Currents at the Cove

Sunapee Cove Assisted Living & Memory Care 1250 Rt. 11 Sunapee, NH 03782 603-763-0566

January Activities

Dudley the Dog Visits 3,17,31

Music w/Jim Hollis 4th at 2:30

Music w/Lake Church Gospel Singers 5th at 3:30

Music w/Martha Woodward every Monday at 3:30

Chat w/a Director 8th and 22nd

Singing Hymns w/Pastor Elisabeth every Friday 2:00

Music w/Kathy Lowe 11th 2:30

Afternoon Piano Music w/Elaine Cox 12th & 16th

Music w/Moe Kennett 18th 2:30

Activity Professionals Week

January 19-25

Music w/Kirsten Becker 21st at 2:00

Down the Rabbit Hole in January

January is a significant month for *Alice in Wonderland* enthusiasts. Lewis Carroll, born Charles Lutwidge Dodgson, entered the world on January 27, 1832, and passed away on January 14, 1898. His famous tale, *Alice's Adventures in Wonderland*, began in 1862, during a boat trip where he entertained the Liddell children with an improvised story. Young Alice Liddell, the inspiration behind the heroine, urged Carroll to write it down. After two years of writing, the book was finished in 1864 and published the following year, quickly becoming a literary sensation.

The book introduced the world to memorable characters like the Mad Hatter, whose tea party never ends, and the grinning Cheshire Cat, who can disappear at will. Carroll even invented a new type of poetry, the "nonsense poem," one of the best examples of which is "Jabberwocky," which appears in *Through the Looking-Glass*, the sequel to *Alice's Adventures in Wonderland*.

What makes *Alice in Wonderland* so fascinating is its mix of wordplay, logic, and fantasy. Carroll was not just a writer but also a mathematician, which explains the whimsical logic and puzzling riddles that fill the story. His love of paradoxes and mathematical theories shines through in scenes like the Mad Hatter's tea party and the Queen's curious rules for croquet. This blend of intellectual play and imaginative adventure is what makes *Alice* a timeless favorite for readers of all ages.

January is a perfect time to embrace the whimsical world of *Alice in Wonderland*. Lewis Carroll's beloved tale, now over 150 years old, continues to captivate readers of all ages. The story has inspired countless adaptations, including theater productions, ballets, and even video games, cementing its place in pop culture. This January, whether by rereading the book or exploring a new adaptation, it's worth revisiting Wonderland to marvel at the unique genius of Carroll and his enduring creation.

Galloping into Radio History

The call of “Hi-Yo, Silver! Away!” first echoed on Detroit’s WXYZ radio station on January 30, 1933. A mysterious masked cowboy known as the Lone Ranger went on to become one of the most famous and influential western heroes of the 20th century.

WXYZ station owner George Trendle and writer Fran Striker co-developed the idea of *The Lone Ranger*, yet neither of them had any experience with cowboys or the Wild West. To them, this hardly mattered. After seeing the success of the movie *The Mask of Zorro*, they wanted to develop an American version of a masked swashbuckler. Furthermore, they wanted their hero to set an example of good morals and to stand for truth, justice, and freedom. The show was an instant success and eventually drew an audience of 20 million faithful listeners three times a week.

The writers did not worry about historical accuracy. This was perhaps most evident in the character of Tonto, the Lone Ranger’s faithful Native American sidekick, who uttered simple phrases and groans. During early episodes, the Lone Ranger was often stuck talking to his horse, Silver. The writers realized they needed a second character, so they introduced Tonto on February 25, 1933. Like the Lone Ranger, Tonto was also a model of justice and truth, often providing the brains of the duo.

By the 1950s, *The Lone Ranger* had moved to film and television and starred Clayton Moore as the masked hero. The western craze hit full stride, and a string of hit shows followed: *The Roy Rogers Show*, *The Adventures of Wild Bill Hickok*, *Bonanza*, *Gunsmoke*, *Maverick*, and *Rawhide*. Some argue that the western declined with the Red Scare, the Space Race, and the Cold War. Yet others contend that westerns never went out of style. *The Lone Ranger* struck gold in 1933, and westerns have been treasured ever since.

The Language of Touch

The ingenious system of raised dots that are “read” through the fingertips by the blind is known as braille and is named for the Frenchman Louis Braille. As a student at the National Institute for Blind Youth in Paris, Braille loved to read and craved a wider variety of books. His mission was to create a new alphabet for the blind, and, at age 15, he developed braille. January 4, World Braille Day, celebrates his achievement and his birthday.

Braille based his alphabet on a secret military code developed by Captain Charles Barbier de la Serre for Napolean’s French army. This code of dots, known as *écriture nocturne*, or “night writing,” was a way for soldiers to communicate silently and without a light at night. Barbier visited the Institute for Blind Youth in Paris to present his system. Braille quickly mastered Barbier’s system, discovered its flaws, and developed his new system. When he presented his improvements to Barbier in person, the old army captain was incredulous and offended. History, however, has proven Braille’s contribution to be as important as Gutenberg’s printing press.

Rails of Adventure

On January 17, Cable Car Day, cable cars all over the world will garner attention. Cable cars use cables to pull them up or lower them down. San Francisco’s iconic cable cars are moved by a system of cables underneath the street. The high-flying cable gondolas of Rio de Janeiro carry people to the Christ the Redeemer statue atop Mount Corcovado. The valley of Gulmarg—the Himalayan “meadow of flowers” in India’s Jammu and Kashmir regions—boasts the second-highest cable car ride at 13,500 feet. One of the longest cable car rides is in Switzerland’s Alps. The 19-minute journey from the village of Grindelwald to Männlichen allows visitors to enjoy the rugged Alps without a pair of hiking boots!

Brain Bending Fun

January might be a challenging month. It is, after all, International Brainteaser Month. There are brainteasers for every taste. Wordsmiths enjoy crosswords, word jumbles, and acrostics. Mathematicians enjoy sudoku and kakuro. Riddles, logic puzzles, tangrams, ciphers, and even good old-fashioned Rubik's Cubes keep our minds sharp.

Just as exercise is healthy for the body, brainteasers are healthy for the brain. Flex your gray matter by answering some of these brainteasers below:

1. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

2. In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How could this be?

3. Before Mount Everest was discovered, what was the highest mountain in the world?

Is your mind too cluttered with irrelevant minutiae to solve January's brainteasers? Never fear. Another little-known fact is that January 4 is Trivia Day, a day to demonstrate the remarkable benefits of random knowledge. Make some room in your head for these curious tidbits:

- *Dreamt* is the only English word that ends with the letters *mt*.
- Hydrox cookies debuted in 1908, four years before Oreos.
- Tigers have striped skin, not just striped fur. The pattern of stripes is unique to each tiger, similar to human fingerprints.

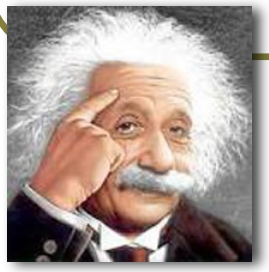
ked; the river is frozen. 2. The person was
Mount Everest; it was the highest mountain
iscovered.

Dial Up the Nonsense

While some people believe that Inane Answering Message Day on January 30 is a day to revise any long, annoying, or otherwise inane answering messages, many believe it is the perfect day to put a smile on your caller's face by recording a silly message for their listening pleasure. Below you'll find some wonderfully inane treasures to record on voicemail:

"Hello! You've reached the future. Your call is important, but right now, it's still the past where I am. Leave a message and I'll get back to you when the time's right."

"This is you-know-who. We are you-know-where. Leave your you-know-what you-know-when."



"You've reached [Name], where everything is made up and the points don't matter. Except your message. Your message definitely matters."

Celebrate the Unusual

January 10 is the day to hug the nonconformist in your life—it's Peculiar People Day. The word *peculiar* is not an insult. Some of the most creative scientists and artists were known for their eccentricities. Albert Einstein picked up cigarette butts off the street to collect tobacco for his pipe. Salvador Dalí gave lectures in a deep-sea diving suit to represent being submerged in the subconscious mind and walked an anteater on a leash through the streets of Paris. Ben Franklin began his days with an "air bath," standing in front of an open window to catch a breeze in his birthday suit. All of these people may have shared a trait that psychologists call "cognitive disinhibition," a failure to ignore irrelevant information. While many filter out unhelpful information, creative types make offbeat connections all day long, leading to peculiarity, yes, but also wonderful innovations.

A Magical Start to the Year

It turns out that January is a magical month. First, January 16 is Appreciate a Dragon Day. In Eastern cultures, dragons are powerful beings of wisdom, magic, and longevity, and their symbolism is often used by emperors and leaders. European cultures tend to view dragons as fearsome fire-breathing foes. These winged beasts can fly, and perhaps this is why the word *dragon* comes from a Greek word meaning “I see clearly,” as if dragons can see the entire world from above.

Then January 19 is Brew a Potion Day. Potions are believed to heal, bewitch, or poison others. In olden days, traveling salesmen and charlatans would travel across the land selling snake oil panaceas, promising to heal any and every possible ailment. Even in modern times, we see television infomercials selling products guaranteed to clear our skin, regrow our hair, or clean our upholstery. In lieu of these potions, concoct your own magical mixture or recipe and give it to someone you love on January 19.

If the magic of fantasy is too far-fetched for you this month, you could instead engage in another sort of magic: January 2 is Science Fiction Day. The mysteries of science can sometimes be even more baffling than dragons and potions. After all, who could have foretold rovers roaming Mars? A person falling to Earth in a 24-mile free dive from the edge of space? The ability to hold a computer in the palm of your hand? Of course, all of these achievements are mere science. For them to become science *fiction*, the scientific advancement must present some dreadful and unforeseen challenge.

This January, the biggest challenge may be to allow your imagination to take flight and consider dragons, potions, and scientific calamities. Then February will bring us firmly back to Earth.

In December

Santa came to Sunapee Cove

Gold Rush Gab

Dagnabbit, it’s time for Talk Like a Grizzled Prospector Day on January 24. You’ve never heard of it, you say? Perhaps you have heard of James Marshall, who, on January 24, 1848, discovered gold that started the California Gold Rush. Almost 100 years later, a farmer named Walter Knott built a western-themed ghost town on his berry farm. Knott’s Berry Farm drew a wide audience, thanks to its guarantee that anyone who found gold on the property as part of the “panning for gold” attraction could take it home. Every January 24, Knott’s Berry Farm holds its annual Prospector’s Day parade. So dadgummit, hitch up yer overalls, grab yer dumfungled pan, and get ready to pan the whole consarn territory for the sockdolager of payouts!