

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 at Large
 TC Wallace—Member at Large

FROM THE DIRECTOR'S DESK

It's raining this morning! I noticed the raindrops are the size that they are supposed to be instead of the miniscule raindrops to which we've become accustomed. The rain renews the landscape, waters the crops, increases the green of the trees and plants. The benefits are endless! Most of all it cleans off the dust in the streets!

When I was young I had a roommate from Ohio. She once commented she was "amazed we didn't have gutters". I was taken aback. I was born in Wichita and hadn't ever noticed! But after she pointed it out I looked to find where the water might go. I found the underground system so unobtrusive it's barely noticeable. There are openings in the curbs that water drains into and I pointed them out to her. She commented, "it's a pretty smart way to handle the water". It increased the pride I have in our unappreciated city and state. Life is precious!

Continued on pages 3 & 4

Sonja Froggatte
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<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.

THE SUPRISINGLY SAD ORIGINS OF MOTHER'S DAY

Perhaps it's appropriate that the day on which Americans celebrate mothers has an odd set of parents: President Woodrow Wilson is usually seen as the "father" of Mother's Day — for signing a proclamation on May 9, 1914, declaring the second Sunday of May "a public expression of our love and reverence for the mothers of our country" — while copywriter Anna Jarvis is usually seen as the "mother" of Mother's Day, for creating the movement that led to the proclamation.

It was on May 10, 1908, that Jarvis sent 500 white carnations to Andrews Methodist Episcopal Church in her hometown of Grafton, W.Va., in honor of her late mother Ann. That date, on which she also held a celebration in Philadelphia, where she lived at the time, is considered to be America's first Mother's Day celebration. In 2020, Mother's Day will be marked on Sunday, May 10.

But Jarvis wasn't the only person to try to start a holiday dedicated to mothers.

One notable person who might also have a claim to that fame: Jarvis' own mother, had come up with such an idea in the mid-19th century. Her vision for Mother's Day, however, looked very different from the gift-centric holiday of modern times.

It's not that Anna Jarvis concealed the fact that she got the idea from her mother. As she spread the word about the holiday, she always traced it back to the moment when, in 1876, she heard her mother recite the following prayer after teaching a Sunday School lesson: "I hope and pray that someone, sometime, will found a memorial mother's day commemorating her for the matchless service she renders to humanity in every field of life." When her mother died in 1905, she vowed to fulfill that dream.

But what the elder Jarvis had probably had in mind was something different than what her daughter eventually brought to reality. Evidence suggests that the original idea was for a "*Mothers' Day*" — a day for mothers, plural, not a day for one's own mother — on which mothers would get together for a day of service to help out other mothers who were less fortunate than they were, according to Katharine Lane Antolini, an assistant professor of history and gender studies at West Virginia Wesleyan College and author of *Memorializing Motherhood: Anna Jarvis and the Struggle for the Control of Mother's Day*.

Why would the elder Jarvis have focused her idea for a commemoration of motherhood on this idea of community service? The reason was a tragic one.

Her experience of motherhood had been infused with sadness. Of the 13 children that she bore, only four lived to adulthood. Her story was not uncommon; an estimated 15 to 30% of infants in that Appalachian region died before their first birthday throughout the 19th and early 20th century, largely due to epidemics that were spread by poor sanitary conditions, according to Antolini's book. In 1858, while she was pregnant for the sixth time, Jarvis enlisted the help of her brother Dr. James Reeves, who was involved in treating victims of the typhoid fever epidemic, to try to improve the situation. They organized events at which doctors were invited to lead discussions with local mothers on the latest hygiene practices that could keep their children healthy. They called the events Mothers' Day Work Clubs.

Continued on Pages 4 & 5



Barbara Lockett 5/11
 Jeff Martin 5/4
 Cheryn Morris 5/29

Laura Papish 5/22
 Nancy Staton 5/3

Lee Steen 5/15
 Eddie Williams 5/17

May Birthstone

Green is the color of spring and has long symbolized love and rebirth. As the gem of Venus, it is also considered to aid in fertility.

Cleopatra, Egypt's tempestuous female monarch, was as famous for wearing Emeralds as Liz Taylor is for wearing diamonds. Ancient Egyptian mummies were often buried wearing an Emerald carved with the symbol of verdure – flourishing greenness – on their necks to symbolize eternal youth.

A deeper and more vivid color of green signifies a more valuable gemstone. The most valuable and beautiful Emeralds exhibit an intense bluish hue in addition to their bold green color. Emeralds, among the rarest of gems, are almost always found with birthmarks, also known as inclusions. Some inclusions are expected and do not detract from the value of the stone as much as with other gemstones.

<https://www.wixonjewelers.com/education-type/gemstone-guide/?gem=Emerald>

From the director's desk... (Continued)

“For all its preciousness, like water, life is also, at times, uncontrollably *wild*. Have you ever thought about how much a human being goes through on this pilgrimage around planet Earth? Life races along the route of the wildest roller coaster, heaving and thrusting, twisting and turning its way through all those dark tunnels of trauma. And we're seeing it now — pandemics unexpectedly arise and change the world overnight.

Life is not colored neatly between the lines but is more like the confluence of two mighty rivers crashing together. The good creation that gives us groves of irrepressibly yellow aspen trees is the same creation that is sitting on top of fault lines that will soon shift and destabilize an entire region. The ecstatic celebration of a new birth is often followed by our attendance at an unexpected funeral.

Scores of people think they have a game plan, a coherent and thoughtful approach to life. But we all know that a plan doesn't mean anything when something goes horribly wrong. Or, as Mike Tyson once quipped, “Everyone has a plan until they get punched in the mouth.”

Continued on Page 4

From the director's desk... (Continued)

Yes, life *moves* on us. Things shift, disruptions occur, and economies unexpectedly tank. The sturdy life we thought we had was, upon closer examination, more like a fragile house of cards than we would like to admit. If this is true, the question then becomes, *How do we become the kind of people who know how to handle whatever life throws at them?* How do we learn to think on our feet and navigate the terrain we never expected to traverse? In short — how do we become wise?

Ask the former generation and find out what their ancestors learned, for we were born only yesterday and know nothing, and our days on earth are but a shadow. Will they not instruct you and tell you? Will they not bring forth words from their understanding? — Job 8:8–10

... Job tells us to pursue the older saints that have discovered The Way. Ask them where the good way is and find out what their ancestors passed on to them. Pursue the ones who have found strength in God to get back up after having fallen down. Pursue the ones who have overcome the unholy ambitions of their youth. Pursue the ones who have climbed the mountain of God.

In our information age, though, this discipline of asking for help is in disrepair. We are largely untrained in the art of conversation. It just takes too much work. Human beings can be so complicated, so we go online for a quick search. We hope to find the right information. Maybe there's a how-to video that'll help us. But with all the crucial questions in life, you don't need a search engine; you need a sage.

But very few in our society will encourage you in their direction. We live in the days of the glorification of youth. We live among those who praise slim bodies instead of sound minds. We live in an age that loves pop stars and forsakes old war veterans. Still, the ancient paths can be found. There is a life of elemental wholesomeness and vitality, a kind of life that can rise above the besetting sins and cheap seductions that have thrown many lives off course. There is a life that can weather every storm. And isn't that what all of us are longing for?

So, just ask! Don't play the fool. You don't always have to learn the hard way. Look around the landscape and find someone who has a life worth emulating. Buy them a meal. Come prepared with a legal pad and four or five good questions. If you'll take the time and do the work, you'll find sages along the way who can save you a lot of heartache. In short, make it your goal to spend the rest of your life chasing wisdom." Adapted for Devotionals Daily by Daniel Grothe,, author of *Chasing Wisdom*.

THE SUPRISINGLY SAD ORIGINS OF MOTHER'S DAY...(Continued)

But when it came time for Jarvis to lead the charge for a national day for mothers, she left behind that idea of educating mothers. Perhaps it was because she was not a mother herself, Antolini suggests, and thus, "she couldn't be a leader for a holiday that encourages mothers to be socially active."

In addition, she may have thought a more uplifting tone would be easier to market broadly. "She didn't want it to be turned into a beggars' day," says Antolini. "She thought even poor mothers were rich if they had their kids' love."

As the popularity of the holiday spread, several other people came forward to claim *they* had been the first to start celebrating mothers.

Continued on Page 5

THE SUPRISINGLY SAD ORIGINS OF MOTHER'S DAY...(Continued)

For example, around the same time Ann Jarvis started Mother's Day Work Clubs to stop babies from dying prematurely, "Battle Hymn of the Republic" writer Julia Ward Howe had started a "Mother's Peace Day," inspired by the Civil War and subsequent Franco-Prussian War, on which mothers supported antiwar efforts so that their sons wouldn't die prematurely. And city leaders of Henderson, Ky., argued that Mary Towels Sasseen should get credit for starting a day to honor mothers all the way back in 1887, at which point Sasseen was a 24-year-old school principal. She would even curate a book of songs, poems and readings for schools that wanted to organize tributes to mothers. And if you asked the Fraternal Order of Eagles, the organization would say Mother's Day started in 1904 with its member Frank Hering, a football coach and Notre Dame faculty member, who required students to write a note to their mothers once a month.

Antolini notes that some historians also point out the paradoxical timing of Jarvis' version of Mother's Day taking hold at the beginning of the 20th century: people had been talking about the idea for decades, but the holiday got national attention just at a time when more women were beginning to get jobs outside the home, and some experts see the embrace of a celebration of motherhood as a backlash against that change.

In any case, when it came to championing the idea, Jarvis proved that she definitely deserved the credit. Her advertising background probably helped, Antolini argues. By 1912, she had quit her job in the industry and started Mother's Day International Association. Partnerships with florists and a successful letter-writing campaign to state governors helped the holiday get recognized at the state and eventually federal level.

And for someone who started such a happy day, her life ended in a sad way. Her Mother's Day campaign was funded primarily by her inheritance, and she came to resent the fact that florists and candy makers were making lots of money from the idea without crediting her. Jarvis came to feel that the day was being used as "a means of profiteering," as the *New York Times* reported on May 18, 1923.

Antolini believes that fighting with other people for full credit for starting Mother's Day was a key factor in Jarvis eventually ending up "broke, blind, and in a sanitarium."

She died in 1948, and was buried next to her mother.

<https://time.com/4771354/mothers-day-history-origins/>

SPECIAL EVENTS

All events are cancelled until further notice!

Ongoing Events-

- Monday's at 1:00 we have a painting group in the Arts and Crafts room, then 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. And on the second Tuesday of the month at 12:00 p.m. we have our Carry-In Luncheon .
- Wednesday's at 9:00, join us for coffee; and at 10:00 we have Bible Study in the Arts and Crafts room.
- Thursday's at 1:00 we have BINGO in the Arts and Crafts room.
- Friday's at 9:00 we have exercise.

SPECIAL EVENTS

Carry-In Luncheon

You are invited to join us on the 12th at 12:00 for our monthly carry-in luncheon. Please bring a side dish to share. Donations are appreciated! Alicia with City Arts will be here to help us paint a picture! Carmen with Interim Healthcare will also offer free blood pressure checks.

Garage Sale

We are collecting donations for our Garage Sale fundraiser to be held the first weekend in June. We're open from 9:00 a.m. to 3:00 p.m. Monday through Friday.

USDA Food Assistance

Food Assistance, formerly Commodities, will be provided the last Tuesday of the month, which is the 26th, unless we have perishable items. If so, and you are already receiving Food Assistance, you will be notified. We are currently enrolling new participants. Please call the Center if you are interested.

Stay Strong, Stay Healthy

The class has been rescheduled and if eight people sign up we will begin the class after July 4th. Let me know if you need my help signing up online.

2020 Anniversary Film Series

Experience the joy of film in a historic Wichita theater at Wichita's Orpheum Theatre.

May 7 - "One Flew Over the Cuckoo's Nest"

May 21 - "Clue"

June 18 - "To Wong Foo, Thanks for Everything! Julie Newmar"

July 16 - The Color Purple

Admission: \$7.00 per movie

Starting Time: 7:00 P.M.

EGADS-A Fate Worse Than Death, (Postoned!)

6:00p, April 3, 2020 - May 23, 2020 Mosley Street Melodrama

A rebel without a cause...a beautiful nurse with amnesia...a sassy maid...a dastardly villain. Enjoy "EGADS! - A Fate Worse Than Death!" A new-ish play, recycled from many old plays, lovingly written by Kyle Vespestad and Monte Wheeler.

Thursdays, Fridays and Saturdays

Sigh for the dainty heroine, cheer the stalwart hero and boo & hiss the dastardly villain at Wichita's only audience participation dinner theatre – where you are part of the action! Whether you're celebrating a birthday or anniversary, entertaining out town guests or simply looking for something new to do in Wichita, Mosley Street Melodrama offers a full evening of fun, food and fantastic live entertainment that everyone can enjoy.

Admission: \$20-34

Doors open: 6:00p

Mosley Street Melodrama

(316) 263-0222

Blood Orchard Vintage Market and Southside Food Truck Rally

9:00a - 3:00p June 6, 2020, reborn & marketplace, LLC

Join us on Saturday for shopping all things vintage, rustic, shabby-chic, and small business goods! We also host the Southside Food Truck Rally on the same day. So make your plans now to spend your day with us at our charming, historic location full of family friendly fun!

Admission: Free
Times: 9:00a - 3:00p

Paramount Antique Mall

Outdoor Vintage Market, Paramount West Antique Mall
 13200 W Highway 54 (W. of 119th & Kellogg) (316) 722-0500

These outdoor events offer even more of a variety to our customers. Antiques, Vintage, Furniture, Glassware, Tools, Primitives, Advertising, Toys, Industrial, Rusty Junk & More! Antiquers, junkers, crafters and collectors are welcome to sell! Please call the store number below for more information.

May 16th, June 20th

Admission: Free
Times: 8am-3pm

Mothers' Day at the Zoo
Admission: Mom's are (with an additional paid admission)
Times: 9am-5pm

Doors	6:00p
Dinner	6:15-7:20p
Show	7:50p

Zoo
 free on May 10th admission)

Kansas Grown Farmers Market - West Wichita

7am-Noon, April 11, 2020 - October 31, 2020 Sedgwick County Extension

As we opened on Saturday, April 11, we have provided and will continue to provide you a place through our open-air market that is safer to shop for your families weekly needs. We will be following the State Guidelines at a minimum and many additional measures of protection will be in place – including social distancing, a hand washing station, no sampling allowed, hand sanitizers throughout the market, and more. The safety of our customers and vendors is our top priority.

Celebrating 30 years! Experience the largest grower owned farmers market in the state; where farmers and artisans sell their products directly to you. Fresh fruit, vegetables, meat, farm fresh eggs, hand-harvested honey, baked goods, flowers, art, live entertainment, cooking demonstrations and fresh small batch foodstuffs form the Kansas Grown venue for growers, producers, and consumers to come together.

Admission: Free to Attend
Times: 7am - Noon

May 1

May 1st - Observed as May Day, a holiday and spring festival since ancient times, also observed in socialist countries as a workers' holiday or Labor Day.

May 1, 1707 - Great Britain was formed from a union between England and Scotland. The union included Wales which had already been part of England since the 1500's. The United Kingdom today consists of Great Britain and Northern Ireland.

May 1, 1960 - An American U-2 spy plane flying at 60,000 feet was shot down over Sverdlovsk in central Russia on the eve of a summit meeting between President Dwight D. Eisenhower and Soviet Russia's Premier Nikita Khrushchev. The sensational incident caused a cancellation of the meeting and heightened existing Cold War tensions. The pilot, CIA agent Francis Gary Powers, survived the crash, and was tried, convicted and sentenced to 10 years in prison by a Russian court. Two years later he was released to America in exchange for an imprisoned Soviet spy. On his return to America, Powers encountered a hostile public which apparently believed he should not have allowed himself to be captured alive. He died in a helicopter crash in 1977.

May 1, 2004 - Eight former Communist nations and two Mediterranean countries joined the European Union (EU) marking its largest-ever expansion. The new members included Poland, Hungary, the Czech Republic, Slovakia, Slovenia, Lithuania, Latvia, Estonia, along with the island of Malta and the Greek portion of the island of Cyprus. They joined 15 countries already in the EU, representing in all 450 million persons.

Birthday - Irish-born American labor leader Mary 'Mother' Jones (1830-1930) was born in County Cork, Ireland. She endured misfortune early in life as her husband and four children died in the yellow fever epidemic of 1867. She also lost all of her belongings in the Chicago Fire of 1871. She then devoted herself to organizing and advancing the cause of Labor, using the slogan, "Join the Union, boys." She also sought to prohibit child labor. She remained active until the very end, giving her last speech on her 100th birthday.

Birthday - World War II General Mark Clark (1896-1984) was born in Madison Barracks, New York. He commanded the U.S. Fifth Army which invaded Italy in September of 1943, fighting a long and brutal campaign against stubborn German opposition.

Birthday - African American Olympic athlete Archie Williams (1915-1993) was born in Oakland, California. Williams, along with Jesse Owens, defeated German athletes at the 1936 Berlin Olympics and helped debunk Adolf Hitler's theory of Aryan racial superiority. Williams won a gold medal in the 400-meter race. After the Olympics, he went on to earn a mechanical engineering degree from the University of California-Berkeley but faced discrimination and wound up digging ditches. He later became an airplane pilot and trained Tuskegee Institute pilots including the black air corp of World War II.

May 2

May 2, 2011 - U.S. Special Operations Forces killed Osama bin Laden during a raid on his secret compound in Abbottabad, Pakistan. The raid marked the culmination of a decade-long manhunt for the elusive leader of the al-Qaeda terrorist organization based in the Middle East. Bin Laden had ordered the coordinated aerial attacks of September 11th, 2001, in which four American passenger jets were hijacked then crashed, killing nearly 3,000 persons. Two jets had struck and subsequently collapsed the 110-story Twin Towers of the World Trade Center in New York, while another struck the Pentagon building in Washington, D.C. A fourth jet also headed toward Washington had crashed into a field in Pennsylvania as passengers attempted to overpower the hijackers on board.

Birthday - Pope Leo XIII (1810-1903) was born in Carpino, Italy (as Gioacchino Pecci). He was elected Pope in 1878 at age 67 and lived to govern the church another 25 years, laying the foundation for modernization of Church attitudes toward a rapidly industrializing and changing world.

May 3

Birthday - Italian writer and statesman Niccolo Machiavelli (1469-1527) was born in Florence, Italy. He offered a blunt, realistic view of human nature and power in his works *The Prince* and *Discourses on Livy*.

Birthday - Golda Meir (1898-1978) was born in Kiev, Russia. She was one of the founders of the modern state of Israel and served as prime minister from 1969 to 1974.

May 4

May 4, 1494 - During his second journey of exploration in the New World, Christopher Columbus discovered Jamaica.

May 4, 1886 - The Haymarket Square Riot occurred in Chicago after 180 police officers advanced on 1,300 persons gathered in the square listening to speeches of labor activists and anarchists. A bomb was thrown. Seven policemen were killed and over 50 wounded. Four anarchists were then charged with conspiracy to kill, convicted and hanged while another committed suicide in jail. Three others were given lengthy jail terms.

May 4, 1970 - At Kent State University, four students - Allison Krause, 19; Sandra Lee Scheuer, 20; Jeffrey Glenn Miller, 20; and William K. Schroeder, 19 - were killed by National Guardsmen who opened fire on a crowd of 1,000 students protesting President Richard Nixon's decision to invade Cambodia. Eleven others were wounded. The shootings set off tumultuous campus demonstrations across America resulting in the temporary closing of over 450 colleges and universities.

May 5

May 5th - Celebrated in Mexico as Cinco de Mayo, a national holiday in remembrance of the Battle of Puebla in 1862, in which Mexican troops under General Ignacio Zaragoza, outnumbered three to one, defeated the invading French forces of Napoleon III.

May 5, 1865 - Decoration Day was first observed in the U.S., with the tradition of decorating soldiers' graves from the Civil War with flowers. The observance date was later moved to May 30th and included American graves from World War I and World War II, and became better known as Memorial Day. In 1971, Congress moved Memorial Day to the last Monday in May, thus creating a three-day holiday weekend.

May 31

May 31, 1862 - During the American Civil War, the Battle of Seven Pines occurred as Confederate General Joseph E. Johnston's Army attacked Union General George McClellan's troops in front of Richmond Virginia and nearly defeated them. Johnston was badly wounded. Confederate General Robert E. Lee then assumed command, replacing the wounded Johnston. Lee renamed his force the Army of Northern Virginia.

May 31, 1889 - Over 2,300 persons were killed in the Johnstown flood in Pennsylvania. Heavy rains throughout May caused the Connemaugh River Dam to burst sending a wall of water 75 feet high pouring down upon the city.

Birthday - American poet Walt Whitman (1819-1892) was born in Long Island, New York. His poem *Leaves of Grass* is considered an American classic. His poetry celebrated modern life and took on subjects considered taboo at the time.

May 2020

The Clearwater Senior Center-**All events are cancelled until further notice.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	5 Exercise 9:00 am AA & Al-Anon 7-9 pm	6 8:30 am to 4:00 p.m. Morning Coffee	7 1:00 pm BINGO	8 Exercise 9:00 am	9
10	11 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	12 Exercise 9:00 am Carry-In Lunch 12:00 Alicia with City Arts will help us paint a picture! Plus, free blood pressure ☺ AA & Al-Anon 7-9 pm	13 9:00 am Morning Coffee Bible Study 10 am Hermes Healthcare 8:00-4:00, Call (316) 260-4110 for an appointment	14 1:00 pm BINGO	15 Exercise 9:00 am AAA Drivers Safety 12:30	16
17	18 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	19 Exercise 9:00 am AA & Al-Anon 7-9 pm	20 9:00 am Morning Coffee Bible Study 10 am	21 1:00 pm BINGO	22 Exercise 9:00 am	23
24 31 Rented	25 Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	26 Exercise 9:00 am Food Assistance Distribution 9-3 AA & Al-Anon 7-9 pm	27 9:00 am Morning Coffee Bible Study 10 am	28 1:00 pm BINGO 11:00 am Cowskin Clydesdales	29 Exercise 9:00 am	30 Rented

Mon		Tue	Wed	Thu	Fri
Birthday Day - May 14 Choice Day - May 20 Circled Days - meals that freeze well Memorial Day - May 25			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		1 Tuna pasta salad 1 c Cuke & onion salad 4 oz Mixed fruit 4 oz Pudding 4 oz Roll Milk
4 Glazed chicken BLT pasta salad 4 oz Green beans 4 oz Mandarin orange 4 oz Wheat roll Milk	5 Swedish steak Baked potato Mixed green salad 4 oz Salad dressing Cinnamon applesauce 4 oz Roll Milk	6 Mexican lasagna 1 c Refried beans 4 oz Mexican rice 4 oz Peaches 4 oz Milk	7 Ham chowder 1 c Crackers-2 Black eye pea salad 4 oz Pineapple 4 oz Peanut butter cookie Milk	8 Goulash 1 c Corn 4 oz Lime gelatin with pears 4 oz Strawberries 4 oz Garlic bread Milk	
11 Spaghetti w/meat sc 1 c Combination salad 4 oz Salad dressing Applesauce 4 oz Garlic bread Milk	12 Baked fish w/Tartar sauce Cabbage au gratin 4 oz Parslied carrots 4 oz Mixed fruit 4 oz Roll Milk	13 Ham & beans 1 c Potatoes & onion 4 oz Cuke & onion salad 4 oz Blushing pears 4 oz Cornbread Milk	14 Meatloaf Scalloped potatoes 4 oz Green beans 4 oz Blueberries 4 oz White cake Roll Milk	15 Chicken salad 4 oz on a Bun Broccoli cheese soup 4 oz Cracker-1 Sunshine salad 4 oz Peaches 4 oz Milk	
18 Taco burger 4 oz on a Bun Taco sauce Refried beans 4 oz Hominy 4 oz Strawberries 4 oz Milk	19 Chicken & cheese casse- role 1 c Broccoli 4 oz Pears 4 oz Applesauce gelatin 4 oz Garlic bread Milk	20 Liver & onions OR Beef cutlet w/Onion gravy Mashed potatoes 4 oz /gravy Green beans 4 oz Mixed fruit 4 oz Roll Milk	21 Pork roast 3 oz w/Gravy Sweet potatoes 4 oz Cauliflower bean salad 4 oz Glazed blueberries 4 oz Wheat roll Milk	22 Hot turkey sandwich (bread, mashed pot, gravy) Combination salad 4 oz Salad dressing Spiced peaches 4 oz Peanut butter cookie Milk	
25 Memorial Day	26 Sloppy joe 4 oz on a Bun Tater tots-8 each Parslied carrots 4 oz Mixed fruit 4 oz Juice 4 oz Milk	27 Chicken & noodle 1 c over mashed potatoes 4 oz Pickled beets 4 oz Peaches 4 oz Roll Milk	28 Ham & broccoli casse- role 1 c Chickpea salad 4 oz Applesauce 4 oz Pineapple bread Milk	29 Oven fried chicken Baked beans 4 oz Cole slaw 4 oz Blushing pears 4 oz Roll Milk	

MAY

1	2	3	4	5	6		7	8	9	10		11	12	13
14							15					16		
17							18					19		
			20				21			22		23		
24	25	26					27		28			29		
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35				36			37					38	39	40
41										42		43		
44				45		46	47		48					
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52	53	54					55					56		
57				58	59		60		61	62	63			
64				65		66			67			68	69	70
71				72					73					
74				75					76					

By Evelyn Johnson - www.qets.com

MAY

ACROSS

- 1 Control
- 7 Brisk
- 11 Enact
- 14 Ancient Greek city
- 15 Region
- 16 Water closet
- 17 Constellation
- 18 Place to rest
- 19 Weapon
- 20 Impressionist painter
- 22 Parents and children
- 24 Accountant
- 27 Sun's name
- 29 Totals
- 30 Professional football team
- 32 Underground well
necessity
- 35 Steep
- 37 Eye liquid
- 38 Morning moisture
- 41 Season after winter
- 42 Come out
- 44 Remit
- 45 Ocean movement
- 48 Mother ____
- 49 Shout of joy
- 51 Old
- 52 Homeless person
- 55 Congressional vote
- 56 Pigpen
- 57 Source
- 60 Legends
- 64 Sticky black substance
- 65 Less than usual in size,
power or character
- 67 Lubricators
- 71 Limited (abbr.)
- 72 Double-reed instrument
- 73 Opp. of singular
- 74 Affirmative
- 75 Optical device
- 76 Stabilize

MAY

DOWN

- 1 Chinese seasoning
- 2 Imitate
- 3 Surface to air missile
- 4 Prune
- 5 Volcano
- 6 Precipitation
- 7 Exiled (2 wds.)
- 8 Unrefined metal
- 9 Green part of tree
- 10 Information
- 11 Chilly
- 12 Might
- 13 Frozen pizza brand
- 21 Lawyer's title
- 23 Deface
- 24 Brisk
- 25 South American plain
- 26 Cupboard or pantry
- 28 Tell a tall tale
- 31 ___ Lanka
- 32 Armor plate
- 33 Matador's passes at bull
- 34 Writer Bombeck
- 36 Preposition
- 38 Medicines
- 39 Heron
- 40 Overgrown
- 43 Estimated time of arrival
- 46 Mother's _____
- 47 Foes
- 49 Shoat
- 50 No
- 52 ___ disputed
- 53 Speak in public
- 54 Winged animals
- 58 Movie star
- 59 Northeast by east
- 61 Crests
- 62 Sword handle
- 63 Swerve
- 66 Day of wk.
- 68 Time period
- 69 Radiation dose
- 70 Cunning

MAY

Solution:

1	M	2	A	3	S	4	T	5	E	6	R		7	C	8	O	9	L	10	D		11	A	12	C	13	T
14	S	P	A	R	T	A							15	A	R	E	A					16	L	O	O		
17	G	E	M	I	N	I							18	S	E	A	T					19	G	U	N		
				20	M	A	N	21	E	T			22	F	A	23	M	I	L	Y							
24	C	25	P	26	A								27	S	O	L					29	A	D	D	S		
30	R	A	M	31	S			32	A	Q	U	I	33	F	E	R											
35	I	M	B	R	36	U	E						37	T	E	A	R				38	D	E	W			
41	S	P	R	I	N	G											42	E	M	43	E	R	G	E			
44	P	A	Y			45	T	I	46	D	47	E					48	N	A	T	U	R	E				
				49	H	O	S	A	N	50	N	A					51	A	G	E	D						
52	H	53	O	54	B	O							55	Y	E	A								56	S	T	Y
57	O	R	I	G	58	I	N						60	M	Y	61	T	62	H	63	S						
64	T	A	R			65	D	E	66	M	I					67	O	I	L	68	E	69	R	70	S		
71	L	T	D			72	O	B	O	E						73	P	L	U	R	A	L					
74	Y	E	S			75	L	E	N	S						76	S	T	E	A	D	Y					

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Evelyn Johnson

MAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Evelyn Johnson - www.qets.com

Baseball

Bird

Butterfly

Emerald

Flower

Garden

Grass

Honeybee

Lily

Maypole

Memorial

Merry

Mother

Nest

Poem

Puddle

Rain

Seed

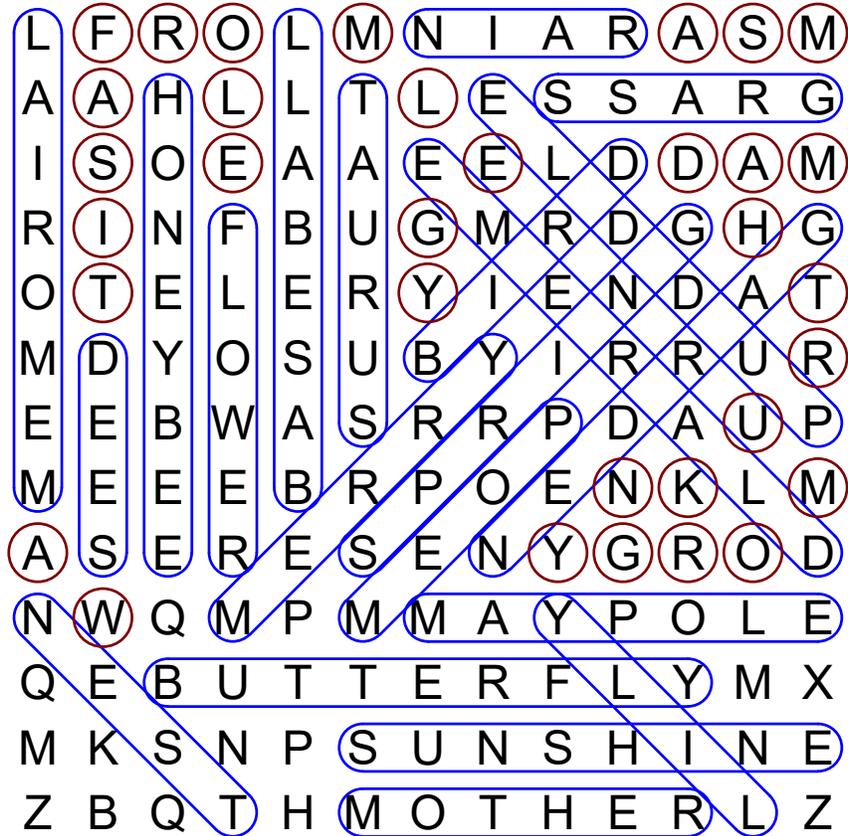
Spring

Sunshine

Taurus

MAY

HIDDEN QUOTATION
BY
Aeschylus



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Evelyn Johnson

C l e a r w a t e r S e n i o r & C o m m u n i t y C e n t e r
9 2 1 E J a n e t A v e
C l e a r w a t e r , K S 6 7 0 2 6
6 2 0 - 5 8 4 - 2 3 3 2
c o m m u n i t y c e n t e r @ c l e a r w a t e r k s . o r g



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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.

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Clearwater Community Center

Sonja Froggatte - Director
Marlene Parret - Assistant Director

Advisory Committee Members

Terry Sullivan - Chairperson
James Charles - Member at Large
TC Wallace - Member at Large
Maureen Bailey—Member at Large