



# THE SCOOP



**Clearwater Community Center**  
**921 Janet Ave Clearwater, KS 67026**  
**620-584-2332**  
**communitycenter@clearwaterks.org**

## ELECTION WORKERS NEEDED!

### Election Workers

Play an active and important role in your community and earn extra money in the process! The Sedgwick County Election Office is currently recruiting election workers for upcoming elections. Election workers are a critical part of the election process. What a great opportunity to serve your community! Please join us for this rewarding experience.

### Election worker requirements:

- Must be a registered voter in Sedgwick County or a 16 or 17 year-old who is otherwise eligible to register to vote, except for not yet being of legal age.
- Must be available to work on Election Day from 4:45 a.m. until 9:00 p.m. or until all of the closing procedures have been completed.
- Must be available to attend a mandatory training class.

### Election worker pay:

- Election clerks and provisional ballot judges are paid \$120 for Election Day and \$22.50 for training.
- Election supervising judges are paid \$150 for Election Day and \$22.50 for training.

Please contact the Sedgwick County Election Office by telephone 316-660-7119 or e-mail [electionworker@sedgwick.gov](mailto:electionworker@sedgwick.gov) if you are interested in serving as an election worker.

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## AUGUST BIRTHDAYS

“MY LIFE IS BETTER WITH EVERY YEAR OF LIVING IT.” RACHEL MADDOW

- |                      |                      |                         |
|----------------------|----------------------|-------------------------|
| Roy Honn 8/01        | Don Higgins 8/14     | Ruby Fisher 8/20        |
| Joyce Avery 8/01     | Hazel Dalbom 8/16    | Mary Jo McMahan 8/20    |
| Joann Hillman 8/02   | Catherine Simon 8/16 | Joan Fleming 8/20       |
| Gerald Avery 8/05    | Bill Freidline 8/16  | Janet Johnson 8/20      |
| Robert Farmer 8/05   | Carl Shaffer 8/17    | Shirley Pelz 8/21       |
| Bonnie Guiltner 8/06 | Mary Hess 8/17       | Terry Sullivan 8/23     |
| Carol Loker 8/06     | Tricia Rotman 8/17   | Dorothy Gay 8/26        |
| Maxine Mikesell 8/06 | Pat Parmele 8/18     | Becky Schievelbein 8/26 |
| James Flippin 8/09   | Mark Lincicome 8/18  | Lavonne Wells 8/30      |
| Donny Johnson 8/09   | Laura Walker 8/19    | Bobby Robbins 8/31      |
| Jennifer Doll 8/12   | Frank Charles 8/19   | Jackie Wallis 8/31      |

## UPCOMING EVENTS

### Schedule of Events

- 8/5 Planning meeting
- 8/9 Carry In Lunch
- 8/18 3rd Thursday BIN-GO
- 8/20 Biscuits & Gravy

#### Carry-In-Lunch

Join us for a great lunch made by the best cooks in town. We will have speakers who will present different topics. We ask that everyone brings in a dish to share and a plate and utensils.

Date: Tuesday, August 9th

Time: 12:00 noon

Location: Main room at Center

Cost: Free but donations are appreciated

#### Painting Group

Come down and paint with friends. This group is for people who already know how to paint. Please call the Center first to register.



Date: Every Monday

Time: 1pm-3pm

Location: Art & Crafts room

Cost: Free

#### Tai Chi & Exercise Class

Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation and balance and health. Come down and enjoy this class which is taught by Lew Kellogg.

All ages welcome!



Date: Every Tuesday & Friday

Time: 8:45 am

Location: Centers Main Room

Cost: \$8 per month

#### Blood Pressure Checks

Has your Dr told you to monitor your blood pressure? Do you not have a blood pressure machine at home? Stop by the Center to have your blood pressure checked for free

Date: Every Monday

Time: 10 am – 12 noon

Location: Center Main Room

Cost: Free



#### Morning Coffee

Have you been looking for a place to come have morning coffee and visit with friends? The Center is now offering morning coffee. This is open to everyone. We will have a donation jar out for coffee.

Date: Every Wednesday morning

Time: 9:00 am—until you are done

Location: Centers Main Room

Cost: donations for coffee



#### BIBLE STUDY

Pastor Lyle Hinsdale with the Clearwater Church of Christ leads a bible study. This is open to all.

Date: Every Monday

Location: Craft Room

Time 9:30 am



#### BIBLE STUDY

Pastor Joe Eash with the Clearwater E-free church leads a bible study. This is open to all.

Date: Every Thursday

Location: Craft Room

Time 10:00 am

#### BYOD

Bring Your Own Device! Bring in your new technology and we can assist you in figuring it out or setting things up. We help with laptops, tablets, smart phones, cell phones, digital picture frames, digital cameras, you name it and we can probably figure it out and show you how to use it.

Date: Every Thursday

except 2nd Thursday

Time: 9:00 am

Location: Pam's office

Cost: Free



# LOW CARB MEATLOAF

## Ingredients

- 1½ lbs ground beef
- ⅓ cup red onions, chopped
- ½ cup pork rinds, crushed
- ⅓ tsp ground pepper
- 2 tsp minced garlic
- 1 Tbs Worcestershire sauce
- 1½ tsp ground mustard
- 1½ tsp chili powder
- 4 oz tomato sauce
- 2 eggs
- ⅓ cup ketchup

## Instructions

Preheat oven to 375.  
 In a large bowl, combine all ingredients but ketchup.  
 Place mixture in a 5x9 inch loaf pan. Press and shape into a loaf shape.  
 Bake for 45-50 minutes or until reaching desired texture. Let cool for 2-5 minutes.  
 Spread ketchup on loaf. Cut and serve or remove from loaf pan and then cut and serve.

## NOTES

Serving size: 1 serving (Total recipe makes about 4 servings)  
 Protein 52.75g, Cals 472, Fat 25.00g,  
 Carbs 5.08g, Fiber 0.75g — NET CARBS: 4.33g



## BITS & PIECES (FROM PAM'S DESK)

### COMPUTER USE

Did you know you could come into the Center during normal business hours and use our computers? You can surf the web, type documents, or just play games anytime while we are open. No need to sign up, just stop by and we will get you signed on.

### POP TABS & BAGS

We want to take a moment to thank you all for the kind donation of pop tabs and plastic newspaper bags over the last few months. We need to be able to keep track of who bring things in. If you could find the clip board and sign in

when you bring these items it would be very helpful.

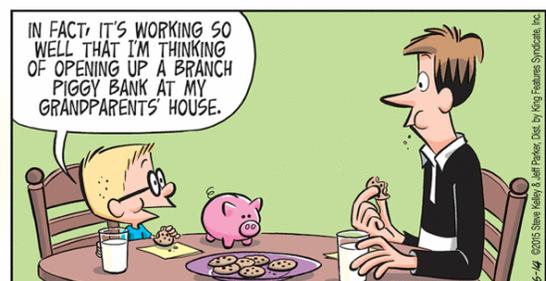
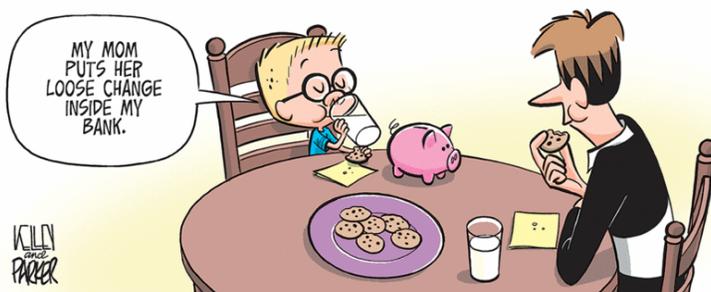
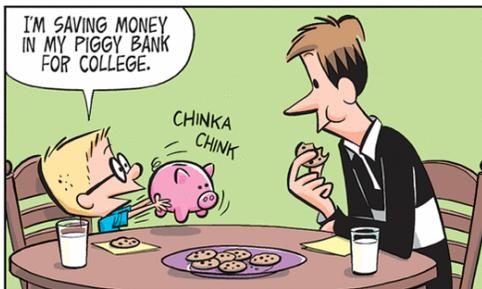
### CROCHET/QUILTING GROUP

This group is taking a short summer break. They expect to reconvene in September after school has started. They meet every other Monday night. Check back in next months SOOP for more information.

### ZUMBA

This group is also taking a break until January 2017. Keep an eye out for when it starts back up.

**“One of the greatest gifts you can give is your time.”**  
**#volunteer**



KILLY and PARKER

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## SENIOR CLASSES FOR FALL 2016

Per the Kansas Board of Regents Policy, students 60 years of age and older can enroll as auditors in academic credit courses when space is available without paying tuition. The only cost to these students are any applicable workshop fees and lab/special course fees. In addition, senior citizens who have not been previously enrolled at WSU must pay a one-time application fee of \$40.00. Students who are younger than 60 years of age can enroll in the course but will pay regular tuition and fees. (See website for more information) Senior citizens must present a Medicare card or drivers license to validate age.

### Section I: Select the class(es) you want to enroll in

- MUSC150B Music in Film (CRN16162)  
 Location: Larksfield Place  
 Course Dates: Thursdays, September 8, 15, 22, and 29 from 10:00 am—12:00 pm.  
 Registration Deadline: Friday, September 16, 2016
- HIST150S Religious Landscape of Kansas (CRN16173)  
 Location: Larksfield Place  
 Course Dates: Tuesdays, October 4, 11, 25, and November 1 from 1:00 pm—3:00 pm  
 Registration Deadline: Friday, September 16, 2016
- HIST150U Chisholm Trail (CRN16175)  
 Location: Senior Services  
 Course Dates: Friday, October 7, 14, 21 and 28 from 1:00 pm—3:00 pm  
 Registration Deadline: Friday, September 16, 2016
- HIST150T Wichita Pioneers (CRN16174)  
 Location: Bel Aire Senior Center  
 Course Dates: Mondays, September 12, 19, 26 and October 3 from 2:00 pm—4:00 pm  
 Registration Deadline: Friday, September 16, 2016
- POLS150B National Politics (CRN16186)  
 Location: Oxford Grand  
 Course Dates: Wednesdays, September 7, 14, 21 and 28 from 10:00 am—12:00 pm.  
 Registration Deadline: Friday, September 16, 2016

Classes are FREE  
 for students 60+  
 who enroll prior to  
 September 16, 2016

### Section II: Fees

- MUSC150B Music In Film \$15.38
- HIST150S Religious Landscape of Kansas \$8.25
- HIST150U Chisholm Trail \$8.25
- HIST150T Wichita Pioneers \$8.25
- POLS150B National Politics \$8.25

Visit our website,  
[www.wichita.edu/LifelongLearning](http://www.wichita.edu/LifelongLearning)  
 For class details

Senior citizens who have not enrolled at WSU before must pay a one-time application fee.....\$40.00 (If you have previously been admitted to WSU, you do not need to pay an application fee.)

WSU Lifelong Learning

For questions, call 316-978-3731



**WICHITA STATE UNIVERSITY**

WORKFORCE, PROFESSIONAL AND COMMUNITY EDUCATION

## DIRT ROADS

What's mainly wrong with society today is that too many Dirt Roads have been paved.

There's not a problem in America today, crime, drugs, education, divorce, delinquency that wouldn't be remedied, if we just had more Dirt Roads, because Dirt Roads give character.

People that live at the end of Dirt Roads learn early on that life is a bumpy ride.

That it can jar you right down to your teeth sometimes, but it's worth it, if at the end is home...a loving spouse, happy kids and a dog.

We wouldn't have near the trouble with our educational system if our kids got their exercise walking a Dirt Road with other kids, from whom they learn how to get along.

There was less crime in our streets before they were paved.

Criminals didn't walk two dusty miles to rob or rape, if they knew they'd be welcomed by 5 barking dogs and a double barrel shotgun.

And there were no drive by shootings.

Our values were better when our roads were worse!

People did not worship their cars more than their kids, and motorists were more courteous, they didn't tailgate by riding the bumper or the guy in front would choke you with dust & bust your windshield with rocks.

Dirt Roads taught patience.

Dirt Roads were environmentally friendly, you didn't hop in your car for a quart of milk you walked to the barn for your milk.

For your mail, you walked to the mail box.

What if it rained and the Dirt Road got washed out? That was the best part, then you stayed home and had some family time, roasted marshmallows and popped popcorn and pony rode on Daddy's shoulders and learned how to make prettier quilts than anybody.

At the end of Dirt Roads, you soon learned that bad words tasted like soap.

Most paved roads lead to trouble, Dirt Roads more likely lead to a fishing creek or a swimming hole.

At the end of a Dirt Road, the only time we even locked our car was in August, because if we didn't some neighbor would fill it with too much zucchini.

At the end of a Dirt Road, there was always extra springtime income, from when city dudes would get stuck, you'd have to hitch up a team and pull them out.

Usually you got a dollar...always you got a new friend...at the end of a Dirt Road!

~ By Paul Harvey

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## CLEARWATERS CARL SHAFFER TO BE HONORED AT AUGUST 3RD NBC WORLD SERIES

Carl Shaffer, 80, of Clearwater, Kansas has been selected by Area Agencies on Aging in Kansas to be honored as *Keeping Seniors in the Game!* first pitcher on Tuesday August 3, 2016 at the 7 p.m. feature game of the National Baseball Congress (NBC) World Series.

The 82nd NBC World Series happens at Wichita's Lawrence-Dumont Stadium. Games begin Friday, July 29 and continue through Saturday, August 13.

Carl and his late wife, Roselind "Kay", have two children--Douglas and Tina--and four grandchildren.

Besides playing a lot of softball himself, Carl has successfully coached many softball and baseball teams over the years. He coached a co-league baseball team in Escondido, California and coached girls' softball at Escondido High School. He is especially proud of his high school girls' teams' 119 win and 22 loss record over six years and of winning six straight league championships from 2001 to 2006. He also coached high school boys and girls basketball.

After he and Roselind left California and returned to Kansas in 2006, Carl directed the Clearwater Senior Center from 2007 to 2012 and contributed much to the center before retiring. He now volunteers with Wichita's RSVP Transportation program and enjoys helping transport seniors to and from appointments. He is still very involved in youth softball and baseball in the area continuing his passion to coach and influence young people.

He is especially happy that he donated one of his kidneys to his brother, Dale, and that more than 40 years after the transplant Dale is still going strong. He enjoys gardening, yard work, playing cards and participating in Bible studies at his church.

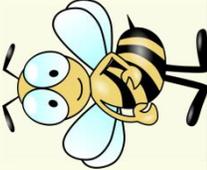
Carl's name was submitted by Pamela Riggs of Clearwater and was endorsed for the *Keeping Seniors in the Games* honor by the Central Plains Area Agency on Aging. This group serves seniors and caregivers in Sedgwick, Butler and Harvey counties.

"We are very happy to work with the National Baseball Congress to recognize the contributions that Carl Shaffer and other older Kansans make to our country, our hometowns and our communities," said Julie Govert Walter, Executive Director of the North Central-Flint Hills Area Agency on Aging who leads the *Keeping Seniors In The Games* initiative.

The NBC World Series was founded by baseball innovator Hap Dumont in 1934. Over the years, the NBC has launched the careers of many baseball icons. The 82nd World Series includes teams throughout the United States. For NBC World Series information and ticket prices go to [www.nbcbaseball.com](http://www.nbcbaseball.com) or call 316-977-9400.



# August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>2</b> Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>3</b> Morning Coffee 9am	<b>4</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>5</b> Tai Chi 8:45 am Exercise 10:00 am Planning Committee 10:00 a	<b>6</b>
<b>7</b> 	<b>8</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>9</b> Tai Chi 8:45 am Exercise 10:00 am <b>Carry In Lunch noon</b> AA/AI Anon 7-9 pm	<b>10</b> Morning Coffee 9am	<b>11</b> Bible Study (E-Free) 10 am AA 7pm-9pm	<b>12</b> Tai Chi 8:45 am Exercise 10:00 am	<b>13</b>
<b>14</b> 	<b>15</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>16</b> Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>17</b> Morning Coffee 9am	<b>18</b> BYOD 9am Bible Study (E-free) 10am 3 <sup>rd</sup> Thursday BINGO AA 7pm-9pm	<b>19</b> Tai Chi 8:45 am Exercise 10:00 am	<b>20</b> Biscuits & Gravy 8am – 11 am
<b>21</b> 	<b>22</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>23</b> Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>24</b> Morning Coffee 9am	<b>25</b> BYOD 9am Bible Study (E-free) 10am AA 7pm-9pm	<b>26</b> Tai Chi 8:45 am Exercise 10:00 am	<b>27</b>
<b>28</b> 	<b>29</b> Blood pressure ✓ 10am-12 Bible Study (COC) 9:30 am Painting 1pm-3pm	<b>30</b> Tai Chi 8:45 am Exercise 10 am AA/AI Anon 7pm-9pm	<b>31</b> Morning Coffee 9am			

August 2016 AGING PROJECTS, INC. MEALS ON WHEELS/FRIENDSHIP MEALS 23 - SERVING DAYS - 1 HOLIDAY

Mon		Tue		Wed		Thu		Fri	
1 Ham Cabbage au gratin Mixed vegetables Apricots Bread	Milk	2 Hot turkey casserole Cucumber & tomato salad Mandarin oranges Apple crisp	Milk	3 Chicken pasta salad Broccoli/cauliflower/carrot salad Spiced peaches Gelatin Garlic bread	Milk	4 Chicken fried steak Mashed potatoes/cream gravy Mixed green salad/dressing Plums Roll	Milk	5 Hamburger on a Bun with set up Baked beans Sweet potato fries Strawberries	Milk
8 Chicken chef salad with salad dressing 4 inch Celery sticks (3) 2 Tbsp. Peanut butter Plums Snickerdoodle cookie	Milk	9 Pork roast with Gravy Mashed potatoes/gravy Carrot raisin salad Peaches Roll	Milk	10 Fish or Chicken on a Bun Tartar sauce or Set up Cole slaw Cantaloupe Lemon pudding	Milk	11 Swedish steak California mash Green lentil salad Blushing pears Applesauce cake Wheat roll	Milk	12 Southwest chicken bake Mixed green salad/dressing Pineapple Gelatin Garlic bread	Milk
15 Chicken & rice casserole Broccoli Apricots Pineapple bread	Milk	16 BBQ pork on a Bun Potato salad Green beans Mixed melon cup	Milk	17 Taco salad (lettuce & tomato) Salsa Banana Cinnamon roll (chips)	Milk	18 Glazed chicken Italian pasta salad Spinach Peaches Garlic bread	Milk	19 Cheesy potato & egg bake Sliced tomatoes Ambrosia salad Cranberry juice Orange muffin	Milk
22 Roast with Gravy Mashed potatoes/Gravy 3 bean salad Watermelon Oatmeal raisin cookie Bread	Milk	23 Tuna or Salmon pasta salad Cooked carrots Lime gelatin w/fruit Cantaloupe Wheat bread stick	Milk	24 Baked chicken Cauliflower Black eye pea salad Blushing pears Sweet muffin	Milk	25 Beef outlet or Liver & onions Mashed potatoes/gravy Combination salad/dressing Mandarin oranges Roll	Milk	26 Creamy chicken & veggie casserole Cucumber & onion salad Strawberries Sugar cookie	Milk
29 Mexican lasagna Green peas Combination salad/Dressing Watermelon Bread	Milk	30 Chicken & cheese casserole Broccoli & carrots Peaches Wheat bread	Mil	31 Tuna or Salmon patry Creamed spinach Macaroni salad Strawberries Wheat roll	Milk	Birthdays - August 11 Choice Days - August 10/25 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		

### Senior Carry In Lunch 7/12/16

Pam called the group together and introduced our speaker Frances Redinger. There were no July birthdays present. The group was led in the Pledge of Allegiance and National Anthem. Marlene then gave the blessing for the meal.

Frances Redinger told of a new program she is offering in our area. She is bringing skilled assistance to help people with multiple fields of care. Some of the areas are personal care, house keeping (including laundry), cooking, errands, transportation for appointments. Their fees range from \$15 to \$17 per hour. For more information call 316-807-3743.

Marlene's Trivia fame of 2 word description of some of our friends; Mary Jo McMahan described Harold Stafford as generous and kind. Other answers were nice & polite, considerate & helpful, and "Mary's husband." Yvonne Coon described Betty Peitz as former Director of Senior Center. Other words were ornery, and Cindy's mom. Both Yvonne and Mary won a picture.

Marlene read a fun parody on the changes in our lives now that are fewer dirt roads. Also a short description on minced words.

#### Announcements:

- Biscuits & Gravy 7-16
- Hunters Education 7-22 & 7-23
- The crochet and quilting group will resume in September.
- Opening for planning committee member.

Marlene,  
Secretary

Clearwater Community  
Center  
921 E Janet Ave  
Clearwater, KS 67026  
620-584-2332



Save your soda tabs

Bring in your pop tabs off of soda cans. We will donate tabs to the Ronald McDonald House which helps families of children with different illnesses. Just drop off your collection of pop tabs to the Center.



**Clearwater 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**

Pamela Riggs, Director  
Farol McMillan  
Administrative Assistant

**Advisory Committee Members**

Terry Sullivan - Chairperson  
Joan Fleming - Co-Chair  
Barbara Hufford – Member  
James Charles - Member  
Marlene Hand - Member

**Planning Committee Members**

Marlene Parret - Secretary  
Becky Estes – Member  
Farol McMillan - RSVP Program