

# 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

### ORIGINAL BLUE DAWN...NOT JUST FOR DISHES

**WILD LIFE**-According to the International Bird Recue Research Center, Classic Dawn effectively removes grease but does not cause harm to the skin of the birds. It's also biodegradable and contains no phosphates.

**BUBBLES**-According to Bubbles.org, Dawn makes great homemade bubbles. Here is the recipe: 1/2 cup Ultra Dawn 1/2 gallon warm water, 1 T glycerin (available at any drug store) OR White Karo syrup works too! Stir gently. Skim the foam off the top of the solution (too much foam breaks down the bubbles). Dip bubble wand and get ready for some good, clean fun!

**GREASY HAIR PROBLEMS**-Kids get into the darndest things! Like Vaseline and baby oil rubbed into their hair! Dawn is milk enough to use on their hair and scalp and strong enough to remove the most stubborn grease.

**MANICURE SECRET**-Soak fingers in full-strength Dawn. It makes the cuticles soft and easy to work with. And it removes the natural oil from the fingernails, which allows the polish to adhere very well.

**REPEL HOUSEPLANT INSECTS**-A safe and effective way to repel aphids, spider mites, and mealy bugs. Put a drop of Dawn in a spray bottle, fill the rest of the bottle with water, shake well, and mist your house plants with the soapy water.

**CLEAN YOUR WINDOWS**-Try this recipe rom Merry Maids: 1/4 c. vinegar, 3 drops Dawn in one gallon of water and fill a spray bottle with the solution. Spritz and wipe as you would with any window cleaner. (Newspapers help clean and shine; less expensive that paper towels; a squeegee works great with this).

**PETS AND PESTS**-Use it to bathe dogs. It kills fleas on contact and is much less expensive than dog shampoos.

Continued on page 7

Sonja Froggatte  
 OFFICE PHONE: 620-584-2332  
 Email Address: [communitycenter@clearwaterks.org](mailto: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.



David Calame 8/27  
 Frank Charles 8/19  
 Carl Conley 8/7  
 Hazel Dolbom 8/16  
 Ruby Fisher 8/20  
 Joan Fleming 8/20

James Flippinn 8/10  
 Bill Friedline 8/16  
 Dena Hancock 8/13  
 Janet Jackson 8/20  
 Mary Jo McMahan 8/20  
 Tricia Rotman 8/17

Carl Shaffer 8/17  
 Catherine Simon 8/16  
 Danny Steward 8/1  
 Terry Sullivan 8/23  
 Lavonne Wells 8/30  
 Richard Wells 8/6

### August Birthstones

In 2016, August joined June and December as one of the three months represented by three different gemstones: peridot, sardonyx and spinel.

The original birthstone for August was sardonyx, and then peridot was added, becoming August's primary gemstone. The addition of spinel, which can be found in a variety of colors, gives August babies a plethora of options!

Though peridot is widely recognized by its brilliant lime green glow, the origin of this gemstone's name is unclear. Most scholars agree that the word "peridot" is derived from the Arabic faridat, which means "gem," but some believe it's rooted in the Greek word peridona, meaning "giving plenty." Perhaps that's why peridot was, according to lore, associated with prosperity and good fortune.

Peridot is the rare gem-quality variety of the common mineral olivine, which forms deep inside the Earth's mantle and is brought to the surface by volcanoes. In Hawaii, peridot once symbolized the tears of Pele, the volcano goddess of fire who controls the flow of lava. Rarely, peridot is also found inside meteorites.

Peridot's signature green color comes from the composition of the mineral itself—rather than from trace impurities, as with many gemstones. That's why this is one of few gemstones that only comes in one color, though shades may vary from yellowish-green to olive to brownish-green, depending how much iron is present.

Though it is known as "the Evening Emerald" because its sparkling green hue, peridot looks good any time of day.

Most of the world's peridot supply comes from the San Carlos Reservation in Arizona. Other sources are China, Myanmar, Pakistan, and Africa.

Continued...

Sardonyx combines alternating layers of sard and onyx—two types of the layered mineral chalcedony—to create a reddish zebra-striped gemstone with white bands.

Its name, similarly, combines sard (referencing the ancient Persian city, Sardis, in present-day Turkey, where the red stone was found) with onyx (from the Greek word of the same spelling, which meant “nail or claw.”)

Sard ranges in color from yellowish red to reddish brown, depending on how much iron oxide is present. Sard is easily confused with carnelian, another type of chalcedony that is slightly softer and lighter in color.

Sardonyx, like onyx, shows layers of parallel bands—instead of the chaotic, curved bands that compose agate, another type of chalcedony.

The finest examples of sardonyx, which display sharp contrasts between layers and are found in India. Other sources include Brazil, Germany, Czech Republic, Slovakia, Madagascar, Uruguay and the United States.

Measuring 6.5 on the Mohs hardness scale, sardonyx is widely available and relatively inexpensive as gems, beads, and jewelry. It is often carved into cameos, intaglios and brooches to show the color contrast between layers.

Used as a stone of strength and protection in ancient times, sardonyx is associated with courage, happiness, and clear communication. Ancients believed that placing a sardonyx gemstone at each corner of a house will grant protection against evil.

The spinel is often mistaken for either a ruby or pink sapphire, as it can resemble either. In fact, some of the most famous rubies in history have turned out to be spinel. But its distinguishing features, like its octahedral crystal structure and single refraction, are what sets it apart from other gemstones. Spinel also has a lower Mohs hardness than ruby and sapphire.

Significant deposits of spinel have been found in Cambodia, Myanmar, Sri Lanka, and Thailand. It has also been found in Afghanistan, Australia, Brazil, Madagascar, Nepal, Nigeria, Tadjikistan, Tanzania and the U.S.

Vivid red is the most desirable color of spinel gemstones, followed by cobalt blue, bright pink and bright orange. The more affordable gemstones are often those with paler colors, like lavender. You may also find spinel in black, violet blue, greenish blue, grayish, pale pink, mauve, yellow or brown.

When shopping for spinel, a high-quality gemstone should have no visible inclusions. The more inclusions, the less valuable the gemstone. Spinel birthstones can be found in various cuts such as octagons, trillions, squares, rounds, ovals, pears, and cushions.

## SPECIAL EVENTS

### **Ongoing Events-**

- Monday's at 1:00 we have a painting group in the Arts and Crafts 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 10:00 we have Bible Study in the Arts and Crafts room.
- Thursday's at 9:00 join us for coffee and at 1:00 we have BINGO in the Arts and Crafts room.
- Friday's at 9:00 we have exercise.

### Carry-In Luncheon

You are invited to join us on the 11th at 12:00 for our monthly carry-in luncheon. Please bring a side dish to share. Donations are appreciated!

### Garage Sale

We are collecting donations for our Garage Sale fundraiser to be held in the Fall. We're open from 10:00 a.m. to 3:00 p.m. on Mondays and Tuesday through Friday from 9:00-3:00, if you would like to donate.

### USDA Food Assistance

Food Assistance, formerly Commodities, will be provided the last Tuesday of the month, which is 8/31, 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.

### Farmers' Market

The Senior Center will distribute vouchers can be used as cash at Farmers' Markets in the Wichita area. Vendors who take them are clearly marked.

## **Frank Lloyd Wright's Allen House Museum and Study Center**

Encounter a museum showcasing an important prairie house designed in 1915 by Frank Lloyd Wright that he considered among his best. Guided tours by appointment. Admission is \$10 per person. Group limits are minimum of five people and a maximum of 20.

(316) 687-1027

## **Blood Orchard Vintage Market and Southside Food Truck Rally**

9:00a - 3:00p August 1, 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

## SPECIAL EVENTS

### **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

### **2nd Saturday Sidewalk Sale**

**Date:** Event occurs the second Saturday of every month.

**Time:** All Day Event

**Location:** Generations Antiques & Artisans

**Address:** 3737 W Douglas, Wichita Ks. 67213

**Price:** free

**Category:** Sale

Free drinks and Snacks

Free Paint Demonstration

50+ Vendors and Artisans showing their collections and creations.

### **Dog Day Afternoon: 2020 Anniversary Film Series**

**Date:** Thursday August 20, 2020

**Time:** 7:00 pm

**Location:** Orpheum Theatre

**Address:** 200 N. Broadway, Wichita, KS, 67202

**Price:** \$6 - \$7

**Category:** Film / Movie

Celebrate the 45th Anniversary of this classic drama with a screening at the Orpheum! Presented by Emprise Bank.

## **Free E-Waste Collection for Sedgwick County Residents**

The 2020 E-Waste collection events will be held from 9 a.m. to 2 p.m. on August 13-15 and again on August 20-22.

There are various reasons why you might be reluctant to throw electronic waste into the trash. Personal information stored on hard drives is one big reason you might hold on to old computers and phones.

In the County's flyer for the electronic waste collection event, it says hard drives in devices will be destroyed.

### **Great Plains Nature Center**

Tuesday, August 18, 2020  
Is Turtle Tuesday from 10:00 a.m. to 12:00 p.m.  
From 3:00 p.m. to 3:30 that day they feed the fish

### **Best Taco Tuesday Deals in Wichita**

Various locations throughout the City where tacos can be purchased every Tuesday!

### **Wichita Flea Market**

August 22nd and 23rd from 9:00 to 5:00 at the Kansas Star Arena  
Admission is \$3 or \$5 for both days

### **Gone Junkin at the Barn- Vintage Market**

August 28 Located just near the Kansas – Oklahoma line. Open from 4 p.m. to 8 p.m.  
Free admission. 3120 East Chestnut Ave. Arkansas City, Kansas 67005

### **Outdoor Market**

Applejack Pumpkin Patch will be hosting on Saturday, August 29. Applejack Outdoor Market is a fun arts, crafts, and produce event with local vendors, artisans, and crafters.

Some of the produce they'll have includes Palisade Colorado peaches and Rocky Ford melons. Vendors consist of a variety of artisans selling hand-crafted items and individuals selling products like accessories and clothing, spices, beauty products, jewelry, home decor and more.

Admission to the Applejack Outdoor Market is \$5 for ages 12 and over.

The Market will be open from 9 a.m. to 3 p.m. The address for Applejack Pumpkin Patch is 10007 SW Indianola Rd., Augusta, KS 67010.

From page 1

## ORIGINAL BLUE DAWN...NOT JUST FOR DISHES ANYMORE

**CLEAN AUTOMOTIVE TOOLS**-After you have finished your automotive repair project, soak your dirty tools in Dawn before you put them away to remove all the oil and grime. Dawn also helps prevent rust from forming.

**ICE PACK**-Partially fill a strong zip-type sandwich bag with Dawn, close the bag and freeze. The liquid soap stays cold much longer and it can be re-frozen many times. It will conform to the place where you need the ice pack.

**TUB AND SHOWER CLEANER**-Fill a spray bottle halfway with white vinegar. Heat in the microwave. Fill the rest of the bottle with Dawn. Put on the lid and shake to mix well. Spray on your tub and shower walls. Allow to sit for a few minutes and rinse away. It will totally melt all the gunk, slime, sludge and other stuff that builds up, including bathtub ring.

From Prairie Connection, June-July 2020

## HEALTHY CHICKEN PICCATA WITH MUSHROOMS

*Traditionally, Italian Piccata is made with veal or chicken. This recipe calls for chicken cutlets or tenders. It can also be used with mild fish filets, scallops or shrimp. The addition of mushrooms, which contain selenium, an antioxidant trace mineral that helps strengthen the immune system.*

### Ingredients

- (Choose organic ingredients when available)
- \* 4 chicken cutlets (4-5 oz.) or 1 lbs. of chicken tenders.
  - \* Sea salt or rock salt (to taste)
  - \* Freshly ground black pepper
  - \* 3/4 c. whole wheat flour or 1 c. pork panko (self ground pork skins)
  - \* 3 T olive, coconut or avocado oil
  - \* 1 1/2 c low-sodium chicken broth
  - \* 1 clove garlic, minced
  - \* 1 10 oz. package mushrooms, sliced
  - \* Juice from 1 large lemon or 3 to 4 T fresh lemon juice
  - \* 2 T capers, drained and rinsed (optional)
  - \* 1/4 c. chopped fresh Italian parsley

### Nutrition Facts

(Without added salt and capers)

Servings 4

372 Calories per serving

**total fat** (13.9g), **saturated fat** (1.7g), **cholesterol** (73mg), **sodium** (345mg), **total carbohydrate** (24.4g), **dietary fiber** (1.8g), **protein** (34.9g), **vitamin D** (255mcg), **calcium** (18mg), **iron** (5mg), **potassium** (710mg)

### Directions

1. Season both sides of the chicken with salt & pepper (optional)
2. In a bowl, whisk together chicken broth with 5 T of flour until smooth, and set aside.
3. Place remaining flour in a dish.
4. In a large skillet, heat 3 T of oil over medium heat.
5. Coat the chicken with the flour. Arrange the chicken in the pan and cook until browned on both sides, 2 to 3 minutes per side.
6. Transfer the chicken to a plate and set aside. Add the mushrooms and garlic to the pan and saute' for about 5 minutes. Then add the chicken broth mixture and the lemon juice. Bring to a boil. Add the chicken back to the pan along with the optional capers. Bring back to a boil. Reduce heat to low and Simmer for 2 to 3 minutes.
7. Garnish with fresh chopped parsley and slices of lemon. Serve over whole wheat pasta, egg noodles or zucchini noodles with spinach.

Most of the recipe is from the July AARP magazine, I added the Paleo friendly items

# College Student Runs 100 Days of 5Ks for Grandma

Ethan Widrig was well aware of the impact of Alzheimer's disease; his grandmother passed away from it when he was a junior in high school. Fast-forward five years and the New Hampshire native is now a senior at St. Joseph's University in Philadelphia and raising awareness and funds for AFA's research efforts toward a cure.

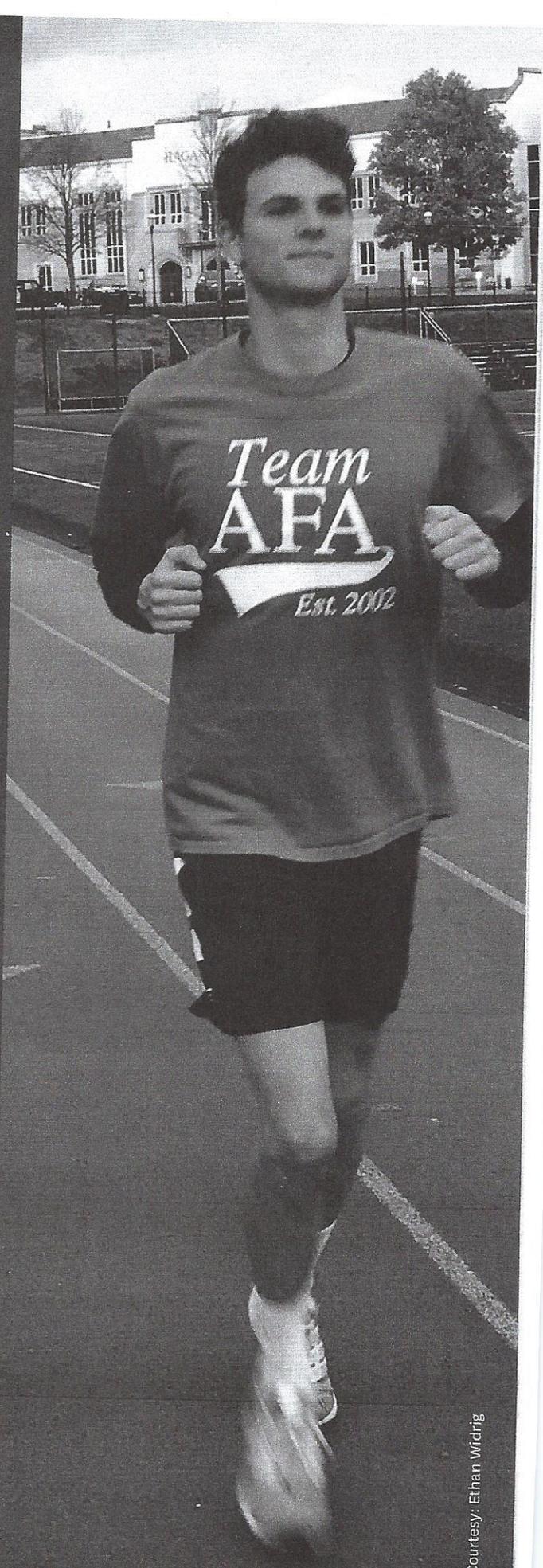
During the fall semester of his senior year, Widrig finished his first fundraising campaign, "100 Days of 5Ks," where he ran a 5K every day from August 26th until December 3rd. Over the course of his 100-day campaign, Widrig ran more than 310 miles, the equivalent of running from Philadelphia to Canada, and raised \$13,700 to support the more than 5.7 million Americans impacted by Alzheimer's every day.

While balancing the hefty class load of a college senior, Widrig never took a day off or missed a run. To avoid classes and other commitments interfering with the campaign, he would often run at 11 p.m. so that he stayed on pace to achieve his goal. "I thought that would demonstrate my commitment to the cause," he said. Needless to say, Widrig's commitment was quickly known throughout campus and the community.

During the campaign's entirety, Widrig constantly reached out and encouraged his friends, classmates and the community to participate in the runs to further help raise recognition of a disease that younger generations like Widrig's are not as familiar. He used social media platforms like Instagram and Facebook to further assist his outreach as well. By the time his campaign ended, Widrig regularly had individuals come out to participate in the run with him when time permitted them to do so.

When asked about Alzheimer's, he reflected upon its devastating effects and his memories of how they had impacted his grandmother. "With Alzheimer's you have to watch their condition deteriorate over time and it was hard to experience that firsthand with my grandma," he continued. "But I know she would think what I'm doing is pretty cool. She was always very active and I know this is something she'd be very supportive of."

Alzheimer's awareness is something that Widrig has taken to heart over the years, and he is not done supporting it to improve the lives of others. He has future goals of putting together more fundraisers such as an organized 5K event or community walks for those who may be intimidated by the idea of running a 5K. ■



Courtesy: Ethan Widrig

# August 2020

The Clearwater Senior Center-

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Center Open at 10:00 Painting 1 pm-3 pm	4 Exercise 9:00 am	5 10:00 Bible Study	6 9:00 to 10:00 am. Morning Coffee 1:00 pm BINGO & Nat'l. Root Beer Float Day	7 Exercise 9:00 am	8
9	10 Center Open at 10:00 Painting 1 pm-3 pm	11 Exercise 9:00 am 12:00 Carry-In Luncheon	12 10:00 Bible Study	13 9:00 to 10:00 am Morning Coffee 1:00 pm BINGO	14 Exercise 9:00 am	15 1:00 pm Family Empowerment Meeting Nat'l. Relaxation Day
16	17 Center Open at 10:00 Painting 1 pm-3 pm	18 Exercise 9:00 am	19 10:00 Bible Study World Photography Day	20 9:00 to 10:00 am Morning Coffee 1:00 pm BINGO Islamic New Year Begins	21 Exercise 9:00 am Senior Citizens Day	22
23 30 Day of Remembrance of the Slave Trade and its Abolition History on 8/23 Internat'l. Day of the Victims of Enforced Disappearances History on 8/30	24 31 Center Open at 10:00 Painting 1 pm-3 pm Ukraine Independence on 8/24 Overdose Awareness Day on 8/31	25 Exercise 9:00 am	26 10:00 Bible Study Women's Equality Day Nat'l. Hot Dog Day	27 9:00 to 10:00 am Morning Coffee 1:00 pm BINGO	28 Exercise 9:00 am Nat'l. Bow Tie Day Nat'l. Power Rangers Day	29 6:00 Music at the Center Day Against Nuclear Tests

Mon	Tue	Wed	Thu	Fri
3 Italian chicken Baked potato Lima beans 4 oz Blushing pears 4 oz Garlic bread Milk	4 Tuna noodle casserole with peas 8 oz Carrots 4 oz Pineapple 4 oz Ambrosia salad 4 oz Roll                      Milk	5 Soft tacos-2 (lettuce, tomato, cheese) Salsa Mexican rice 4 oz Refried beans 4 oz Strawberries 4 oz      Milk	6 Creamy chicken & veggie casserole 8 oz Beets 4 oz Cantaloupe 4 oz Easy fruit cobbler 4 oz Milk	7 Swedish ham balls Sweet potatoes 4 oz Green beans 4 oz Mandarin oranges 4 oz Wheat roll Milk
10 Goulash 8oz Combination salad 4 oz Salad dressing Applesauce 4 oz Peanut butter cookie Garlic bread      Milk	11 Baked chicken Creamy rice 4 oz Cole slaw 4 oz Blueberries 4 oz Bread Milk	12 Pork patty on a bun Set up with mayo & mustard Potatoes o'brien 4 oz Split pea salad 4 oz Strawberries 4 oz Milk	13 Beef cutlet with Spanish sauce                      Milk Baked potato Hominy 4 oz Blushing pears 4 oz Spice cake                      Roll	14 Chicken Fajita salad (lettuce, tomato, cheese, chips) 8 oz Corn o'brien 4 oz Gelatin w/fruit 4 oz Peaches 4 oz      Milk
17 Pork roast with Gravy California mash 4 oz Peas 4 oz Mandarin oranges 4 oz Bread Milk	18 Tuna pasta salad 8 oz Broccoli raisin salad 4 oz Applesauce 4 oz Sweet muffin Milk	19 Chicken & rice casserole 8 oz Combo salad 8 oz Salad dressing Strawberries 4 oz Garlic bread                      Milk	20 Beef cutlet OR Liver & onions Mashed potatoes 4 oz/gravy Three bean salad 4 oz Peaches 4 oz Roll                      Milk	21 Mexican lasagna 8 oz Refried beans 4 oz Corn 4 oz Mixed melon cup 4 oz Sugar cookie Milk
24 Chicken & cheese casse- role 8 oz Broccoli 4 oz Sliced tomatoes 4 oz Applesauce 4 oz Wheat roll                      Milk	25 BBQ beef 4 oz on a Bun Potato salad 4 oz Cooked cabbage 4 oz Watermelon 4 oz Milk	26 Taco salad 8 oz      Salsa (lettuce, tomato, cheese, chips) Mexican rice 4 oz Strawberries 4 oz Cinnamon roll                      Milk	27 Creamed chicken 4 oz over Biscuit Potatoes o brien 4 oz Green beans 4 oz Mixed fruit 4 oz Milk	28 Baked pork chop Sweet potatoes 4 oz Cauliflower bean salad 4 oz Blueberries 4 oz Roll Milk
31 Oven fried fish with Tar- tar sauce OR Chicken breast Macaroni & cheese 4 oz Spinach 4 oz Strawberries 4 oz Bread                      Milk	Birthday Day - August 13 Choice Day - August 20 & 31 Circled Days - meals that freeze well		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	

# AUGUST

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
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67			68			69				70		71		
72						73						74		
75						76						77		

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

# AUGUST

## ACROSS

- 1 Doctoral degree
- 4 \_\_\_ -garde
- 9 Slang term for man
- 14 Tell a tall tale
- 15 Small boat with pointed ends that is moved by using a paddle
- 16 Sandwich cookies brand
- 17 Official canine registry (abbr.)
- 18 Fried bread
- 19 Place where cattle, horses, or sheep are raised
- 20 365 days
- 22 Absence of values
- 24 Air
- 25 Creative work
- 27 Used to be
- 29 Aloha State
- 32 Scandinavian nation
- 35 Pro
- 36 Police
- 38 Confuse
- 40 A spinning toy (2 wds.)
- 42 Unsophisticated
- 44 Rodents
- 45 Demonstrations
- 47 Stadium
- 49 American College of Physicians (abbr.)
- 50 Relating to milk
- 52 Cola brand
- 54 Fox's offspring
- 55 Semiconductor that emits light
- 56 Gorilla
- 59 Weirdo
- 63 Satellite receiver
- 67 Mush up
- 69 Deer-like animal
- 71 Observe secretly
- 72 Produce eggs
- 73 Deals with
- 74 Mouth part
- 75 Went gently
- 76 Seasoning
- 77 Vane direction

# AUGUST

## DOWN

- 1 Activity meant to relax or amuse
- 2 Take a long walk in the country for fun
- 3 Factor of ten
- 4 American Cancer Society (abbr.)
- 5 Period of rest from school or work
- 6 After awhile
- 7 Taboo
- 8 Swarm
- 9 Between elbow and wrist
- 10 Time period
- 11 Optical device
- 12 Dead bolt
- 13 Pallid
- 21 Uncooked
- 23 The other half of Jima
- 26 Type of music
- 28 Move through the water by using parts of the body
- 29 Place with many rooms and beds where people pay to stay
- 30 Perfume
- 31 Jacob's father
- 32 At no time
- 33 Lengthwise
- 34 Desert plant
- 35 Passing trend
- 37 Title of respect
- 39 Spiritedness
- 41 Blemish
- 43 Cages
- 46 Like a salary
- 48 Expert
- 51 Possessive pronoun
- 53 Unusual
- 56 Niche
- 57 Insect in a cocoon
- 58 Extremely long time periods
- 60 Young Men's Christian Association
- 61 Raccoon's nickname
- 62 N.A. Indian
- 64 Island
- 65 Form a web
- 66 Publicity
- 68 Ram's mate
- 70 Compass point

# AUGUST

Solution:

1	P	2	H	3	D		4	A	5	V	6	A	7	N	8	T		9	F	10	E	11	L	12	L	13	A	
14	L	I	E				15	C	A	N	O	E						16	O	R	E	O	S					
17	A	K	C				18	S	C	O	N	E						19	R	A	N	C	H					
20	Y	E	A	21	R			22	A	N	O	M	23	I	E			24	S	K	Y							
				25	A	26	R	T					27	W	A	S												
		29	H	30	A	W	A	I	I	31			32	N	O	R	W	33	A	Y								
35	F	O	R				36	P	O	S	37	S	E				38	M	I	X	U	39	P					
40	A	T	O	P			41			42	N	A	I	V	E			43			44	M	I	C	E			
45	D	E	M	O	S			46			47	A	R	E	N	A			48			49	A	C	P			
		50	L	A	C	T	51	I	C				52	R	C	C	53	O	L	A								
							54	K	I	T						55	L	E	D									
56	A	57	P	58	E			59	P	S	60	Y	61	C	62	H	O			63	D	64	I	65	S	66	H	
67	P	U	R	E	E						69	M	O	O	S	E	70				71	S	P	Y				
72	S	P	A	W	N						73	C	O	P	E	S					74	L	I	P				
75	E	A	S	E	D						76	A	N	I	S	E					77	E	N	E				

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*Evelyn Johnson*

# AUGUST

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.

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

By Evelyn Johnson - [www.gets.com](http://www.gets.com)

Backpacking

Barbeque

Baseball

Boating

Camping

Canoeing

Climbing

Crafts

Family

Fire

Fishing

Friends

Fun

Gladiolus

Hiking

Hot

Peridot

Sunshine

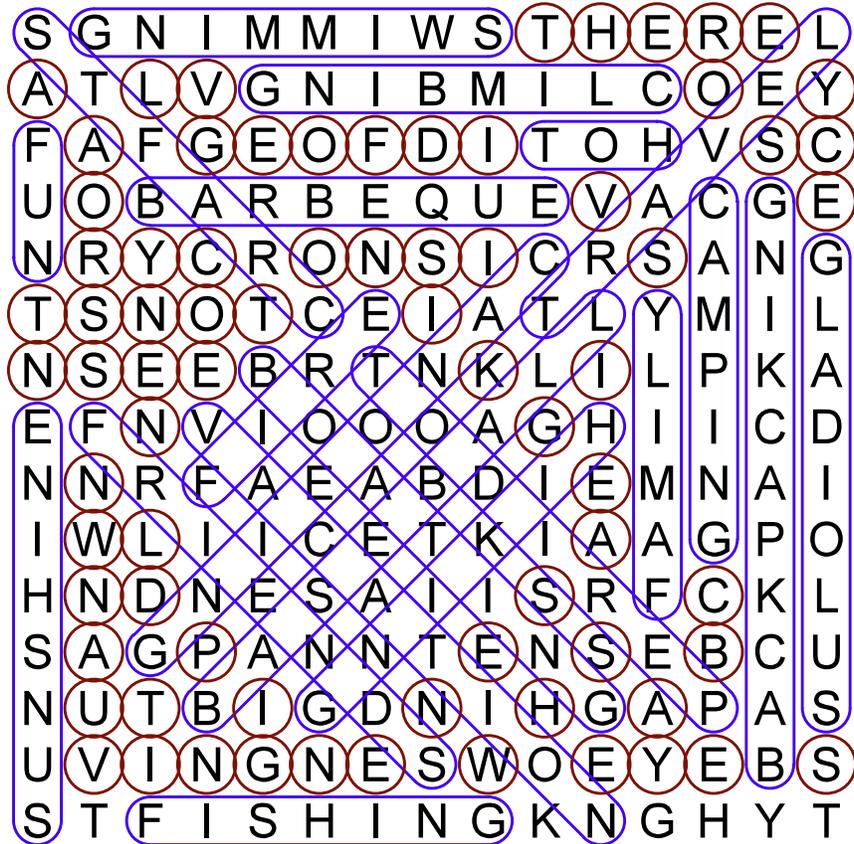
Swimming

Travel

Vacation

# AUGUST

HIDDEN QUOTATION  
BY  
*Marcel Proust*



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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.

**Staff**

**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