

FEBRUARY 2017

# Terrace News



We don't have to be alike  
to be friends. We just have  
to care about each other.



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## TRIVIA QUESTION

- In 1847, Michigan became the 1st state to abolish this, and since that time, less than half the states have followed. What is it?

**January answer:** Motel 6

## SPECIAL DATES

- ♦ 3rd—Wabasha Eagles visit
- ♦ 5th—Monthly Birthday party
- ♦ 6th—Curt & Linda here
- ♦ 14th—Valentines party
- ♦ 22nd— Out to eat

\* Let me know if you have any questions about these activities or if you have new ideas for activities. Thanks, Jill

Happy  
Valentine's  
Day

GOING GREEN: To assist us in going green, please let us know if you would like to receive this newsletter ELECTRONICALLY. Please e-mail Kelly Kramer: [kkramer@lacrossecounty.org](mailto:kkramer@lacrossecounty.org) to be added to our distribution list.



The very nature of kindness  
Is to spread.  
If you are kind to others,  
Today they will be kind  
To you,  
And tomorrow  
To somebody else.

~Sri Chinmoy~



# Interesting facts about Valentine's Day

- ◆ In Victorian times it was considered bad luck to sign a Valentine's Day card.
- ◆ Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.
- ◆ About 1 billion Valentine's Day cards are exchanged each year. This makes it the second largest seasonal card sending time of the year.
- ◆ Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
- ◆ Girls of medieval times ate bizarre foods on St. Valentine's Day to make them dream of their future spouse.
- ◆ In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear this name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."
- ◆ In 1537, England's King Henry VII officially declared Feb. 14 the holiday of St. Valentine's Day.
- ◆ Physicians of the 1800s commonly advised their patients to eat chocolate to calm their pining for lost love.
- ◆ More than 36 million heart-shaped boxes of chocolate are sold for Valentine's Day each year.
- ◆ On average, men shell out \$130 each on candy, cards, jewelry, flowers and dates. That's more than double what women commit to spending.

## Why Am I So Cold?

*As he turned to go on, he spat speculatively. There was a sharp, explosive crackle that startled him. He spat again. And again, in the air, before it could fall to the snow, the spittle crackled. He knew that at fifty below spittle crackled on the snow, but this spittle had crackled in the air. Undoubtedly it was colder than fifty below—how much colder he did not know.*

Many baby boomers might read this passage from Jack London's *"To Build a Fire"* and nod knowingly. True, the character in the story is facing winter in the Yukon, while you may be padding around your living room with the thermostat turned up, but you have something in common. You're both cold. As a correspondent put it recently: "Why do I want to sleep with my socks on?"

The explanation may be straightforward, if not comforting. You are getting older. And as people age, some find the cold harder to take, especially in their hands and feet.

Dr. Sharon A. Brangman, a professor of medicine at SUNY Upstate Medical University and a past president of the American Geriatrics Society, said increasing sensitivity to the cold could be a sign of a medical problem like hypertension or diabetes (though for some diabetics, the real danger is decreased sensitivity in their extremities that may leave them unaware of injury). Some drugs, like beta blockers, can decrease the heart rate, which can reduce the circulation of blood to hands and feet. Calcium channel blockers, used in hypertension, work by relaxing the blood vessels, which can increase heat loss. High cholesterol can reduce blood flow, too. And thyroid conditions can affect people's ability to regulate their temperature.

But healthy people may also find themselves feeling colder than they used to. Among the reasons: a decrease in circulation as the walls of the blood vessels lose their elasticity and the thinning of the fat layer under the skin that helps conserve body heat. And as people age, their metabolic responses to the cold may be slower. Vasoreceptors, for example, may not be as quick to direct blood vessels to constrict to keep the body temperature up.

As it happens, studies have shown that older people are more likely to have slightly colder body temperatures than younger ones. But that does not necessarily mean that they feel colder. "We're not sure how or if they're related," Dr. Jill Waalen, an epidemiologist at the Scripps Research Institute, said in an e-mail.

Instead, feeling colder seems to be a subjective response to the environment. And increased sensitivity to the cold does not pose a big health risk, or require any specialized medical treatment. "It's like my mother always said: 'Put on your sweater,'" Dr. Brangman said.

Or your socks.

