

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

AUGUST 2021

The Kenai Senior Center

Centerline

We are OPEN !

Monday—Friday from 8 am—5 pm

Thursdays until 9:30 pm.

#1

Who am I?

By Biz Robbins

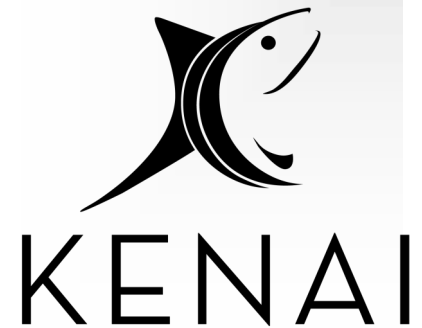
I was born in 1927 to Jewish parents. I was the youngest of nine children and we were poor. When we were in high school, three of my brothers and I formed a quartet and won competitions in the Boston area. We joined RCA Victor records and were successful with hits like “It Only Hurts for a Little While,” “You, You, You,” and “The Naughty Lady of Shady Lane.” Do you know who I am yet?

In the early 60s, the brothers and I disbanded and I left music and pursued acting. My first starring role was in an off Broadway production of *The Crucible*, and I went on to star and tour with *Carnival*. But perhaps you best know me as Mingo, the Cherokee tribesman, on the NBC television show *Daniel Boone*. Do you need more?

In 1965 I returned to singing, my first single “Try to Remember” was not a great hit, but I was more successful later with “My Cup Runneth Over.” The last Pop Top Twenty hit was “Who Will Answer?” I’m told I have a distinctive baritone that’s a regular radio presence during the Christmas season, thanks to my version of “Do You Hear What I Hear?”

Biz Robbins really enjoys listening to my voice, too, and if you would “try to remember” and come up with my name, her cup would “runneth over... with love.”

The Kenai Senior Center Writers Group has filled this edition of the Centerline with “Who Am I?” stories. You can win! See page 5 for details.



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Special points of interest

- Kenai Senior Connection News
- Craft Class
- Walkabout Wednesdays
- Thursday night Bluegrass & Game Night
- Farmer's Market Coupons
- Who Am I?
- National Dog Day
- Hex Signs of the Pennsylvania Dutch Country

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.

DINING (CONGREGATE) MEALS

Monday—Friday 12—1 pm
No RSVP Required

FACILITY RENTAL:

Please contact Angie at 283-8212

TRANSPORTATION: Coming Soon!

SUGGESTED DONATIONS:

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



Most of us have had a favorite dog at least once in our lifetime. Now is your chance to bring a favorite picture or story and tell us about them during lunchtime on Thursday, August 26. We look forward to hearing your favorite canine story.

AUGUST BIRTHDAYS

Day	Name	Day	Name	Day	Name
1	Robert Spillane	9	Donald Waldrop	20	Steve Latz
1	Laurie Cowgill	10	Sharon Anderson	20	Gary Hollier
2	Janice Thornton	11	Charlene White	21	Carol Prior
3	Karen Fredericks	11	Pamela Anderson	22	Laura Knackstedt
4	Linda Wehr	11	Mike Lockwood	22	Janice Wilsack
5	Marie Fitts	11	James Trail	23	Colleen Sonnevil
6	Foster Walters	12	Charles O'Donnell	24	Elena Pate
6	Connie Wilson	12	David Johnsrud	27	Gladys Geertz
7	Karen Dorcas	15	Clarence Duncan	27	Tommy Corr
7	Roberta Ivanoff	15	Gerald Sanger	27	Ray Carlson
7	Michael Christian	16	Mary Ann Lamecker	27	Dwain Gibson
7	Max Zharoff	17	Sharon Moore	29	Marti Anderson
7	Gary Spruill	19	Darleen Morrison	29	Bonnie Kane
8	Marge Milewski	20	Jimmie Bookey	30	Floyd Fairchild
				30	Kathryn Medcoff

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.

We proudly post our \$5 Club members in the Centerline!

JULY \$5 CLUB

Kenneth Aaron	Omer Goodman	Twyla Mundy	Randi Smith
Juanita Aguilar	Phyllis Ann Halstead	Wayne Mundy	Bill Starnes
Bob Arrington	Cliff Heus	Harry Nagasako	Sondra Starnes
Cheryl Arrington	Kathy Heus	Nelson Nakamura	Buck Steiner
Steve Best	Jan Hollers	Bill Nelson	Sheila Steiner
Glenn Clifford	Donna Hoyt	Lois Nelson	Linda Swarner
Patsy Clifford	Molly Jackson	Ray Nickelson	Vivian Terry
Rachael Craig	Leanne King	Marian Nickelson	Charles & Janice Thornton
Walter Craig	Anita Kwan	Joseph & Janice Nightingale	Gerda Trent
Terry Cramer	Pearl Larson	Alice Nuxoll	Terry Turner
Jan Daniels	Paula Maier	Katie Pault	Beverly & Don Waldrop
Jim & Shirie Drath	Judy Martin	Carol Prior	Roy & Ozella Williams
Carol Freas	Marge Milewski	Pat Roderick	Janice Wilsack
Nadine Gabbett	Lee Moeglein	Barbara Schmidt	
Velda Geller	Mary Moeglein	Barbara Smith	
Jim Glendenning	Kari Mohn	Steve Smith	

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

Activity/Volunteer Coordinator, Kayla Feltman

283-8214

**Calling all
Pinochle
Players!**



Mondays at 12:30

Interested in learning how to play! See Kayla to sign up for an upcoming Pinochle class.

See you there!

Hex Signs of the Pennsylvania Dutch Country



About 300 years ago, groups of peasant farmers from the Rhine region of Germany migrated to southeastern Pennsylvania. These settlers came to take advantage of religious freedom being offered by William Penn. They included settlers of plain dress – [Amish](#) and Mennonites – and others of more “worldly” or “fancy” dress – Lutherans and other Reformed groups. Over time, these settlers became known as “Pennsylvania Dutch.”

Like other immigrants, they brought their old world language, dress, traditions and art to their new home. Mystical bird and floral designs graced their birth and marriage certificates, family Bibles, quilts, and some furniture. The “fancy” farmers also decorated their large German style bank barns with colorful geometric patterns. Six-pointed star designs were very popular. The German word for six, “sechs”, sounded like hex to their English-speaking neighbors. In time these “hex” patterns became commonly called hex signs. This custom persists today.

These bright, colorful designs had meanings or legends. Families selected a hex sign based on color, design and its meaning. Some of the more popular symbols included: hearts for love, birds (called distelfinks) for luck and happiness, tulips for faith, and stars for good luck. The colors used for painting were also carefully chosen because of their added meaning. Blue conveyed protection, white purity, green abundance and red strong emotion. The hex

symbols were individually hand painted for by skilled crafts many years. This approach, naturally very time consuming, limited hex sign use and enjoyment even in the Dutch Country.

In the early 1940’s, Jacob Zook, an 11th generation Pennsylvania Dutchman living in the village of Paradise, PA successfully pioneered here, a “silk screen” is used to apply each of the design’s bright colors to a carefully prepared signboard. Four or five colors are usually used; each color requires its own carefully designed screen. With air-drying between steps, a design usually takes about a week to complete. Silk screening, performed needed the hand “silk screening” of hex signs. men, allowed hex signs to be made in quantity at modest cost. Interest in hex signs blossomed once they became readily available. Today, hex signs can be found throughout the world. In many homes, they have been enjoyed for almost three generations.



This History of Hex Signs information has been provided by the folks at Zook Family Crafts – “The Hex Place©” (formerly Will-Char) in Paradise, Pennsylvania.

Photo by Patrick J. Donmoyer



Who Am I Contest?

Throughout the following pages there are stories about unnamed persons. Guess who each person is and enter the number on this entry page. Turn in your answers for a prize drawing. The first name drawn that has all the correct answers will win the prize!

NAME: _____

PHONE : _____

Story 1?		Story 5?
Story 2?		Story 6?
Story 3?		Story 7?
Story 4?		Story 8?
		Story 9?

We grow too soon oldt and too late schmart!



2021 Old Timer's Luncheon Postponed in August

Due to the recent resurgence of COVID cases in our community, we have decided not to host the Old Timer's Luncheon for this year. We look forward to seeing all of you in August 2022.

Do you have extra time and just don't know what to do about it? We can use you here at the Senior Center! We need volunteers to help with the following:

- ★ Serving Lunch
- ★ Reception Desk
- ★ Light Cleaning
- ★ Front Door Greeters
- ★ Watering Flowers

Stop by the Center or call Kayla at 283-8214.



2

Who Am I?

By Mary Ann Lamecker

Growing up in the south, our family watched black and white TV, and many western TV shows and films. My favorite was Roy Rogers and Dale Evans but one of our family favorites was a big tall man born in Iowa but grew up in California. He was a “nobody” in his first films but he soon became known for being rugged and manly, winning awards for starring in “True Grit” and “Rio Bravo” and “The Alamo.” He died at the age of 72.

3

WHO AM I?

By Virginia Walters

Unlikely companions, true friends of old,
Bound by courage, and wisdom and pain.
They scouted the country on missions untold
For justice and honor, not gain.

Never unmasking the wrongs they might right
Or the bad guys they held in their sway
With HIGH Hopes of a SILVERY future in sight
As they peacefully road AWAY.

**BE KIND.
YOU NEVER KNOW IF
SOMEONE GOT
ATTACKED
BY THEIR ROOSTER**



4

Who Am I?

By Carol Prior

She was a pioneer in her field, an adventurer, explorer, and a risk taker. She moved to Alaska in her early twenties and got a job working for one of the best in her chosen field. She learned the trade and earned her own way to gain her own team.

She finally started out on her own. In 1985, her first time competing, it ended in tragedy when she and her team were attacked by a moose. She lost the first chance to be the first woman to accomplish this task. That didn't discourage her at all as she came back the next year to win, as well as two years after that. She set records for the best times two years in a row and in 1990, she became the first woman to win four races in four out of five years.

She retired from her work to raise a family and 150 dogs and was named the Women's Sports Foundation Professional Athlete two times; U. S. Victor Award for Female Athlete of the Year two years in a row; and, Sports Illustrated named her as one of the "100 Greatest Female Athletes."

She died of leukemia at the age of 51 leaving behind two daughters and a husband. Did you know that she summited Denali with a team of sled dogs in 1979?

ACTIVITIES:

Stronger Together Support Group	Mondays	2p in the Dining Room
Growing Strong	Mon/Wed/ Fri	10am in the Dining Room
Tai-Chi	Tues/Thurs	10:30am in the Dining Room
TOPS Weight Loss Group	Tuesdays	10a in the Game Room
Writers' Group	Wednesdays	1p in the Game Room
Bluegrass Music *2nd, 3rd and 4th Thursday nights	Thursdays	6p—9:30 pm in the Dining Room
Adult Coloring	Fridays	11a-12p in the Game Room
Card Making with Kim *2nd Wednesday	Wednesday	1pm Craft Class in the Dining Room
Caregiver Support	Tuesday, 8/17/2021	1—3 pm, Computer Room

GAMES:

Monday	12:30p—4:30 pm	Pinochle
Tuesday	12:30p-4:30p	Bridge
Wednesday	12:30p	Dominoes
Thursday	6p—9:30p	Cribbage
Tuesday & Thursday	1:00p	Wii Bowling



**Senior Farmer's
Market
Nutrition Program**

**Still Available at
Receptionist Desk**

**Questions?
Call the Kenai Senior Center
(907) 283-4156**

**SOUTHEAST ALASKA
SLIDE SHOW**

**by Biz Robbins
August 25, 2021
2:00 p.m.
Game Room**



You are invited to a slide show trip to Southeast Alaska. Come along with Biz Robbins, retired teacher and former-Ketchikan-now-Kenai resident, as she shares some of her experiences when teaching in logging camps in the 1980s and 90s. You'll return with her to times when loggers brought their families to live with them, in small villages both on land and on sea, when logging was in its heyday...when shopping was a hundred miles away and access was only by boat or by plane, when the marine radio was the most reliable form of communication, and when a school was the hub of the community's social activity. (At least legal and/or socially acceptable.) Please join us for this narrative slide show presentation!

5

WHO AM I?

By Yenti-Verg-in

He grew up on a farm in Missouri and had poor eyesight. He wasn't a success in private business, but he was a war hero who saw action in battle. His middle name is "S." and married to his childhood friend. He only served 82 days as a vice-president, and then "the lightning" has struck!" In the next four months he changed the history.

A few of his famous quotes:

- "If you can't stand the heat, get out of the kitchen."
- "Always be sincere, even if you don't mean it."
- "If you can't convince them, confuse them."
- "Not all readers are leaders, but all leaders are readers."
- "I never did give anybody hell. I just told the truth and they thought it was hell."
- "The successful man has enthusiasm. Good work is never done in cold blood; heat is needed for forge anything."
- "Three things ruin a man: power, money, and women. I never wanted power, I never had any money, and the only woman in my life is up at the house right now."
- "It's amazing what you can accomplish if you don't care who gets the credits."
- "The buck stops here."

6

WHO AM I?

By Sandra King

This Man of God was born on November 7, 1918, in the downstairs bedroom of a farmhouse near Charlotte, North Carolina; was of Scots-Irish descent; the eldest of four children; and, was raised on a family dairy farm. He started to read books from an early age and loved to read novels for boys, especially Tarzan. Like Tarzan, he would hang on the trees and gave the popular Tarzan yell, scaring both horses and drivers. According to his father, that yelling led him to become a minister.

He was 16 in 1934 when he was converted during a series of revival meetings. He attended Bob Jones College, but after one semester, he found that the coursework and rules were too legalistic. He transferred to Florida Bible College, and began preaching.

He initially intended to become a chaplain in the Armed Forces, but contracted mumps shortly after applying for a commission. After a period of recuperation in Florida, he was hired as the first full-time evangelist of the new Youth for Christ. He traveled throughout both the United States and Europe as a YFCI evangelist.

In his preaching, he challenged thousands to make a commitment to follow Jesus Christ for the rest of their lives. He often quoted a six-word phrase that was reportedly written in the Bible of William Whiting; "No reserves, no retreat, no regrets".

He was the only person functioning as a minister who has received a star on the Hollywood Walk of Fame. He continued to preach the rest of his life.



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.

Kenai Senior Connection, Inc. NEWS

Happy August! I'm not sure what happened to July, but it sure went fast.

Our annual Fourth of July booth was once again successful selling pie as well as biscuits and gravy. Some of our helpers were up and at the Center by 5 a.m. preparing 54 biscuits and approximately 5 gallons of gravy. Earlier in the week, 54 strawberry/rhubarb and apple pies were assembled and baked. Everything was loaded up and transported to the Park Strip where we had customers before everything was even set up! In the end, we sold out by 1:30p. A special THANK YOU to everyone who volunteered their help.

The Center's Country Store sold handmade articles on the left side of the pavilion and also had a good turnout. Kit Hill sends along a special THANK YOU to all of the volunteers who helped at that booth. Anita Cates made a quilt that sold for \$160 in a silent auction.!

During our July meeting, we welcomed Yenti Verg-in, Bobbie Jedlicki, and Hal Smalley as new members to the Kenai Senior Connection Inc. Board of Directors.

The rest of the month we will be helping to put emergency buckets together. Enjoy the rest of your summer—it will be leaving too soon!

Velda Geller

President, Kenai Senior Connection, Inc.

Kenai Peninsula

Tuesday, August 17
1– 3 pm
Computer Lab

family
caregiver
support
program



262-1280

As lives return to “normal”, support groups are now able to start meeting again here at the Center. Dani Kebschull with the Kenai Peninsula Family Caregiver Support Program will be joining on the third Tuesday of each month. If you are a caregiver and can use support from others, please come and join in. The first session will be “Getting to Know You” so Dani can plan training topics based on what YOU want to know.

**Walkabout
Wednesdays
at 10:00 am**



Do you enjoy walking but worry about walking by yourself? Join us as we walk the perimeter of the Senior Center and Vintage Pointe Manor. We will meet in the lobby of the Senior Center and you can walk at your leisure.

**Get out those walking
shoes - Summer is here!**

7

Who Am I?*By Chuck Thornton*

I was born the third child to a family of 11 children. We lived in Tennessee where my father worked as a blacksmith to support his family. We three oldest sons worked on our farm to aid in the support of our siblings. After my father's death, I became a blacksmith to better support my family.

I was drafted into the Army during the WWI. Although my church held to the doctrine of Non-Resistance (no bearing of arms), after initially pleading such a belief, I later entered the US Army and served in the European Theater.

I received the Distinguished Service Cross for my part in leading an attack on a German machine gun nest. In addition to capturing 132 prisoners, I was credited with having killed at least 25 enemy soldiers. At a later date, this award was upgraded to the Medal of Honor.

Although I returned home without financial resources, my community had joined together and purchased a 400-acre farm for me. There I was able to raise my family.

I endeavored to join the Army as a combat soldier during WWII, but my age (54) and health condition (overweight, near diabetic, and arthritic) would not permit it.

My commitment to my family, my church and my country has always served to keep me on the "firing line" (so to speak) as I have lived my life.

Continued on page 12

8

Who Am I?*By Fran Kilfoyle*

He was extremely curious and adventuresome as a boy, so at the age of 15 he quit school in the tenth grade and left home to broaden his horizons and seek his fortune.

In order to learn about everything, he worked at numerous occupations. He was a longshoreman; a sailor; worked at a circus as an elephant handler; a fruit picker; a lumberjack; and a miner to name a few. During World War II, he was an officer on tank destroyers. He was a professional boxer, winning 51 of his 59 fights.

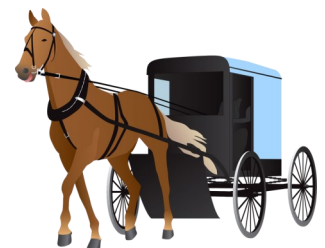
He was a voracious reader: His personal library contained 17,000 volumes. He was a writer! He said, "I wanted to write almost from the time I could talk." He was a journalist for a while, and wrote a column for a newspaper.

He wrote short stories for many fiction magazines. His first full-length novel was published in 1953. He has written over 300 short stories, more than 120 novels; one volume of poetry; and an autobiography called, "Education of a Wandering Man."

There are more than 300 million copies of his books in print worldwide which have been translated into 20 different languages.

Throw the
horse over the
fence some
hay...

Pennsylvania Dutch saying



(Who Am I? #8, continued from page 11)

He has won many literary awards over the years: In 1983 he was the first novelist ever awarded the Congressional Gold Medal by the United States Congress in honor of his life's work. In 1984, President Reagan awarded him the Medal of Freedom. He died in 1988.

He once said to himself: "I think of myself in the oral tradition: as a troubadour, a village tale teller, the man in the shadows of the campfire and that's the way I want to be remembered--as a storyteller. A good storyteller!"

Meal Donations Can Be Given Privately

While the Kenai Senior Center is funded by various grants, these only cover a small portion of the meal costs. We rely on fundraisers and private donations for the remaining costs.

While the suggested donation is \$7, this is **purely** a suggestion and may or may not fit into everyone's budget. Why not consider something **up to** \$7? Some individuals cannot afford any donation and we do understand these circumstances. If you want to give your donations privately, we have a small wooden box in the hallway next to the Writer's Group bulletin board for donations and meal tickets.

The hurrier I go, the behinder I get!



ZUCCHINI FRITTERS

Just a Taste

Ingredients:

4 C. Shredded Zucchini

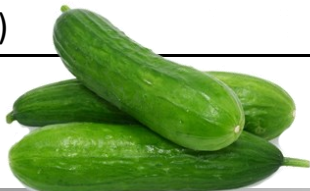
2/3 C. all-purpose Flour

2 Lrg. Eggs, slightly beaten

1/3 C. Sliced Scallions

2 T. Olive Oil

Sour Cream for serving
(optional)

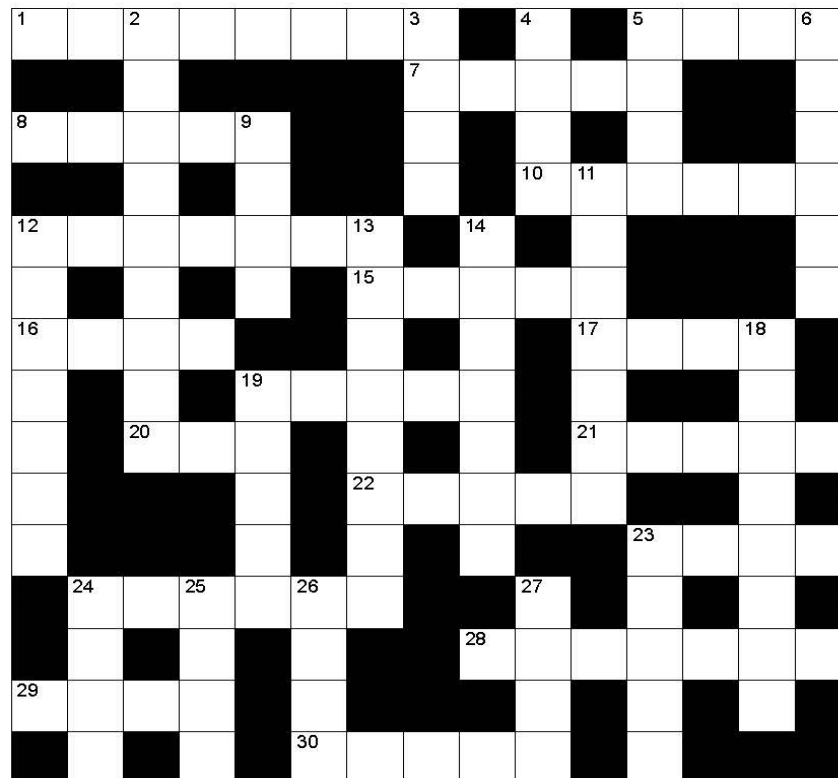


Preparation:

Prep: 20min; Cook: 5 min; Servings: 14

1. Place shredded zucchini in colander; sprinkle with salt; let stand 10 minutes; squeeze out as much liquid as possible; place in large bowl.
2. Add flour, eggs, sliced scallions, 1/4 t. salt and 1/8 t. pepper; combine. Line a plate with paper towels.
3. Add olive oil to frying pan; set over medium heat. Press zucchini into patties and cook for two to three minutes a side; transfer to towel-lined plate and sprinkle with salt.
4. Serve, topped with sour cream/scallions (optional).

August 2021 Crossword



Across

- 1 Blass or Beane (8)
- 5 Czech form of the French "Pierre" (4)
- 7 Exercise for the fingers (5)
- 8 Sprays, as an attacker (5)
- 10 Made better time (6)
- 12 Triple Crown venue (7)
- 15 One with a manual (5)
- 16 West who played Bruce Wayne (4)
- 17 Shins "We Built a ____ and We Floated" (4)
- 19 Output of some assembly lines (5)
- 20 New wing, perhaps (3)
- 21 Mike holder (5)
- 22 Hakenkreuzler (5)
- 23 Earth's natural satellite (4)
- 24 Related musical notes (6)
- 28 Wind (of river) (7)
- 29 Margaret Thatcher, e.g. (4)
- 30 Retains (5)

Down

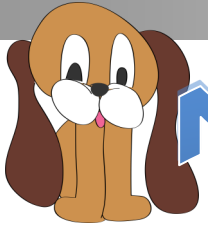
- 2 Time off for recovery (9)
- 3 Admiral adjective (4)
- 4 Calculator's specialty (4)
- 5 Fountain of Dixieland (4)
- 6 Wrinkle. (6)
- 9 Swine dining (4)
- 11 Carey's ____ (Price's stick work) (7)
- 12 Head-hugging hats (7)
- 13 Annuity schemes (8)
- 14 Fitting most people (7)
- 18 1936 Clare Boothe Luce play (8)
- 19 Shorten or lengthen, perhaps (5)
- 23 Berlin song (5)
- 24 James of "Thief" (4)
- 25 Figurine agate (4)
- 26 Snide remarks (4)
- 27 Slangy agreements (4)

9

Who am I?

Ann Lee

Prior to my death on October 23, 2020, I was an American Country Music Singer-Songwriter. I was a leading figure in the the Outlaw Country Music Movement. I am best known for writing the 1968 song, "Mr. Bojangles." My real name is Ronald Clyde Crosby. My nickname is "Gypsy Songman." I played with Jimmy Buffet, Todd Snyder and Brooks and Dunn, as well as Willie Nelson.



NATIONAL DOG DAY

The History of National Dog Day

This day was founded by author and animal behaviorist, Colleen Paige in 2004. She invented this observational holiday to not only show appreciation for dogs, but to bring attention to the plight of abused dogs, to end puppy mills, and to bring an end to breed-specific legislation that regulates, or outright bans, certain breeds in the hope of minimizing dog attacks. Since its original inception, the observance of National Dog Day has expanded and now more people are using it simply to acknowledge the importance of their own pet or to recognize the achievements of service dogs.

A History Of Dogs As Pets

At one point in time, it was believed that humans and wolves first connected approximately 15,000-years ago in the Middle East. However, newer research has changed that idea. Swedish geneticist Pontus Skoglund published a study in 2015 in the journal *Current Biology*. In this study, he describes his findings when he examined a Siberian wolf bone that was 35,000+ years old. His conclusion after studying this bone was that the domestication of wolves

must have occurred somewhere between 27,000 and 40,000 years ago.

According to various studies of dog genes, scientists have concluded that dogs probably originated in Eastern Europe, China, and the Middle East. In western Eurasia, it's believed that gray wolves were domesticated by humans. At the same time, people in Asia were also beginning to domesticate wolves around the same time.

Why did humans begin to domesticate wolves? Well, according to scientists, it was the wolves who made the first move towards domestication. Wolves were attracted to human camps and would scavenge leftover food. As these nomadic humans traveled from place to place, some of the wolves began to follow these human groups. Some of the wolves got closer and closer to humans, and some of the humans probably adopted some of these wolves as pets. Over time, the bond between humans and dogs began to get stronger and stronger. It's estimated by scientists that it takes about eight generations for canines to be domesticated, so that means that within 40 to 80-years after humans began to adopt wolves as pets they had been domesticated as dogs.



Heart Healthy

AUGUST 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

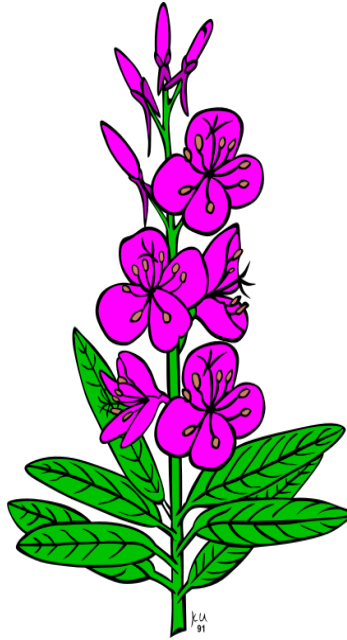
Monday	Tuesday	Wednesday	Thursday	Friday
2 Chef's Soup Turkey Sandwich on Croissant Broccoli Salad Fruit Cup Salad	3 Swedish Meatballs Noodles & Gravy Pickled Beets Soup	4 Baked Potato w/ Fixings Broccoli Spears Muffin Salad	 5 Hawaiian Pineapple Pork Loin Jasmine Rice Honey Carrots Soup	6 Cheeseburger Cowboy Beans Sweet Corn French Fries Salad
9 Chicken Alfredo Italian Veggies Garlic Bread Salad	10 Sicilian Meatloaf w/ Marinara Sauce Mixed Veggies Soup	11 Hoisin Chicken Wraps Carrot Salad Fruit Cup Salad 	12 Roast Turkey Mashed Potatoes & Gravy Green Beans Stuffing/Cranberry Sauce	13 Ham & Lima Beans Coleslaw Cornbread Carrot Salad Salad
16 Turkey Tetrazzini Mixed Veggies Garlic Bread Salad	17 Chef Salad Fruit Cup Bran Muffin Soup 	18 Pork Ribs w/ Sauerkraut Scalloped Potatoes Parmesan Zucchini Salad Birthday Cake	19 Teriyaki Chicken Mac & Cheese Mixed Veggies Soup	20 Cream of Mushroom Soup Monterey Chicken Sandwich Fruit Cup Salad
23 Lemony Chicken Brown Rice Zucchini Salad	24 Blueberry Pancakes Sausage Links Scrambled Eggs Roasted Potatoes Soup	25 Thai Chicken Salad w/ Peanut Dressing Teriyaki Rice Noodles Salad 	26 Halibut Burger Seafood Pasta Jello Salad Fruit Cup Soup	27 Chili Dogs w/ Fixings Parmesan Fries Salad
30 Sweet & Sour Pork Stir Fry Veggies Egg Roll Salad	31 Soft Tacos Corn, Bean & Tomato Salsa Mexi Rice Soup	1 Lasagna Autumn Veggies Garlic Bread Salad	2 Fried Chicken Mashed Potatoes Gravy Mixed Veggies Soup	3 Chicken & Dumplings Peas & Carrots Salad

Menu is subject to change

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.



August is when the
Fireweed reaches it's
peak. The name fireweed
stems from its ability to
colonize areas burned by
fire rapidly. It was one of
the first plants to appear
after the eruption of Mt.
St. Helens in 1980.

City of Kenai
Kenai Senior Center

Kenai Senior Center
361 Senior Court
Kenai, Alaska 99611

Phone: 907-283-4156
Fax: 907-283-3200
E-mail: senior@kenai.city
<https://www.facebook.com/kenaisenior/>

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