

The Scoop

July, 2012

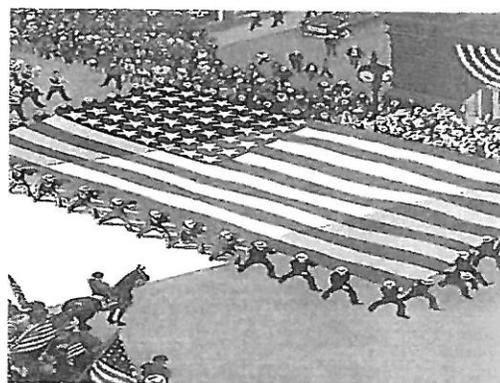


CLEARWATER

COMMUNITY CENTER & SENIOR HAPPENINGS

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“Just checking in”

A minister passing through his church in the middle of the day
Decided to pause by the altar and see who had come to pray
Just then the back door opened, a man came down the aisle,
The minister frowned as he saw the man hadn't shaved in a while.
His shirt was kinda shabby and his hat was worn and frayed
The man knelt, bowed his head, then rose and walked away.
In the days that followed, each noontime came this chap
Each time he knelt just for a moment, a lunch pail in his lap.
Well, the minister's suspicions grew, with robbery a main fear,
He decided to stop the man and ask him, “What are you doing here?”
The old man said he worked down the road and lunch was half an hour,
Lunchtime was his prayer time, for finding strength and power.
“I stay only moments, see, because the factory is so far away;
As I kneel here talking to the Lord, this is kinda what I say:
“I just came again to tell you Lord, how happy I've been since we found each other's friendship and
you took away my sin.
Don't know much of how to pray, but I think about you every day. So, Jesus, this is Jim checking in
today.”

The minister feeling foolish, told Jim, that it was fine.
He told the man he was welcome to come and pray just any time.
Time came for him to go so Jim smiled, said ‘thanks’ and hurried to the door.
The minister knelt at the altar as he'd never done before.
His cold heart melted, warmed with love and met Jesus there.
As tears flowed, in his heart, he repeated old Jim's prayer:
“I just came again to tell you, Lord, how happy I've been since we found each other's friendship and
you took away my sin. I don't know much of how to pray, but I think about you every day. So, Jesus,
this is me checking in today.’

Past noon one day the minister noticed that old Jim hadn't come.
As more days passed without Jim, he began to worry some.
At the factory, he asked about him, learning he was ill
The hospital staff was worried, but he'd given them a thrill
The week that Jim was with them, brought changes in the ward
His smiles were a joy contagious, to change people, was his reward.
The head nurse couldn't understand why Jim was so glad,
When no flowers, calls or cards came, not a visitor he had.
The minister stayed by his bed, he voiced the nurse's concern
No friends came to show they cared. He had nowhere to turn.
Looking surprised, old Jim spoke up with a winsome smile;
‘The nurse is wrong she couldn't know that He's in here all the while
Every day at noon He's here, a dear friend of mine, you see
He sits right down, takes my hand, leans over and says to me:
“Just came again to tell you, Jim, how happy I have been
Since we found this friendship, and I took away your sin.
Always love to hear you pray, I think about you each day,
And so Jim, this is Jesus checking in today.’

“Just Stay”

A nurse took the tired, anxious serviceman to the bedside. “Your son is here,” she said to the old man. She had to repeat the words several times before the patient’s eyes opened. Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed Marine standing outside the oxygen tent.

He reached out his hand. The Marine wrapped his toughened fingers around the old man’s limp ones, squeezing a message of love and encouragement. The nurse brought a chair so that the Marine could sit beside the bed. All through the night the young Marine sat there in the poorly lighted ward, holding the old man’s hand and offering him words of love and strength. Occasionally, the nurse suggested that the Marine move away and rest awhile. He refused. Whenever the nurse came into the ward, the Marine was oblivious of her and of the night of the hospital—clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients.

Now and then she heard him say a few words. The dying man said nothing, only held tightly to his son all through the night. Along towards dawn, the old man died.

The Marine released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited. Finally she returned. She started to offer words of sympathy, but the Marine interrupted her. “Who was that Man?” he asked. The nurse was startled, “He was your father,” she answered.

“No, he wasn’t,” the Marine replied. “I never saw him before in my life.”

“Then why didn’t you say something when I took you to him?”

“I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn’t here. When I realized that he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed.” I came here tonight to find a Mr. William Grey. His son was killed in Iraq today, and I was sent to inform him. What was this gentleman’s name?

The nurse with tears in her eyes answered, Mr. William Grey

The next time someone needs you---just be there. Stay!!

We are not human beings going through a temporary spiritual experience.

We are spiritual beings going through a temporary human experience!!

WATER IS CRITICAL

We are in the time of year when dehydration hits a lot of people, because we DOT NOT DRINK enough WATER. You only have to lose about 2% of your total liquid before you start to dehydrate. Sweating and urination are the 2 major causes of losing body fluid. There are two types of dehydration: chronic and acute, and some of the other causes are flu, vomiting, diarrhea, blood loss, malnutrition, and simply not replacing the lost fluids. Many illnesses and diseases can trigger acute dehydration due to increased body temperature and sweating. Drinking plenty of water when sick, exercising, or working out in the heat. Drinking water will help expel toxins, keep your body flexible, lubricated, and running smoothly. When your doctor says, “drink plenty of water,” he is trying to help you stay well.

Blood pressure problems often go hand in hand due to the loss of electrolytes. Some people suggest Gatorade G series with electrolytes to help in dehydration. Check with your doctor on this item; a caution ~ there is a high sugar content.

Getting to Know..... Oats and Jeanne McCoy

This month's interview is with a couple, Charles "Oats" Mc Coy and his wife Jeanne who have been married 61 years. Oats was born in a little place called Sappa Creek on the Nebraska/Kansas line. His mother died when he was 1 month old and he was brought to Clearwater to be raised by his Aunt and Uncle John and Ora Poehner.

Jeanne Johnston was born at Millerton and moved to Clearwater in 1944. She spent her first 7 years going to a one-room schoolhouse. Charles and Jeanne both graduated from Clearwater High School.

Oats did odd jobs working for Lloyd Whitaker in his gas service and then with Charlie Garretson where he learned and



operated a trencher. They trenched water, gas, sewer, and septic lines in several areas around Clearwater. Oats was 20 when he enlisted the Marine Corps and they sent him to Kansas City to be sworn into the service. He boarded a train and it took him 3 days and 2 nights to get to San Diego. His experience as a trencher operator was very valuable as he was assigned to a heavy armored vehicle called an L.T.V. (Landing track vehicle). He was in the service for 3 years and spent 1 year in Korea. There was a 3-man crew on each LTV and he had to learn each task, crew chief, machine gunner, and driver as each person rotated to each of the different jobs. An LTV took troops from ship to shore or off shore to ship. He was at the Inchon evacuation ~ one of the most successful evacuations in our history as all the Marines, including their dead, were able to escape from the Chinese Communists who outnumbered the Marines 30 to 1. They also used their 20-ton LTVs to break ice on the Yalu River to keep the Chinese from coming across to river at night at a fast pace. When he returned, he sent for Jeanne and she took the El Capitan to Los Angeles. Oats met her there and took her to Oceanside where they were married.

Before he got out of the Marines, he was sent to the Yucca Flats Atomic Testing Grounds where he was in a trench 4000 yards from ground zero. This was the biggest atomic blast in history and being that close with only the trench for protection was a very dangerous mission. He said, "It was an experience I will never forget with the tremendously bright light, the extremely hard wind with dust blowing, and all the Joshua trees in flame."

Jeanne worked at Montgomery Wards until she went to meet Charles in California. While on the train she met a lady, Peggy Stillwell, who told her to look her up when she got back to Kansas and she would give her a job. The lady worked for Southwestern Bell. Jeanne went to see her and was hired on the spot. She worked there for 40 years before retiring from AT&T which bought out Southwestern Bell. In November 1971 Jeanne and Oats bought the house owned by George Hockett south of Clearwater where they still live that they named the O J Hog Farm.

Last year the Ole Sew N Sews made a quilt of honor which was presented to Oats for his Honorable service to the people United States. We should all thank our veterans every day and fly our flag.

This 'n' That

At our carry-in-lunch for June we had 3 speakers. The first speaker was Linda Kirby, an attorney from Wichita who has run a successful law practice since 1988. She has taught estate administration classes at Wichita State, and **was a** Professor of Law at Richmond School of Law teaching income tax, tax policy, and estate planning. She has taught business law at Newman University, argued a case before the U. S. Supreme Court, and received an award for outstanding service to the bar. These are some of qualifications, and with her understanding of business, both financial and economic, she will be running for judge against Phil Journey. Linda was born in Wichita, has 3 grown sons, has earned Bachelor and Master's degrees from WSU and is a strong supporter of veterans and their families.

Our next speaker was Lee Harp of the Clearwater Police Department, who drove up in a donated Humvee. This vehicle will be painted and serve not only our community, but also will appear in several other communities for parades promoting the D.A.R.E. program for young people. They are looking for donations for the repainting and putting decals on the vehicle; those who donate will have their names painted on the back of the Humvee. I know this is a very worthwhile project undertaken by our own police department. Let's get behind them in promoting this activity. We need to keep promoting programs that may keep some young people off of drugs, tobacco, and alcohol.

Our last speaker was Frances Waldren from "ksgamblinghelp.com" program. She brought up several reasons why people gamble. Loss of a mate, thinking they are going to 'hit it big,' and time on their hands were just some of the reasons. She did not say, "Do not go out to the casinos," but said, "do not go alone." Even all the cameras and security people do not keep you from putting money into the machines, she added. I notice in the paper on June 14th that the casino took in 15.1 million dollars in May. Also there was a picture of a man that won \$1,800... who really was the "Big Winner?"

What a special beautiful quilt the "Ole Sew N Sews" unveiled for someone to win at the fish fry in August. When you see the quilt, you will have to agree it is the best, most beautiful one they have made to date. We will be selling tickets at different locations and times again this year. They have made several Quilts of Valor and sent them to other service areas such as Fort Riley. The community should be very proud of each of the "Ole Sew N Sews" and they wonderful job they are doing for all people.

On the 14th of June we had 7 people attend the R.S.V.P. luncheon in Wichita. They were Richard and Jan Vogel, Farol Mc Millan, Normae Sullivan, Mary Mitchell, Angie Shaver, and Carl Shaffer. The R.S.V.P. hosts a meal once a year for all members that do so many hours of volunteer work. This year the volunteers did enough work to save Sedgwick County 1.4 million dollars. That is a pretty good paycheck for the county from retired people who do a lot of work to help others. If you do not know what R.S.V.P. means, the letters stand for **R**etired **S**enior **V**olunteer **P**rogram.

We had 56 people attend our 5th anniversary opening. The Southwind Ramblers did their usual great job of entertaining us with Bluegrass music. Members of the band are Bill and Beverly Hammers of Clearwater, Amydell and Duane Burns of Mulvane, and Larry Jones of Wichita.

On Saturday the 16th we had a very nice crowd of 61 people attend our biscuits and gravy breakfast. It is so good to see people smiling and laughing when they see others they know, or when a new person comes into the room and enters into a conversation with others at their table. Clearwater has some very good people when it comes to accepting others into an occasion or event.

I hear Fed-Ex and UPS will merge and will call the company "FedUp!"

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

JULY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BEEFY & MAC & CHEESE CAPRI VEGETABLES QUICK FRUIT CUP WHOLE WHEAT BREAD</p> <p>24 Gm Fat 699 Calories 943 mg Sodium</p>	<p>SOFT TACO CALICO CORN JELLED STRAWBERRY PEAR SALAD</p> <p>21 Gm Fat 636 Calories 941 mg Sodium</p>	<p> CLOSED FOR JULY 4TH HOLIDAY</p>	<p>HAMBURGER on BUN CALICO BAKED BEANS POTATO SALAD FRESH ORANGE</p> <p>25 Gm Fat 790 Calories 791 mg Sodium</p>	<p>● TURKEY & CAVATAPPI MEDITERRANEAN VEGETABLES FRESH BANANA VANILLA PUDDING WHOLE WHEAT BREAD</p> <p>19 Gm Fat 717 Calories 1043 mg Sodium</p>
<p>BEEF GUMBO SOUP MACARONI SALAD w/CARROTS PINEAPPLE & STRAWBERRIES SUGAR COOKIES CRACKERS</p> <p>24 Gm Fat 679 Calories 776 mg Sodium</p>	<p>OVEN ROASTED CHICKEN MACARONI & CHEESE ROMAINE SALAD w/DRSG ROSY APPLESAUCE WHOLE WHEAT BREAD</p> <p>24 Gm Fat 788 Calories 913 mg Sodium</p>	<p>● DELI TURKEY & SWISS on WHEAT COLESLAW w/CARROTS FRESH BANANA CHOCOLATE CHIP COOKIES</p> <p>29 Gm Fat 823 Calories 879 mg Sodium</p>	<p>MEATLOAF CHEESY POTATOES COMBINATION SALAD w/DRSG SUNSHINE GELATIN SALAD WHOLE WHEAT BREAD</p> <p>23 Gm Fat 7673 Calories 773 mg Sodium</p>	<p>● HAM & BEANS with ONIONS CARROT COINS TROPICAL FRUIT MIX CORNBREAD</p> <p>12 Gm Fat 651 Calories 1003 mg Sodium</p>
<p>BEEF STEW BUTTERED CABBAGE MIXED FRUIT CUP BISCUIT</p> <p>25 Gm Fat 686 Calories 959 mg Sodium</p>	<p>SALISBURY STEAK MASHED POTATOES CUCUMBER TOMATO SALAD APRICOTS WHOLE WHEAT BREAD</p> <p>29 Gm Fat 747 Calories 610 mg Sodium</p>	<p>CHICKEN PRIMAVERA LOOSE LEAF SALAD w/DRSG QUICK FRUIT CUP FRENCH BREAD</p> <p>24 Gm Fat 863 Calories 972 mg Sodium</p>	<p>● APPLE WALNUT TURKEY SALAD on WHEAT BREAD VEGETABLE SOUP FRESH ORANGE CHOCOLATE PUDDING</p> <p>19 Gm Fat 702 Calories 1441 mg Sodium</p>	<p>CHILI CHEESE POTATO RANCH BROCCOLI SALAD ROSY APPLESAUCE WHOLE WHEAT BREAD</p> <p>23 Gm Fat 754 Calories 742 mg Sodium</p>
<p>SLOPPY JOE on BUN BRUSSELS SPROUTS MACARONI SALAD STRAWBERRY PEARS</p> <p>25 Gm Fat 739 Calories 676 mg Sodium</p>	<p>● TURKEY TORTILLA SOUP ROMAINE SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING CRACKERS</p> <p>22 Gm Fat 702 Calories 1071 mg Sodium</p>	<p>BEEF PATTIE w/ONION GRAVY MASHED POTATOES PICKLED BEETS FRUITED GELATIN WHOLE WHEAT BREAD</p> <p>25 Gm Fat 782 Calories 811 mg Sodium</p>	<p>SPAGHETTI w/MEATSAUCE GARDEN SALAD w/DRSG SPRING FRUIT MIX BREADSTICKS</p> <p>17 Gm Fat 695 Calories 779 mg Sodium</p>	<p>CHICKEN & NOODLES GREEN BEANS MANDARIN ORANGES STRAWBERRY SHORTCAKE POTATO ROLL</p> <p>19 Gm Fat 767 Calories 866 mg Sodium</p>
<p>● SCALLOPED POTATOES w/HAM BUTTERED CABBAGE APRICOT HALVES STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD</p> <p>20 Gm Fat 729 Calories 1037 mg Sodium</p>	<p>ITALIAN CHICKEN CASSEROLE CAPRI VEGETABLES PINEAPPLE CHUNKS APPLE SPICE GELATIN WHOLE WHEAT BREAD</p> <p>22 Gm Fat 702 Calories 1071 mg Sodium</p>	<p></p>	<p></p>	<p>● CONTAINS TURKEY ● CONTAINS PORK</p>



July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 PAINTING FOR BEGINNING AND ADVANCED 1PM	3 TAI-CHI 8:45 AM EXERCISE 10-11 AM PLANNING 9 AM AA & AL-ANON 7-9 PM	4 HAVE A SAFE AND WONDERFUL DAY REMEMBER IT'S MEANING	5 AA & AL-ANON 7-9 PM	6 QUILTING 9 AM TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1PM	7 JAM SESSION 7 PM
8	9 PAINTING FOR BEGINNING AND ADVANCED 1 PM	10 TAI-CHI 8:30 AM EXERCISE 9:30 AM CARRY-IN-LUNCH 12:00PM AA & AL-ANON 7-9 PM	11	12 AA & AL-NON 7-9 PM	13 QUILTING 9 AM TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1 PM	14
15	16 PAINTING FOR BEGINNING AND ADVANCED 1 PM	17 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7-9 PM	18	19 AA & AL-ANON 7-9 PM	20 QUILTING 9 AM TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1 PM	21 BISCUITS AND GRAVY 7 TO 10 AM
22	23 PAINTING FOR BEGINNING AND ADVANCED 1 PM	24 TAI-CHI 8:45 AM EXERCISE 10:11 AM AA & AL-ANON 7-9 PM	25	26 AA & AL-ANON 7-9 PM	27 QUILTING 9 AM TAI-CHI 8:45 AM EXERCISE 10-11 AM CARDS & GAMES 1 PM	28
29	30 PAINTING FOR BEGINNING AND ADVANCED 1 PM	31 TAI-CHI 8:45 AM EXERCISE 10-11 AM AA & AL-ANON 7-9 PM				

Happy 4th of July!....



**I PLEDGE ALLEGIANCE TO THE
FLAG,**

**OF THE
UNITED
STATES OF AMERICA ,**

**AND TO THE REPUBLIC, FOR
WHICH IT STANDS,**

**ONE
NATION UNDER GOD,**

**INDIVISIBLE, WITH
LIBERTY**

AND JUSTICE FOR ALL!

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