



# THE SCOOP

May 2009



**CLEARWATER**

**COMMUNITY CENTER**

**& SENIOR HAPPENINGS**

921 Janet Avenue  
Clearwater, Kansas 67026  
620.584.2332

## Mother's Day Message: "Mean Mom"

Someday when my children are old enough to understand the logic that motivates a parent, I will tell them, as my Mean Mom told me: **I loved you enough** to ask where you were going, with whom, and what time you would be home.

**I loved you enough** to be silent and let you discover that your new best friend was a creep. **I loved you enough** to stand over you for two hours while you cleaned your room, a job that should have taken 15 minutes. **I loved you enough** to let you see anger, disappointment, and tears in my eyes. Children must learn that their parents aren't perfect....

**I loved you enough** to let you assume the responsibility for your actions even when the penalties were so harsh they almost broke my heart. But most of all, **I loved you enough** to say **NO** when I knew you would hate me for it. Those were the most difficult battles of all.

I'm glad I won them because in the end you won, too. And someday when your children are old enough to understand the logic that motivates parents, you will tell them.

**Was your Mom mean?** I know mine was. We had the meanest mother in the whole world! While other kids ate candy for breakfast, we had to have cereal, eggs, and toast. When others had a Pepsi and a Twinkie for lunch, we had to eat sandwiches. And you can guess our mother fixed us a dinner that was different from what other kids had, too.

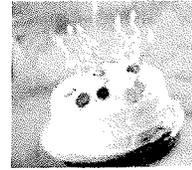
Mother insisted on knowing where we were at all times. You'd think we were convicts in a prison. She had to know who our friends were and what we were doing with them. She insisted that if we said we would be gone for an hour, we would be gone for an hour or less.

We were ashamed to admit it, but she had the nerve to break the Child Labor Laws by making us work. We had to wash the dishes, make the beds, learn to cook, vacuum the floor, do laundry, empty the trash and all sorts of cruel jobs. I think she would lie awake at night thinking of more things for us to do.

She always insisted on us telling the truth, the whole truth, and nothing but the truth. By the time we were teenagers, she could read our minds and had eyes in the back of her head. Then, life was really tough!

Mother wouldn't let our friends just honk the horn when they drove up. They had to come up to the door so she could meet them. While everyone else could date when they were 12 or 13, we had to wait until we were 16.

Because of our mother we missed out on lots of things other kids experienced. None of us have ever been caught shoplifting, vandalizing other's property or ever arrested for any crime. It was all her fault. Now that we have left home, we are all educated, honest adults. We are doing our best to be mean parents just like Mom was. What's wrong with today's world? **Not enough MEAN MOMS!**



### Birthdays

01 Peggy Gregory  
01 Judy Freed  
03 Jim Kunkel  
03 Jim McMinn  
04 Anita McMillan  
04 Que Smith  
05 Merry Castor  
05 Cheryl Kunkel  
05 Leslie Langston  
06 Sallie West  
08 Frances Robbins  
11 Mary Stafford  
14 Bob Purvine  
15 Lee Steen  
16 Walt Porter  
16 Lola Mae True  
18 Al Coleman  
18 Donna Wise  
22 Betty Schmidt  
22 Millie Whitlow  
25 John Davis  
28 Gerry Benson  
28 Norma Jean Watts  
31 Katylu Brant  
31 Virginia Burt  
31 Jo Clutts

.....

### SMART RECRUIT

A police recruit was asked during his exam, "What would you do if you had to arrest your own mother?"

He answered, "Call for backup."

.....  
I asked my wife, "Where do you want to go for our anniversary?" It warmed my heart to see her face melt in sweet appreciation.

"Somewhere I haven't been in a long time!" she said.

So I suggested, "How about the kitchen?"

And that's when the fight started....



# Senior Happenings



\*Following the April Pot-Luck Dinner, those present voted in the following ladies for the Planning Committee's coming year: Chairperson, Farol McMillan; Co-chair, Angie Shaver; Recorder, Barbara Hufford; Activity Director, June Finney; Historian, Helen Fesnock; Devotions, Cletus Cornett. This planning committee meets each month on the Thursday preceding the Pot Luck Dinner.

There were seventeen (17) attending the dinner and meeting.

\*If you are interested in going on the trip to the Salt Museum in Hutchinson, check the sign-up sheet at the Center. There's still room for you.

Folks were busy at the Center the last Saturday of April, accepting the merchandise for the GARAGE SALE to be held on Saturday, May 2.

**GARAGE SALE - Saturday, May 2, at the Community Center from 8 AM to 4 PM. Come check it out. There's surely something you'll find that you can't do without!**

The money from the sale, as with all donations, will be used toward having an exterior door from the crafts room, getting new Wii programs and other improvements for the convenience of the volunteers, workers, and guests.

**LOOKING AHEAD!** Wayne Larson of KSU will be the guest speaker during lunch on Monday, June 8. He will help guide us on how to dispose of used items and equipment in the home. (This does not include the disposal of husbands nor wives.) It includes items from the sickroom, the bathroom cabinet and the kitchen cabinets.

You may wish to call ahead for lunch on that day---or---if you are not 55 and eligible for the lunch, you can bring a sack lunch and join the group.

**"No one is useless in this world who lightens the burden of it for someone else." - Benjamin Franklin**

May 8 is Community Involvement Day for the RSVP program. The following is from a brochure distributed by the RSVP Volunteer Program, a program of Sedgwick County Department on Aging.

"You've gained a lifetime of experience. Now is the time to put your skills and talents to good use by volunteering through RSVP.

"RSVP is America's largest volunteer network for people age 55 and over. Join RSVP and you join nearly 500,000 volunteers across the country who are tackling tough issues in their communities.

"With RSVP, you choose how and where you want to serve. You choose the amount of time you want to give. And you choose whether you want to draw on your skills or develop new ones.

"In short, you find the opportunity that's right for you."

**Applications are available in The Center. Are you willing to help?**

Mid-Kansas Senior Outreach is a Community Gatekeeper program designed to identify and make contact with isolated seniors living in Sedgwick County who are experiencing difficulties that threaten their ability to live independently and safely.

This is a program of the Mental Health Association of South Central Kansas. If a senior is at risk, call 211. In case of an emergency, call 911. If you suspect abuse, call Adult Protective Services at 1.800.922.5330. If you wish to know more about this program, check with Carl at The Center: 584-2332.

## ARMED FORCES DAY, "United in Strength", Saturday, May 16, 2009

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy and Air Force Days. The single-day celebration stemmed from the unification of the Armed Forces under one department -- the Department of Defense. Each of the military leagues and orders was asked to drop sponsorship of its specific service day in order to celebrate the newly announced Armed Forces Day. The Army, Navy and Air Force leagues adopted the newly formed day. The Marine Corps League declined to drop support for Marine Corps Day but supports Armed Forces Day, too.

In a speech announcing the formation of the day, President Truman "praised the work of the military services at home and across the seas" and said, "it is vital to the security of the nation and to the establishment of a desirable peace." In an excerpt from the Presidential Proclamation of Feb. 27, 1950, Mr. Truman stated: "Armed Forces Day, Saturday, May 20, 1950, marks the first combined demonstration by America's defense team of its progress, under the National Security Act, towards the goal of readiness for any eventuality. It is the first parade of preparedness by the unified forces of our land, sea, and air defense."

Armed Forces Day is celebrated annually on the third Saturday of May. Armed Forces Week begins on the second Saturday of May and ends on the third Sunday of May, the day after Armed Forces Day. Because of their unique training schedules, National Guard and Reserve units may celebrate Armed Forces Day/Week over any period in May.

## MEMORIAL DAY is Monday, May 25, 2009

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. There are many stories as to its actual beginnings, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day. There is also evidence that organized women's groups in the South were decorating graves before the end of the Civil War: a hymn published in 1867, "Kneel Where Our Loves are Sleeping" by Nella L. Sweet carried the dedication "To The Ladies of the South who are Decorating the Graves of the Confederate Dead" (Source: Duke University's [Historic American Sheet Music, 1850-1920](#)). While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day. It is more likely that it had many separate beginnings; each of those towns and every planned or spontaneous gathering of people to honor the war dead in the 1860's tapped into the general human need to honor our dead, each contributed honorably to the growing movement that culminated in Gen Logan giving his official proclamation in 1868. It is not important who was the very first, what is important is that Memorial Day was established. Memorial Day is not about division. It is about reconciliation; it is about coming together to honor those who gave their all.

### More History

Memorial Day was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his [General Order No. 11](#), and was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971 (P.L. 90 - 363) to ensure a three day weekend for Federal holidays), though several southern states have an additional separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi; May 10 in South Carolina; and June 3 (Jefferson Davis' birthday) in Louisiana and Tennessee.

**A PLEASANT SURPRISE – Pete DeGraaf**

We were pleased to welcome Rep. Pete DeGraaf to our April 'Biscuits & Gravy' breakfast. Rep. DeGraff represents all of us in the Kansas 81<sup>st</sup> District. In addition to enjoying the Saturday breakfast, he took time to visit with most of the other folks as they ate. He and Carl Shaffer, our Center's director, visited briefly about all the improvements that have been made to our facility in the past two years. He had copies of his March and April newsletters (that he sends to interested parties) to share with us.

**COPIED FROM HIS NEWSLETTER:**

I would like your HELP: With the cost of postage and challenging State budget I would prefer to communicate with you and others via email. Currently I have only a few hundred email addresses and request that you help me expand my list.... YOUR EMAIL ADDRESSES WANTED: If you would like to get this email directly from me and do not, please send me an email and let me know. (Please include your name and home address.)

**CONTACT ME:**

At home: 1545 E. 119<sup>th</sup> St.  
Mulvane, KS 67110-8039  
Home phone: 316-777-0715  
Cell: 316-613-1899

[PeteDeGraff@att.net](mailto:PeteDeGraff@att.net)

In Topeka: State Capitol Bldg, 300 SW 10<sup>th</sup> St.,  
Topeka, KS 66612. Office Phone: 785-296-7653

[Pete.DeGraff@house.ks.gov](mailto:Pete.DeGraff@house.ks.gov)

Toll-free Hotline: 1-800-432-3924

**LOCAL PAGES AT CAPITOL:**

**Two local boys**, brothers Michael and Jonathan Reeves, along with Derek Varner of Belle Plaine, were Legislative Pages on March 24, 2009. They assisted the representatives as a number of bills were debated. They toured the capitol, climbed all the way to the top of the dome and also met Lieutenant Gov. Mark Parkinson.

Michael, 17, & Jonathon, 16, are sons of Tim and Linda Reeves of rural Clearwater. Since they are being home-schooled by their parents, this was considered one of their school trips.

One of Michael's interests is horses. Both boys enjoy bluegrass music. Jonathon's interest is in playing the string bass and the piano.

They both now have a better understanding of government at work.

**RIVERFEST SENIOR GALA 2009**

This is for adults 55 years and up. Admission is free with a Riverfest button. (Buttons will be available at the door.)

Dance the evening away to the **live music of Cool Blue** and enjoy light hors d'oeuvres. This is an official Riverfest Event to be held on Thursday, May 14 from 6:30 to 9:30 PM at the Garvey Center, 250 W. Douglas, Wichita. Covered parking is available at the Garvey Parking Garage.

The 2009 Riverfest is being held from May 8 through May 16.

**2<sup>ND</sup> Annual Sedg. Co. Senior Law Day**

This will be held June 16 from 8:30am to 3:00 pm at the Sedgwick County Extension Education Center 7001 W. 21<sup>st</sup> St. North. A \$10.00 contribution covers refreshments and box lunch with Larry Hatteberg (Channel 10).

Contact the Sedg. Co. Extension FCS Dept. to Register: 316-660-0110, Ext. 0127.

This is being sponsored by Senior Services, Inc. of Wichita, Central Plains Area Agency on Aging, and K State Research and Extension.

**More about this next month!**

**Grant Money For Weatherizing Your Home is Available to Sedg. Co. residents.**

The South Central Kansas Economic Development District (SCKEDD) of Wichita offers the Kansas Weatherization Assistance Program (KWAP), which uses grants to pay for: 1. New furnaces/Refrigerators, 2. Wall/Attic/Foundation Insulation, 3. Sealing air leaks in the house, 4. Compact Fluorescent Lamps in place of light bulbs.

Homeowners and renters are eligible for KWAP. All types of housing units are eligible including Mobile Homes. Please call 1 (800) 658-1742 to request an application for KWAP. SCLEDD will mail the application directly to you.

**Income Guidelines are:**

1 person household- \$27,247, 2 person- \$35,630, 3 person- \$44,014, 4 person- \$52,397, 5 person- \$60,781, and 6 person household- \$69,164.

**Words of Wisdom:** In my many years I have come to a conclusion that one useless man is a shame, two is a law firm and three or more is a congress.-**John Adams**

**ALL TYPES OF ACTIVITIES!!! Ready???**

Tuesday, April 28, was a day for all types of exercising at the city park. Participants of all ages showed what they could do. Everyone looked forward to the event, and many were glad when it was concluded. We're all looking forward to the event again next year.

If you missed out on all the fun on the 28<sup>th</sup>, you might be interested in attending "Wellness In The Park" on May 22 from 12pm to 3pm at Linwood Park, 1901 So. Kansas, Wichita. You **need to be 55+** in order to participate in this one.

All types of activities will be provided:

- \* Tips on positive aging
- \* Walk for wellness – a guided walk
- \* Join in Line dancing or Pickle Ball game
- \* Free pressure point massage & learning tips
- \* Nutrition & healthy cooking demos
- \* Tips on gardening and farmer's market shopping
- \* Healthy boxed lunch available for \$5.00

Reservation required for box lunch or dining center. **Contact Joan by May 14** at 660-5224 to place lunch reservations.

Sponsored by: Aging and Wellness Coalition of Sedg. Co. & The City of Wichita.

Folks at The Center are sending a big THANK YOU to **Kate Kinkaid-Brinkerhoff** for the sign now on the NW corner of The Center.

**HOPE THESE BRING A SMILE!!!!**

My wife was hinting about what she wanted for our upcoming anniversary.

She said, "I want something shiny that goes from 0 to 150 in about 3 seconds."

I bought her a scale.

*And that's when the fight started.*

My wife and I were sitting at a table at my high school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table.

My wife asked, "Do you know her?"

"Yes," I sighed, "She's my old girlfriend. I understand she took to drinking right after we split up those many years ago, and I hear she hasn't been sober since."

"Oh, my!" said my wife, "Who would think a person could go on celebrating that long?"

*And that's when the fight started.*

**PEER SUPPORT for Older Adults**

Pamela White, with the Peer Support Program located at 2622 W. Central, Ste. 500, Wichita, spoke to those present for the Quarterly Summit Meeting of the Dept. of Aging, in Wichita in April. Carl Shaffer attended the meeting.

To be eligible for the program the adult must be age 60 or older, a Medicaid recipient, does not require a mental health diagnosis and not currently receiving mental health services.

Ms. White touched on a number of subjects that can help the participant of the program. It can help lessen depression in older adults, giving a boost to their daily life. It builds peer support that is designed to promote independence and personal control. It's a program of seniors helping seniors. The volunteer will employ the Four C's of peer support: connection, companionship, consistency, and collaboration.

If you are 55 or older, you can sign up to be a volunteer.

For more information you may contact Ms. White at 316-660-5126 or email her at [pamalawhite@ku.edu](mailto:pamalawhite@ku.edu)

Recently an anonymous gift was donated to the Tuesday/Friday exercise group at The Center. Three packages of vitabands, each a different strength will be used to create flexibility of the fingers and strengthen the upper arms as the bands are stretched from side to side both in front of and in back of the head.

Donations received from the varied activities at The Center have helped in the installation of 3 towel racks in the kitchen, a paper towel holder and half-shelves added to the upper shelves in the lower kitchen cabinets to make the shelf the full depth front to back. The latest improvement the donations have made is the ceiling fan in the kitchen and most of the money needed for its installation.

Carl is slowly getting the information out about the **RSVP program** he initiated here last year. A person can volunteer to be a driver for those folks over 55 who are unable to drive. Those who need rides should **call The Center, 584-2332**, to get assistance. Calls should be made at least 48 hours in advance when at all possible.

The month of **March** showed that The Center **earned over \$500.00** with this program. Each time a trip is made, The Center receives \$7.00, no matter what the trip entails: to a beauty shop, to a doctor, to church, to come enjoy the monthly carry-in luncheon or the Sat night Jam Session. We're here for YOU!

## **SENIORS, GET INVOLVED!!!!**

### **DIVIDED WE FAIL.ORG**

Monday, May 11, 2009, 1:00 pm to 3:00 pm at Sedgwick County Extension Education Center, 7001 W. 21<sup>st</sup> North, 4H Hall A, Wichita, KS 67205. "The Cost of Doing Nothing About Healthcare Reform" is the topic under discussion. You can discuss healthcare reform options and tradeoffs. You can ask questions of the panel of experts. You can let your voice be heard. RSVP by May 4 to Janet Clearwater at 1-800-866-448-3619.

### **TACKLE ALZHEIMER'S WITH THE WICHITA WILD!**

The Wichita Wild will take on the River City Rage on Saturday, July 27 at 7:05 pm at the Hartman Arena. Individual Tickets - \$10.00 each. (\$4.00 of each ticket will benefit the Alzheimer Association). To learn more about this event, or how to get a group together, check with The Center (584-2332).

### **SECOND ANNUAL GREATER WICHITA SENIOR SPELLING BEE**

**August 11**, 9:30 am to Noon, at Holy Cross Lutheran Church, 600 N. Greenwich Road, Wichita, you get to compete in spelling!

Rules – You must be at least 50 years old. You must be a resident of Wichita or the Greater Wichita area. (Clearwater is considered part of the Greater Wichita area.) You must include a \$5.00 entry fee when you return the entry form. You will be given a written test first consisting of 50 words. From that list, the highest 15 contestants will be chosen for the oral spelldown. Each contestant will be given a different word during the oral spelldown until there are only three spellers left. The top three spellers will then be declared the winners and will be sent, expenses paid, to Salina to the state Senior Spelling Bee in October.

Forms are available at The Center, 921 Janet, Clearwater.

### **6<sup>TH</sup> ANNUAL 50-PLUS GAMES –KANSAS CITY**

**September 10-13** amateur athletes 50 or more years of age will have an opportunity to compete against each other in Basketball Free Throw---Basketball 3 Point Shot--- Basketball Hot Shot---Billiards (8 ball)---Bowling---Bridge (Duplicate)---Chess---Football Throw for Accuracy---Frisbee Throw for Accuracy---Golf---Horseshoes---Miniature Golf---Pickleball---Softball Throw for Distance---Swimming--Table tennis---Tennis---Texas Hold 'Em---Walk.

Entry fee and locations vary by game. Game book will be available in June. Call 913.236.1269 or email [kari.baesel@jocogov.org](mailto:kari.baesel@jocogov.org). Wondering if you can do it?.....Yes you can!!!!!!!

### **2009 KANSAS SENIOR OLYMPICS, TOPEKA, KANSAS**

**September 23-27** is scheduled for individual and doubles competition.. **October 1-4** is the schedule for Team Sport Competition. Brochure is available at The Center.

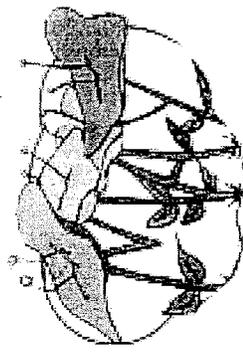
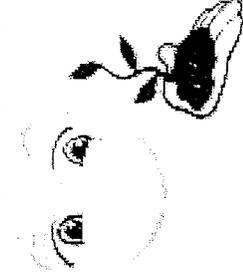
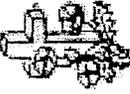


Pictured above: Folks at the April Jam Session.

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

MAY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>TUNA SALAD on WHEAT PEAS MACARONI SALAD PEACH CUP</p> <p>14 Gm Fat 690 Calories 866 mg Sodium</p>	 <p>① HAM &amp; BEANS w/ONIONS SPINACH TROPICAL FRUIT CHOCOLATE PUDDING CORNBREAD</p> <p>14 Gm Fat 664 Calories 1169 mg Sodium</p> <p>5</p>	<p>● CONTAINS TURKEY ② CONTAINS PORK</p> <p>GROUND BEEF STROGANOFF GREEN BEANS FRESH ORANGE STRAWBERRY GELATIN WHOLE WHEAT BREAD</p> <p>27 Gm Fat 708 Calories 718 mg Sodium</p> <p>6</p>	 <p>MINERTRONE SOUP BAKED POTATO APPLE PIE SALTINES</p> <p>35 Gm Fat 964 Calories 904 mg Sodium</p> <p>7</p>	<p>CHICKEN TETRAZINI BROCCOLI FRESH BANANA WHOLE WHEAT BREAD</p> <p>24 Gm Fat 690 Calories 685 mg Sodium</p> <p>1</p>
<p>SPAGHETTI w/MEATSAUCE MEDITERRANEAN VEGETABLES PINEAPPLE CHUNKS FRENCH BREAD</p> <p>17 Gm Fat 719 Calories 964 mg Sodium</p> <p>11</p>	<p>③ SAUSAGE EGG &amp; CHEESE on BISCUIT POTATOES O'BRIEN MANDARIN ORANGES</p> <p>35 Gm Fat 763 Calories 1244 mg Sodium</p> <p>12</p>	<p>SLOPPY JOE on BUN BUTTERED CABBAGE PASTA SALAD MIXED FRUIT CUP</p> <p>27 Gm Fat 727 Calories 718 mg Sodium</p> <p>13</p>	<p>● TURKEY CHEF SALAD CREAMY POTATO SOUP FRESH BANANA OATMEAL COOKIES SALTINES</p> <p>19 Gm Fat 648 Calories 1127 mg Sodium</p> <p>14</p>	<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES PICKLED BEETS ROSY APPLESAUCE WHOLE WHEAT BREAD</p> <p>25 Gm Fat 761 Calories 858 mg Sodium</p> <p>15</p>
<p>BEEF HASH PEAS FRUIT COCKTAIL VANILLA PUDDING WHOLE WHEAT BREAD</p> <p>25 Gm Fat 765 Calories 841 mg Sodium</p> <p>18</p>	<p>MEATLOAF w/TOMATO SAUCE MASHED POTATOES CARROT RAISIN SALAD CINNAMON APPLESAUCE WHOLE WHEAT BREAD</p> <p>23 Gm Fat 724 Calories 1080 mg Sodium</p> <p>19</p>	<p>OVEN ROASTED CHICKEN GARDEN RICE PILAF SPINACH SALAD w/DRSG MANDARIN ORANGES WHOLE WHEAT BREAD</p> <p>23 Gm Fat 646 Calories 620 mg Sodium</p> <p>20</p>	<p>CHILI CHEESE POTATO CAPRI VEGETABLES JELLIED STRAWB. PEAR SALAD WHOLE WHEAT BREAD</p> <p>18 Gm Fat 723 Calories 748 mg Sodium</p> <p>21</p>	<p>④ BRATWURST on BUN CORN COLESLAW FRUITY AMBROSIA</p> <p>32 Gm Fat 735 Calories 907 mg Sodium</p> <p>22</p>
<p>CLOSED FOR MEMORIAL DAY</p>  <p>25</p>	<p>CHEESEBURGER on BUN CALICO BAKED BEANS POTATO SALAD PEACH CUP</p> <p>28 Gm Fat 892 Calories 1012 mg Sodium</p> <p>26</p>	<p>TACO SALAD PEAS STRAWBERRIES &amp; APRICOTS</p> <p>27 Gm Fat 671 Calories 799 mg Sodium</p> <p>27</p>	<p>⑤ ROAST PORK w/GRAVY MASHED POTATOES RANCH BROCCOLI SALAD SUGAR &amp; SPICE APPLE SLICES POTATO ROLL</p> <p>19 Gm Fat 692 Calories 602 mg Sodium</p> <p>28</p>	<p>BEEF &amp; MACARONI CAULIFLOWER PINEAPPLE CHUNKS CHOCOLATE CAKE WHOLE WHEAT BREAD</p> <p>24 Gm Fat 738 Calories 882 mg Sodium</p> <p>29</p>

