

HAYSVILLE SENIOR CENTER

Volume 10 Issue 12



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Remembering December 7, 1941.....



At 7:55 a.m. Hawaii time, a Japanese dive bomber appeared above the island of Oahu, Hawaii, followed by a group of 360 Japanese warplanes assaulting the U.S. naval base at Pearl Harbor . Most people who were alive at the time, remember this

as the moment that the United States was drawn irrevocably into World War II.

President Franklin D. Roosevelt felt that a imminent attack was probable since the diplomatic negotiations with Japan were breaking down. Despite this, no one could predict the devastating surprise that occurred to the naval base. 5 battleships, three destroyers and seven additional ships were sunk or severely damaged along with at least 200 aircraft destroyed. 2400 Americans were killed and 1200 were wounded, most of which while trying to defend the base. Japan only lost 30 planes, 5 midget submarines and less than 100 men. Six months later at the Battle of Midway, the US sought revenge against Japan in a spectacular victory.

President Roosevelt addressed a joint session of Congress on December 8 declaring December 7, 1941 “a date that will live in infamy”. Stating that the Empire of Japan suddenly and deliberately attacked the United States of America, President Roosevelt asked congress to declare war. Congress voted overwhelmingly to enter the war after two year of conflict. Three days later, Italy and Germany who were allies of Japan, declared war against the United States of America and our congress reciprocated.



Recipe of the Month : Maple Roasted Sweet potatoes

Ingredients

- 2 1/2 Pounds sweet potatoes, peeled and cut into 1 1/2 inch pieces
- 1/3 cup pure maple syrup
- 2 Tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper to taste



Preparation

1. Preheat oven to 400 degrees Fahrenheit
2. Arrange sweet potatoes in an even layer in a 9-by-13 inch glass baking dish.
3. In a small bowl combine maple syrup, butter, lemon juice, salt, and pepper. Pour over the sweet potatoes to coat them.
4. Cover and bake sweet potatoes for 15 minutes and then uncover and stir.. Bake an additional 45 minutes or until tender, and starting to brown.

Courtesy of eatingwell.com

Upcoming Birthday Dinners

December 9th– Jingle Bell Bingo. Ham will be the entrée, followed by Jingle Bell Bingo. The ballad for the up-coming election of planning committee members will be distributed for voting.

January 13th– Fried Chicken will be the entrée. More information to follow.

All birthday dinners are pot luck, covered dish style. Please make sure to sign –up in advance.



5 Fun Facts About the Holidays

1. Trash from wrapping paper and shopping bags total a whopping 4 million tons in the U.S. every year.
2. The U.S. Postal Service delivers about 20 billion cards and packages between Thanksgiving and Christmas Eve.
3. An average of 5,800 people go to the Emergency Departments every year because of injuries from holiday decorating.
4. More than 1.76 billion candy canes are made for the holidays.
5. The largest gingerbread man in the world is 466 pounds and six ounces, and was made in Rochester, Minnesota.

Info from: <http://www.realsimple.com>

Things to Ponder ??????

1. What do you call a cat sitting on a beach on Christmas Eve?
2. Where does frosty the Snowman hide his money?
3. What comes once in a minute, once in a month, but never in a day?
4. What always goes up, but never goes down?

1. Sandy Claws.
2. The snow bank.
3. The letter M.
4. Your Age.

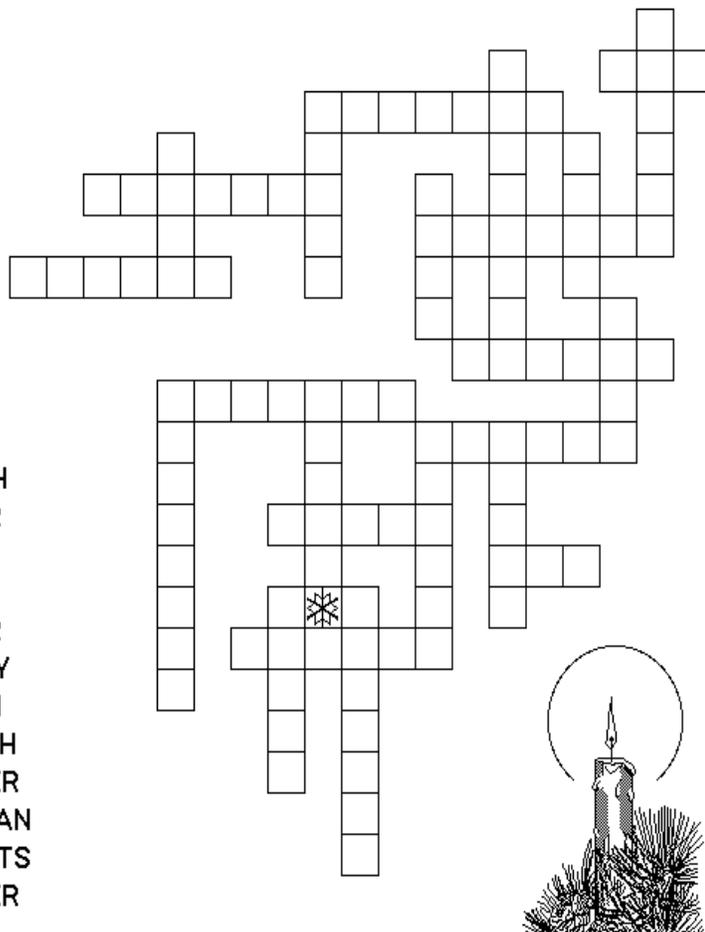
Quote of the Month

“Every piece of the universe, even the tiniest little snow crystal, matters somehow. I have a place in the pattern, and so do you. Thinking of you this holiday season!” - *T.A. Barron*

Christmas Crossword

Make all the words fit into this crossword.
Each word is only used once.

ELF
TOY
GIFT
BELL
TREE
STAR
SANTA
COMET
CUPID
VIXEN
CANDY
FROSTY
WREATH
DASHER
DONNER
SLEIGH
DANCER
CHIMNEY
BLITZEN
RUDOLPH
PRANCER
SNOWMAN
PRESENTS
REINDEER



Artificial Sweeteners: Are they worth it?

Artificial sweeteners are regulated by the Food and Drug Administration (FDA), and have to meet certain guidelines to be deemed safe for the public. Artificial sweeteners include names like : Sweet N' Low, Splenda, NutraSweet, Equal, and Sweet One. The FDA has stated that artificial sweeteners can be safely consumed by everyone, even children, and pregnant women in limited quantities. However, critics have questioned artificial sweeteners and its safety, especially with the issues of diabetes, and obesity. As stated in a recent article by Dr. Michael Roizen, and Dr. Mehmet Oz, “artificial sweeteners may do more harm than good”. According to Dr. Roizen and Oz, artificial sweeteners may “trick” the body into eating more sugar, therefore promoting weight gain. It may also lead to an imbalance of bacteria in the gut that may lead to insulin resistance, which was a key finding in a recent study published in the journal *Nature*. The suggestions were to limit intake of sugar free candies, and other sugar-free sweets, and diet sodas. Instead, opt for fresh food, and wholesome drinks such as water. Adding a probiotic to your routine, may also restore good bacteria in your gut. While you can still consume artificial sweeteners safely in most cases, it is important



10 Ways to Avoid Holiday Weight Gain

1. Don't arrive at a party hungry
2. Focus on things at parties other than food
3. Eat slowly
4. Limit appetizers
5. Choose fresh fruits and vegetables
6. Limit alcohol consumption
7. Enjoy small portions of desserts
8. Bring a low calorie food when invited to a party
9. Don't graze while cooking



Village Christmas Celebration

DECEMBER 3RD, 4:00 - 9:00 PM

W. W. HAYS VILLAGE HISTORIC PARK, 200 S. MAIN ST.



***NEW* Candy Cane Dash & Grab Gazebo, Promptly at 4:00 p.m.!!**

Bundle up, lace up your winter boots and get ready for our first candy cane dash and grab! Kids ages 10 and under will search the Historic District for hidden candy canes.



Soup & Chili Feed

Masonic Lodge, 4:00 - 7:00 p.m.

Visit the Masonic Lodge for a delicious winter meal of chili or soup and your choice of dessert. Tickets can be purchased at the door for \$6 (\$3 for kids).



Silent Auction

Masonic Lodge, 4:00 - 7:00 p.m.

Gift cards, electronics, Christmas décor and much more will be up for auction. Proceeds benefit the Historic District.



Vocal Performances

Library, Lower Level, 4:40 - 5:00 p.m.

Enjoy the sounds of the season performed by Haysville school-age students!

Nelson Elementary 4:40-5:00



Horse Rides (Weather Permitting)

Across from Library, 5:00 p.m. - Dark

Free horse rides from everyone's favorite horse, T.J!

Demos & Displays, 5:00 - 8:30 p.m.

• Blacksmith Shop

Visit the Blacksmith Shop to see how items were made when the town of Haysville was founded.

• Library

Come check out the nostalgic electronic train display. Kids will receive a train treat. The library will also be serving hot cider and reading Christmas stories.



Wire House, 5:00 - 8:30 p.m.

Get a grab-bag of goodies for \$1 and take your picture with our festive, fun and funny photo props!

Horse-Drawn Carriage Rides

Front of Library, 5:00 - 9:00 p.m.

Take a ride on a horse-drawn carriage and get a feel for what it was like to travel before we had cars. Carriage rides supported by PRIDE.



Kids Craft & Refreshments

Community Building, 5:00 - 8:30 p.m.

Children, stop by and make a holiday craft you can take home and share with your family!

Cookies, hot cocoa & hot cider will also be served.



City/PRIDE Lighting Ceremony

Pride Park, 5:30 p.m.

Join the City and PRIDE Committee as they light up Haysville! There will also be a special visit from Santa himself and a group sing-a-long.



Caroling

Historic District, 6:00 - 8:30 p.m.

Enjoy classic holiday music sung by local girl scout troops as they carol through the Historic District.

Pictures with Santa

Historic Bank, 6:00 - 8:30 p.m.

Get a picture with Santa and let him know what is on your list this year! A professional photographer will be taking pictures which will be uploaded to a photo album on Shutterfly (an online photo sharing website).



DO SOMETHING GOOD FOR OUR COMMUNITY!!

Sedgwick County Southwest Girl Scouts are hosting a canned food drive at Village Christmas this year! Help them be successful with this charitable event by bringing non-perishable food items with you. There will be a truck parked at Hometown Market accepting your donations.

Food will be given to local churches to help hungry families this holiday season. Thank you in advance for your support of our community and local girl scouts!

All events are FREE unless otherwise indicated! Call 529-5922 for more info.

Haysville Senior Center

160 E. Karla Ave
Haysville, KS

(316) 529-5903



Director Kim's email

klanders@haysville-ks.com

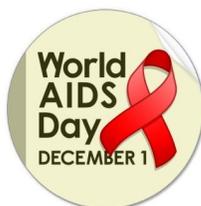
Assistant Zari's email

zdavis@haysville-ks.com

DID YOU KNOW.....

December is Universal Human Rights Month

- Dec. 1.....World AIDS Day
- Dec. 7.....Pearl Harbor Remembrance
- Dec. 10.....Human Rights Day
- Dec. 21.....Winter Solstice
- Dec. 24.... Hanukkah Starts
- Dec. 25.....Christmas Day
- Dec. 26.... Kwanzaa Starts



DECEMBER HAPPENINGS

Senior Breakfast

No Senior Breakfast will be held on December 24th, due to the Christmas Holiday.



Game Night

Game night on December 27th will be cancelled for the Holiday break.



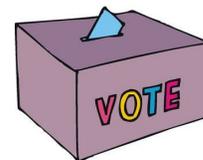
December 23 & 26

The center will be closed Friday the Dec. 23rd, and Monday Dec. 26th for the Christmas Holiday.



Planning Committee Elections

The yearly election will be held for Planning Committee members. The election will run from December 9th to December 16th. A total of 8 people are on the committee. The election will begin at the December Birthday Dinner until 5:00 December 16th.



New Guest Arriving

A surprise guest will be arriving on Thursday December 1st. The guest will be announced at lunch service. It may be a new Holiday Tradition!

