

Merry Christmas

The Scoop

DECEMBER 2010



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS



921 Janet Avenue
Clearwater, Kansas 67026



620-584-2332

commcenter@sktc.net



December Birthdays

- 01 Fern Topham
- 04 Jerry Potter
- 07 Barbara Callaway
- 07 Becky Corrigan
- 12 Ruby Morehead
- 13 Alvin Hoelscher
- 13 Austin Pond
- 13 George Rudy
- 14 Ann Leffingwell
- 14 Dennis Miller
- 15 Page House
- 15 Mary McDonald
- 18 Gordon Smith
- 18 William Titterington
- 19 Velma Skinner
- 20 Ardena Matlack
- 20 Allan Beattie
- 20 Peggy Chitwood
- 21 Art Bodin
- 22 Larry Decker
- 22 Norma Richardson
- 22 Carla Butterfield
- 24 Gladys Trindle
- 25 Mike Corrigan
- 25 John Dillon
- 26 Betty Rich
- 29 Shirlene Jackson
- 31 Aaron Finney
- 31 Shirley Tarrant

CHRISTMAS QUIZ

1. Which parasite with white berries is used as a Christmas decoration?
2. In which movie was *White Christmas* first sung?
3. What is a Christingle?
4. The Christmas rose is from which family of plants?
5. What is the emblem of St. Nicholas?
6. What would you do with a wassail?



THANKSGIVING LUNCHEON



Marlene Parret led the Flag Salute then read a poem entitled "I Am The Flag of the UNITED STATES Of America" as the beginning of the November monthly luncheon. Following the poem, she called Val Lange to the podium, who called Carl Shaffer to the front. She presented him, as director of the Community/Senior Center, with a flag and a Certificate of Authenticity.

The certificate states that the flag was flown in the face of the enemy aboard a Special Operations aircraft through the skies of Iraq during a Tactical Combat Mission by our Nation's leading Task Force targeting terrorism in Iraq on September 22, 2010. This flag bears witness to the elimination, capture and detention of terrorist forces threatening the freedom of the United States and the World. This flag was given by SrA Rebecca Elliott, daughter of Roger & Val Lange and grand-daughter of Ruby Fisher. Rebecca is stationed in that area until mid-December.

The pictures above are Carl holding the flag and Val holding the Certificate of Authenticity.

We were pleased to have several of the City officials present: Kent Brown, City Administrator; Cheryl Wright, City Clerk, Jim Frischenmeyer, City Councilman; and Marvin Schauf, City Fire Chief.

After all 40 plus folks filled their plates and had several minutes to enjoy the food and the table talk, Carl introduced Wendy Irwin of Angels Hospice of Winfield who talked to the group about Parkinson's Disease. Wendy has been a guest speaker at The Center on several different occasions and is always warmly received.

It was determined that the December luncheon would be another "Pot Luck" lunch. Jean Watts said there would be ham & sweet potatoes.

Carl gave a quick rundown of the planning committee meeting held the week before. There seemed to be no questions nor comments on his information.

November birthday people attending were Grace Webb, Angie Shaver and Cleta Cornett.



Grace



Angie



Cleta



Marlene w/ Poem

The December luncheon will be held on Dec. 14 at 12 Noon. Hope to see you there.

The winner of the \$50 gift card drawn from the Farm Bureau Tent at the Fall Festival was Nita Vannoster of Clearwater. Congratulations, Nita!

Do you remember what you were doing on Sunday, December 7, 1941? Here's one person's story!

Ed Johann was a 17-year-old sailor on duty in Pearl Harbor on the morning it was attacked, Dec. 7, 1941. This story was written in Dec., 2009.

PEARL HARBOR, Hawaii — Ed Johann will always remember the sound of planes diving out of the sky to bomb U.S. battleships, the explosions and the screams of sailors. He still recalls the stench of burning oil and flesh.

The 86-year-old retired firefighter is due to return to Pearl Harbor for the first time since World War II to attend a ceremony marking the 68th anniversary of the Japanese attack.

"I really don't know how I'm going to handle it," said Johann, from his home in Oregon. "When I think about it, all I have is unpleasantness. I'm sure it's not like that now."

Johann was a teenage apprentice seaman on Dec. 7, 1941. He had enlisted in the Navy only five months earlier so his parents, who picked and packed tomatoes and other crops in California's San Fernando Valley, wouldn't have to support him.

He and two other sailors were waiting to ferry passengers on a small boat to and from the USS Solace, a hospital ship that was moored in Pearl Harbor, when they saw the Japanese planes .

They first thought they were U.S. aircraft conducting drills until they saw explosions and flames from the stricken ships.

Johann's motor launcher boat rushed to the USS Arizona, which was hit by several bombs, one of which struck her forward ammunition magazines and set off a massive explosion. Already fueled and manned when the attack began, their 30-foot boat was the first rescue vessel to arrive at the scene.

(You can read the rest of his story by going to: http://www.msnbc.msn.com/id/34299994/ns/us_news-military/)

ONE-LINER: To steal information from a person is called plagiarism. To steal information from the enemy is called gathering intelligence.



In the United States and the rest of the northern hemisphere, the first day of the winter season is the day of the year when the Sun is farthest south (on December 21st this year). This day is known as the Winter Solstice.

NO JAM SESSIONS - Dec. or Jan.

The building has been rented for the full day on Dec. 4, 2010, so the monthly Jamboree is cancelled. Then the first Saturday in January, 2011 is on the 1st. Again this year we decided to give everyone a rest after all the gaiety of New Years Eve. We hope to get back on schedule for the February Jamboree.

The 'Center' is the recipient of donations on a regular basis. The November Biscuits and Gravy event served sausage donated by BIG JOHNS in the gravy.

There will be **NO MOVIE MATINEE** IN December.

A group of approximately 15 will be headed for the Orpheum Theater in Wichita on Dec. 11 to attend a 1:30 matinee by Mickey Gilley and his Branson group. They will be performing their Christmas program, the same one they are doing in Branson.

If you notice, I have been politically incorrect in this issue of The Scoop. On the last page I chose to have Santa wishing each one of our readers a "Merry Christmas." If this has offended any of you, please let Carl know. ----- Ruby

WHO TO CALL

THE SCOOP is a monthly newsletter of the Clearwater Community Center, 921 Janet, Clearwater, KS 67026.

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<http://www.clearwaterks.org>

ADVISORY COMMITTEE MEMBERS

Chair - Terry Sullivan

Co-Chair - Joan Fleming

Secretary - Carla Butterfield

Member at Large - James Charles

Member at Large - Marlene Hand

PLANNING COMMITTEE MEMBERS

Chair - Ruby Fisher

Co-Chair - Angie Shaver

Secretary - Barbara Hufford

Historian - Helen Fesnock

Education - June Finney

RSVP Program - Farol McMillan

COMMUNITY CENTER'S

ADVISORY COMMITTEE

MEETING - Nov. 12, 2010

All members plus Carl and three guests were present.

A decision was made to accept the proposal for professional floor care as quoted by ACE.

There was a suggestion that perhaps the pool table should be sold. There were some objections and it was decided to keep the table.

Carl stated that a new desk is needed for the R.S.V. P. program work. He will check further on the prices for a new or used one. There may be a possibility of getting a good used one donated.

Carl presented that there may be need for a sound system for the Center and will do some more investigation on this matter, particularly on a used one that is for sale.

Barbara Hufford stated that a warming oven is needed for the kitchen. She and Carl will check into the availability and cost for a suitable unit.

Haircuts will no longer be given at the Center.

A NOTE FROM

John E. Swinehart

Just a note to let you know how great it was to see you present LCPL John Mevey with the quilt and lap quilt. You were able to see how much it means to those young wounded warriors to really know that you care for them.

His mother, Jane Cox, and I enjoyed this very much and want to thank you for all your love and work.

God Bless You All !

John E. Swinehart



LOOKING BACK

During This past year we've lost several folks who, for one reason or another, moved from our area. We miss seeing and working with Elsie Bell, Stella Coble, Geri Deninger, Dorothy Dragger and Elsie Wortham. We are thankful for having known them and for their help at the Center. Life is in a continual replacement cycle mode, here today and gone tomorrow.

But looking ahead to the new year, we are thankful for those dedicated folks who still remain and support the Center. It is through friendship and love that we are able to help others in this and other communities of our great nation.

There are many different things being done at the Center and there is always room for more to come and enjoy each other's company, see old friends and new ones to work, play, listen, and just sit back and enjoy life. - Carl Shaffer

***May you always have love to share, health to spare, and friends that care. - Anon.

WE'RE OUT TO STOP FRAUD AND YOU CAN HELP

This is one of the headlines in a brochure sent by the US Postal Service to all their patrons. At this time of year there are many folks out there wanting to make their Christmas better while making sure that yours will be a whole lot worse.

If you're like me, you may have seen this brochure in your mailbox and tossed it. I almost did. Then I started thinking that this might be something that could be used in *The Scoop*. Hope you don't mind getting this timely reminder a second time.

One section was entitled "Play it Safe". Two ways they listed were: 1) "Retain your receipts, statements and packing slips. Review them for accuracy. 2) Shred confidential documents instead of simply discarding them in the trash."

Another sub heading was "Fraud Facts. Some are: 1) "Your bank will never e-mail or call you for your account number. 2) Foreign lotteries are illegal in the US. You can't win no matter what they say. 3) Check your monthly bank statements for charges you don't recognize."

One of the suggestions under the heading 'Get Involved' is: "Share information about scams with friends and family. Use social networking to help keep them safe."

According to the USPS: "The brochure was paid for by money seized from criminals. It is intended to provide basic fraud prevention tips as well as guidance on how to report swindles when you spot them

Call 1-877-876-2455 or write to US Postal Inspection Services, Criminal Investigation Service Center ATTN: Mail Fraud, 222 S. Riverside Plaza, Suite 1250, Chicago, IL 60606-6100."



CITY LIBRARY NEWS

By Juliann Jacobs, Board Member
Volunteers are needed right here in Clearwater. Our very own Clearwater Public Library is actively seeking volunteers for the "Friends of the Library" program. Help is always needed with shelving books, tending the garden and various fund raising. Also, the Clearwater Library Board is seeking members to fill two current vacancies.

Board members provide insight to library planning to include such items as; collections, technology, and staffing of the library. Further the board works together with the City and Library Director to utilize library funds to meet needs identified. Interested parties should see Director, Vicki Wise, at the Clearwater Public Library or call **584-6474 for more information.**



Answers to Christmas Quiz

1. Mistletoe
2. "Holiday Inn"
3. Decorated Orange
4. Hellebores
5. Three Balls
6. Drink it!



WALT'S DINER OUTDOOR SIGN

No Lies

No Rumors

No Gossip

Just Good Food



KEEP FEELING GOOD

After Thanksgiving and before Christmas is an excellent time to check out Clearwater Wellness Center. Check out the Monday and Thursday classes for seniors. If you'd rather, you can walk inside with a bracelet with beads to help check out a mile walk.

With Christmas just around the corner, here are a few ideas for your special loved ones - From Kay Sands, Farm Bureau Agent

Top Gift Ideas for Seniors

1. For an elderly loved one who lives alone or in an isolated location, a Medical Emergency Notification System such as Life Alert, MedScope, or LifeLine Services is not only a wonderful gift-it could save a life! In some cases the cost may be completely covered by Medicare.

2. Large Button Cell Phone - These large button cells make calling easier with a lighted display, large buttons, speed dialing, caller ID on a large visual display.

3. Check with your local Barbers and Hair Dressers as many will do in-home hair grooming for the elderly. You can pre-pay for the service.

4. Call the local landscapers and lawn care professionals in your loved one's area and pre-pay for a season of lawn mowing and general lawn care.

5. Large faced electric wall clock. Digital clocks can be confusing and hard to set. A great gift idea for an elderly loved one would be a large faced electric wall clock. No battery to replace and easy to see from a distance.

6. Large Button Universal TV Remote. This can make seeing the numbers and pressing the right buttons so much easier....and usually priced under \$15!

7. United States Postage Stamps. With the cost of postage continuing to rise, a gift of stamps is helpful to those on a fixed income.

8. Gift Cards. Gift cards to a favorite restaurant, grocery store, or gas station make wonderful gifts and can be used when convenient by your loved one.

And remember, there is no gift as special as spending time visiting with your loved one.



TRUE 2 U AUTOMOTIVE

Vance and Lynn True recently purchased the Automotive shop at 100 West Ross, formerly owned by Gary Whitney. Vance and Lynn took over the operation on Nov. 1, 2010.

They will do general automotive repair, tire and tire repair, a/c work, transmission work and work on generally everything that has a motor from lawn mowers and 4-wheelers to cars and trucks. Vance has already fixed one man's chain saw.

They will pick up and deliver cars when necessary.

Vance is a home-town boy, son of Clair True, ready to meet the folk of Clearwater who haven't lived here as long as he has. He and Lynn have in the Clearwater area for the past thirteen years.

TRUE 2 U's motto is **BIG OR SMALL, WE WORK ON IT ALL.**



Basketball Coach Abe Lemons (coached at both Univ. of TX & OK City Univ.) remarked on retirement: "The trouble with retirement is that you never get a day off."



Norman Vincent Peale talks about the power of determination: "Empty pockets never held anyone back. Only empty heads and empty hearts can do that."



Anon. - "Good friends are like stars. You don't always see them, but you know they are always there."



JEWISH JOKE OF THE YEAR:
"Two Jewish women were sitting quietly minding their business."

Short, Funny Christmas Story



Just before Christmas, an honest politician, a generous lawyer and Santa Claus all got into the lift at the Ritz Hotel in London. As the lift travelled from the 5th floor down to the ground level, one-by-one they noticed a £50 note lying on the lift's floor.

Which one picked up the £50 note, and handed it in at reception?

Santa of course, the other two don't actually exist!

Myra was going to the Christmas office party but needed a new party dress.

In the clothing store she asked, 'May I try on that dress in the window, please?'

'Certainly not, madam,' responded the salesgirl, 'You'll have to use the fitting room like everyone else.'

Christmas Tale from the Inn



Did you hear about the St Jude's Primary School Nativity Play?

Two children are dressed as Mary and Joseph, and they are on their way to the inn in Bethlehem.

Meanwhile on the other side of the stage, a lad in a shepherd's outfit is on a mobile phone, calling to make a reservation.

If you're having a family get-together, going out of town, or have some other interesting thing planned for Christmas, PLEASE call me to share it with readers of The Scoop for the January issue. Need it by 12/15.

Holiday Giving on a Budget

For Parents & Grandparents

Although the economy has improved somewhat since last year's holiday season, consumers are still hunting for bargains and parents still want to cut back on their children's wish list and expectations. Here are some helpful hints to make the children in your life happy over the holidays without breaking the bank:

Be creative - Encourage your children to consider alternative holiday gifts. Rather than spending money, you could give thoughtful presents of time or service, such as taking over a sibling's chores for a month or going on a one-on-one "date" with Mom or Dad, complete with a movie, a meal or some other treat.

Ask the children to make choices - They need to learn this critical financial skill. Once they've made their list, have them pare it down to just their top five things. Give the older kids a budget and ask them to choose gifts that don't exceed that amount.

Set your own rules and customs - Consider adapting a one-big-gift rule. Get one nice gift from their wish list, then several smaller items for their stocking.

Teach the joy of giving - Explain to your children that the holidays are not just about getting gifts and help them experience the joy of giving. Help them buy a gift with their own money and deliver it to a homeless shelter, school, house of worship, hospital, day-care center, care home or any other place where they can interact with others who would appreciate both the gift and the thought behind it.

Be honest with your children - If you're worried about your finances or are in danger of losing your job, tell them. Don't overwhelm them with all the details but they are going to pick up on your tension anyway so it helps to clear the air about what you can and can't afford.

Submitted by Kay Sands, Farm Bureau Agent

REMEMBER: Cell Phone Numbers Went Public last month.

REMINDER..... all cell phone numbers are being released to telemarketing companies and you will start to receive sales calls.

.... YOU WILL BE CHARGED FOR THESE CALLS

To prevent this, call the following number from your cell phone: 888-382-1222.

It is the National DO NOT CALL list It will only take a minute of your time.. It blocks your number for five (5) years. You must call from the cell phone number you want to have blocked. You cannot call from a different phone number.

Events of 100 Years Ago - 1910

Many, many changes have come about in the past one-hundred years. These might not have been the most outstanding events 100 years ago but are interesting.

2/15/1910 - Boy Scouts of America is founded.

3/16/1910 - Barney Oldfield sets the land speed records of 131.7 mph at Datona.

3/26/1910 - **United States forbids immigration to criminals, anarchists, paupers, and the sick.**

4/15/1910 - President Taft begins the tradition of throwing out the first ball at a baseball game.

6/19/1910 - Fathers Day is celebrated for the first time (in Spokane, WA).

8/9/1910 - Alva Fisher patents the electric washing machine.

9/12/1910 - World's first female cop, Alice Stebbins Wells, is appointed. (Los Angeles Police Dept.)

11/8/1910 - This is the first Washington State election in which women can vote.

11/27/1910 - New York City's Pennsylvania Station opens as the world's largest railway terminal.

12/19/1910 - Rayon was first commercially produced (in Marcus Hook, PA.)

12/31/1910 - U.S. tobacco industry produced 9 billion cigarettes in 1910.

12/31/1910 - The first-class U.S. postage stamp cost the customer \$0.02.

These above items didn't create earth-shaking results, but aren't they nicer events to remember than the events of the year now ending: 2010?

PUNS FOR THE EDUCATED MINDS

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. He thought he saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.

These came in an email from my friends, the Sullivans, in Udall. Thanks, Cecil and Colleen.



LARRY LEE - Surprise Guest



At Nov. Jamboree

The program started at 7 PM as it does each month. Selections had already been performed by Jerry Angstadt, Haysville, on his steel guitar, Roger Dawson sang an old country favorite, with help from Charlotte Dawson on the bass, Bruce Hopson on rhythm guitar, and Jerry. Then it was Bruce's turn to shine. He always comes up with good, old, country favorites.

The main door opened to allow a beautiful electric piano being pushed in. Larry Lee had arrived. It took some time for him to get set up as the other musicians continued performing. When he was finally ready to perform, I jokingly said he'd already missed three rounds so he'd have to do three songs in a row. And he did!!!!

We really enjoy listening to the musicians who take time each month to come entertain. But it's also very nice to have mystery guests surprise us.

Larry Lee is from Rago, KS but has toured with his own band throughout the U.S. He has done solo work in some large hotels in Kansas. He sings and plays music from the rock & roll era, but also does country and some big band sounds. Sure hope he can find us again!!!! We all enjoyed his music. ----- Ruby



CHILI/SOUP SUPPER A SUCCESS

By Carl Shaffer

Christi Stevens and Jeremy Watts are two students at Butler County Community College. In one of the classes, they were assigned to do a fund-raiser in a community. Jeremy's grandmother, Jean Watts, works at the 'Center' helping with the daily Red Cross meals. Jeremy and Christie came to me and asked if they could do a fund-raiser for the 'Center' as per their assignment. They would do the preparation, put out flyers, put out donation jars, etc. They did as their assignment instructed. They put out flyers, made and distributed donation jars, got good donations and they would serve the chili and soup.

We at the 'Center' helped with a few items and our regular volunteers. It was a pleasure to help these young people with their project.

Christie is married to a Wichita police officer and has two daughters. Jeremy is a Clearwater police officer and is married with two daughters. We want to thank them for choosing to help US. A big thanks also goes to the volunteers, business people, and to each individual who helped. And ----- thanks to those we served.

December 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>★ ★ ★</p> 		 	1	2	3	4
5	6	7	8	9	10	11
<p>Painting - both Beginners & Advanced 1 to 3 pm</p>	<p>Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Planning Meet: 10 am AA & AIAnon : 7 pm Pearl Harbor - 1941</p>	<p>Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Luncheon: 12 noon AA & AIAnon: 7 pm</p>	<p>Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???</p>	<p>Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm</p>	<p>Knitting: 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???</p>	<p>NO JAM SESSION Building Rented All Day</p>
12	13	14	15	16	17	18
<p>Painting - both Beginners & Advanced 1 to 3 pm</p>	<p>Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to 3 pm</p>	<p>NO MOVIE MATINEE</p>	<p>Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm</p>	<p>Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm</p>	<p>Knitting: 9:30 to 11:30 am Exercise: 10 to 11 am Cards & Games 1 pm to ???</p>	<p>BISCUITS & GRAVY 7 TO 10 AM</p>
19	20	21	22	23	24	25
<p>Painting - both Beginners & Advanced 1 to 3 pm</p>	<p>Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm</p>	<p>Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm 1ST DAY OF</p>	<p>Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm</p>	<p>Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm</p>	<p>Christmas Eve </p>	<p>Christmas Day </p>
26	27	28	29	30	31	
<p>Painting - both Beginners & Advanced 1 to 3 pm</p>	<p>Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm</p>	<p>Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AIAnon : 7 pm</p>	<p>Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm</p>	<p>Knitting: 9:30 to 11:30 am AA & AIAnon : 7 pm</p>	<p>NEW YEAR'S EVE  Welcome 2011</p>	

**GOOD NEIGHBOR NUTRITION PROGRAM (219-4020)
GNNP MENU (menu is subject to change) DECEMBER 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● CONTAINS TURKEY ◎ CONTAINS PORK 		<ul style="list-style-type: none"> ◎ BBQ PORK on BUN POTATO ROUNDS PICKLED BEETS FRESH ORANGE 	<ul style="list-style-type: none"> OVEN ROASTED CHICKEN GARDEN RICE PILAF MIXED GREEN SALAD w/DRSG PINEAPPLE AMBROSIA WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> ● HAM & BEANS w/ONIONS SPINACH CINNAMON APPLESAUCE CORNBREAD
<ul style="list-style-type: none"> 23 Gm Fat 725 Calories 727 mg Sodium 	<ul style="list-style-type: none"> 19 Gm Fat 698 Calories 762 mg Sodium 	<ul style="list-style-type: none"> 32 Gm Fat 814 Calories 664 mg Sodium 	<ul style="list-style-type: none"> 24 Gm Fat 668 Calories 906 mg Sodium 	<ul style="list-style-type: none"> 12 Gm Fat 670 Calories 1069 mg Sodium
<ul style="list-style-type: none"> CHILI CHEESE POTATO RANCH BROCCOLI SALAD APRICOTS WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> ◎ TURKEY TETRAZINI CALIFORNIA VEGETABLES SLICED PEACHES SUGAR COOKIES WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> BEEFY MACARONI & CHEESE GREEN PEAS MANDARIN ORANGES WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> MEATLOAF w/TOMATO SAUCE CHEESY POTATOES TOSSED SALAD w/DRSG HARVEST FRUIT MIX WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> CRANBERRY MEATBALL MASHED POTATOES TOSSED SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD
<ul style="list-style-type: none"> 23 Gm Fat 827 Calories 797 mg Sodium 	<ul style="list-style-type: none"> 26 Gm Fat 762 Calories 1185 mg Sodium 	<ul style="list-style-type: none"> 20 Gm Fat 645 Calories 1008 mg Sodium 	<ul style="list-style-type: none"> 23 Gm Fat 733 Calories 1101 mg Sodium 	<ul style="list-style-type: none"> 24 Gm Fat 769 Calories 1160 mg Sodium
<ul style="list-style-type: none"> GROUND BEEF STROGANOFF BROCCOLI MIXED FRUIT CUP WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> ◎ PORK STEW GREEN BEANS ROSY APPLESAUCE BISCUIT 	<ul style="list-style-type: none"> BEEF & MACARONI DICED CARROTS JELLIED STRAWBERRY PEAR SALAD WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> SLICED ROAST BEEF w/GRAVY MASHED POTATOES ROMAINE SALAD w/DRSG CHERRY PIE POTATO ROLL 	<ul style="list-style-type: none"> TURKEY & NOODLES MEDITERRANEAN VEGETABLES STRAWBERRY CUP WHITE CAKE WHOLE WHEAT BREAD
<ul style="list-style-type: none"> 27 Gm Fat 649 Calories 683 mg Sodium 	<ul style="list-style-type: none"> 20 Gm Fat 625 Calories 706 mg Sodium 	<ul style="list-style-type: none"> 20 Gm Fat 625 Calories 706 mg Sodium 	<ul style="list-style-type: none"> 30 Gm Fat 874 Calories 927 mg Sodium 	<ul style="list-style-type: none"> 17 Gm Fat 691 Calories 1198 mg Sodium
<ul style="list-style-type: none"> HAMBURGER on BUN CALICO BAKED BEANS MACARONI SALAD MANDARIN ORANGES 	<ul style="list-style-type: none"> SPAGHETTI WITH MEATSAUCE CAPRI VEGETABLES QUICK FRUIT CUP BREADSTICKS 	<ul style="list-style-type: none"> ◎ TURKEY TORTILLA SOUP MIXED GREEN SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING 	<ul style="list-style-type: none"> CLOSED FOR CHRISTMAS HOLIDAY 	<ul style="list-style-type: none"> CLOSED FOR CHRISTMAS HOLIDAY
<ul style="list-style-type: none"> 23 Gm Fat 827 Calories 797 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium 	<ul style="list-style-type: none"> 18 Gm Fat 741 Calories 943 mg Sodium 	<ul style="list-style-type: none"> 20 Gm Fat 634 Calories 963 mg Sodium 	<ul style="list-style-type: none"> 20 Gm Fat 634 Calories 963 mg Sodium
<ul style="list-style-type: none"> SLOPPY JOE on BUN WHOLE KERNEL CORN ITALIAN PASTA ROSY APPLESAUCE 	<ul style="list-style-type: none"> ◎ PORK PATTIES w/ GRAVY MASHED POTATOES COMBINATION SALAD w/DRSG SLICED PEACHES WHOLE WHEAT BREAD 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium
<ul style="list-style-type: none"> 28 Gm Fat 802 Calories 638 mg Sodium 	<ul style="list-style-type: none"> 31 Gm Fat 716 Calories 1237 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium
<ul style="list-style-type: none"> 28 Gm Fat 802 Calories 638 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium 	<ul style="list-style-type: none"> 28 Gm Fat 675 Calories 872 mg Sodium

HO HO HO MERRY MERRY CHRISTMAS TO YOU!!!



THOUGHTS ON AGING AS WE COME TO THE END OF ANOTHER YEAR (from Carl's email)

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself and less critical of myself. I've become my own friend. I don't chide myself for eating that extra biscuit, or for not making my bed, or for buying that silly gecko that I didn't need, but looks so avante-garde on my patio. I am entitled to a treat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon? I will dance with myself to those wonderful tunes of the 40's thru 70's, and if I, at the same time, wish to weep over a lost love.....I will.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. As we get older, it is easier to be positive. We care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer the implied question, I like being older. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

Clearwater Community/Senior Center
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Clearwater, Kansas 67026

Merry Christmas

