

# The Scoop

**Primary Election,  
August 7, 2012**

**August, 2012**



**CLEARWATER**

**COMMUNITY CENTER  
& SENIOR HAPPENINGS**

**921 Janet Avenue  
Clearwater, Kansas 67026  
commcenter@sktc.net**

**Phone:620-584-2332**



## *Getting to know... the Kelloggs*

This month's interview is with Lewis and Irlene Kellogg. Lew was born into a family with three children in Dery, Connecticut. Irlene was born in Cambridge, Massachusetts and had three siblings. They both graduated from their respective high schools. In December 1941 when World War II broke out, Lew enlisted in the United States Army Air Force. He spent the next four years in the service and when he got out, he stayed in the reserves.

One night in Hyannis Port, he went on a blind date and met Irlene. Irlene was smitten and could hardly wait to get Lew home to meet her parents. They were married in 1948 and afterwards spent a lot of time frolicking, swimming, and wading in the warm waters along the very nice sloping beach at Hyannis Port.

Lew was called back into the service when the Korean War broke out. During this stint, he spent time in South America, Trinidad, British, Dutch, and French Guinea. While Lew was away, Irlene was busy as a homemaker raising two boys. A third child, a daughter, was born after Lew's time in the service.

While Lew was in the service he worked on airplanes, and when he got out he was offered a job at Sperry Gyroscope where he ended up working for 35 years. In 1968, Sperry offered him a job at their plant in Wichita and he moved the family there. In 1969 they bought 25 acres west of Clearwater on the Ninnescah River. Later they bought two farms, one South of Clearwater and the other near Peck. They lived at the Peck farm, but did most of their shopping in Clearwater. Their children all graduated from Clearwater High School.

About 10 years ago Lew started exercises at the Wellness Center and as time went on he started an exercise class at the Community Center for seniors or anyone else who wanted to participate. The class was adapted for older people to keep up and still get the benefits of exercise. About a year ago Lew started teaching a Tai-Chi class at the Center. This is an accredited class and approved by the American Arthritis Foundation under the leadership of Dr. Paul Lam. The Department of Aging is encouraging the use of Tai-Chi at all their centers. Studies have found this exercise is very beneficial resulting in healthy body improvement in the areas of breathing, balance, and soul thought through its deep concentration and meditation.



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## *Who I am makes a difference.....*

A teacher in New York decided to honor each of her seniors in high school by telling them the difference each of them made. She decided to make a class project, to see what kind of impact that recognition would have on a community. She called each one to the front of the class, one at a time. Then she gave each one a blue ribbon, imprinted with gold letters, which read, "Who I Am Makes a Difference." Then she gave each one of the students 3 more blue ribbons, and instructed them to go out and spread this acknowledgement, and then return in one week to share the results.

One of the boys in the class went to a junior executive in a nearby company, and honored him for helping him in planning his career. He put a blue ribbon on his shirt. Then he gave him the other 2 ribbons and said, "We are doing a class project on recognition, and we'd like you to go out, find somebody to honor, then give

them a blue ribbon so they can acknowledge a third person to keep this going. Then report back to me and tell me what happened.”

Later that day, the junior executive went in to see his boss, who had been noted by the way, as being kind of a grouchy fellow. He sat his boss down, and told him that he deeply admired him for being a creative genius. The boss seemed very surprised! The junior executive asked him if he would accept the gift of the blue ribbon, and would he give him permission to put it on him. His surprised boss said, “Well, sure.” The junior executive took the blue ribbon and placed it right on the boss’s jacket, above his heart. As he gave him the last blue ribbon, he said, “Would you take this ribbon, and pass it on by honoring somebody else? The young boy who first gave me the ribbons is doing a project in school. And we want to keep this recognition going and find out how it affects people.”

That night the boss came home to his 14-year-old son, and sat him down. He said, “The most incredible thing happened to me today. I was in my office, and one of my junior executives came in and told me that he admired me, and gave me a blue ribbon for being a creative genius. Imagine!! He thinks I’m a creative genius! Then he put this blue ribbon that says, “Who I am makes a difference,” on my jacket above my heart. He gave me an extra ribbon and asked me to find someone else to honor. As I was driving home tonight I started thinking about whom I would honor with this ribbon and I thought about you. I want to honor you. My days are really hectic and when I come home, I don’t pay a lot of attention to you. Sometimes I scream at you for not getting good enough grades in school and for leaving your room a mess. But somehow tonight, I just wanted to sit here and, well, just let you know that you make a difference to me. Besides your mother, you are the most important person in my life. You’re a great kid, and I love you!”

***Do you make a difference in someone’s life?***

### ***News Shorts***

† Here are some tips from a police officer for helping you stay safe. Your elbow is the strongest point in your body ~ think about it if threatened. If someone is trying to rob you, take your purse or wallet throw it away from you and run in the opposite direction. He will probably want the money. If someone has a gun and you can run, do it in a zigzag pattern. If you are ever put into the trunk of a car, kick out the back tail light and wave like crazy. Drivers behind will see you wave, but the driver will not. Do not sit in a parking lot eating, checking a list, etc., without locking your doors. Be sure to check the area around your car for anyone who might be watching you, look in the back seat, and be alert. In a parking garage if there is a van sitting next to your driver’s door, get into your vehicle from the passengers side. A person can grab you and drag you into the door of the van when your back is turned. Use the parking garage elevator and NOT the stairs as it is an easy place for a crime to be committed. Do not sympathetic to an unknown person with a cane or walker. It can be a ruse to get you near their car. Ted Bundy used this way to get some of his victims. There is also the scheme of a crying baby on the porch. Be watchful! These are just a few hints to use as a safety reminder.

† We are starting a computer class on Monday mornings at the Center. The class will be taught by Adam Heppler. Adam is a young man working on his Eagle Scout merit badge. This class is open to all who want to learn about computers... from the very basics on up. This will be a good generational class between young and older people.

† We are in a very hot spell and it looks like it will last for a while longer since August and September are still ahead. Dehydration is a major concern for all people, and the elderly are not immune to it. Doctors say to drink 8 glasses of water a day, but with this hotter weather, more is better. Sweating and urination decrease the body’s fluids as well as vomiting, diarrhea, and blood loss. If body liquids are lost, acute dehydration is a danger that could lead to a heat stroke or other diseases or sickness. Your body uses liquids to expel toxins and to keep the body flexible, lubricated, and running smoothly. Pop and energy drinks

usually contain a high content of sugar which is not good for the body. Doctors say dehydration starts when you lose 2% of the body liquids. Should the body lose 10% of its fluids, EMERGENCY help is needed IMMEDIATELY. Staying in air conditioning does not replace your body fluids. Here are some of the symptoms for severe dehydration: muscle spasms, vomiting, dim vision, painful urination, confusion, difficulty breathing, and seizures.

† We are making a plea to the community for people over 60 to eat at the Center. We have 8 shut-ins that also need our help. The Red Cross meals cost only \$2.00 per meal. Just think, for \$2.00 you do not have to cook and heat up your house, do dishes, *and* you can be waited on at the table. What a great deal for your money! We have a menu on channel 2 you can watch and order the meals you want without leaving your home. We cannot increase our shut-in number unless we have more people eat at the Center. We may have our meals cancelled if we do not get more people involved in the meals so this is how eating there helps others. Cindy is also in need of drivers and she can be reached at 584-2332 ~ she can explain what days she needs drivers and she can also relay to you the days you order meals. We eat about 11:30 a.m. and the meals are provided on all weekdays except holidays and the 2<sup>nd</sup> Tuesday of the month. There is also a list of meals in the Scoop that you can look at and decide which meals you may want. Let's use this as a way to help others in our community.

† The painting class, the Tai-Chi, and the exercise classes are all getting bigger. However we can still take a few more in each class.

† There are a couple of upcoming shows at the Tallgrass Film Festival in Wichita on October 18-21. On October 19<sup>th</sup> some specially selected films for seniors will be free to those over 65. The times are from 9:00 a.m. to 5:00 p.m. Later, we will let you know the names of the films being shown.

† The Orpheum Theater is having "In the Mood" on Saturday October 6<sup>th</sup> with performances at 3 and 7:30 p.m.. The tickets range in cost from \$22 to \$60 each. The Crosby, Stills, and Nash show at Hartman arena on Saturday August 11<sup>th</sup> has tickets available from \$40.50 to \$98.50, and no discounts for seniors.

† The Senior Expo is coming up on September 26<sup>th</sup>, with free admission. They have a lot of events and there are 4 locations. There will be a park and ride shuttle provided, so you can go from one to the other without driving and looking for a parking space. More on this event in the September Scoop.

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### ***Why should I limit Sodium?***

Salt is sodium chloride. Sodium is an element that is needed for good health. You must have a certain balance of sodium and water in your body at all times. When you have a good balance and are healthy, your kidneys get rid of the extra sodium to keep the correct balance of both sodium and water.

Too much sodium leads to high blood pressure which in turn can lead to heart disease and stroke. Your body needs only about ½ gram of salt a day, which is about 500 mgs. That is why a doctor may tell you to throw your salt shaker away. Some people may be able to have up to 2300 mgs per day, but that depends on your doctor. Most of the salt in our diets comes from us adding salt to our food. Read labels on food for how much sodium is in the package. The closer sodium is to the beginning of the listed contents, the higher the amount of sodium there is in the package. Here's a list of sodium compounds: salt, monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, and any compound that has "sodium" in its name.

Foods with high sodium content: salted snacks, ham, bacon, corned beef, luncheon meats, sausages, hot dogs, fish that is frozen, pre-breaded, pre-fried or smoked, fish in oil or brine like tuna, sardines, and

shellfish, seasoned salts, meat tenderizers, ketchup, mayonnaise, sauces, salad dressing, chesses, and buttermilk. Let's start eating healthier and living longer with strong bodies and improved minds.

# Happy Birthday to our friends who were born in august!

Steve Vosburg, Aug. 1  
Roy Honn Aug. 1  
Joyce Avery, Aug. 1  
Maxine Mikesell, Aug. 6  
Carol Loker, Aug. 6  
Bonnie Guiltner, Aug. 6  
Carl Conley, Aug. 7  
Ruby Morehead, Aug. 8  
Gordon Mikesell, Aug. 8  
Ruth Davis, Aug. 9  
James Flippin, Aug. 9  
Thelma Wohlford, Aug. 13  
Rick Hewster, Aug. 15  
Mary Beth Hess, Aug. 17

Carl Shaffer, Aug. 17  
Maggie Leibold, Aug. 18  
Pat Parmele, Aug. 18  
Laura Walker, Aug. 19  
Janet Jackson, Aug. 20  
Ruby Fisher, Aug. 20  
Fleming, Joan 20th  
Mary Jo Mc Mahan, Aug. 20  
Shirley Pelz, Aug. 21  
Terry Sullivan, Aug. 23  
Dorothy Gay, Aug. 26  
Kay Sands, Aug. 28  
Marvaline Ray, Aug. 30  
Bobby Robbins, Aug. 31

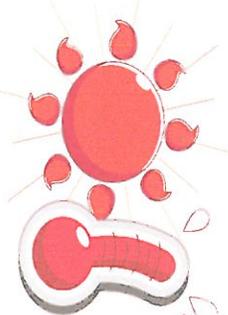
## **FISH FRY: August 25**

**The drawing for the quilt will take place at this event!**

**GOOD NEIGHBOR NUTRITION PROGRAM**

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

**AUGUST 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>CONTAINS TURKEY</li> <li>CONTAINS PORK</li> </ul>		BEEF & MACARONI TOSSED SALAD w/DRSG TROPICAL FRUIT MIX CHOCOLATE CHIP COOKIES WHOLE WHEAT BREAD	<ul style="list-style-type: none"> <li>TURKEY POT PIE w/BISCUIT</li> <li>BRUSSELS SPROUTS</li> <li>FRESH APPLE</li> </ul>	BREADED CHICKEN SANDWICH on BUN HERB POTATOES SWEET & SOUR SLAW MIXED FRUIT CUP
© BRATWURST on BUN CABBAGE & KRAUT POTATO SALAD PEACHES, PEARS & GRAPES	TACO SALAD MEXICALI CORN FRESH ORANGE	SALISBURY STEAK MASHED POTATOES TOSSED SALAD w/DRG SLICED PEACHES WHOLE WHEAT BREAD	© HAM & BEANS w/ONION TURNIP GREENS CRANBERRY ORANGE GELATIN CORNBREAD	SPAGHETTI w/MEATSAUCE GARDEN VEG SALAD w/DRSG ROSY APPLESAUCE BREADSTICKS
31 Gm Fat 685 Calories 1168 mg Sodium	29 Gm Fat 680 Calories 743 mg Sodium	23 Gm Fat 675 Calories 614 mg Sodium	13 Gm Fat 766 Calories 1155 mg Sodium	17 Gm Fat 671 Calories 792 mg Sodium
BEEF GUMBO SOUP MACARONI SALAD w/CARROTS MANDARIN ORANGES SUGAR COOKIES CRACKERS	CHICKEN DIJON GARDEN RICE PILAF CORONADO SALAD PEARS w/WATERMELON DINNER ROLL	<ul style="list-style-type: none"> <li>DELI TURKEY &amp; SWISS on WHEAT</li> <li>COLESLAW w/CARROTS</li> <li>FRESH APPLE</li> <li>CHOCOLATE CHIP COOKIES</li> </ul>	CRANBERRY MEATBALLS MASHED POTATO CASSEROLE DILLY CUCUMBER SALAD JELLIED STRAWBERRY PEAR SALAD WHOLE WHEAT BREAD	© CREAMY HAM & POTATO SOUP COMBINATION SALAD w/DRSG HOT SPICED APPLES VANILLA PUDDING CRACKERS
23 Gm Fat 670 Calories 784 mg Sodium	16 Gm Fat 678 Calories 838 mg Sodium	29 Gm Fat 848 Calories 877 mg Sodium	32 Gm Fat 881 Calories 1257 mg Sodium	14 Gm Fat 642 Calories 1087 mg Sodium
CHILI with BEANS CAPRI VEGETABLES PEACH SLICES CHOCOLATE PUDDING CRACKERS	ITALIAN CHICKEN CASSEROLE SPINACH SALAD w/DRSG FRUITED GELATIN FRENCH BREAD	© SCALLOPED POTATOES w/HAM GREEN BEANS STRAWBERRY PEARS CORNBREAD	SOFT TACO SPANISH RICE CINNAMON APPLESAUCE	<ul style="list-style-type: none"> <li>TURKEY &amp; CAVATAPPI</li> <li>MEDITERRANEAN VEGETABLES</li> <li>FRESH BANANA</li> <li>SUMMER LIME GELATIN</li> <li>WHOLE WHEAT BREAD</li> </ul>
26 Gm Fat 739 Calories 796 mg Sodium	17 Gm Fat 691 Calories 1103 mg Sodium	19 Gm Fat 705 Calories 1116 mg Sodium	21 Gm Fat 689 Calories 942 mg Sodium	15 Gm Fat 733 Calories 1024 mg Sodium
BEEF PATTY w/ONION GRAVY MASHED POTATOES PICKLED BEETS HARVEST FRUIT MIX DINNER ROLL	© EGG SCRAMBLE w/BACON BITS OVEN FRIED POTATOES BANANAS & STRAWBERRIES BLUEBERRY MUFFIN SQUARE	SLOPPY JOE on BUN SUCCOTASH POTATO SALAD MIXED FRUIT CUP	© HAM LOAF w/CREAM GRAVY MASHED POTATOES MIXED GREEN SALAD w/DRSG PEARS & MANDARIN ORANGES POTATO ROLL	CHICKEN & NOODLES BRUSSELS SPROUTS APRICOT HALVES WHOLE WHEAT BREAD LEMON CAKE
25 Gm Fat 817 Calories 748 mg Sodium	33 Gm Fat 756 Calories 900 mg Sodium	26 Gm Fat 796 Calories 688 mg Sodium	21 Gm Fat 707 Calories 1020 mg Sodium	18 Gm Fat 634 Calories 737 mg Sodium
27	28	29	30	31



# AUGUST 2012

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 RENTED	6 COMPUTER CLASS AT 10 AM	7 TAI-CHI 8:30 AM EXERCISE 9:30 AM TO 10:30 AM	8	9 AA & AL-ANON 7 TO 9 PM	10 QUILTING 9:00 AM TO ?? TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1 PM	11	4 7 TO 10 PM JAM SESSION
12	13COMPUTER CLASS AT 10AM PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED	14 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	15	16 AA & AL-ANON 7 TO 9 PM	17 QUILTING 9:00 AM TO ?? TAI-CHI 8:45 EXERCISE 10-11 AM CARDS & GAMES 1 TO 4 PM	18 BISCUITS & GRAVY 7 TO 10 AM	
19	20COMPUTER CLASS AT 10AM PAINTING 1 TO 3 PM BOTH BEGINNING AND ADVANCED	21 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	22	23 AA & AL-ANON 7 TO 9 PM	24 QUILTING 9:00 TO ?? TAI-CHI 8:45 EXERCISE 10-11AM CARDS & GAMES 1 TO 4 PM	25	
26	27COMPUTER CLASS AT 10AM PAINTING1 TO 3 PM BOTH BEGINNING AND ADVANCED	28 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7 TO 9 PM	29	30 AA & AL-ANON 7 TO 9 PM	31 QUILTING 9:00 AM TO ?? TAI-CHI 8:45AM EXERCISE 10-11 AM CARDS & GAMES 1 TO 4 PM		

*Is This One of the Dog Days of Summer?*



*How to know when it's time to stop driving!*

Clearwater Community/Senior Center  
921 East Janet  
Clearwater, KS 67026