

# Senior Moments

February 2021

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As I was searching for something to put on the front page this morning I came across the following article. I hope you find it as interesting as I did. The article is from Microsoft News. Article continued on page 6. Submitted by Deb Holcomb

## **A GIANT BLACK HOLE SUDDENLY WENT DARK, AND NO ONE KNOWS WHY.....**

Beginning in 2018, one of the brightest X-ray lights in the sky went dark, and scientists still aren't sure why.

The black hole responsible for creating the lights-out mystery lives in GRS 1915+105, a star system 36,000 light-years from Earth containing both a normal star and the second-heaviest known black hole in the Milky Way. That heavyweight is 10 to 18 times the mass of the sun and second in mass only to Sagittarius A\* (or SgrA\*), the supermassive black hole in the galactic center. The region around the GRS 1915+105 black hole typically shines with an intense [X-ray light](#), as it feeds on its companion star. As the material circles the cosmic drain, the particles within rub together, generating energy before dropping into the darkness at the black hole's center. That swirling material is the black hole's accretion disk, which lights up with X-rays as the black hole devours more and more sustenance.

But researchers saw something surprising beginning in July 2018: The light from the GRS 1915+105 system began to dim. Then, in early 2019, the light dimmed even more, and no one had ever seen anything like it before.

So what's going on?

"We suggest that this state should be identified as the 'obscured state,'" the researchers wrote in a new paper published Jan. 1 to the [arXiv](#) database, which has not yet been peer-reviewed.

In other words, something has come in between the light source and the Swift X-ray Telescope that's been monitoring the object, obscuring the telescope's view.

Plenty of light is still coming from the bright region near the black hole's event horizon, which astronomer's sometimes call the "engine," as well as the larger "accretion disk" of infalling matter. But that light isn't reaching Earth the way it used to.

"The obscuration geometry" — the precise nature of the structure that's blocking the light — "is hard to discern," said lead study author Mayura Balakrishnan, a graduate student in astronomy at the University of Michigan.

**DIRECTOR'S CORNER**  
From the Desk of Richard Baker

Hello Everyone,

On Saturday January 16 the senior center was utilized as a vaccination clinic. 50 seniors over the age of 75 and 100 teachers were vaccinated. I have offered the use of our facility for future COVID-19 testing and vaccinations if needed. For information on how vaccine distribution is determined visit <https://covid19.ca.gov/vaccines/> There were only 50 vaccines available for seniors over the age of 75. The State of California, Department of Public Health website link above says seniors over 65 as the cut off age, but because there was very limited vaccine available the decision was made that the first group of people to receive the vaccine would be 75 and older. We were told that no one under the age 75 would be vaccinated without exception, as soon as we receive any information about future vaccinations we will post the information on our website [www.willitsseniorcenter.com](http://www.willitsseniorcenter.com). I wish we could have gotten a vaccination for every senior that inquired, but again there was very limited supply.

Warm Regards,

Richard



A	B	A	P	L	A	T	E	D	U	P	S	P	R	T
N	D	O	Y	R	A	M	S	S	R	D	I	O	E	G
U	I	Z	R	P	M	W	H	E	R	N	Z	V	H	R
N	E	Q	E	E	A	A	S	R	C	A	I	L	A	O
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IN THE TOOLROOM

ADZE  
AWLS  
BALE  
BARROW  
BELLOWS  
BORE  
BRAND  
BURR  
CHAIN  
CHASER  
DIVIDERS  
DRILL  
EDGER  
FILE  
FLAIL

FORK  
GEAR  
GRAPNEL  
GROOVER  
HACK  
HASP  
HATCHET  
HOES  
HOOK  
HOSE  
LATHE  
MACHETE  
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SAWS  
SHAPER  
SHEARS  
SICKLE  
SLEDGE  
SPUD  
TAMP

TAPE  
TWEEZERS

Grief, I've learned, is really  
just love.

It's all the love you want to give,  
but cannot. All of that unspent love  
gathers in the corners of your eyes,  
the lump in your throat, and  
the hallow part of your  
chest.

Grief is just love  
with no place to go.



## Willits Senior Center

February 2021

### THRIFT SHOP (459-2176-direct line)

**Members Only: Cut out your coupon & save \$2.00**  
**Membership applications available at the Front Desk**



**THRIFT SHOP HOURS: Monday—Friday, 9am. to 4:00pm.**

**Sale Items Change Weekly. Shop early! Don't miss the deals!!**

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**IF YOU'RE DOWNSIZING OR GETTING NEW THINGS, THINK OF THE HARRAH CENTER THRIFT STORE.**

**ALL SALES REVENUE GOES RIGHT BACK INTO OUR SENIOR CENTER PROGRAMS.**

## VOLUNTEERS



In December 2020 , our volunteers donated a total of .0 hrs. to the Senior Center.

At minimum wage (\$12.00), the total dollar amount for the month would be: \$.00 ALL  
OF US AT THE CENTER THANK YOU FOR YOUR HARD WORK & DEDICATION.

### Thank You For Your Generous Donations And Time

*We would like to acknowledge and thank those who volunteer their time and money to support the senior center programs and services. Without them we would not be able to keep our doors open.*

*Gary & Cathy Decker , Ethel Redman, Nephele Barret, Gary & Cindy Bodensteiner, Galen Hathaway, Mathew McGee, James & Jeanne King, Gerry & Barbarie Gonzalez, Cleo Kovner, Gary Venturi, Randy Weston, City of Willits, Noel Herve, Joan Daniels, Gwen & Roscoe Wood.*

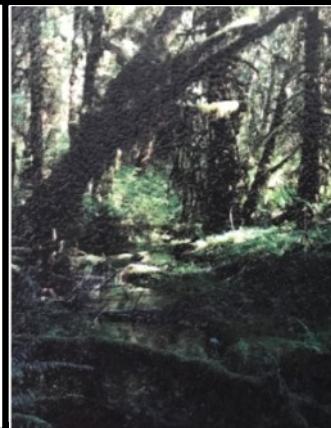
**THANK YOU FOR ALL YOU DO!!!!**



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### Redwood Meadows Senior Apartments

1475 Baechtel Road  
Willits, CA 95490

Phone 707 459 1616  
Fax 707 459 1616  
[rmeadows8458@att.net](mailto:rmeadows8458@att.net)



## Happy February Birthday to All!!! (Cut out the invitation below)

2/2 Carol Doty, Susan Johnson  
2/6 Beverly Anderson, Emily Carter  
2/7 Frank Barr, Nancy McFarland  
2/8 Helen Oglesby, Anita Sison,  
Shana Byrne  
2/10 Marilyn Ainslie  
2/12 Joan Daniels, Don Fahle  
2/14 Wilma Milliken  
2/16 Karen Gridley, Ree Slocum  
2/17 Bob Falge  
2/18 Patricia Glinski, William Sanders  
2/21 Linda MacDonald  
2/22 Valerie Boman  
2/23 Greg Kanne  
2/24 Frank Deuel, Roberta Yokum  
2/25 Kenneth Hendry  
2/26 Gary Decker, Winnie Lucey  
2/27 Tania Borrás

2/28 FK Myres, Gail Warner  
2/29 Bobby Brumback



### February Birthday Invitation

If you are listed above, CUT OUT & bring this invitation with you for your FREE birthday lunch.

**HAPPY BIRTHDAY!!!**

Your free lunch can be used any day in your birthday month.

Sign your name here:

### SUNDAY BREAKFAST

#### Pancake Breakfast

Sunday,  
8 am. to 11 am.



**ALL ACTIVITIES  
ARE TEMPORARILY  
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PLACE.**

#### Menu:

ALL YOU CAN EAT  
PANCAKES!  
REAL MAPLE SYRUP  
AVAILABLE AT AN  
EXTRA CHARGE



**BEST PANCAKES  
IN TOWN**

## **Slow Cooker Meatball Stroganoff** Author "Divas Can Cook"

**Servings: 4 people**

### **Ingredients:**

1 1/2 cups condensed cream of mushroom & celery soup  
1 cup low sodium beef broth (warmed)  
1 Tbsp Worcestershire sauce  
2 - 4 Tbsp yellow onions finely diced  
2 cloves of garlic  
1 lb frozen fully cooked meatballs  
1/2 cup sour cream  
3 cups egg noodles

### **Directions:**

Add condensed soup, beef broth and Worcestershire sauce into the slow cooker.  
Stir until well combined.  
Add onion (if using) and garlic.  
Taste the sauce and add seasonings if desired (I didn't add any to mine)  
Place lid on crock pot and cook for 4 hours on high or 6-8 hours on low.  
Stir in sour cream.  
Stir in prepared noodles or spoon the mixture over the noodles.  
Serve and garnish with fresh parsley or green onion.



## **Southern Fried Apples** Author :Divas Can Cook"

### **Ingredients:**

2 large granny smith apples  
4 Tbsp real butter  
Juice of 1/2 lemon  
2 Tbsp white sugar  
2 Tbsp brown sugar  
1 tsp cinnamon

### **Directions:**

Peel, core and cut apples into even slices. Melt butter in skillet over medium heat. Add apples and drizzle them with lemon juice.

Let apples simmer until most of butter is absorbed and apples are tender. (Do not overcook. Apples should be firm to the touch, yet tender with a little give to the bite.)

Stir together sugars and sprinkle them over apples. Toss to combine. Lower heat if needed. Let apples cook until sugars are completely dissolved and syrupy.

Remove from heat and sprinkle apples with cinnamon. Toss to distribute cinnamon. Plate and serve piping hot.



Continued from front page.....

No existing telescope can resolve details of the faraway system, so Balakrishnan and her co-authors had to make inferences from how the light coming from GRS 1915+105 changed from day to day between 2018 and 2019.

Black holes with large companion stars sometimes dim because stellar winds from their companions can push clouds of gas in front of their lights.

"In the case of GRS 1915+105," Balakrishnan told Live Science, "the companion star is low-mass and does not have massive stellar winds that would create the observed obscuring gas."

The researchers concluded that "there is a lot of gas in some structure that scatters and blocks light coming from the central engine and accretion disk."

In other words, whatever's blocking the light is likely coming from the accretion disk itself.

The nature of that structure, however, is still a mystery. GRS 1915+105 is interesting to astronomers because its X-ray engine resembles a scale model of the engines that drive many supermassive black holes at the centers of distant galaxies. The difference is that the fuel for supermassive black holes comes from clouds of matter in their galactic cores, while GRS 1915+105 rips its fuel from a neighboring star. So understanding what's going on with this star-eater could shed light on what's going on in the heaviest objects in the universe.

*Originally published on Live Science.*



## Quote of the day

**I am a marvelous housekeeper.  
Every time I leave a man I keep  
his house.**

Zsa Zsa Gabor

### Thrift Store Hours:

Our Thrift Store hours are Monday thru Friday from 9 am to 4 pm. We take donations on Mondays and Thursdays from 9 am to 3 pm only. There are two different containers to drop off at. Monday is the blue container by the Thrift Store back door. Thursday is the yellow container between the Senior Center building and the Thrift Store. Please wait for the attendant to help you. Your name and phone number will be asked for when dropping off items.







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*Spread over a period of a lifetime  
and serve everybody you meet.*



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Large box of Peanut Brittle \$23.50  
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**Don't forget Friday night Potluck Bingo**

***Canceled due to***

***COVID 19 Pandemic***

***Will keep you posted as  
to when it will begin***



*"The way I see it, if you  
want the rainbow, you  
gotta put up with the  
rain."*

~ Dolly Parton



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If a mist descends to obscure the way  
With time it will become clear  
If the path is overgrown today  
With time it will re-appear  
If the tide is too low to make sail  
With time it will float you clear  
And If you put your trust in me  
With time you will lose your fear.

A Celtic Blessing for Patience, by Iain Tweedale  
(Image: Llyn y Fan Fawr, Brecon Beacons, Wales).



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200 Lakeport Blvd.  
Lakeport, CA 95453  
(707) 263-9428

### Sponsor a Senior

If you would like to provide transportation or a meal for a needy senior, just come in to the Center or cut out this article and bring it in or send it to us with a check made out to WSI to: Willits Senior Center, 1501 Baechtel Road, Willits, CA 95490, along with this article. Just mark which of the following you choose:

- ☐ Good for 1 free meal \$7.00
- ☐ Good for a roundtrip ride (\$4 in town or \$8 from Brooktrails or Pine Mountain)
- ☐ 10 meal punch cards are also available for: \$65.00



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Current Resident or

## **CHARLIE CHAPLIN**

**Charlie Chaplin lived 88 years  
he left us four statements:**

- 1. Nothing is forever in this world,  
not even our problems.**
- 2. I love walking in the rain be-  
cause no one can see my tears.**
- 3. The most lost day in life is the  
day we don't laugh.**
- 4. Six best doctors in the world...**
  - a. The sun.**
  - b. Rest**
  - c. Exercise**
  - d. Diet**
  - e. Self-respect**

**Stick to them at all stages of your life and  
enjoy a healthy life.**

**If you see the moon, you will see the  
beauty of God...**

**If you see the sun, you will see the power  
of God.....**

**If you see a mirror, you will see God's  
best creation. So believe it.**

**We are all tourists, God is our travel  
agent who has already identified our  
routes, bookings and destinations....  
trust him and enjoy life.**

**Life is just a journey! Therefore, live to-  
day!**

**Tomorrow may not be.**

**Submitted by Sherry Bixler**