ☐ Newsletter Mailing (\$10, Jan—Dec)
- ☐ Newsletter E-Mailing (Free of charge)

*Please make checks to **Kenai Senior Connection, Inc.**:*

- ☐ \$5 Club
- ☐ monthly - \$5 ☐ yearly - \$60
- ☐ Memorial Donation

Name _____ Address _____

Mail to: Kenai Senior Center, 361 Senior Court, Kenai, AK 99611.

Thank you for your financial support! Every *little* bit can make a **BIG** difference.

More History from 1921



Dormie being paw printed
before the trial

Dormie: A Rich Man's Dog Tried for Cat Murder—Dormie made history in 1921 when he was tried for the murder of 14 cats in San Francisco. Dormie, a full-blooded Airedale, belonged to a wealthy man named Eaton McMillan. He was charged with killing 14 cats, the principal victim being Sunbeam (a Persian-Angora cat owned by Marjorie Ingals), and went on trial before a jury.

According to the Los Angeles Herald, 21 December 1921: "It was the first time in the history of jurisprudence that a canine has been brought to trial for a capital crime. This was no matter for the city

"pound" department, or the cruelty to animals commission. It was a real trial of a real dog on a real charge of murder." It was also reported that the court was uncertain whether to try him of 14 murders or 126 murders (taking into consideration the nine lives of each cat) and whether a jury of his peers should be dogs. "If a jury trial is agreed upon, only a jury of dogs can legally be employed. For only dogs are the equals of dogs." James Brennan, Dormie's attorney, said most Airedales were of a higher order than most men, so the question of equality was quickly dropped.

During the trial, Brennan had other Airedales, other breeds of dogs and Dormie come into the courtroom so Ingals could identify the culprit. She did identify Dormie, but the identification was set aside since he was the only dog that was escorted into the room by a policeman. The defense argued that Dormie was a friendly dog and was loved by many of the neighborhood kids. A character witness was even brought in, an Airedale named Rowdy - who was the brother of Laddie Boy, President Harding's dog. Rowdy, who had been a personal bodyguard of a Persian cat for many years (and who mourned for days after the cat's death), was to show the jury that Airedales did not hate cats.

The trial ended with a hung jury. Eleven jurors voted to acquit, while only one wanted Dormie to receive the death penalty. Brennan filed a motion for dismissal. The Judge granted the motion, declaring that the San Francisco ordinance, which put Dormie on trial, was contrary to the Constitution of the State of California. According to the law at that time, a licensed dog had the right to roam free and unlicensed pets like cats did not. Therefore, if a wandering cat encountered a free-roaming dog, it was the cat's responsibility if harmed.

Source: Famous Dogs in History

"If you want a friend in Washington, get a dog. "

~ Harry Truman





JANUARY 2021 MENU

If you would like to order a meal for pick-up, please call 283-4156 by 10:30am for same day pick up.

Soup and Salad when available

Monday	Tuesday	Wednesday	Thursday	Friday
4 Tomato Soup Grilled Ham & Cheese Carrot/Pineapple Salad Fruit Cup	5 Chef Salad Fresh Fruit Bran Muffin 	6 Baked Potato w/ Fixings Broccoli Spears Green Salad	7 Pepper Steak Egg Noodles/Gravy Buttered Corn	8 Soup & Sandwich Potato Salad Fruit Cup
11 BBQ Chicken Legs Mac & Cheese Mixed Veggies Green Salad	12 Oven-Baked Lemon Butter Chicken Thighs Brown Rice Steamed Veggies 	13 Cuban Movo Pork Sandwich Pineapple Slaw Fresh Fruit	14 Roast Beef Mashed Potatoes Gravy Nantucket Veggies	15 Soup & Sandwich Pasta Salad Fruit Cup
18 Chili Dogs w/All the Fixings Tater Puffs Green Salad	19 Italian Tortellini Salad Fruit Cup Green Salad 	20 Roast Turkey Mashed Potatoes Gravy Stuffing Nantucket Veggies	21 Spiced Rubbed Steak Salad w/Creamy Red Wine Vinaigrette Fruit Cup	22 Soup & Sandwich Pea Salad Fruit Cup
25 Peachy Pork Brown Rice Lemony Green Beans	26 Liver & Onions Mashed Potatoes Gravy Mixed Veggies 	27 Corned Beef and Cabbage, Carrots, Potatoes	28 Halibut Burger Seafood Pasta Salad Fresh Fruit Green Salad	29 Soup & Sandwich Carrot Salad Fruit Cup
1 Baked Ham w/ Cranberry Glaze Cheezy Potatoes Mixed Veggies	2 Veggie Soup Chicken & Sundried Tomato Wrap Peaches & Cottage Cheese 	3 Spaghetti w/Meat Sauce Italian Veggies Garlic Bread	4 Missy Pizza Mandarin Spinach Salad	5 Ham & Beans Cornbread Coleslaw Pears & Cottage Cheese

Menu is subject to change



Those Annoying

TV Commercials

Trivia

Fill in the blank with each product of the commercial lines.

1. That was easy.

Answer, _____

2. When You're here..... You're Family.

Answer, _____

3. You're Going to Like the way you look.....I guarantee it!

Answer, _____

4. Fly the Friendly Skies of _____.

Answer, _____

5. I can't believe I ate the whole thing.

Answer, _____

6. It keeps on going and going and going....

Answer, _____

7. The thrill of victory, the agony of defeat.

Answer, _____

8. A little dab'll do ya....

Answer, _____

9. Help!....I've fallen and I can't get up!

Answer, _____

10. Melts in your mouth, not in your hands.

Answer, _____

11. It's the real thing....

Answer, _____

12. What's in your wallet?

Answer, _____

13. Good to the last drop....

Answer, _____

14. They're G-R-E-A-T!

Answer, _____

15. The best part of waking up is _____ in your cup!

Answer, _____

16. The Silver Bullet!

Answer, _____

17. Double your pleasure.....Double your fun.

Answer, _____

18. The Breakfast of Champions.....

Answer, _____

19. Just Do It!

Answer, _____

20. We bring good things to life.

Answer, _____

21. Watch for falling prices!

Answer, _____

22. Put a Tiger in your tank.

Answer, _____

23. Helps build strong bodies 12 ways.

Answer, _____

24. The quicker picker-upper.

Answer, _____

25. When you care enough to send the very best....

Answer, _____

26. Betcha can't eat just one?

Answer, _____

27. The quality goes in before the name goes on....

Answer, _____

28. You are now free to move about the country....

Answer, _____

What product is each tag- line promoting?

MORE

TV Commercials Trivia

Bet ya' don't know 'em all!



29. There's Always room for _____!

Answer, _____

30. Tastes great, Less filling!

Answer, _____

31. Everything's better with _____ on it!

Answer, _____

32. Bullish on America.

Answer, _____

33. The milk from contented cows.

Answer, _____

34. Cleans your teeth while it cleans your breath.

Answer, _____

35. When banks compete.....you win.

Answer, _____

36. Choosy mothers choose _____.

Answer, _____

37. 15 minutes could save you 15% or more.

Answer, _____

38. Eatin' good in the Neighborhood.

Answer, _____

39. Come hungry.....Leave Happy!

Answer, _____

40. You can do it..... We can help!

Answer, _____

41. Mikey likes it, He likes it!

Answer, _____

42. Eat Fresh!

Answer, _____

43. It's the water!

Answer, _____

44. We're looking for a few good men.

Answer, _____

45. Tan - Don't burn!

Answer, _____

46. Something good always comes of it.

Answer, _____

47. The San Francisco Treat.....

Answer, _____

48. Nothin' says lovin' like something from the oven.

Answer, _____

49. Get a piece of the rock.

Answer, _____

50. Because so much is riding on your tires.....

Answer, _____

51. A can a week, that's all we ask....

Answer, _____

52. Wouldn't you really rather have a _____?

Answer, _____

53. We'll leave a light on for you.

Answer, _____

54. We try Harder.

Answer, _____

THE EFFECTS OF EXCESSIVE SODIUM ON YOUR *Health & Appearance*

9 out of **10** Americans
consume too much sodium.



WHERE DOES IT COME FROM?



65%

supermarkets,
convenience stores



25%

restaurants



10%

other sources

3,400 milligrams
the amount of sodium the average
American consumes in a day

1,500 milligrams
or less
recommended by the
AHA for ideal heart health

HIGH BLOOD PRESSURE



is a leading risk factor for death in **WOMEN**
in the **United States**, contributing to nearly
200,000 female deaths each year.

*{ That's nearly five times the 42,000
annual deaths from breast cancer. }*

77.9 million American **ADULTS**
have **high blood pressure**.

KIDS who have a high-sodium diet
are **twice as likely to develop high
blood pressure** as kids who have
low-sodium diets

Your **HEALTH**

Excess levels of sodium/salt
may put you at **RISK** for:

STROKE

HEART FAILURE

OSTEOPOROSIS

STOMACH CANCER

KIDNEY DISEASE

KIDNEY STONES

ENLARGED HEART

MUSCLE

HEADACHES



Your **APPEARANCE**

Excess levels of sodium/salt
may cause:

**INCREASED WATER RETENTION,
LEADING TO:**

- Puffiness
- Bloating
- Weight gain



City of Kenai
Kenai Senior Center

Our Mission Statement

To serve as a community focal point for senior services where adults 60+ come together for fellowship and program participation, to engage in opportunities for dignity and personal growth, to improve and enrich their quality of life, to support the needs of older individuals, to enhance their independence, and to broaden their involvement within the community.

Kenai Senior Connection, Inc.



NEW! Beginning January 2021

City of Kenai
Kenai Senior Center

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