



THE SCOOP

Clearwater Senior Center

921 Janet Ave

Activities held at the Clearwater Senior Center are available to those 55 & older. No membership fee is required to participate in most activities. For more information on events or programs, please contact the Center director at 620-584-2332.

Mission Statement

To provide services and programs for people 55 & older that promotes their well-being, supports their independence and encourages their involvement in community life.

Staff

Sonja Froggatte— Director
 Marlene Parret— Assistant Director

Advisory Committee

Terry Sullivan—Chair
 James Charles—Member at Large
 Maureen Bailey—Member mat Large
 TC Wallace—Member at Large

FROM THE DIRECTOR'S DESK

I'd like to introduce you to Ruth Castle: she was born in Frankfort, KS on 12/25/1943 to John & Ella Gough (Goff). After graduating from high school in Duenaweg, MO, Ruth took nurses training and worked in hospitals. Ruth then moved to Burlington, KS where she worked for a plumbing company as a bookkeeper and doing sales for 5 years.

She met Bud, her future husband, at a dance and they began dating. They were married June 18th of 1966. They moved to Wichita in late 1966 and Bud got a job at Boeing. Their daughter, Debbie, was born in January of 1967. After Debbie graduated from high school she was married in January 1991 to Jami Pelz and soon had 3 beautiful daughters. The oldest two have married and provided Ruth and Bud with one great grand-daughter just born in July. Ruth's youngest granddaughter will graduate from Hays in May of 2020.

After a trip to Burlington, KS camping at John Redmond Lake, Ruth was driving ahead of Bud on their way home. Just 7 miles from Burlington Bud was killed in a head-on collision, July 22nd of 2018.

Continued on page 6

Sonja Froggatte
 OFFICE PHONE: 620-584-2332
 Email Address: communitycenter@clearwaterks.org
<https://www.Facebook.com/ClearwaterCommunityCenter/>



Thank you Volunteers!!

Volunteers are the backbone of our programs. Not only do they provide transportation to seniors in this community, they also provide them with companionship. The Clearwater Senior Center is looking for drivers who have time to spare during the week, even if it is only a couple days a month. Any help is appreciated! Anyone interested, please contact the director at (620) 584-2332.



Gene Dunbar 10/22
 Elna Fitch 10/11
 Sonja Froggatte 10/3
 Mike Gannaway 10/10
 LaVona Greenlee 10/26
 Reba Gross 10/10

Bill Hammers 10/26
 Lois Hedrick 10/28
 Rod Hedrick 10/16
 Leslie Mabe 10/6
 Kirsten Pelz 10/9
 Capsa Reed 10/13

Jean Richardson 10/14
 June Sparr 10/28
 Mike Snyder 10/14
 Edna Stalsatz 10/25
 Roberta Swinehart 10/22
 Donna Watson 10/21



October has two birthstones; Tourmaline and Opal. Tourmaline is a favorite gemstone for many because it's available in a rainbow of beautiful colors. Opal: Tears of the Divine. Opal gemstones are truly unique because each individual gem is adorned with a one-of-a-kind color combination. Traditionally, opal is renowned for the quality of its play-of-color. The name opal originates from the Roman word "opalus" which traces its roots from the Greek's "opallios" meaning to see a change of color. This Greek word is likewise a revision of the ancient Indian Sanskrit's "upala" which means precious stone. These stones display an incredible play of light across their surface, as they enchant with the myriad of colors they can display. Also known as "Queen of Gems," no two opals are alike. Factors that determine the value of an opal include type, brilliance, body tone, transparency, pattern, and shape. Categorized as per their body colors, there are various varieties of [opal](#) with distinct characteristics. Tourmaline: Colorful Mixed Gem. Where opal is an attractive choice for an introvert, [tourmaline](#) is a great option for those with colorful, outspoken personalities! Like Opal, tourmaline is found in a dizzying selection. However, the available colors are more vibrant and bold, useful in any situation where a statement must be made. [Paraiba tourmaline](#) is perhaps the most famous example of this stone, possessing an electric blue to green color.

*"October's child is born for woe,
 And life's vicissitudes must know;
 But lay an Opal on her breast,
 And hope will lull those woes to rest."*

-Traditional Birthstone Poem



*"Listen! The wind is rising,
 And the air is wild with leaves,
 We have had our summer evenings,
 Now for October eves!"*

- Humbert Wolfe (1885-1940)

October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

October 1, 1938 - Hitler's troops occupied the Sudetenland portion of Czechoslovakia. In an effort to avoid war, the leaders of Britain and France had agreed to cede the German-speaking area to Hitler, who later broke the agreement and occupied all of Czechoslovakia.

October 1, 1946 - Twelve Nazi leaders were sentenced to death at the International War Crimes Tribunal in Nuremberg, Germany.

October 2, 1967 - Thurgood Marshall (1908-1993) was sworn in as the first African American associate justice of the U.S. Supreme Court. He served until 1991 and was known for opposing discrimination and the death penalty, and for championing free speech and civil liberties.

October 2, 1968 - California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet (120 meters) during a lifetime that can span 2,000 years.

October 2, 1975 - Japanese Emperor Hirohito made his first-ever visit to the White House.

October 3, 1863 - President Abraham Lincoln issued a proclamation designating the last Thursday in November as Thanksgiving Day.

October 3, 1929 - Yugoslavia became the official name of the Kingdom of Serbs, Croats and Slovenes.

October 3, 1932 - Iraq gained independence from Britain and joined the League of Nations.

October 3, 1974 - Frank Robinson was hired by the Cleveland Indians as baseball's first African American major league manager.

October 3, 1990 - After 45 years of Cold War division, East and West Germany were reunited as the Federal Republic of Germany.

October 4, 1830 - Belgium gained its independence, after having been a part of the Netherlands since 1815.

October 4, 1943 - The Island of Corsica became the first French territory in Europe freed from Nazi control as Free French troops liberated the city of Bastia.

October 4, 1957 - The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.

Birthday - St. Francis of Assisi (1181-1226) was born in Assisi, Umbria, Italy (as Giovanni Francesco Bernardone). He renounced his family's wealth and founded the Friars Minor (Franciscan Order).

October 5, 1813 - Shawnee Indian Chief Tecumseh was defeated and killed during the War of 1812. Regarded as one of the greatest American Indians, he was a powerful orator who defended his people against white settlement. When the War of 1812 broke out, he joined the British as a brigadier general and was killed at the Battle of the Thames in Ontario.

October 5, 1938 - Czech President Dr. Eduard Benes resigned and fled abroad amid threats from Adolf Hitler.

October 5, 1964 - The largest mass escape since the construction of the Berlin Wall occurred as 57 East German refugees escaped to West Berlin after tunneling beneath the wall.

October 5, 1877 - Following a 1,700-mile retreat, Chief Joseph of the Nez Perce Indians surrendered to U.S. Cavalry troops at Bear's Paw near Chinook, Montana. "From where the sun now stands, I will fight no more forever," he declared.

October 5, 1908 - Bulgaria proclaimed its independence from the Ottoman Empire.

October 5, 1910 - Portugal became a republic following a successful revolt against King Manuel II.

October 6, 1927 - The first "talkie" opened in New York. *The Jazz Singer* starring Al Jolson was the first full-length feature film using spoken dialogue.

October 6, 1928 - Generalissimo Chiang Kai-shek became president of the Republic of China upon the introduction of a new constitution.

October 6, 1949 - "Tokyo Rose" (Iva Toguri d'Aquino) was sentenced in San Francisco to 10 years imprisonment and fined \$10,000 for treason. She had broadcast music and Japanese propaganda to American troops in the Pacific during World War II. She was pardoned by President Gerald Ford in 1977.

October 6, 1973 - The Yom Kippur War started as Egypt and Syria launched attacks on Israeli positions on the East Bank of the Suez and the Golan Heights.

October 6, 1978 - Iranian religious leader Ayatollah Khomeini was granted asylum in France after being expelled from Iran for his opposition to the Shah.

Birthday - Engineer and inventor George Westinghouse (1846-1914) was born in Central Bridge, New York. He developed air brakes for trains and was later responsible for the adoption of alternating current (AC) systems for electric power transmission in the U.S. He was also the first employer to give his employees paid vacations.

October 7, 1940 - During World War II in Europe, German troops invaded Romania to take seize strategic oil fields.

October 7, 1949 - The German Democratic Republic came into existence in East Germany. Dominated by Soviet Russia, it lasted until German reunification in 1990.

October 7, 1985 - Palestinian terrorists seized the Italian passenger ship *Achille Lauro* carrying about 440 persons, threatening to blow it up if Israel did not free 50 Palestinian prisoners. Leon Klinghoffer, an elderly wheelchair-bound American, was murdered.

October 8, 1871 - The Great Fire of Chicago erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street. Over 300 persons were killed and 90,000 were left homeless as the fire leveled 3.5 square miles, destroying 17,450 buildings. Financial losses totaled over \$200 million.

October 8, 1918 - During World War I in the Argonne Forest in France, U.S. Sergeant Alvin C. York single-handedly took out a German machine-gun battalion, killing over a dozen and capturing 132. He was later awarded the Medal of Honor and the French Croix de Guerre.

October 9, 1962 - Uganda achieved independence after nearly 70 years of British rule.

October 9, 1970 - Cambodia declared itself the Khmer Republic following the abolishment of the monarchy by the legislature.

Birthday - John Lennon (1940-1980) was born in Liverpool, England. He was a member of *The Beatles*, an influential rock group which captivated audiences first in England and Germany, and later in America and throughout the world. He was murdered in New York City on December 8, 1980.

October 10, 1954 - Ho Chi Minh entered Hanoi, Vietnam, after the withdrawal of French troops, in accordance with armistice terms ending the seven-year struggle between Communist Vietnamese and the French.

October 10, 1973 - Spiro T. Agnew (1918-1996) resigned the office of Vice President of the United States amid charges of income tax evasion on illegal payments allegedly received while he was governor of Maryland and after he became Vice President. He was later given a \$10,000 fine and sentenced to serve three years probation. He was succeeded as Vice President by Gerald R. Ford, who went on to become President after the resignation of Richard M. Nixon.

October 11, 1521 - King Henry VIII of England was given the title "Defender of the Faith" by Pope Leo X following the publication of the King's book against Martin Luther.

October 11, 1899 - The Boer War began in South African between the British Empire and Boers of the Transvaal and Orange Free State. The war ended in 1902 with the Treaty of Pretoria in which the Transvaal and Orange Free State became British colonies.

October 11, 1939 - Albert Einstein warned President Franklin D. Roosevelt that his theories could lead to Nazi Germany's development of an atomic bomb. Einstein suggested the U.S. develop its own bomb. This resulted in the top secret "Manhattan Project."

Birthday - Eleanor Roosevelt (1884-1962) was born in New York City. She was the wife of President Franklin Delano Roosevelt, 32nd U.S. President. As First Lady, she led an unprecedented independent life, striving to improve the lives of people all over the world. In 1933, she became the first wife of a president to give her own news conference in the White House. She traveled extensively on her own and was affectionately called "First Lady of the world." She served as a U.S. delegate to the United Nations for many years and helped write the Universal Declaration of Human Rights.

October 31st - Halloween or All Hallow's Eve, an ancient celebration combining the Christian festival of All Saints with Pagan autumn festivals.

SPECIAL EVENTS

!Election Workers Are Needed!

- The November Election is coming up 11/6. Sedgwick County needs over 100 election workers! You will be compensated for your time. Election clerks and provisional ballot judges are paid \$120 for Election Day and \$37.50 for training. Half day clerks are paid \$7.50 an hour for hours worked on Election Day and \$37.50 for training. Election supervising judges are paid \$150 for Election Day and \$50.00 for training. Call (316) 660-7119 or email electionworker@sedgwick.gov; apply online at www.sedgwickcounty.org.

October is...

National Dessert Month
Country Music Month &
National Book Fair Month

Carry-In Luncheon

You are invited to join us on the 8th at 12:00 for our monthly carry-in luncheon. Bring a side dish to share. Donations are appreciated! Butch Ewing, a Master Gardner from the Extension Office, will speak. Nancy, the new pharmacy owner will be at the Center from 8:00-12:00 that day to provide flu and other vaccines to those who have been to the Center and completed her Vaccine Consent & Assessment.

Foot Care

Hermes Health Care will be here on Wednesday, 10/23. Call them at (316) 260-4110 for an appointment.

Taking Appointments for Medicare

I am now certified to provide Part D enrollment & Medigap information.

SPECIAL EVENTS

Home Health & Hospice

Amy McDermott will be here at 1:00 on 10/16 to educate us about their Tele-Health program.

There are many health observances that have October as their national month. These include Healthy Lungs, Breast Cancer, Lupus, Spina Bifida, Blindness, and Sudden Infant Death Syndrome (SIDS).

National Fire Prevention Week

Falls during the week of October 9 each year. It commemorates the [Great Chicago Fire](#) of 1871.

Medicare Advantage Plans

Jessica Edwards with Aetna will be here 10/15 at 12:00 to talk about the different Plans.

Commodities

Commodities will be provided the last Tuesday of the month, which is the 29th, unless we have perishable items. If so you will be notified.

Jam Session

The next Jam Session will be on October 26th at 6:00. We hope to see you! If you can, please bring a snack or your instrument, to share.

Ongoing Events

- Monday's at 1:00 we have a painting group in the Arts and Crafts room. At 1:30 we have a Chair Yoga class in the Main Room.
- Tuesday's at 9:00 we have exercise in the main room.; At 10:30 we have a basic computer workshop .
- Wednesday's at 9:00, join us for coffee; and on the first Wednesday of the month, balloon volleyball at 10:00 in the Main Room;
- Thursday's at 10:00 we have Bible Study in the Arts and Crafts room. At 1:00 we have BRIDGE in the Main Room and BINGO in the Arts and Crafts room.
- Friday's at 9:00 we have exercise & at 1:00 on the first & last Fridays of the month we show movies in the main room.

“Roundup for Missions” Annual Auction & Dinner, October 19th at Clearwater United Methodist Church, 130 N First Street: 4 pm to 6 pm Basket Silent Auction, 4:30-6:00 pm BBQ Brisket Dinner w/ Sides & desserts; 4 pm to 8:30 pm Country Store; 6:30 pm Live Auction with Auctioneer Don Burford. (All proceeds go to United Methodist missions around the world)



Continued from page one...

Ruth maintained the couples mobile home on one acre in K42 Estates. After nearly a year Ruth realized taking care of the property was too much for her. She then moved into a patio home in Clearwater, downsizing. She now enjoys coming to the Senior Center and volunteering, exercising and eating lunch. Being around the other members has lifted Ruth's spirit and assisted her in her grieving process.

Ruth still goes camping at John Redmond Lake with friends from Burlington. She expects her new great grandbaby in April of 2020 and currently enjoys spending time with family and friends.

September's Carry-In Luncheon

Tuesday 9/10/19 Information

All were greeted and welcomed all to the September Carry-In luncheon. We joined together in reciting the pledge of allegiance, singing the National Anthem and offering the blessing for the meal. Two people acknowledged having a September birthday: Candy Burns and Robin Simon.

Announcements:

Wednesday, Sept. 11, at 1:00 Teresa Hatfield was to come with new information about Advance Directives. She also was to provide paper folders with instructions on each Directive. On Sept. 17, at 1:30 Brandi Hileman, an audiologist with Hearing Group Derby will be at the Center to talk about the different types of hearing loss and will provide free hearing screenings. On Sept. 19th & 20th we will have another rummage sale. Donations are necessary and appreciated.

Our speaker was Todd Volkman, a Naturalist, with the Great Plains Nature Center, located at 29th St. N and Woodlawn in Wichita, KS. He brought Blossom, an opossum with him to explain some of their characteristics. They are the only natural marsupials in the US; carrying their babies in their pouch. One of their benefits is that they eat ticks, spiders and other insects. Todd also informed us that the Nature Center covers many acres with different themes throughout. Vision Statement: To inspire stewardship of the natural world through exceptional experiences to benefit future generations. Mission: The Great Plains Nature Center is a cooperative project between the U.S. Fish & Wildlife Service, Kansas Department of Wildlife, Parks & Tourism, City of Wichita and Friends of the Great Plains Nature Center. These partners share a common goal of providing opportunities for the public to investigate, understand and develop an appreciation for wildlife and the environment, while promoting sound stewardship of natural resources. Connect with them at www.gpnc.org or (316) 683-5499.

Jami Tabor from Angels Care Home Health, previously spoke about beating personal hydration problems & briefly spoke about Alzheimer's. Then Amy McDermott with Home Health & Hospice offered free blood pressure checks. Remember to check the monthly SCOOP calendar to keep up with daily activities offered at the Center. Special event activities are welcome; contact Sonja at 584-2332. If you want to keep up with all of the activities through the Clearwater schools, free calendars are available at the Administration building on South Prospect.

In honor of the Great Plains Nature Center, from Meta Givens', Modern Encyclopedia of Cooking,
"Copywrite 1947, 1948, 1949, 1952, 1953, 1955, 1959, 1966

POSSUM

The possum carcass resembles that of the coon in shape, but the meat is light in color, the carcass is smaller, and the fat does not have the disagreeable flavor and odor the coon has. However, there are scent glands that must be removed as soon as possible after the animal is skinned. If the fat is objectionable, the carcass should be thoroughly chilled so the fat will be as firm as possible before trying to peel it off. Additional butter or other shortening may be used to brown or baste the meat as it cooks. Roasting or braising is the favorite way to cook this meat.

Continued on page 8

Mrs. Duke's Baked Possum and Sweets

2 young possums, 2¼ to 2½ lbs each, dressed weight	¾ tsp black pepper
1 baking potato, ½ lb	1/8 tsp red pepper
7 cups cold water	3 tbsps flour
4 tsp salt	2 cups possum broth
	Parsley

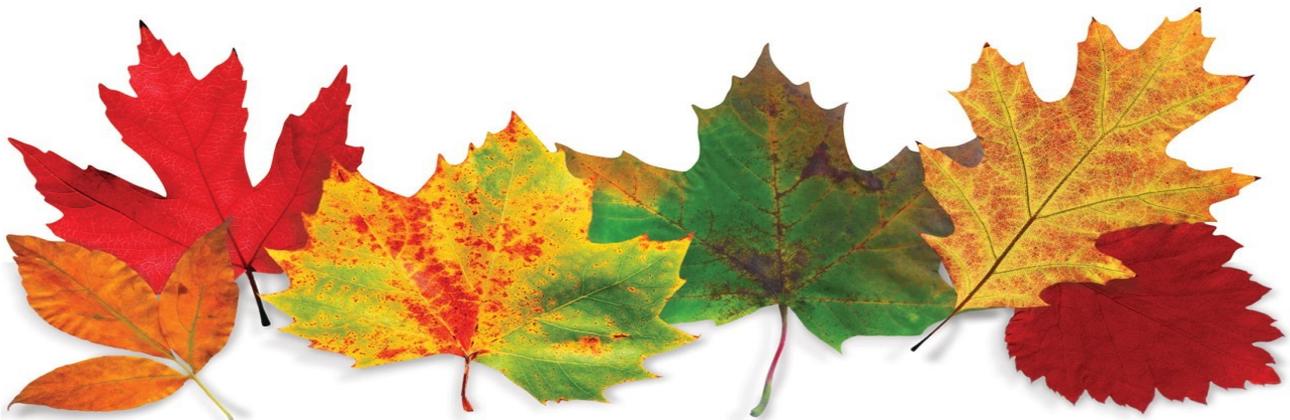
Start oven 10 min before baking; set to mod (375°)

Clean possum carefully and remove scent glands and any clinging hair. Pare potato, wash and cut in quarters lengthwise. Lay potato inside possum, Fit into a 5-qt kettle. Add water, cover kettle but leave open space on one side for steam to escape. Heat to boiling and boil gently 15 to 20 min; then skim froth that collects; pour off about half the broth. Add 3 cups fresh hot water, return to heat, again partially cover and boil gently until meat is tender, but not tender enough to pull away from the bone. Remember possums will not become more tender after they are placed in roasting pan. This requires 1¼ to 1½ hrs of cooking. Lift possum from broth to roasting pan, sprinkle outside well with the seasonings that have been well mixed in a cup. Make gravy by sprinkling flour over cold water, mix to a smooth paste, then blend with 2 cups of broth drained from kettle in which possums were parboiled. Mix and pour around possums. Cover pan and bake 16 to 20 min, or until potatoes are about tender. Now uncover and bake until possums and potatoes are tender and beautifully browned (35 to 40 min). Baste every 10 min with the gravy in the pan. Remove meat and potatoes to platter and garnish with parsley. Pour gravy into separate dish and serve meat and gravy piping hot. 5 to 6 servings.”

My how things have changed! There are many people who live out in the country, including my cousins in Missouri. However, I've not heard of any of them eating Opossum.

“When possums were introduced in 1837 to start a fur industry, no one predicted that these Australian neighbours would naturalize with destructive enthusiasm, wreaking havoc on gardens and bush alike. Up to 20 million possums a year were killed during the height of the fur trade, but this barely checked their rapid expansion.”

[Bee Dawson](#)



October 2019

The Clearwater Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Exercise 9:00 am Computer Basics 10:30 AA/Al Anon 7-9 pm	2 9:00 am Morning Coffee 10:00 am Balloon Volleyball	3 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	4 Exercise 9:00 am Free Movie & popcorn 1:00 pm	5
6	7 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	8 Pharmacy Flu Shots 8-12 Exercise 9:00 am Computer Basics 10:30 Carry-In Luncheon 12 pm AA/Al Anon 7-9 pm	9 9:00 am Morning Coffee	10 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	11 Exercise 9:00 am	12
13	14 Center Closed in Observance of Columbus Day	15 Exercise 9:00 am Computer Basics 10:30 12:00 Jessica Edwards- Aeltra AA/Al Anon 7-9 pm	16 9:00 am Morning Coffee 1:00 Amy McDermott with Home Health & Hospice, speaking on "Tele-Health"	17 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	18 City Wide Clean-up; deliver to Public Works Exercise 9:00 am	19 City Wide Clean-up; deliver to Public Works Biscuits & Gravy 7:00-10:00 am
20	21 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	22 Exercise 9:00 am Computer Basics 10:30 AA/Al Anon 7-9 pm	23 8:00 Hermes Healthcare, Call (316) 260-4110 for an appt.	24 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO	25 Exercise 9:00 am Free Movie & popcorn 1:00 pm	26 Jam Session 6 pm
27	28 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	29 Commodities Distribution 9-3 Exercise 9:00 am Computer Basics 10:30 AA/Al Anon 7-9 pm	30 9:00 am Morning Coffee 11:30 pm Halloween Party	31 Bible Study 10 am 1:00 pm Bridge 1:00 pm BINGO		

Mon	Tue	Wed	Thu	Fri
Birthday Day - October 10 Choice Day - October 22 Circled Days - meals that freeze well	1 Cheeseburger soup 8 oz Crackers-2 Combo salad 4 oz Salad dressing Applesauce 4 oz Brownie Milk	2 Chicken salad 4 oz sandwich Cole slaw 4 oz Peaches 4 oz Bun Oatmeal cookie Milk	3 Swedish steak over Wild rice 4 oz Cauliflower 4 oz Strawberries 4 oz Roll Milk	4 Creamy chicken & veggie casserole 8 oz Mandarin oranges 4 oz Red gelatin 4 oz Cinnamon roll Milk
7 Fish chowder 8 oz Combination salad 4 oz Salad dressing Peaches 4 oz Wheat bread Milk	8 Ham & beans 8 oz Potatoes w/onions 4 oz Parslied carrots 4 oz Glazed blueberries 4 oz Cornbread Milk	9 Baked chicken Broccoli 4 oz Cranberry sauce 1/4 c Pears 4 oz Roll Milk	10 Meatloaf Mashed potatoes 4 oz Gravy Green beans 4 oz Apricots 4 oz Pumpkin spice pound cake Milk	11 Pork salad 4 oz sandwich Vegetable soup 4 oz Cracker-2 Carrot raisin salad 4 oz Strawberries 4 oz Bread Milk
14 Turkey & noodles 8 oz over Mashed potatoes 4 oz Carrots 4 oz Banana/pineapple 4 oz Gingersnap cookie Bread Milk	15 Salmon bake w/Creamy cucumber sauce Wild rice 4 oz Mixed greens salad 4 oz Salad dressing Peaches 4 oz Pineapple bread Milk	16 Pulled pork 3 oz on a Bun Potatoes o'brien 4 oz Cole slaw 4 oz Apricots 4 oz Pudding 4 oz Milk	17 Chicken & cheese casserole 8 oz Broccoli 4 oz Beets 4 oz Pears 4 oz Garlic bread Milk	18 Taco salad 8 oz (lettuce, tomato, cheese, chips) Salsa Refried beans 4 oz Strawberries 4 oz Sugar cookie Milk
21 Split pea tortilla soup 8 oz Corn 4 oz Pears 4 oz Fruit crisp 4 oz Milk	22 Liver & onions OR Beef cutlet Mashed potatoes 4 oz/Gravy Broc/caul/carrot salad 4 oz Mixed fruit 4 oz Bread Milk	23 Ham & egg cass. 8 oz Combination salad 4 oz Salad dressing Banana Blueberry muffin Milk	24 Oven fried fish Tartar sauce Chick pea pasta salad 4 oz Green beans 4 oz Strawberries 4 oz Snickerdoodle cookie Milk	25 Italian baked chicken Scalloped potatoes 4 oz Peas 4 oz Peaches 4 oz Garlic bread Milk
28 Harvest Turkey soup 8oz Crackers -2 Tomato salad 4 oz Apple slices 4 oz Peanut butter cookie Milk	29 Open faced pork biscuit with cream gravy Tater tots 8each Pickled beets 4 oz Mixed fruit 4 oz Milk	30 BBQ beef with homemade sauce 4 oz Potato salad 4 oz Broccoli 4 oz Banana Bun Milk	31 Spaghetti with meat sauce 8 oz Mixed green salad 4 oz Salad dressing Peaches 4 oz Garlic bread Milk	Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher

A I R O L G N I L I A S T B M M Y T L I U G
 F A I T H F U L L Y A I E R P O O H U I G U
 N E P O M O K O K T P R C O U S N D S O S T
 E H H I N A A T I I E N N K R E S Y E O H W
 V H E A N C Y S H D M O A E P A T E M E O S
 A S M A I K F W N H I K D N L B P M E O R T
 E U T R R I H U Y V T C S W E M A A E E N F
 H V E R E T N O A A E O T I R A S L S M P Y
 S M O D A W B C U N D R E N A B S F O L A R
 A U Y L O E A R D S A N L G I A I E R L T R
 F C S D R T H L E E E D O S N L O H E A I A
 A T A S I U E O H A R S L M L B N T H C E C
 S I H O U S O Y W I K C T T C H E S T E N S
 T Y N E S D R Y B T R E S U K I Y A K I C E
 C N A L L G I G B U A F R I C A N R T I E C
 A E O W N O N O I T A U T A F N I A G I L I
 R V U U L O O S U O I R O T O N F A M E T O
 E E H E S A I K O U R H O U S E M D L O H V
 T R U L Y N S G N O L E B E W C O N T R O L

AFRICA
 ALWAYS
 AMERICA
 BEAT IT
 BROKEN WINGS
 CALL ME
 CONTROL
 CRUISIN'
 DOWN UNDER
 ENDLESS LOVE
 FAITHFULLY
 FAME
 FAST CAR
 FREEDOM
 GLORIA
 GUILTY
 HEARTBREAKER
 HEAVEN
 HOLD ME

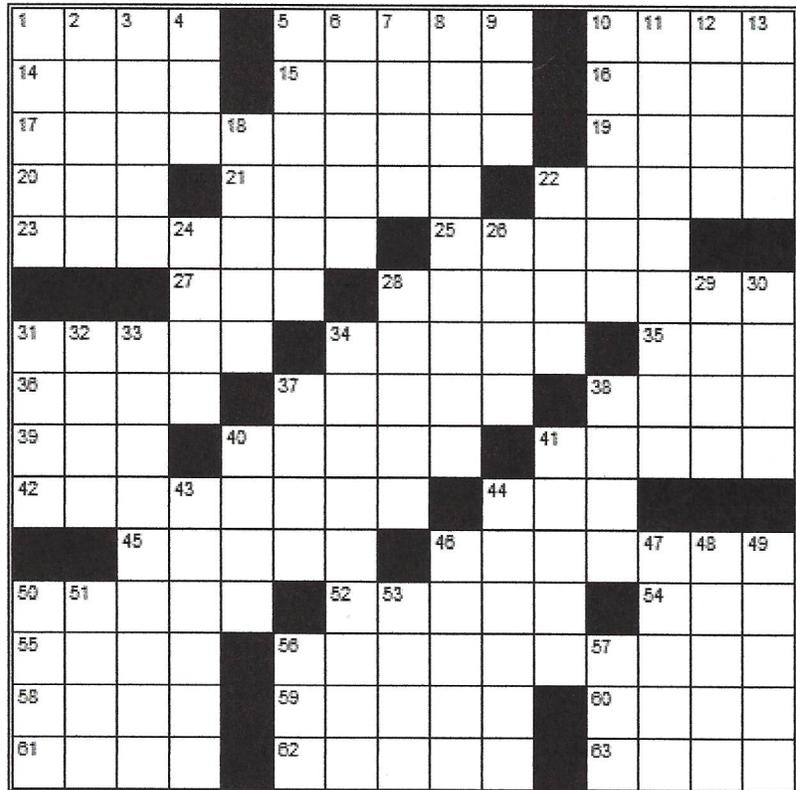
HUMAN
 HUNGRY HEART
 INFATUATION
 KOKOMO
 LA BAMBA
 LET'S DANCE
 MAGIC
 MANIC MONDAY
 MONY MONY
 NOTORIOUS
 NEVER
 OUR HOUSE
 PASSION
 PATIENCE
 PINK HOUSES
 PURPLE RAIN
 ROCK ON
 SAILING
 SARA

SATISFIED
 SHOUT
 SONGBIRD
 SUKIYAKI
 SUSSUDIO
 THE FLAME
 THE LOOK
 THE ROSE
 TIME
 TOO SHY
 TRUE
 TRULY
 TWO HEARTS
 VACATION
 VOICES CARRY
 WE BELONG
 WHIP IT
 YOUR LOVE

Crossword puzzle for October

ACROSS

1. Parts of aprons
5. Conflict
10. Carve in stone
14. 1 1 1 1
15. Urgency
16. "Iliad" city
17. A coming into being
19. Stringed instrument
20. A large vase
21. Academy award
22. Malicious
23. Avoiding detection
25. Electronic letters
27. G
28. Pieces of cloth
31. Secret agents
34. Ecu
35. Before, poetically
36. Sickens
37. Sword
38. Piece of glass
39. Favor
40. Ooze
41. Handed over
42. Overeating
44. Brassiere
45. Throng
46. Dampen
50. A stomach exercise
52. Apartments (British)
54. East southeast
55. Bright thought
56. Dentifrice
58. Secluded valley
59. Winged
60. LummoX
61. Where a bird lives
62. Mammary gland of bovids
63. Faucets



DOWN

1. Phony
2. Unreactive
3. Sesame seed
4. South southeast
5. Virginal
6. Lock
7. Largest continent
8. Throughout the shop
9. Female chicken
10. Cultural
11. The beginning of a trail
12. Unit of cut wood
13. Hoopla
18. Parts portrayed
22. Satisfy
24. Anagram of "Sage"
26. A magician
28. Squalid
29. Sea eagle
30. Sow
31. Booty
32. Bucket
33. Conscripts
34. Cloth to cover eyes
37. Hard punch
38. Legumes
40. "Cut that out!"
41. Crunchy
43. Absentee
44. Annoy
46. Not glossy
47. Electrical pioneer
48. Prevent legally
49. Requires
50. Anagram of "Sing"
51. Doing nothing
53. Weight to be borne
56. Letter after sigma
57. Play a role

EASY SUDOKU #4

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

How to play: The numbers 1 through 9 will appear once only in each row, column and 3x3 zone. There are 9 such zones in each sudoku grid. There is only one correct solution to each sudoku

Clearwater Senior
Community Center
921 Janet Ave
Clearwater, KS 67026
620-584-2332
commcenter@sktc.net



**Clearwater Senior & Community
Center**

Mission Statement:

To provide services and programs for people of all ages, that promote their well being, support their independence and encourage their involvement in community life.

Staff

Clearwater Community Center

Sonja Froggatte - Director
Marlene Parret - Assistant Director

Advisory Committee Members

Terry Sullivan - Chairperson
Barbara Hufford – Member at Large
James Charles - Member at Large