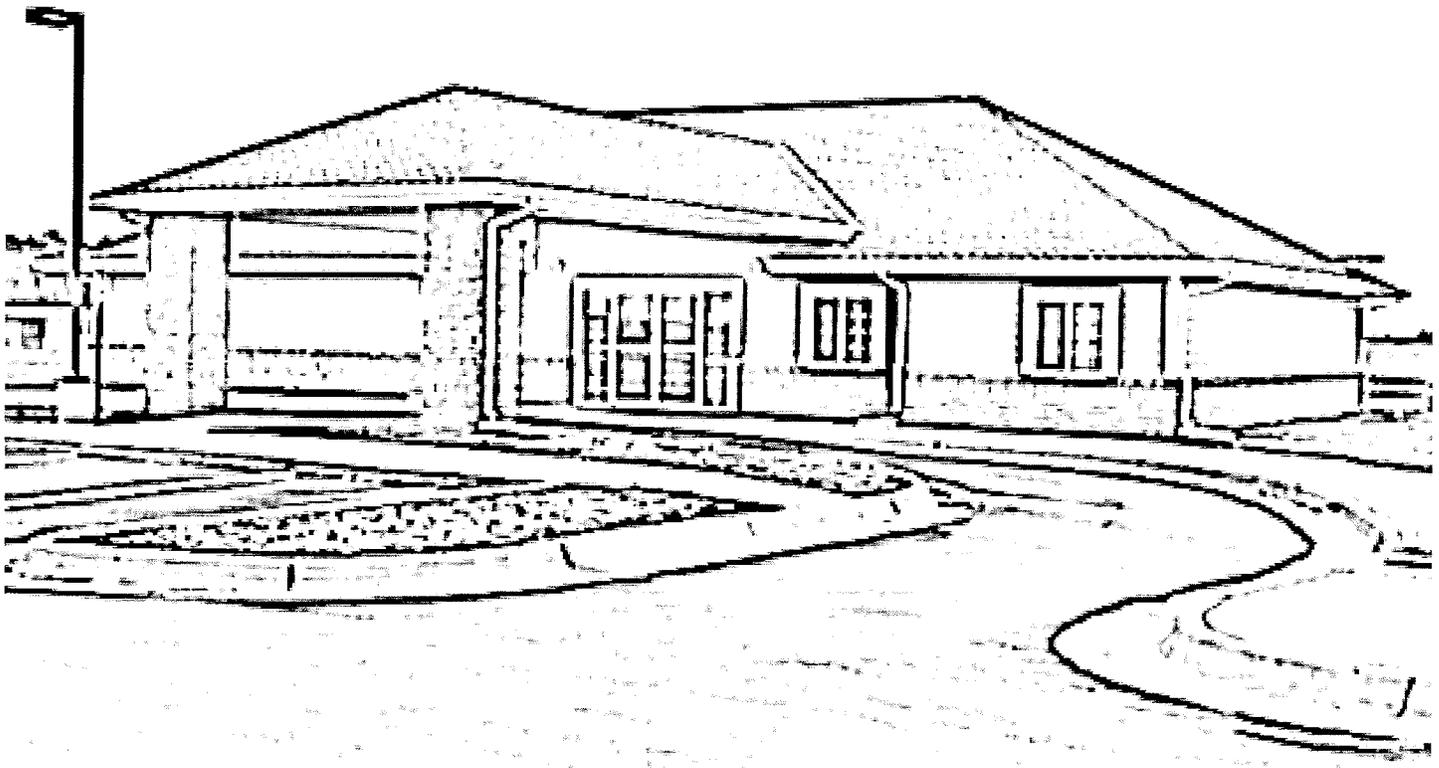




# THE SCOOP

*August 2008*



## Clearwater Senior and Community Center

921 Janet Avenue  
Clearwater, Kansas 67026  
620.584.2332

## CENTER UPDATES

For those of you who need to have a Food Handlers Card, please mark your calendar for August 6<sup>th</sup>. There is a free class being offered at the Derby Center at 2 pm. Call the office at 584-2332 and let us know if you plan on going. They need a count, so they can plan accordingly.

Our exercise class is going strong, but we could use a few more people. Lewis Kellogg and Robert Pugh are doing a very good job in leading the class. Every one says they are benefitting from the exercises.

The RSVP program is working out every well for us. We still need at least a 24 hour notice for the driver. We have to turn the travel trips in on the 1<sup>st</sup> of each month. The number to call for a ride is 584-2332.

Mark your calendar for August 2<sup>nd</sup> when Bill Hammers and his band will be here. The regular Jam Session will start about 8:30 pm following the Blue Grass at 7 PM. Bring finger food to share, sing along, or just sit back and enjoy. The program for September will be Gospel.

The sidewalk between the "Village" has been approved. Hopefully we can have it put in before the end of the year.

Just a reminder, the Fall Festival is fast approaching and will be here shortly. Several of the women have been working on many projects. They can use some more help, so if you have an hour or two to help, please come and help. Also you may have a good idea on some different things that we can do and sell at the festival.

The Wii activity has been a very popular activity. If you haven't tried it. Stop in and give it a go. We want to start a bowling league. It can be men, women, or mixed. Young or old can make up a team. We can have it during the day or at night. Baseball, tennis, golf and boxing can also be played.

Mark your calendars for August 15<sup>th</sup>; which is a Friday night. Marsha Burns is bringing her 4H group back to entertain us. These young people have been working hard not only on their 4H projects, but they also have to keep their academic grade up. Last year they had won several ribbons for their work. One boy said he got up at 4 AM and baked other project, because his first one did not turn out right. We need to come and support these young people.

Jennifer Arnold came from the Chamber of Commerce and gave us a talk on what is going on in City. The need for sidewalks, street improvements, and various other projects that need to be completed or looked into to keep our City from deteriorating. Different business they are trying to attract to the City.

Al Buck from KSN Television Station was here on the 11<sup>th</sup> and gave us a break down on the new digital television system. For those of you, who missed the talk, you missed out on a lot of very good information. I know that you do not like your cards interrupted and have a lot of other things to do, but you are missing out on some very informative meetings. With that said----here is the telephone number to call for the box and the coupon to get the box—1-888-388-2009.

Tim Clark from the Arthritis Foundation gave a very interesting talk on the disease. New ways to treat it and the ongoing work and study being done. He also talked about new equipment and what it can do for you.

Paul Scrivener will be here on the 1<sup>st</sup> of August to give a talk on storm shelters. With our widely varying weather conditions it may be a very appropriate topic.

Also coming on August the 2<sup>nd</sup> will be Bill Hammers and his Blue Grass band. They will only be here for one hour. These are all local musicians most of you know. They will be followed by our regular Jam session band. Stay for all.

## AUGUST BIRTHDAYS

1 Roy Honn	1 Thelma Wohlford
7 Carl Conley	8 Gordon Mikesell
8 Kay Shaffer	9 Ruth Davis
9 James Flippin	10 Marge Caruthers
10 Le Roy Eaton	15 Lois Winters
16 Hazel Dalbom	17 Carl Shaffer
18 Maggie Leibold	19 Laura Walker
20 Joan Fleming	20 Ruby Fisher
20 Mary Jo Mahan	23 Terry Sullivan
25 Gary Wise	26 Dorothy Gay
29 Jerelean Barrow	29 Eldon Nelson
29 Elden Walker	30 Donna Penley
31 Bobby Robbins	

### “Let God Carry the Potatoes”

The story is told of a poor man who plodded along toward home in an Irish town, carrying a huge bag of potatoes.

A man came along in a horse-drawn wagon and invited the man to climb inside. When he sat down in the wagon, he held the bag of potatoes in his arms.

When it was suggested that he should set it down, he said very warmly, “I don’t want to trouble you too much. You’re giving me a ride; I’ll carry the potatoes.”

Sometimes we think we’re doing the Lord a favor when we carry the burden. But the work is his, and he asks us only to be faithful. Let us permit him to “carry the potatoes’ also.

## JANUARY ANNIVERSARIES

6 Mr. and Mrs. Ken Maechtlen	7 Mr. and Mrs. Evert Gannaway
11 Mr. and Mrs. John Schmitt	12 Mr. and Mrs. William Hammers
13 Mr. and Mrs. Steve Charles	15 Mr. and Mrs. Roger Frischenmeyer
16 Mr. and Mrs. Kris Nolan	20 Mr. and Mrs. Terry Sullivan
22 Mr. and Mrs. Richard Townsend	23 Mr. and Mrs. Bob Smith
24 Mr. and Mrs. Stanley Combs	24 Mr. and Mrs. Roy Clark
30 Mr. and Mrs. Dustin Johnson	31 Mr. and Mrs. Howard Walker

## LAUGHTER OR POINTS TO PONDER

Live life in a way that you wouldn't be ashamed to let the family parrot near the town gossip.

The trouble with being a good sport is that you have to lose to prove it.

The happiness of your life depends upon the quality of your thoughts.

Kindness is the golden chain by which society is bound together.

The only thing so simple that a child can operate it-- is a grandparent.

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Lawyers should never ask grandma a question if they aren't prepared for the answer.

In a trial, in a small-town prosecuting attorney calls first witness, an elderly grandmother to the stand.

He approached her and asked; "Mrs Jones, do you know me?"

She responded, "Why, yes, I do know you, Mr. Williams. I've know you since you were a young boy, and frankly, you're a big disappointment to me. You lie, cheat on your wife, manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you never will amount to anything more than a two-bit paper pusher. Yes, I know you."

The lawyer was stunned! Not knowing what else to do, he pointed across the room and asked, "Mrs. Jones, do you know the defense attorney?"

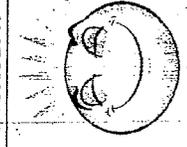
She again replied, "Why, yes, I do. I've know Mr. Bradley since he was a youngster. He's lazy, bigoted, and has a drinking problem. He can't build a normal relationship with anyone and his law practice is one of the worst in the state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes I know him."

The defense attorney almost died. The judge asked both lawyers to approach the bench and in a quiet voice said: "If either of you idiots asks her if she knows me, I'll send you to the electric chair."

**GOOD NEIGHBOR NUTRITION PROGRAM**

**GNNP MENU (menu is subject to change)**

**AUGUST 2008**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>CHICKEN TORTILLA SOUP CAULIFLOWER MANDARIN ORANGES SODIUM FREE CRACKERS</p>	<p>● CONTAINS TURKEY ⊙ CONTAINS PORK</p> <p>SLOPPY JOE ON BUN BUTTERED CABBAGE STRAWBERRY PEACHES TAPIOCA PUDDING</p>	 <p>⊙ ROAST PORK with GRAVY SWEET POTATOES GARDEN VEGETABLE SAL. w/DRSG CHERRY CRISP POTATO ROLL</p>	 <p>MUSHROOM STRIP STEAK MASHED POTATOES MARINATED GREEN BEANS CINNAMON APPLESAUCE WHOLE WHEAT BREAD</p>	<p>MEXICAN STYLE GROUND BEEF BRUSSELS SPROUTS FRESH BANANA DINNER ROLL</p>
<p>26 Gm Fat 726 Calories 944 mg Sodium</p> <p>4</p>	<p>21 Gm Fat 643 Calories 1064 mg Sodium</p> <p>5</p>	<p>23 Gm Fat 852 Calories 617 mg Sodium</p> <p>6</p>	<p>34 Gm Fat 824 Calories 1064 mg Sodium</p> <p>7</p>	<p>38 Gm Fat 818 Calories 1183 mg Sodium</p> <p>1</p>
<p>CHILI CHEESE POTATO CAPRI VEGETABLES APRICOT MIX WHOLE WHEAT BREAD</p>	<p>EGG SCRAMBLE w/BACON BITS TRI TATOR FRESH ORANGE BLUEBERRY MUFFIN</p>	<p>CRANBERRY MEATBALLS MASHED POTATOES SPINACH SALAD w/DRSG PEACHES DINNER ROLL</p>	<p>CHICKEN ALA KING RICE PICKLE BEETS CANTALOUPE WEDGE WHOLE WHEAT BREAD</p>	<p>● SCALLOPED HAM &amp; POTATOES MIXED GREEN SALAD w/DRSG PINEAPPLE CHUNKS SUGAR COOKIES WHOLE WHEAT BREAD</p>
<p>18 Gm Fat 711 Calories 693 mg Sodium</p> <p>11</p>	<p>34 Gm Fat 698 Calories 872 mg Sodium</p> <p>12</p>	<p>24 Gm Fat 783 Calories 1158 mg Sodium</p> <p>13</p>	<p>15 Gm Fat 622 Calories 750 mg Sodium</p> <p>14</p>	<p>20 Gm Fat 662 Calories 1098 mg Sodium</p> <p>8</p>
<p>MEATLOAF with BROWN GRAVY MEDITERRANEAN VEGETABLES PASTA SALAD TROPICAL FRUIT MIX WHOLE WHEAT BREAD</p>	<p>HONEY MUSTARD CHICKEN GARDEN RICE PILAF LOOSE LEAF SALAD w/DRSG ROSY APPLESAUCE WHOLE WHEAT BREAD</p>	<p>BEEF MINESTRONE SOUP BAKED POTATO w/CHEESE BANANAS &amp; STRAWBERRIES CRACKERS</p>	<p>● TURKEY in GRAVY MASHED POTATOES BROCCOLI SALAD w/DRSG FRUIT COCKTAIL DINNER ROLL</p>	<p>TACO SALAD PEAS MANDARIN ORANGES CHOCOLATE PUDDING</p>
<p>22 Gm Fat 640 Calories 1081 mg Sodium</p> <p>18</p>	<p>16 Gm Fat 633 Calories 842 mg Sodium</p> <p>19</p>	<p>26 Gm Fat 902 Calories 664 mg Sodium</p> <p>20</p>	<p>18 Gm Fat 631 Calories 1149 mg Sodium</p> <p>21</p>	<p>31 Gm Fat 779 Calories 920 mg Sodium</p> <p>22</p>
<p>CHEESEBURGER on BUN SOUTHERN STYLE OKRA and TOMATOES POTATO SALAD STRAWBERRY PEARS</p>	<p>● HAM &amp; BEANS w/ONIONS CAPRI VEGETABLES FRESH BANANA GINGERSNAP COOKIES CORNBREAD</p>	<p>CHICKEN FAJITA HOT THREE BEAN CASSEROLE FRUITY AMBROSIA</p>	<p>SPAGHETTI with MEATSAUCE CAULIFLOWER HIGH FIBER FRUIT MIX WHOLE WHEAT BREAD</p>	<p>BBQ BRISKET on ONION ROLL CORN CORONADO SALAD FRESH APPLE LEMON CAKE</p>
<p>28 Gm Fat 717 Calories 845 mg Sodium</p> <p>25</p>	<p>14 Gm Fat 694 Calories 1087 mg Sodium</p> <p>26</p>	<p>22 Gm Fat 666 Calories 1013 mg Sodium</p> <p>27</p>	<p>17 Gm Fat 703 Calories 696 mg Sodium</p> <p>28</p>	<p>32 Gm Fat 916 Calories 618 mg Sodium</p> <p>29</p>

# August 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 BUILDING RENTED	4 9:30 AM SEWING	5 10 AM EXERCISE 12:30 PM PITCH 7 PM AA	6 2 PM FOOD HANDLERS - DERBY	7 10AM PLANNING 7 PM AA	1 10 AM EXERCISE 4 PM GAMES 5:30 STORM SHELTERS	2 7 PM BLUE GRASS 7:30 PM JAM SESSION
10	11 9:30 AM SEWING	12 9 AM EXERCISE 12 AM CARRY-IN- LUNCH 7 PM AA	13	14 7 PM AA 10 AM WAL- MART	15 10 AM EXERCISE 4 PM GAMES 4H CLUB	16 7 AM BISCUITS AND GRAVY
17	18 9:30 SEWING 12 AM ADVISORY MEETING 6:30 PM FALL	19 10 AM EXERCISE 1 PM BRIDGE 7PM AA	20	21 7 PM AA	22 10 AM EXERCISE 4 PM GAMES	23
24	25 9:30 SEWING'	26 10 AM EXERCISE 7 PM AA	27	28 7 PM AA	29 10 AM EXERCISE 4 PM GAMES	30
31						

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