

# The Scoop

July 2011



## CLEARWATER

## COMMUNITY CENTER & SENIOR HAPPENINGS



620-584-2332

921 Janet Avenue  
Clearwater, Kansas 67026

[commcenter@sktc.net](mailto:commcenter@sktc.net)



### **MONTHLY LUNCHEON HELD ON JUNE 14, 2011**

By Marlene Parret, Secretary



The meeting was called to order by President Barbara Hufford. The Flag Salute and National Anthem were led by Marlene Parret.

Special birthday greetings were given to June birthday people: Doris Matthews whose 97<sup>th</sup> birthday is today, Mary Mitchell, June Finney and Farol McMillan. Carl Shaffer led the prayer for the meal.

The Sew & Sews ladies were the hostesses for 39 in attendance. They also made special bookmarks that were placed at each place setting. Thank You, Ladies!!

Our first speaker was **Stacey Nilles** from the Department on Aging. She told of several upcoming events geared toward the senior population. World Elder-Abuse day will be at Botanica, Senior Expo Health Screening will be at Botanica & Wichita Art Museum, and a Senior Gala at the Cotillion in September. Special thanks were given through the RSVP program for assembling over 12,000 Wichita River Festival packets. Special certificates from RSVP were given to Farol McMillan, Barbara Hufford, and Ruby Fisher for the volunteer work they have done.

Our second speaker was **Danielle Reicks**, the new administrator for the Manor and The Village centers. She explained the new laws concerning charges through Medicare and Hospice and how they apply after hospital stays. Each person is encouraged to inquire about these new charges and not assume the OLD WAY still works for you.

The third speaker was **Dr. Karl May** (and input from **his wife, Lindy**). He also addressed the changes in Medicare and individual charges through his office. His office no longer has a contract with Via Christi for therapy services but he is looking for a new therapy partner. They had two handouts: "Why Should I See A Chiropractor?" and "Tips For A Long Life (And Spine) From Your Chiropractor."

**Peggy Brockman** gave a short report on the quilters' trip to Kentucky recently and told of the need for workers to sell tickets for the new quilt to be raffled off in August at the Fish Fry Supper.

#### **ANNOUNCEMENTS:**

1. Proceeds from the garage/bake sale was over \$400.00 which included 1 painting sold and quilt tickets sold. Some of the donated baked goods did not sell that day but were sold that evening at the Jam Session. The crowd was down but there were some new performers that made it a good evening.
2. A new DVD player has been purchased using some of the garage sale proceeds. A baby changing-table to be installed in the ladies restroom has been ordered. (*It has been received and installed. - Ruby*) The need for the table came to the attention of the center when the building was rented out to groups.
3. A wax pencil drawing class, given by Diane Sharp, is scheduled for 6-27. It is to be about drawing an eagle head on a print of the Declaration of Independence.
4. Carl is checking into the possibility of getting a group together to go to the Old Mill Café and Museum at Oxford.
5. **UPCOMING EVENTS:** Biscuits & Gravy, 6/18; Jam Session, 7/2; Planning meeting, 7/5; Burger & Dog Supper, 7/9; July Luncheon with **Carl Shaffer and Bruce Hopson hosts**, 7/12; and Fish Fry supper and Quilt Drawing, 8/27.
6. Carl mentioned that he gets up-dated regulations nearly weekly and that we as SENIORS need to keep ourselves informed. He puts all such notices on the BULLETIN BOARD in the hallway at the Center.

First-time attendees were **Marcile Mitchell** and **Lawrence Reusser**, both from the Senior Residences, and **Bonnie Guiltner** from the Village.

The luncheon meeting closed with special music from more newcomers **Frankie and Phyllis Valens**. Frankie sang his pop hit song "This Magic Moment" accompanied on the piano by Phyllis, a duet with Phyllis on "Sincerely", and they closed with a spiritual medley of "I'll Fly Away" and "Just a Little Talk With Jesus."

**What a pleasant way to end a 1½ hour meeting filled with good socializing, good food, good educational presentations, and goooooooood entertainment !!**

**CARL'S COMMENTS CONCERNING COURTESY**

By Carl Shaffer (after the June Luncheon)

Again I'm hearing complaints about having too many speakers at the luncheons! If you who complain know everything that the speakers know, then I suggest you call me. We will set up a time for you to come in and talk to us at a different time and we can shorten our meeting. Yes, we had four speakers and some very good entertainment in less than 1 1/2 hours. That is less time than it takes to go to Sunday School and Church from 9:45 to noon. Of course there are no soap operas, and football games haven't started. You complainers waste 2 hours watching talk shows and soaps that tell you nothing that is happening to senior programs and cuts from it.

Dr. May's comments on community activities were very interesting and applied to what is happening in our community with the businesses we have now. With Mize's you don't have to go to Wichita for groceries---Bales has drugs-----Dr. Papish and Dr. May are here for your health. Should they leave town, you may lose your ambulance service.

Stacy Nilles, the program manager for the Dept. of Aging (where we get our funds) talked about budget cuts that affect you and me. She also talked about the importance of signing in the daily sign-in sheet and filling out the participant card and taking advantage of the RSVP program. She gave everyone credit for the work done here in Clearwater. But we know the work is done here by about 8 or 10 people. We need more workers and fewer grippers.

Danielle Reicks talked on when hospice takes over and social security stops that you may be facing costs of several thousand dollars when a loved one goes to hospice care, but if you were not here or were trying to talk over her, you missed it all.

These items can or could save you big bucks. Yes, I talked about up-coming events that were not here in time to put in the Scoop. One activity is the Senior Law Day that costs \$10.00 to talk to an attorney. If you had to make an appointment with an attorney at his office, he would charge up to or over \$100.00 an hour. I believe that event is quite a bargain, plus the fact that you don't have to stay all day.

Yet most people DO NOT USE THE CENTER PROPERLY. They don't read items on the bulletin board. They get the Scoop, read it, toss it, and never write anything down, then complain that "I didn't know that." They gripe if the calling committee does their job by calling to remind them of up-coming events. But they do take advantage of the RSVP drives when they go 15 or more miles one way. It would be nice if they would offer a donation for gas or offer to buy the driver a meal. Car upkeep is expensive. They don't run on air - plus wear and tear on their car is a constant concern. Most of the drivers are also the ones who donate their time on almost every event while the others sit back and say, "Look what we did.." Most of us need to exercise our bodies (other than our jaws.) The exercise class meets Tuesday and Friday mornings. There's always room for one more.

Yes, the ole man sure can gripe, but others who don't take the time to help say, "What's in it for me?" Well, maybe it's another freebie like the luncheons when you don't bring any covered dish to share or put anything in the donation basket. Then, because you think the planned programming is too long, you talk over the speaker, then get up and leave because you are rude and don't care about anyone but yourself.

Again, "What's in it for me?"

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June BD's: Doris



June



Farol



Mary



- 03 Dwight R. Johnson
- 04 Glen Osborn
- 04 Karen Woods
- 06 Betty Peitz
- 07 Earl Brockman
- 07 James Charles
- 07 Charles McCoy
- 07 Wayland Whitlow
- 08 Linda Bird
- 08 Mary Sullivan
- 09 Marlene Hand
- 10 Wilda Coleman
- 14 Dean Lindamood
- 15 Mildred Chitwood
- 16 Barbara Hufford
- 18 Cleo Ray
- 19 Harold Stafford
- 19 Norma Sullivan
- 24 Gary Morehead
- 24 Sue Ray
- 25 Eileen Garrigus
- 26 Rita Harrison
- 26 Marge Turrell
- 28 Robert Cummins
- 29 Thom Wilkens
- 31 Mary Alice Sperry
- 31 Bob Wright

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There are four things that you cannot recover in life:

1. The Stone.....  
After it's thrown,
2. The Word.....  
After it's said,
3. The Occasion.....  
After it's missed, and
4. The Time.....  
After it's gone.

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**SENIOR PERSONAL AD SEEN IN "The Villages" Florida newspaper**

**Mint Condition:** Male, 1932, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well. (Who says seniors don't have a sense of humor?)

**DID YOU KNOW?**

Hal Ketcham received the Reuben award for the comic strip, 'Dennis the Menace' in 1953. He also was made honorary mayor of Wichita. He was quoted as saying, "I set the whole thing in Wichita, Kansas, and as a result I got made an honorary mayor of Wichita."

--from <http://en.wikipedia.org>

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**MT. VERNON, TX BEER JOINT SUES LOCAL CHURCH OVER LIGHTENING STRIKE!**

*(I checked the internet and did not find that this is a true story, but it's good for a laugh, and each time we laugh we extend our lives. Enjoy! - Ruby)*

Drummond's Bar began construction on an expansion of their building to increase their business.

In response, the Local Baptist Church started a campaign to block the bar from expanding with petitions and prayers. Work progressed right up until the week before the grand opening when lightning struck the bar and it burned to the ground!

After the bar burned to the ground by the lightning strike, the church folks were rather smug in their outlook, bragging about 'the power of prayer,' until the bar owner sued the church on the grounds that the church "was ultimately responsible for the demise of his building, either through direct or indirect actions or means."

In its reply to the court, the church vehemently denied all responsibility or any connection to the building's demise.

The judge read through the plaintiff's complaint and the defendant's reply, and at the opening hearing he commented, "I don't know how I'm going to decide this, but it appears from the paper work that we have a bar owner who believes in the power of prayer, and an entire church congregation that now does not."

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**Bob Hope on aging: "You know you're getting old when the candles cost more than the cake."**

**WHO TO CALL**

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

<http://www.clearwaterks.org>

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**ADVISORY COMMITTEE MEMBERS**

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

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**PLANNING COMMITTEE MEMBERS**

- Chair - Barbara Hufford
- Co-Chair - Angie Shaver
- Secretary - Marlene Parret
- Historian - Helen Fesnock
- Activity Leader - June Finney
- RSVP Program - Farol McMillan

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**SPORTS QUOTES**

From my brother Richard's email - Ruby  
**Doug Sanders**, professional golfer: "I'm working as hard as I can to get my life and my cash to run out at the same time. If I can just die after lunch Tuesday, everything will be perfect."

**Harry Neale**, professional hockey coach: "Last year we couldn't win at home and we were losing on the road. My failure as a coach was that I couldn't think of anyplace else to play."

**Walt Garrison**, Dallas Cowboys fullback when asked if Tom Landry ever smiles: "I don't know. I only played there for nine years."

**Rick Venturi**, Northwestern football coach: "The only difference between me and General Custer is that I have to watch the films on Sunday."

**Knute Rockne**, when asked why Notre Dame had lost a game: "I won't know until my barber tells me on Monday."

(Hope you enjoyed these. - Ruby)

## ***Meaning of Flag Draped Coffin***

All Americans should be given this lesson. Those who think that America is an arrogant nation should really reconsider that thought. Our founding fathers used GOD's word and teachings to establish our Great Nation and I think it's high time Americans get re-educated about this Nation's history.

Pass it along and be proud of the country we live in and even more proud of those who serve to protect our 'GOD GIVEN' rights and freedoms.

I hope you take the time to read this ... To understand what the flag draped coffin really means ... Here is how to understand the flag that laid upon it and is surrendered to so many widows and widowers.

Do you know that at military funerals, the 21-gun salute stands for the sum of the numbers in the year 1776?

Have you ever noticed the honor guard pays meticulous attention to **correctly folding the United States of America Flag 13 times**? You probably thought it was to symbolize the original 13 colonies, but we learn something new every day!

The 1st fold of the flag is a symbol of life.

The 2nd fold is a symbol of the belief in eternal life.

The 3rd fold is made in honor and remembrance of the veterans departing the ranks who gave a portion of their lives for the defense of the country to attain peace throughout the world.

The 4th fold represents the weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in time of war for His divine guidance.

The 5th fold is a tribute to the country, for in the words of Stephen Decatur, 'Our Country, in dealing with other countries, may she always be right; but it is still our country, right or wrong.'

The 6th fold is for where people's hearts lie. It is with their heart that they pledge allegiance to the flag of the United States of America, and the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all.

The 7th fold is a tribute to its Armed Forces, for it is through the Armed Forces that they protect their country and their flag against all her enemies, whether they be found within or without the boundaries of their republic.

The 8th fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day.

The 9th fold is a tribute to womanhood, and Mothers. For it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great has been molded.

The 10th fold is a tribute to the father, for he, too, has given his sons and daughters for the defense of their country since they were first born.

The 11th fold represents the lower portion of the seal of King David and King Solomon and glorifies in the Hebrews eyes, the God of Abraham, Isaac and Jacob.

The 12th fold represents an emblem of eternity and glorifies, in the Christians eyes, God the Father, the Son and Holy Spirit.

The 13th fold, or when the flag is completely folded, the stars are uppermost reminding them of their Nations motto, 'In God We Trust.'

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the Sailors and Marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for them the rights, privileges and freedoms they enjoy today.

This article was taken from website of Charles F. Hamblen American Legion Post #27, Dept. of Florida.



## **VOLUNTEERS**

Poem from Carl's email

Once upon eternity above the clouds so high  
There were some chosen angels  
Who had no wings to fly.  
Their hands were made for helping,  
Their hearts were tender, too.  
Their smiles were warm and happy  
And glowed as halos do.  
So God sent down these angels  
Because they were such dears  
To spread their gentle love on earth.  
We call them 'VOLUNTEERS.'

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## **VOLUNTEERS**

By Carl Shafer

When I first came to the Center in May of 2007, Geri Deninger was in charge of the Arts and Crafts. She had a lot of love for these activities and it showed in her ideas of different items that could be created. As Geri's health failed, she had to give up some of her work and then she moved to Colorado to be near her family. She recently passed away out there.

Helen Fesnock has taken over the painting class. It still has room to grow. There is room for beginners as well as other levels of artists. Now we still need someone to take over the Arts and Crafts part.

We still hear people say "I can't do anything." They won't help out on any other fund raising activities either.

We also lost Kay Shaffer earlier this year. She was blind, wore hearing aids and had arthritis. Yet she always gave a donation for every fund raiser and also bought items for the Center.

LaVina McEntire, at 90 years of age, still knits caps for cancer patients. She also has arthritis.

Nine volunteers attended the RSVP (Retired Senior Volunteer Program) luncheon in Wichita May 26<sup>th</sup>. At the luncheon there were volunteers on scooters, some with walkers, others with canes and some with crippling diseases. All of these volunteers saved Sedgwick County \$1,750,000.00 by volunteering their time and effort. Some of them volunteered over 1,000 hours of community work.

Jesus said, "It is more blessed to give than to receive (Acts 20:35). Many people say, "I don't have the time." However, we all have time to do what we want to do. Others say, "I can't do anything." Can't never did anything.

Others say, "There's nothing down there but a bunch of old ladies." The May luncheon had 11 men present

## **VOLUNTEERS by Carl Shaffer - Continued**

to enjoy the "old ladies" cooking. We have several men in our exercise class and we have room for more, both men and women. We would welcome men to the painting classes. (Look at all the famous men artists.) There's no reason that men couldn't join the sewing class. (Look at all the famous tailors.) We have the Jam Session that men play and sing while others come to listen. We play cards and some men are involved in that activity as well. We have a pool table that has only been used once in 5 ½ months. Many just want to moan and groan and put other people down, unless it is something that is a benefit to them. They want all the benefits without doing anything to help. Jesus said, "These people honor me with their lips, but their heart is far from me." (Matthew 15:8)

We have a core of very hard working people with different talents and ideas. They perform many different tasks which makes the "Senior Center" a very good and wholesome place to visit and work. As the Community Center, as well as the Senior Center, it is a very good place to meet friends and have a good time. It is so nice to hear people talking and laughing over our biscuits and gravy breakfast as well as at other activities - as laughter is the best medicine!

Sometimes we have to step outside the box and we may find something different than we thought it might be and also more enjoyable. Inspiring things that happen at the building is watching Lew Kellogg lead the exercise class, Peggy Brockman leading the "Old Sew and Sews" in quilting, Helen Fesnock leading painting, people calling Farol for rides through the RSVP program, the same workers at breakfast, Farol, Barbara, Angie, Mary Jo, "The Scoop" with Ruby and others helping out at different times.

It takes a lot of energy to do the many tasks at the center. The Center is host for the Al-Anon and AA meetings for the community and the leaders of those programs who dedicate their time to do this as a service to the community.

Clearwater has signs up that say "A Community With Pride." Most of our activities are open to anyone in the community, but some count towards the goals set by the Department on Aging in order for us to receive funds. And we take PRIDE in all our activities.

If you have never been to the Center, come and check it out for yourself. Volunteers can be any age. It takes everyone working together to make good things happen.

Won't you come and help, and enjoy the fellowship, and have a laugh or two.

***Did you know you can stay right here in Clearwater for all of your therapy needs?***

How nice would it be to not have to travel all the way in to Wichita to receive physical, occupational, or speech therapy? Well, you can, according to Tiffany Engels, Senior Living Advisor for Clearwater Nursing and Rehabilitation. Clearwater Nursing and Rehabilitation offers physical, occupational and speech therapies right in your back yard.

The staff at the facility provides its patients with many years of combined experiences focusing on the individual needs of their patients. Their team believes strongly in treating the **WHOLE** person. The staff has specific training in psycho-social issues, neurological changes, lymph edema, cognitive-language deficits, and all the therapists have extensive backgrounds in geriatrics.

For more information, contact Tiffany Engels at 584-2271.



Tiffany Engels, Senior Living Advisor at Clearwater Nursing and Rehabilitation.

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**SPEAKERS FOR JULY LUNCHEON**

**Rod Frederking of Memory Video Presentations,** Wichita invites you to discover how his company can preserve and pass on memories to future generations. Old photos, old film/video tapes and much more can be restored to almost new; once restored these memories can be duplicated over and over for all to enjoy.

**Barb Galloway will talk about the 72 unit memory care complex** that Oxford Development Holdings is planning to build at a cost of \$8 million in Derby.

According to the Wichita Business Journal, the focus will be people who may not be able to remain in other assisted living facilities that don't have that focus.

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**THINK ABOUT IT**

As you grow older you find it takes just about half as long to get tired and twice as long to get rested. The iron in your blood has turned to lead in the seat of your pants.

From "Over The Hill & On A Roll" by Bob Phillips



Frankie & Phyllis Valens at June Luncheon Here's Frankie!



Frankie & Phyllis performed at the June Luncheon with some of his old-time favorites. Marlene mentioned that in her luncheon report.

If you think you recognize the names but aren't sure why, then you might want to send them an email and get on their list to receive their monthly newsletter. They both contribute items for the newsletter. Their email is [fvpv7@sktc.net](mailto:fvpv7@sktc.net). Check it out and learn more about them and their busy life!

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**FIRST TIMERS AT JUNE LUNCHEON**



Marcile Mitchell



Lawrence Reusser



Bonnie Gultner

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*Pictured above, L to R are the speakers at the June Luncheon.*

**Danielle Reicks,** new administrator for the Manor and the Village,

**Dr. Karl and Lindy May,** May Chiropractic & Rehabilitation Services, and **Stacy Nilles** from the Department on Aging in Wichita.

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The quilt to be raffled off at the Fish Fry Dinner the last of August. Raffle Tickets are \$1.00 each or 6 for \$5.00.

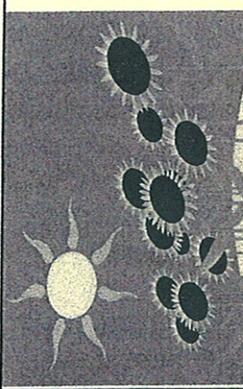
# July 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	2 <b>JAM SESSION 7 TO 10 PM</b>
3	4 <b>Independence Day</b> 	5 Exercise: 10 to 11am <b>Plan Meeting: 10am</b> AA & AI Anon: 7 pm	6	7 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	8 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	9 <b>BURGER &amp; DOG SUPPER</b>
10	11 Painting - both Beginners & Advanced 1 to 3 PM	12 Exercise: 9:30 to 10:30 am <b>LUNCHEON</b> Starts at 12 noon AA & AI Anon: 7PM	13	14 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	15 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	16 <b>BISCUITS AND GRAVY 7 to 10 am</b>
17	18 Painting - both Beginners & Advanced 1 to 3 PM	19 Exercise: 10 to 11am AA & AI Anon: 7 pm	20 <b>MOVIE</b> To be Announced	21 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	22 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	23
24	25 Painting - both Beginners & Advanced 1 to 3 PM	26 Exercise: 10 to 11am AA & AI Anon: 7 pm	27	28 Knitting: 9:30 to 11:30 am AA & AI Anon: 7 pm	29 Quilting: 9:30 to ??? Exercise: 10 to 11 am Cards & Games 1:30 pm to ????	30
31	<p><b>Answers to above questions: 1. Andrew Jackson 2. Harrison 3. Calvin Coolidge 4. New York</b></p> <p><b>"America" -- My Country 'tis of Thee, sweet land of liberty, of Thee I sing. Land where our fathers died, land of our pilgrim's pride, From every mountain side let freedom ring. My native country, Thee, land of Thy noble free, Thy land I love. I love Thy rocks and rills, Thy woods and templed hills, my heart with rapture fills like that above. Our Father's God to Thee, Author of Liberty, To Thee we sing. Long may our land be bright with Freedom's Holy Light, Protect us by Thy might, Great God, Our King.</b></p>					

**GOOD NEIGHBOR NUTRITION PROGRAM**

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

**JULY 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>● CONTAINS TURKEY</li> <li>◎ CONTAINS PORK</li> </ul>				<p>OVEN ROASTED CHICKEN GARDEN RICE PILAF COMBINATION SALAD w/DRSG MANDARIN ORANGES WHOLE WHEAT BREAD</p> <p>23 Gm Fat 651 Calories 604 mg Sodium</p>
<p>CLOSED FOR JULY 4<sup>TH</sup> HOLIDAY</p>	<p>GROUND BEEF STROGANOFF MEDITERRANEAN VEGETABLES MANDARIN ORANGES WHOLE WHEAT BREAD</p> <p>27 Gm Fat 669 Calories 699 mg Sodium</p>	<p>● TURKEY TORTILLA SOUP ROMAINE SALAD w/DRSG FRESH ORANGE TAPIOCA PUDDING SALTINE CRACKERS</p> <p>21 Gm Fat 702 Calories 1072 mg Sodium</p>	<p>◎ BBQ RIBETTE on BUN CALICO BAKED BEANS POTATO SALAD PINEAPPLE &amp; STRAWBERRIES</p> <p>19 Gm Fat 766 Calories 1262 mg Sodium</p>	<p>◎ HAM &amp; BEANS with ONIONS DICED CARROTS ROSY APPLESAUCE CORNBREAD</p> <p>12 Gm Fat 667 Calories 1020 mg Sodium</p>
<p>CHEESEBURGER on BUN GREEN BEANS ITALIAN PASTA SALAD MIXED FRUIT CUP</p> <p>28 Gm Fat 706 Calories 729 mg Sodium</p>	<p>◎ SCALLOPED POTATOES w/HAM GREEN PEAS APPLE JUICE CHOCOLATE CHIP COOKIES POTATO ROLL</p> <p>21 Gm Fat 766 Calories 1120 mg Sodium</p>	<p>● TURKEY TETRAZINI BROCCOLI PEACHES &amp; PEARS CHOCOLATE PUDDING WHOLE WHEAT BREAD</p> <p>24 Gm Fat 766 Calories 1206 mg Sodium</p>	<p>SALISBURY STEAK MASHED POTATOES PICKLED BEETS APRICOT FRUIT MIX WHOLE WHEAT BREAD</p> <p>22 Gm Fat 727 Calories 834 mg Sodium</p>	<p>● TURKEY CHEF SALAD CREAMY POTATO SOUP FRESH BANANA OATMEAL COOKIES SALTINE CRACKERS</p> <p>18 Gm Fat 648 Calories 1126 mg Sodium</p>
<p>LIVER &amp; ONIONS MASHED POTATOES RANCH BROCCOLI SALAD DICED PEACHES POTATO ROLL</p> <p>18 Gm Fat 718 Calories 749 mg Sodium</p>	<p>TACO SALAD GREEN PEAS CINNAMON APPLESAUCE</p> <p>28 Gm Fat 671 Calories 806 mg Sodium</p>	<p>SLOPPY JOE on BUN THREE BEAN SALAD STRAWBERRY CUP OATMEAL COOKIES</p> <p>30 Gm Fat 833 Calories 759 mg Sodium</p>	<p>● ROAST TURKEY w/GRavy MASHED POTATOES CARROT RAISIN SALAD APPLE JUICE BISCUIT</p> <p>32 Gm Fat 879 Calories 1406 mg Sodium</p>	<p>◎ HAM LOAF w/CREAM GRAVY SCALLOPED POTATOES ROMAINE SALAD w/DRSG FRUIT MIX w/BLUEBERRIES WHOLE WHEAT BREAD</p> <p>24 Gm Fat 742 Calories 1013 mg Sodium</p>
<p>BEEF PATTIE w/ONION GRAVY MASHED POTATOES PICKLED BEETS PEACH SLICES WHOLE WHEAT BREAD</p> <p>24 Gm Fat 760 Calories 755 mg Sodium</p>	<p>SPAGHETTI w/MEATSAUCE CALIFORNIA VEGETABLES FRUITY AMBROSIA BREADSTICKS</p> <p>21 Gm Fat 732 Calories 827 mg Sodium</p>	<p>● APPLE WALNUT TURKEY SALAD on WHEAT BREAD SPINACH SALAD w/DRSG STRAWBERRY CUP SUGAR COOKIES</p> <p>20 Gm Fat 692 Calories 1077 mg Sodium</p>	<p>BEEF MINISTRONE SOUP BAKED POTATO ROSY APPLESAUCE SALTINE CRACKERS</p> <p>21 Gm Fat 757 Calories 592 mg Sodium</p>	<p>BEEF &amp; MACARONI MEDITERRANEAN VEGETABLES APRICOTS BANANA CAKE WHOLE WHEAT BREAD</p> <p>30 Gm Fat 887 Calories 871 mg Sodium</p>

**THE 4<sup>TH</sup> OF JULY IS ACKNOWLEDGED  
Throughout the world**

**BUT ONLY IN THE UNITED STATES of AMERICA  
DO WE CELEBRATE**

**“INDEPENDENCE DAY”**



Clearwater Community/Senior Center  
921 Janet  
Clearwater, KS 67026

