

The Scoop



November 2010



CLEARWATER COMMUNITY CENTER & SENIOR HAPPENINGS



921 Janet Avenue
Clearwater, Kansas 67026



620-584-2332

commcenter@sktc.net



NOVEMBER BIRTHDAYS

- 01 John McDonald
- 01 Jack Morrow
- 02 Joe Castor
- 04 Thom Rhea
- 05 Sharyn Morris
- 05 Grace Webb
- 08 Doris Robbins
- 08 Angie Shaver
- 09 Evert Gannaway
- 09 T.L. Pearson
- 10 Jerry Stitt
- 11 Faye Corr
- 14 Jeri Deninger
- 15 Rita Gorges
- 15 R.B. Johnson
- 16 Roger Lange
- 17 Martena Gerlach
- 18 Lola Honn
- 19 Jesse Headgepath
- 10 Linda Taggart
- 19 Jim Vulgamore
- 20 Roger Dawson
- 20 Kathleen Mourning
- 20 Dick Zarih
- 21 Sheila Kester
- 24 Jim Leibold
- 24 Fran Johnson
- 24 Denise Morehead
- 25 Cleta Cornett
- 25 Jo Ann Coy
- 25 Marlene Jacobs
- 25 Laney Kuhn
- 25 Phyllis Yost
- 26 Dorothy Drager
- 27 Stella Coble
- 27 Grace Godwin
- 27 Sherilyn Ward
- 27 Bea Wittorff
- 28 Wanda Decker
- 30 Jim Seal
- 30 Howard Walker



OCTOBER LUNCHEON



The speaker for the October Pot Luck Luncheon was Clearwater Fire Chief Marvin Schauf. He told how the city fire department helps to educate the lower grades school children. In addition to having personnel go to the school rooms and talk to the children, they also give rides to them on the fire trucks and issue color books & pencils and arm tatoos to each student.

Chief Schauf also described the new emergency shelter located on West Ross. The above ground building (with air vents) will hold 100 people who must stand. There are no chairs available. The building walls are 9" thick and the ceiling is 12" thick. Fourteen (14) yards of cement were used in the footing. Two & one-half (2 ½) truckloads of cement were used in the walls, held together by ¾ mile of rebar.

Several questions were answered by the fire chief. He had the rapt attention of everyone.

If you or your group would like to tour the building, contact a member of the fire department for more information.

The luncheon meeting was opened with the flag salute and singing the national anthem led by Marlene Parret.

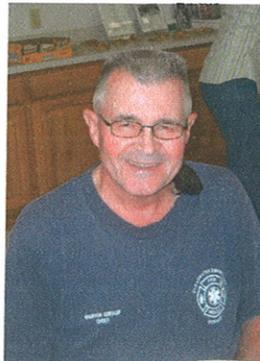
The only October birthday recognized was Betty Jo Emery. We sang happy birthday to her.

The luncheon prayer was offered by Rev. Gene Eason, new minister of the First Christian Church.

Carl Shaffer listed the items discussed at the planning meeting held the previous Tuesday. A list of those items is located in an article elsewhere in this month's Scoop.

A new resident of Clearwater was welcomed by the group. Nellie Ammel, mother of Georgia Purdom recently moved here from the Kansas City area.

Thirty-five folks attended theOctober Luncheon. An abundance of delicious food was consumed by those present.



Fire Chief Marvin Schauf



Nellie Ammel and her daughter Georgia Purdom



Betty Jo Emery

Business Expert Peter Drucker said:
"Plans are only good intentions unless they immediately degenerate into hard work.

**Clearwater CommCenter
Planning Committee Meeting
October 5, 2010**

The meeting was called to order at 10:02 AM. Present were Barbara Hufford, Carl Shaffer, Farol McMillan, Helen Fesnock, Jeremy Watts, Jean Watts, Peggy Brockman, and Ruby Fisher.

FIRST ITEM DISCUSSED was the garage and bake sale to be held on Oct. 22nd at the Center. All items that are not being used, including decorations, will be taken to the DAV.

SECOND ITEM: Chili Supper that Jeremy Watts and Christie Stevens are hosting as part of their college class at Butler Co. Comm. College. Prices will be \$6.00 for adults and \$3.00 for children under 9 years old. The Center will supply tea, coffee, spoons, bowls, pickles and crackers. Serving will be from 5 to 7 PM. The crackers and pickles have been left over and need to be used before their expiration date. Carl will put information on Channel 2 and have the city put it on their marquee. Jeremy and Christie will put up flyers and donation containers around town.

THIRD ITEM: to be discussed with advisory committee.

FOURTH ITEM: It was discussed that we should try to sell the pool table and all it's accessories because of the space it takes up and the non-use of the table. This will also be discussed with the advisory committee at a later date.

FIFTH ITEM: Biscuits and gravy breakfast will be on the 16th of October. Jeremy and Christie are to be here to help serve. In addition to familiarizing themselves with the kitchen, they also wanted to get acquainted with the volunteers. Peggy Brockman read a letter she received from the County Health Department concerning participation in the kitchen. Since Clearwater is not in the City of Wichita, we need not get food handler's cards to work in the Center's kitchen.

SIXTH ITEM: It was decided that the center would pay for the turkey & dressing for the November carry-in luncheon. The diners should bring other types of food to complement the Thanksgiving fixings.

SEVENTH ITEM: Peggy brought up the idea of an art gallery hanging system for the art, crafts and quilts to be better displayed. We will do more checking on this and get back to the committee.

EIGHTH ITEM: It was discussed to get gas cards for Wayne McEntire, Jerry Stitt, Ruby Fisher, and Farol McMillan for all the extra work they do for the Center, above and beyond the normal.

FINALLY: Peggy made a motion to adjourn the meeting and Barbara seconded it. The meeting adjourned at 11:14 AM.

Submitted by Carl Shaffer, Director of the CommCenter

If you are dissatisfied with the activities, the agendas, the management of some of the activities, please attend the Planning Committee meeting and stress your feelings, ideas, and suggestions with the committee. If you don't speak up, how will the committee know how to best serve the Senior Community?

RSVP Rural Transportation Program

Have you heard about the RSVP rural transportation program? The RSVP rural transportation program is available to adults 60 and older in rural areas of Sedgwick County. The program provides rides to seniors for medical appointments, errands, shopping, banking, social visits, and much more.

Rides are provided and coordinated through local senior centers. Volunteers provide the transportation through privately owned vehicles. If you or someone you know needs a ride contact the following senior center for more information:

Clearwater Senior Center
Farol McMillian
620-584-2332
Clearwater, KS

Medicare Part D Open Enrollment

Medicare open enrollment for Part D is coming up soon. November 15-December 31st, 2010. This is the time to enroll in or change your Medicare Part D plan for 2011. Everyone should take this time to shop for a Medicare part D plan. It is important to look at your old plan to see if there have been any changes for 2011.

Medicare Part D providers can change the amount that you pay for premiums, and the deductives. They can also change the drugs that are covered on their formulary. It is important then that you check to see if all the medications you are currently taking are still on your plan's formulary. Additionally you may have had some changes in your medications since you last updated your drug plan. Medicare beneficiaries can shop for Medicare Part D on the Medicare website at www.medicare.gov. If you do not have access to a computer or you would like additional help with Medicare counseling you can call the Sedgwick County Department on Aging and speak to a qualified Medicare counselor who

MEDICARE PART D ENROLLMENT CONTINUED:
can give you the information you need to make an informed choice on your Medicare part D drug plan.

Appointment times may be scheduled starting November 1, 2010. Please call 316-660-5120 to schedule a Medicare appointment.

FALL CLEANUP

by Kay Sands, Local Sales Rep of Farm Bureau Ins.

Crisp autumn days are the perfect time to open windows and doors and give your home a clean sweep. Biological pollutants like Bacteria are introduced continually into the home by people, water, and pets. Ideal breeding areas for Bacteria include your kitchen, bathroom and workout areas. Most Bacteria won't hurt you - it's the infectious kind you have to watch out for. How do you banish Bacteria? Here are some things you can do:

- * Clean your refrigerator out at least once every month.
- * Clean sink drains twice a week with an antibacterial solution.
- * Wash fresh fruits and vegetables thoroughly, rinsing them in warm water.
- * Use pure cellulose sponges and sterilize them by running through the dishwasher.
- * Wash all undergarments in the same load and dry them using high heat.
- * Regularly scrub down all bathroom fixtures.
- * Lean cloth toys by putting them in the washing machine.
- * Wipe down phones weekly with hot water.
- * Regularly wash cutting boards and cooking utensils.



**DEPARTMENT ON AGING
BUDGET COMMITTEE MEETS**

Attended & Reported by Carl Shaffer

On Wednesday, Oct. 13, I attended the mill-levy budget committee for the Department on Aging. All budget requests for a raise for the Centers have to be approved by the committee. The Sedgwick County board of Supervisors then has to approve any recommendation made by the Budget Committee. Most of the recommendations were approved.

The recommendations are based on the Centers' performances on the required quotas each Center has made for the last two years. For us, we must continue to do the items at the same level or increase our current activities in order to be eligible for the level.

We should all be proud of the activities we have accomplished. A big thank you goes to the seniors who are giving their time and effort in our success. One person cannot do it alone. Those who attend the planning committee keep coming up with new ideas and how to accomplish them. Sometimes things don't come out the way we want or the timing was not right. We need more people to come to the planning meeting with new ideas.

At the meeting, James Mendenhall, of Initial Vision, gave a new concept in grocery stores. He said that Dillon's and Wal-Mart are going back to building smaller stores. Some of these would be in Senior areas and try to carry items more suited for one or two people. Everyone laughed when he said there would not be much need for nursery items in a store where 55 and over shop.

Several unnecessary items mentioned were school supplies, furniture, lots of kitchen items such as pots, pans, utensils - a big variety, bigger cans of food, and the list gets longer and longer. The drug items, however, would be a necessary part of the store's operation.

The idea is good, but how practical would it be for a city like Clearwater? Or other rural towns?

Steve Osborne's Flower Garden, October, 2009



"A HAND AT HOME"

By Carl Shaffer

At our Carry-In Luncheon Oct. 12, we had the pleasure of having Lola Pierce from "A Hand At Home" Senior Services of Rose Hill, speak to us. She brought along her husband, Larry, and her daughter-in-law, Crystal Pritchett. Lola started her company making it a family affair. Along with those mentioned, there is a grand-daughter, Miranda Wadsworth, and her daughter, Mary Price. Mary and Crystal are certified nursing aids, while Miranda is a certified home health aide.

Lola's concept is very simple, but is also a very necessary service to the older senior community. With their help, the seniors can stay in their homes for a longer period of time with a cleaner, brighter, and healthier atmosphere. Some of their services are dusting, cleaning, washing, changing beds (which can be a real chore for older people with back trouble), and various other household jobs. They can take you shopping, but will NOT do any banking or medical services for you. Should you need help in a medical situation, they will call 911 and stay with you until the medical people have arrived at the house.

They have a one-hour minimum at the cost of \$12.50 to \$14.00 per hour. They are very flexible in their scheduling so they can come daily, weekly, bi-weekly, or once a month. Or, if you wish a onetime service call, you can call Lola at 316-734-4465 to set up an appointment, discuss the type of work you want, or get references concerning their experience. It cannot get much easier for you to get the extra needed help and still have peace of mind while staying in your own home.

Thank You, Dean

From Carl & Volunteer Staff

Sometimes in the midst of heartache, agony, and sorrow there are good things that come out of that situation.

We were all saddened by the loss of Vera Lindamood. She was always very pleasant and a happy person to be around. Dean said Vera really enjoyed coming to the Center on different occasions when they were able to attend. In return for the enjoyment they shared, they set up a memorial fund to the Center in lieu of flowers. We at the Center are very pleased at such a generous and thoughtful act on their part. We wish the best to Dean in the years ahead for his thoughtfulness and kindness.

WHO TO CALL

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

Publisher: Carl Shaffer, 620-584-2332

commcenter@sktc.net

Editor: Ruby Fisher, 620-584-2866

ruby67026@sktc.net

Print Engineer: Jimmy Charles
Charles Engineering, Clearwater.

275 copies are printed monthly for free distribution.

THE SCOOP can also be seen online, in color, by going to City of Clearwater's website:

<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

ADVISORY MEETING

The Clearwater Community Center's Advisory Committee will meet for a brown-bag luncheon at 12 noon, on Friday, Nov. 12.

If you have issues that you feel should be discussed, please contact one of the members prior to the meeting.

LUNCHEON SPEAKER

The guest speaker for the November luncheon will be Wendy Irwin of ANGELS Care Home Health, Winfield, KS. Wendy has been to the Center on several occasions and has been well-received.

Her talk will center on Parkinson's disease. If you have questions concerning her topic, please have them ready for her during her question & answer period.

"To succeed in life you need three things: a wish bone, a back bone, and a funny bone." - Anon.

VOLUNTEER OPPORTUNITY

Teresa Hatfield, RSVP Program Manager, Sedg. Co. Dept. on Aging sent out a notice which reads:

"**Wichita Habitat for Humanity** is in need of construction volunteers. They are building 4 houses which are not sponsored by organizations, so they have many openings for people to get involved. They will be building Tuesdays - Saturdays from 8:30-noon and 1:00-4:30. They would like to get four families in their new homes for the holidays."

If you or someone you know is interested in this, call the RSVP office at 316.660.5134 for more information.

Ole' Sew & Sew's

The group continues to complete the six quilts of valor we have made. Binding and labeling as they are returned from the quilter. We have begun the design work for the 2011 Raffle quilt. The idea is clear, a combining of two traditional patterns. It will be "A One of a Kind" and a stunning treasure when complete.

As a treat for all the work on the QOB's and the successful Raffle Quilt we went on a field trip. The five of us drove to Alden, Kansas to Prairie Flower Quilt Shop. We say lots of great fabric, very inspiring for future projects. We then stopped at Heritage Inn in Yoder for a big lunch; checked out the shops, including the quilt shop. We returned to Clearwater with our heads full of great ideas, some new fabric, and very happy smiles. We had a GREAT time!

Ralph Waldo Emerson's comment on the importance of women: "A sufficient and sure method of civilization is the influence of good women."

THANK YOU!

We are pleased to announce that we have two more volunteers to help. Diane Barkley has offered to help Farol keep track of the RSVP information sheets and Cindy Eason has offered her time and expertise in putting the monthly Scoop together.

Ladies, we thank you very much!

THANK YOU!

Carl and his crew want to thank the folks who brought items for the garage sale and goodies for the bake sale.

They also want to thank everyone who took the time to stop by and check out all the goodies available for sale!

It was a good day with the bake sale taking in more money than the garage sale. That certainly says all kinds of nice things about the GOOD COOKS who share.

JAMBOREE

Several new folks showed up to listen to the good country music that entertained them the first Saturday of October. Musicians in attendance were Bob Parmele, guitar, harmonica, and vocal; Bruce Hopson, rhythm guitar and vocal; Charlotte Dawson, bass guitar & flute; Jerry Angstadt, steel guitar; and Roger Dawson, rhythm guitar and vocal.

Over 25 folks were in attendance. A Good Audience!!!!



JOHN MEVEY RECEIVES QUILT OF VALOR



Pictured above are John M's mother, Jane Cox, John Mevey, Peggy Brockman, Angie Shaver, and John M's grandfather, John Swinehart.

LCPL John Mevey finally made it home from the hospital after he stepped on an IED, losing a portion of his right leg, while serving in Afghanistan.

The local quilters chose to make one of their Quilts of Valor for John. They had the quilt boxed, ready for mailing when they learned that he was coming home. John, his mother, and grandfather came to the October Biscuits and Gravy to receive his quilt. The quilt was on display at several events at The Center so folks could sign their names and write short messages. John was impressed with the work of The Sew and Sews and said he would treasure the quilt.

While visiting with Mr. Swinehart, he gave some family history. John M's great, great, great grandfather, Elisha Harrington, homesteaded west of Clearwater in 1873 and is buried in the Harrington Cemetery that is located on the southwest corner of the 160 acres he homesteaded.

NEW HELP IN THE OCTOBER B & G KITCHEN



Jeremy Watts & Christy Stevens were on hand at the Oct. B&G breakfast. They wanted to get acquainted with the kitchen and with the folks who would help them at their Chili Supper on Friday, Oct. 29.

WAL-MART'S SENIOR GREETER

Charley, a new retiree-greeter at Wal-Mart, just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp-minded and a real credit to the company and obviously demonstrating their "Older Person Friendly policies.

One day the boss called him into his office for a talk. "Charley, I have to tell you I like your work ethic, you do a bang-up job, but your being late so often is quite bothersome."

Charley answered, "Yes, I know boss, and I am working on it."

(GREETER, continued)

"Well, good, you are a team player. That's what I like to hear. It's odd though, your coming in late. I know you're retired from the Armed Forces. What did they say if you came in late there?"

"They said, "Good morning, Admiral. Can I get you coffee, sir?"

I hope all who attended this year's Fall Fest enjoyed it as much as I did. There was so much to see and activities to watch, it was a pure joy. - Ruby

If you need your air-ducts and/or carpets cleaned, you might want to check out ACE. Rex Bello does a good job. I found that ACE stands for Air-duct & Carpet Experts.



Pastor Gene Eason and his wife, Cindy, were guests at the October Carry-In Luncheon. The Easons are new in Clearwater. He recently became the pastor of the First Christian Church in Clearwater.

Playwright Henrik Ibsen: "You should never put your best trousers on when you go out to fight for freedom and truth."

Musician Pete Seeger: "Education is when you read the fine print. Experience is what you get if you don't."

Comedian Henny Youngman: "If you're going to do something tonight that you'll be sorry for tomorrow morning, sleep late."

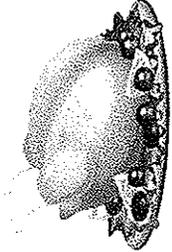
November 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Painting - both Beginners & Advanced 1 to 3 pm	2 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am Planning Meet: 10 am AA & AlAnon : 7 pm ELECTION DAY	3	4 Knitting: 9:30 to 11:30 am AA & AlAnon : 7 pm	5 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	6 JAMBOREE 7 TO 10 PM
7 DAYLIGHT SAVINGS TIME ENDS SET CLOCK BACK	8 Painting - both Beginners & Advanced 1 to 3 pm	9 Arts & Crafts 9:30 to 11:30 am Exercise: 9:30-10:30 am Lunchcon: 12 noon AA & AlAnon: 7 pm	10	11 Knitting: 9:30 to 11:30 am AA & AlAnon : 7 pm VETERAN'S DAY	12 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	13
14	15 Painting - both Beginners & Advanced 1 to 3 pm	16 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AlAnon : 7 pm	17 MOVIE MATINEE 1:30 PM	18 Knitting: 9:30 to 11:30 am AA & AlAnon : 7 pm	19 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	20 BISCUITS & GRAVY 7 TO 10 AM
21	22 Painting - both Beginners & Advanced 1 to 3 pm	23 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AlAnon : 7 pm	24	25 THANKSGIVING DAY	26 Quilting 9:30 to ????? Exercise: 10 to 11 am Cards & Games 1 pm to ???	27
28	29 Painting - both Beginners & Advanced 1 to 3 pm	30 Arts & Crafts 9:30 to 11:30 am Exercise: 10 to 11 am AA & AlAnon : 7 pm				

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

NOVEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BEEF & MACARONI BROCCOLI FRUIT COCKTAIL CHOCOLATE CHIP COOKIES WHOLE WHEAT BREAD</p> <p>26 Gm Fat 728 Calories 757 mg Sodium</p> <p>1</p>	<p>• HAM & BEANS w/ONIONS SPINACH CINNAMON APPLESAUCE CORNBREAD</p> <p>12 Gm Fat 670 Calories 1069 mg Sodium</p> <p>2</p>	<p>CABBAGE ROLL CASSEROLE GREEN PEAS PINEAPPLE CHUNKS TAPIoca PUDDING WHOLE WHEAT BREAD</p> <p>22 Gm Fat 716 Calories 994 mg Sodium</p> <p>3</p>	<p>OVEN ROASTED CHICKEN CHEESY POTATOES MIXED GREEN SALAD w/DRSG APRICOT MIX WHOLE WHEAT BREAD</p> <p>26 Gm Fat 715 Calories 681 mg Sodium</p> <p>4</p>	<p>• SOUTHWEST TURKEY w/PASTA CAPRI VEGETABLES FRESH BANANA STRAWBERRY GELATIN WHOLE WHEAT BREAD</p> <p>15 Gm Fat 638 Calories 1198 mg Sodium</p> <p>5</p>
<p>• BBQ RIBETTE on BUN WHOLE KERNEL CORN POTATO SALAD MANDARIN ORANGES</p> <p>18 Gm Fat 635 Calories 1020 mg Sodium</p> <p>8</p>	<p>CHILI CHEESE POTATO ROMAINE SALAD w/DRSG BLUEBERRY CRISP WHOLE WHEAT BREAD</p> <p>25 Gm Fat 889 Calories 716 mg Sodium</p> <p>9</p>	<p>• PORK STROGANOFF CALIFORNIA VEGETABLES FRESH APPLE WHOLE WHEAT BREAD</p> <p>19 Gm Fat 672 Calories 610 mg Sodium</p> <p>10</p>	<p>CLOSED FOR VETERAN'S DAY</p>  <p>11</p>	<p>PEPPER STRIP STEAK MASHED POTATOES PICKLED BEETS SLICED PEACHES POTATO ROLL</p> <p>26 Gm Fat 724 Calories 897 mg Sodium</p> <p>12</p>
<p>SLOPPY JOE on BUN GREEN BEANS ITALIAN PASTA SALAD MIXED FRUIT CUP</p> <p>28 Gm Fat 726 Calories 799 mg Sodium</p> <p>15</p>	<p>BEEF MACARONI & CHEESE MEDITERRANEAN VEGETABLES ROSY APPLESAUCE OATMEAL COOKIES WHOLE WHEAT BREAD</p> <p>30 Gm Fat 777 Calories 886 mg Sodium</p> <p>16</p>	<p>• HAM LOAF w/CREAM GRAVY MASHED POTATOES COMBINATION SALAD w/DRSG APRICOTS WHOLE WHEAT BREAD</p> <p>19 Gm Fat 653 Calories 1136 mg Sodium</p> <p>18</p>	<p>• TURKEY & NOODLES BROCCOLI PINEAPPLE CHUNKS CHOCOLATE PUDDING WHOLE WHEAT BREAD</p> <p>19 Gm Fat 653 Calories 1136 mg Sodium</p> <p>18</p>	<p>BEEF MINESTRONE SOUP WHOLE KERNEL CORN FRESH ORANGE GELATIN CAKE with TOPPING SALTINE CRACKERS</p> <p>27 Gm Fat 797 Calories 801 mg Sodium</p> <p>19</p>
<p>SPAGHETTI w/MEATSAUCE CAPRI VEGETABLES SLICED PEACHES POTATO ROLL</p> <p>17 Gm Fat 646 Calories 736 mg Sodium</p> <p>22</p>	<p>HAMBURGER on BUN CALICO BAKED BEANS MACARONI SALAD CITRUS SECTIONS</p> <p>23 Gm Fat 815 Calories 796 mg Sodium</p> <p>23</p>	<p>• ROAST TURKEY & GRAVY MASHED POTATOES TOSSED SALAD w/DRSG PUMPKIN PIE DINNER ROLL</p> <p>21 Gm Fat 690 Calories 969 mg Sodium</p> <p>17</p>	<p>CLOSED FOR</p>  <p>25</p>	<p>CLOSED FOR DAY AFTER THANKSGIVING</p>
<p>BEEF PATTY w/ONION GRAVY MASHED POTATOES THREE BEAN SALAD FRUIT COCKTAIL WHOLE WHEAT BREAD</p> <p>28 Gm Fat 759 Calories 778 mg Sodium</p> <p>29</p>	<p>TACO SALAD GREEN PEAS JELLIED STRAWBERRY PEAR SALAD</p> <p>28 Gm Fat 676 Calories 931 mg Sodium</p> <p>30</p>	<p>CONTAINS TURKEY CONTAINS PORK</p> 	<p>CONTAINS TURKEY CONTAINS PORK</p>	<p>26</p> 

HAPPY THANKSGIVING



Exercise Your
Right
to Cast Your



Vote ✓

Voting is each adult American's privilege and duty. Don't let our country down!

***Clearwater Community/Senior Center
921 Janet St.
Clearwater, KS 67026***