



THE SCOOP

August 2009



CLEARWATER

COMMUNITY CENTER

& SENIOR HAPPENINGS

921 Janet Avenue
Clearwater, Kansas 67026
620.584.2332

DOG DAYS OF SUMMER



AUGUST BIRTHDAYS

- 01 Roy Honn
- 01 Thelma Wohlford
- 06 Roy Heard
- 06 Vera Lindamood
- 06 Maxine Mikesell
- 06 Richard Wells
- 07 Carl Conley
- 08 Gordon Mikesell
- 08 Kay Shaffer
- 09 Ruth Davis
- 09 James Flippin
- 10 Marge Caruthers
- 10 LeRoy Eaton
- 15 Lois Winters
- 16 Hazel Dalbom
- 17 ****CARL SHAFFER****
- 18 Maggie Liebold
- 18 Pat Parmele
- 19 Laura Walker
- 20 Ruby Fisher
- 20 Joan Fleming
- 20 Joyce Freeman
- 20 Mary Jo McMahan
- 20 Lois Webb
- 23 Terry Sullivan
- 24 Janet Jackson
- 25 Gary Wise
- 26 Dorothy Gay
- 29 Jerleen Barrow
- 29 Eldon Nelson
- 30 Donna Penley
- 31 Bobby Robbins

CHARACTER ANALYSIS

****How a man plays the game shows something of his character; how he loses shows all of it.**

****Character is not made in a crisis; it is only exhibited.**

****Reputation is precious—character is priceless.**

****Don't be a character--have it!**



Deana Chapman
Med.Services Specialist
From Hart Pharmacy &
Home Med. Equipment,
6217 E. 13th, Wichita,
spoke at the July
Friendship Lunch.
Her topic: "Shingles."

Ms. Chapman gave an interesting and very educational talk on Shingles.

She said that shots are now available for certain people. If anyone has had chicken pox as a child, he or she can possibly get shingles as an older adult. The shots were first given in 2006, and are now available to individuals 60 and over. The shots are rather expensive. One shot can cost from \$200.00 to over \$500.00. If a person has shingles, a shot can not be given until 4, 5, or 6 months after the shingles are cured. She also mentioned that if a person is planning on getting a flu shot, the shingle shot has to be given 4 or 5 weeks either before or after the flu shot.

Shingles usually start with a rash, then later turn into blisters. The shingles affects the nervous system and the immune system. They are quite painful and may cause a person to be hospitalized. She also stressed that shingles are not passed from one person to another as the small pox was but may occur in the same person several times.

Hart Pharmacy is now able to provide the shots for people. It will be billed under Medicare Part D with a doctor's prescription. There are others who are now able to give the shots as well as Hart Pharmacy. It is more economical to get the shot in this manner than to have your physician give it.

If you are interested in receiving this shot, you should call Hart Pharmacy for further information or scheduling an appointment. 316-683-5621. (or check with your physician)

QUOTATION BY THOMAS JEFFERSON - 1802

"I believe that banking institutions are more dangerous to our libErties than standing armies. If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation the banks and corporations that will grow up around the banks will deprive the people of all property until their children wake up homeless on the continent their fathers conquered.



FRIENDSHIP LUNCHEON
&
MONTHLY BUSINESS MEETING



The monthly Friendship Luncheon was held at the Community Center Tuesday, July 14 with 30+ folks present. Barbara Hufford and Mildred Chitwood were honored guests as they sat at the July Birthday table.

People attending bring a covered dish to add to the buffet table and their own service. The main meat served to the group by the hostesses was a large pan of sliced ham with pineapple. It's always a pleasure to choose from all the delicious selections on the table.

Following the luncheon Chairperson Farol McMillan conducted the monthly business meeting. She introduced Deana Chapman from Hart Pharmacy in Wichita who spoke on "Shingles" and the treatment for them. (Elsewhere in this month's Scoop you can find an article on this.)

Farol asked again for e-mail addresses from the members. With the e-mail we can remind people of upcoming programs or events. It will also save time for the phone calling committee and save postage for the Center.

Thank You cards were passed around for people to sign. One was sent to the representatives of Southern Care Hospice for the Sloppy Joes and entertainment they provided on the 10th. The other was sent to Bruce and Jan Hopson for the flatware they donated in the name of Izetta Henderson. It was a great gift and can be used for many years by the "Center."

Upcoming events announced included the monthly trip to Wal-Mart, the trip to Kechi Playhouse, biscuits & gravy, the bone density check, trip to Kechi Glass Blowers and the games, cards, and domino afternoon and evenings. The Pitch and Bridge Clubs are two of the Baseline activities for the seniors. These activities need to get more people involved!

Men's & Women's Heart Health Screening

Symptoms before a heart attack: Two-thirds of heart attack victims report that they experience symptoms days or weeks prior to the attack. These symptoms may include difficulty breathing, angina (chest pain), and unusual fatigue. Women generally do not experience a heart attack in the same way as men. Unfortunately, because women don't experience the classic symptoms they don't realize they are having a heart attack. Chest pain is often absent and a woman's heart attack symptoms are more likely to be dismissed as anxiety or fatigue. Women are more likely to experience fatigue, anxiety, sleep disturbances, or stomach complaints. **Galichia Medical is conducting this free screening for both men and women to help them identify their risk factors. Screening held at Clearwater Community Center Sept. 10, 2009. Call 1-800-657-7250, ext. 2277 for an appointment. Or you may call Carl at the Center, 620-584-2332 and give him your information.**



The above smiling folks were guests of USD 264 for a ride in one of their air-conditioned busses for a trip to the Kechi Playhouse to enjoy the live performance of "Getting Sarah Married." After the afternoon performance the group stopped at Cracker Barrel for an early Sunday evening dinner before returning to The Center. The 17 folks on the bus helped the driver, Lisa Hastings, celebrate her birthday.

Friday evening, July 17, Chris Hadley, Heartland Enriching Life of Wichita, did bone density screening while the folks played cards and dominoes while waiting their turn. The screening took only 3 to 4 minutes. If a person was concerned with the results, Chris asked that they take the resulting slip to their doctor for medical attention, if needed. Seventeen people were screened. If you missed this screening, Chris may be back in 6 months for others to be screened.



The five pictures above were taken at the Sloppy Joe, Bingo and Pool night, July 10. Top left are folks waiting in line to fill their plates. Top right: Shana Brown, Admissions coordinator, and Dawn VanAuken, Volunteer Services Coordinator for Southern Care Hospice, calling the bingo numbers. Lower left: Carl, Wanda & Joan checking bingo cards. Lower center: Keith Garland, three-time bingo winner and aggressive pool player. Lower right: Ruby, Twila & Angie, also checking bingo cards.

Greg Worcester, social worker (not pictured) helped the two ladies from Southern Care serve the sloppy joes.

QUILT TO BE RAFFLED! WINNER TO BE NAMED 9/12/09



This queen size quilt-top was donated to the Community/Senior Center by Diane (Mrs. Brad) Nickelson of rural Clearwater. Diane is employed by USD 264 as one of the elementary school principals. She enjoys making quilts as one of her hobbies. Quilting is now completed and the final product is ready to be raffled off.

The quilt will be on display at Mize Thriftway every Friday and Saturday afternoon and evening between now and September 12. Weekday afternoons it may be seen at the First State Bank & Trust, 201 East Ross or at the Home Bank & Trust Company at 741 No. 4th. Quilt representatives will be available so you may buy tickets at Mize's or First State. Tickets are \$1.00 each or 6 for \$5.00. Money realized from the sale of tickets will go toward installing an additional outside door (on north side of building) for safety and fire safety and new sidewalk from the existing walk to the door.

Our second annual "Fish Fry" will be held on September 12 at the "Center." Following the meal, the drawing for the winning ticket will be held. The winner need NOT be present to win, provided the ticket has been fully filled out and the person located. Jerry Stitt, Carl Shaffer and other avid fishermen have been visiting the river and lake for most of the summer in hopes of amassing over 400 pounds of catfish.

There is a charge (unknown at this time) for the Catfish Dinner, but folks have been anticipating the meal for almost a year. Soooooo- buy your raffle tickets and mark your calendar: September 12, 2009.

ONE LINERS: (1) *Never judge a man by his relatives. He didn't choose them.* (2) *A grandmother is a baby sitter who watches kids instead of TV.* (3) *It's not whether you win or lose, it's how you place the blame.* (4) *A new broom sweeps clean, but an old broom knows where the dirt is.* (5) *Don't feel useless – you can always be used as a bad example.* (6) *A procrastinator suffers from hardening of the oughteries.* (7) *It is easier to acquire a good reputation than to lose a bad one. me."*

WHO TO CALL !

The Scoop is a monthly newsletter of the Clearwater Community Center, 921 Janet, Clearwater, KS 67026.

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The Scoop can also be seen online by going to City of Clearwater's website: <http://www.clearwaterks.org>.

Advisory Committee Members

Chairperson- Terry Sullivan
Co-Chair- Joan Fleming
Secretary- Carla Butterfield
Member at Large- James Charles
Member at Large- Marlene Hand

Planning Committee Members

Chairperson – Farol McMillan
Co-Chair – Angie Shaver
Secretary – Barbara Hufford
Historian – Helen Fesnok
Education – June Finney
RSVP program – Farol McMillan

How to Tell a Fly's Sex

A woman walked into the kitchen to find her husband stalking around with a fly swatter.

"What are you doing?" she asked.

"Hunting flies," he responded.

"Oh, killing any?" she asked.

"Yep, 3 males, 2 females, he replied.

Intrigued, she asked, "How can you tell them apart?"

He responded, "3 were on a beer can and 2 were on the phone."

Unusual Bumper Stickers

- *Body by Nautilus; Brain by Mattel
- *Fight Crime: Shoot Back!
- *Cover Me, I'm Changing Lanes.
- *Illiterate? Write For Help.
- *Eat Right, Exercise, Die Anyway.
- *The Earth Is Full – Go Home.
- *So Many Pedestrians - So Little Time.
- *Caution: Driver Legally Blonde.

---CLASSIFIED---

**Complete House Maintenance!
Will do repair, inside and/or
outside painting. Yard Work!
Dennis Stowell – 620-584-6275**

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### THANK YOU

The Community Center sends out at heartfelt "Thank You" to Bruce and Jan Hopson for the donation of 55 place settings of flatware in memory of Jan's mother, Izetta Henderson.

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NEW KID ON THE BLOCK

Farm Bureau is proud to announce the opening of an office at 130 E. Ross, Ste 111, in Clearwater. Office hours are from 8 AM to 4:30 PM Monday through Friday. The phone number is

620-584-4171.

The office is currently being managed by Kay Sands, retired from 32 years of teaching reading and math. Kay is working with the Farm Bureau Agent in Haysville, Amy Claphan, and hopes the Clearwater office will make it more convenient for local residents to get insurance coverage.

If you have not yet stopped in to meet with Kay, please do so.

Farm Bureau offers house, renters, vehicle, farm, business and life insurance. Retirement planning, investments and long term-care insurance are also offered. Reduced premiums are available for good driving records, good grades, insuring multiple vehicles, or insuring vehicles along with your residence and personal property.

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"My reading of history convinces me that most bad government results from too much government."

---Thomas Jefferson

"Dyslexics Have More Nuf."

-- Anonymous

**JAM SESSION – AUG. 1  
7 TO 9 PM  
COME JOIN THE FUN  
BRING FINGER FOOD  
ENJOY THE MUSIC**

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### DOG DAYS OF SUMMER

Webster defines "dog days of summer" as (i) the period between early July and early September when the hot sultry weather of summer usually occurs in the northern hemisphere. (2): a period of stagnation and inactivity.

In ancient times, when the night sky was unobstructed, different groups of peoples in different parts of the world drew images in the sky by 'connecting the dots' of stars. These images are now called constellations. What we see are the images mapped out by our European ancestors.

They saw images of bears, twins, a bull, and others, including dogs (Canis Major and Canis Minor).

In the summer, Sirius, the "dog star", rises and sets with the sun. During late July Sirius is in conjunction with the sun, and the ancients believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. They named this period of time, from 20 days before the conjunction to 20 days after, "dog days" after the dog star.

The conjunction of Sirius with the sun varies somewhat with latitude. And the "precession of the equinoxes" (a gradual drifting of the constellations over time) means that the constellations today are not in exactly the same place in the sky as they were in ancient Rome. Today dog days occur during the period between July 2 and August 11. Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star. The heat is a direct result of the earth's tilt.

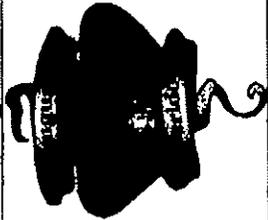


| Sunday                       | Monday                                                      | Tuesday                                                                                                      | Wednesday | Thursday                                                                              | Friday                                                                            | Saturday                                                      |
|------------------------------|-------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------|
| <h1>August 2009</h1>         |                                                             |                                                                                                              |           |                                                                                       |                                                                                   |                                                               |
| 2                            | 3<br>PAINTING 9:30 TO 11:30 AM BOTH BEGINNING AND ADVANCED  | 4<br>ARTS & CRAFTS 9:30 TO 11:30 AM<br>EXERCISE 10-11 AM<br>PITCH CLUB 4 PM<br>AA & AL-ANON 7 TO 9 PM        | 5         | 6<br>KNITTING 9:30 TO 11:30 AM<br>PLANNING MEETING 10-11 AM<br>AA & AL-ANON 7 TO 9 PM | 7<br>QUILTING 9:30 TO 11:30 AM<br>EXERCISE 10-11 AM<br>CARDS AND GAMES 4 TO 8 PM  | 8<br>1<br>JAM SESSION 7 TO 9 PM                               |
| 9<br>RENTED -REUNION ALL DAY | 10<br>PAINTING 9:30 TO 11:30 AM BOTH BEGINNING AND ADVANCED | 11<br>EXERCISE 9 TO 10 AM<br>FRIENDSHIP LUNCH 12 TO 2 PM<br>AA & AL-ANON 7 TO 9 PM                           | 12        | 13<br>KNITTING 9:30 TO 11:30 AM<br>WAL-MART 10-12 AM<br>AA & AL-ANON 7 TO 9 PM        | 14<br>QUILTING 9:30 TO 11:30 AM<br>EXERCISE 10-11 AM<br>CARDS AND GAMES 4 TO 8 PM | 15<br>BISCUITS AND GRAVY 7-10 AM<br>RENTED-BIRTHDAY 2 TO 4 PM |
| 16                           | 17<br>PAINTING 9:30 TO 11:30 AM BOTH BEGINNING AND ADVANCED | 18<br>ARTS & CRAFTS 9:30 TO 11:30 AM<br>EXERCISE 10-11 AM<br>BRIDGE CLUB 1 TO 4 PM<br>AA & AL-ANON 7 TO 9 PM | 19        | 20<br>KNITTING 9:30 TO 11:30 AM<br>AA & AL-ANON 7 TO 9 PM                             | 21<br>QUILTING 9:30 TO 11:30 AM<br>EXERCISE 10-11 AM<br>CARDS AND GAMES 4 TO 8 PM | 22<br>RENTED-BIRTHDAY 2 TO 5 PM                               |
| 23                           | 24<br>PAINTING 9:30 TO 11:30 AM BOTH BEGINNING AND ADVANCED | 25<br>ARTS & CRAFTS 9:30 TO 11:30 AM<br>EXERCISE 10-11 AM<br>AA & AL-ANON 7 TO 9 PM                          | 26        | 27<br>KNITTING 9:30 TO 11:30 AM<br>AA & AL-ANON 7 TO 9 PM                             | 28<br>QUILTING 9:30 TO 11:30 AM<br>EXERCISE 11-11 AM<br>CARDS AND GAMES 4 TO 8 PM | 29                                                            |
| 30                           | 31<br>PAINTING 9:30 TO 11:30 AM BOTH BEGINNING AND ADVANCED |                                                                                                              |           |                                                                                       |                                                                                   |                                                               |

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

AUGUST 2009

| MONDAY                                                                                                                                                            | TUESDAY                                                                                                                                              | WEDNESDAY                                                                                                                                                                | THURSDAY                                                                                                                                                               | FRIDAY                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| CHICKEN TETRAZINI<br>BROCCOLI<br>BERRY & PEAR FRUIT MIX<br>WHOLE WHEAT BREAD<br>24 Gm Fat<br>656 Calories<br>688 mg Sodium                                        | MINESTRONE SOUP<br>BAKED POTATO<br>PINEAPPLE<br>CHOCOLATE CHIP COOKIES<br>SALTINE CRACKERS<br>22 Gm Fat<br>736 Calories<br>586 mg Sodium             | SOFT TACO<br>CALICO CORN<br>BANANA<br>21 Gm Fat<br>651 Calories<br>881 mg Sodium                                                                                         | ● HAM & BEANS w/ONIONS<br>SPINACH<br>MANDARIN ORANGES<br>CHOCOLATE PUDDING<br>CORN BREAD<br>14 Gm Fat<br>677 Calories<br>1191 mg Sodium                                | CRANBERRY MEATBALL<br>MASHED POTATOES<br>COMBINATION SALAD w/DRSG<br>FRUIT COCKTAIL<br>WHOLE WHEAT BREAD<br>25 Gm Fat<br>772 Calories<br>1161 mg Sodium            |
| HAMBURGER on BUN<br>CALIFORNIA MIXED VEGETABLES<br>POTATO SALAD<br>SUMMER LIME GELATIN<br>23 Gm Fat<br>734 Calories<br>699 mg Sodium                              | PEPPER STRIP STEAK<br>MASHED POTATOES<br>SPINACH SALAD w/DRSG<br>CANTALOUPE<br>POTATO ROLL<br>27 Gm Fat<br>680 Calories<br>877 mg Sodium             | SPAGHETTI w/MEATSAUCE<br>CAULIFLOWER<br>APRICOT MIX<br>BREADSTICKS<br>17 Gm Fat<br>665 Calories<br>779 mg Sodium                                                         | LEMON CHICKEN in MUSHROOM SAUCE<br>GARDEN RICE PILAF<br>MIXED GREEN SALAD w/DRSG<br>ROSY APPLESAUCE<br>WHOLE WHEAT BREAD<br>19 Gm Fat<br>656 Calories<br>884 mg Sodium | CHILI CHEESE POTATO<br>CAPRI MIXED VEGETABLES<br>PEACH CRISP<br>WHOLE WHEAT BREAD<br>26 Gm Fat<br>888 Calories<br>745 mg Sodium                                    |
| ● SAUSAGE STROGANOFF<br>GREEN BEANS<br>MANDARIN ORANGES<br>WHOLE WHEAT BREAD<br>29 Gm Fat<br>640 Calories<br>1140 mg Sodium                                       | BEEF PATTY w/ONION GRAVY<br>MASHED POTATOES<br>LOOSE LEAF SALAD w/DRSG<br>PEACHES<br>WHOLE WHEAT BREAD<br>25 Gm Fat<br>710 Calories<br>629 mg Sodium | ● APPLE TURKEY WALNUT SALAD<br>ON WHOLE WHEAT BREAD<br>PEA & LETTUCE SALAD<br>PINEAPPLE & STRAWBERRIES<br>OATMEAL COOKIES<br>20 Gm Fat<br>670 Calories<br>1091 mg Sodium | TUNA PASTA CASSEROLE<br>BROCCOLI<br>FRESH BANANA<br>VANILLA PUDDING<br>WHOLE WHEAT BREAD<br>17 Gm Fat<br>664 Calories<br>936 mg Sodium                                 | ● BBQ PORK on BUN<br>BRUSSELS SPROUTS<br>MACARONI SALAD<br>FRUITY AMBROSIA<br>20 Gm Fat<br>727 Calories<br>615 mg Sodium                                           |
| ITALIAN CHICKEN CASSEROLE<br>MEDITERRANEAN VEGETABLES<br>CINNAMON APPLESAUCE<br>VANILLA WAFERS<br>WHOLE WHEAT BREAD<br>18 Gm Fat<br>630 Calories<br>821 mg Sodium | TACO SALAD<br>GREEN PEAS<br>STRAWBERRY PEACHES<br>27 Gm Fat<br>644 Calories<br>801 mg Sodium                                                         | OVEN ROASTED CHICKEN<br>CREAMY SCALLOPED POTATOES<br>PICKLED BEETS<br>FRESH ORANGE<br>POTATO ROLL<br>24 Gm Fat<br>778 Calories<br>648 mg Sodium                          | BEEF & CABBAGE HASH<br>DICED CARROTS<br>TROPICAL FRUIT<br>SUGAR COOKIE<br>WHOLE WHEAT BREAD<br>28 Gm Fat<br>825 Calories<br>974 mg Sodium                              | ● HAM LOAF w/CREAM GRAVY<br>MASHED POTATOES<br>TOSSED SALAD w/DRSG<br>CAKE w/BLUEBERRY TOPPING<br>WHOLE WHEAT BREAD<br>25 Gm Fat<br>833 Calories<br>1201 mg Sodium |
| SLOPPY JOE<br>BUTTERED CABBAGE<br>PASTA SALAD<br>JELLIED STRAWBERRY PEAR SALAD<br>27 Gm Fat<br>753 Calories<br>775 mg Sodium                                      |                                                                 |                                                                                      | <br>BACK TO SCHOOL                                                                  | ● CONTAINS TURKEY<br>● CONTAINS PORK                                                                                                                               |
|                                                                                                                                                                   |                                                                                                                                                      |                                                                                                                                                                          |                                                                                                                                                                        |                                                                                                                                                                    |