

The Scoop

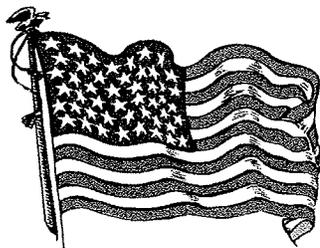
**HAPPY
FATHERS
DAY**

June 2011



CLEARWATER

**COMMUNITY CENTER
& SENIOR HAPPENINGS**



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Clearwater, Kansas 67026

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MAY FRIENDSHIP LUNCHEON

By Marlene Parret, Secretary

President Barbara Hufford called the meeting to order, followed by Marlene Parret leading the Flag Salute and singing the National Anthem. Marlene also led the singing of the Birthday song to Jean Watts and first timer Phyllis Valens.

Hostesses for the meal were Mary Barner, Maggie Liebold and Angie Shaver, with 39 enjoying the meal.

Ricky Vreeland and his dog, Miracle, entertained with song and tricks. Ricky performed several songs from the '60s and 70s then explained how Miracle got his name. He ended his program with Miracle saying his prayers.

One lucky person at each table won the centerpiece which was a tea-towel embroidered by Barbara Hufford who is also one of the Sew and Sewers.

Our speaker was Kent Foley of Arrest A Pest, Pest Solutions who spoke on a serious health problem, bed bugs.

ANNOUNCEMENTS:

Maggie Liebold told of a Wax pencil art class that is planned, led by Diane Sharp. Anyone interested should contact Maggie or Carl.

There will be NO Wednesday Movie this month (May) due to th DVD player being out of order. However the Wii program is available if anyone would like to form a 'Bowling League.'

The May Jam Session was held on Saturday, the 7th with about 30 attendig.

Carl will be out of the building next week on vacation.

Biscuits and Gravy will be Saturday, the 21st. Workers are always needed.

We will participate in the City Wide Garage sale day on June 4 and include baked goods, from 8 am to 2 pm. Set-up day on the 3rd.

The June Jam Session is also to be on the 4th at 7 pm.

The Planning Board meeting will be on June 7 at 9:30am.

The June Luncheon will be on the 14th with the Sew & Sews as hostesses.

July 9 we will have a Hamburger and Hot Dog Supper from 5 pm to 6:30 PM. Along with the entr e will be relishes, baked beans, potato salad, desserts and coffee or tea. The cost will be \$4.00 for children and \$6.50 for adults. The Quilt will be on display and tickets for it will be \$1.00 each or 6 for \$5.00. The Fish Fry is scheduled for Aug. 27, at which time the quilt will be raffled. Peggy is checking on a trip to a Symphony Designer House in Wichita. June is working on possible trips to Wichita Music Theater this summer.

KENT FOLEY, LUNCHEON SPEAKER

The topic for Mr. Foley's speech was about how bed bugs have returned as a serious health problem. They were, many years ago, a pest mainly found in out-buildings such as chicken houses, and fed on the chickens in the middle of the night. Kansas is currently not as badly infested as some states. An old-time method of preventing them from climbing onto the bed was by filling a tin can with kerosene then setting the bed legs in the filled cans. The bugs didn't like that!! Then as pesticides progressed to DDT, chlordane and dussban, the problem was pretty much eliminated. Then when those were banned, the bugs became resistant to newer treatments. One of the chief places they are found is in old or used furniture that is often found at flea markets, etc. Also it is a wise plan to be prepared to be on the alert when you go to a hotel or motel when traveling. Kent advised to put your luggage in the bath tub on arriving before you start the hunt around the bedding. Watch for **Small Black Specks** and **blood stains** which are a tell-tale sign that they are or have been present.

If you are nibbled on in the middle of the night, you may have **welts** on your skin similar to an insect bite. At this time the bugs don't seem to transmit diseases but may be a carrier.

What to watch for???? An adult bed bug is about the size of an apple seed. They can move up to 40 feet in a minute.

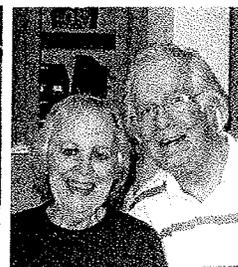
Precautions: When you return home, immediately wash ALL apparel in HOT water and dry as HOT as possible, up to 123 degrees to kill them. Since they are incapable of cleaning themselves off, they do not ingest the bug spray that might have killed them.

They have now recycled back to the chicken houses.

By Marlene Parret, secretary



Jean Watts,
Happy Birthday



Phyllis & Frankie Valens
First-timers at luncheon



Ricky Vreeland
and Miracle



**TO
JUNE BIRTHDAY FOLKS**

- 02 Chris Robinson
- 04 Mabel Shoff
- 06 Beulah Barnett
- 07 Kerry Harrison
- 07 Don McMillan
- 10 Duane Burns
- 11 Gary Freed
- 11 Robert Pugh
- 12 June Finney
- 12 Virginia Kepley
- 14 Sandra Cummins
- 14 Doris Mattherw
- 15 Ernie Angstadt
- 16 Mary Mitchell
- 16 Loretta Shaffstall
- 17 Richard Vogel
- 18 Jim Kendrick
- 18 faron McMillan
- 19 Linda Taggart
- 24 Sandy Baxter
- 25 Angie Strait
- 27 Genevieve Wilbur
- 28 Lonnie Stieben



Astrological Signs:

Gemini - May 21 to June 20

Cancer - June 21 to July 22

Birthstone: Pearl

Flower: Rose

As of June 1, there will be 240 days to the new year.

Mark Twain gives a trick to improve your mood: "The best way to cheer yourself up is to try to cheer somebody else up."

Citywide Garage Sale, June 4 !!

FLAG DAY IS JUNE 14

The United States Flag Code, which was adopted in 1923, describes the following rules for proper flag protocol:

- Always display the flag with the field of blue in the upper left-hand corner. To display it upside down is considered a distress signal.
- It should be carried aloft and free, never flat or horizontally.
- The flag should always be kept clean and safe; never let it become torn, soiled or damaged.
- The flag should be destroyed by burning in a dignified manner.
- Always treat the flag with respect. Never embroider it on household items or pieces of clothing.

People who are unable to dispose of the flag in the prescribed manner should contact their nearest American Legion or VFW post. Most of them have an annual ceremony in which old and worn flags are properly destroyed - usually held on Flag Day, June 14th of every year.



FATHER'S DAY IS JUNE 19

The first observance of Father's Day actually took place in Fairmont, West Virginia, on July 5, 1908. It was organized by Mrs. Grace Golden Clayton, who wanted to celebrate the lives of the 210 fathers who had been lost in the Monongah Mining disaster several months earlier in Monongah, West Virginia on December 6, 1907. It's possible that Clayton was influenced by the first celebration of Mother's Day that same year, just a few miles away. Clayton chose the Sunday nearest to the birthday of her recently deceased father.

Unfortunately, the day was overshadowed by other events in the city, West Virginia did not officially register the holiday, and it was not celebrated again. All the credit for Father's Day went to Sonora Dodd, who invented independently her own celebration of Father's Day just two years later, also influenced by Jarvis' Mother's Day. Clayton's celebration was forgotten until 1972, when one of the attendants to the celebration saw Nixon's proclamation of Father's Day, and worked to recover its legacy.

The celebration is now held every year in the Central United Methodist Church — the Williams Memorial Methodist Episcopal Church, South, was torn down in 1922. Fairmont is now promoted as the "Home of the First Father's Day Service"

CHECK US OUT AT THE CITY WIDE GARAGE SALE, June 4 !!!!!

YOU COULD LOSE RETIREMENT \$\$\$\$ IF-----

You don't know about these age-based rules. Among the following are the most important financial planning milestones, and what you can and should do when you reach them - by age.

AGE 50: "Catch-Up" contributions. The calendar year in which you turn 50 is the first time in which you can make extra annual contributions to your qualified retirement plans. In 2011 you can contribute an extra \$5,500 to a 401K or SEP IRA---an extra \$2,500 to a simple 401K---and/or \$1,000 to an IRA, all above the usual limits, tax-deferred.

AGE 59 ½: Retirement plan withdrawals. At age 59 ½ generally is the earliest that saver can withdraw money as needed from a qualified retirement plan without incurring a 10% "early withdrawal" penalty. Penalty-free IRA withdrawals also might be possible before age 59 ½, if the money is used to pay for medical expenses, college bills, the purchase of a primary residence or for certain other costs. See IRS publication #590, individual retirement arrangements, for details go to www.irs.gov. The IRS does allow penalty-free withdrawals from 401Ks as early as age 55 if the employee separated from the employer sponsoring the 401K in or after the calendar year in which he/she turned 55

AGE 60: Non-disabled survivor benefits. Widows or widowers who are not disabled can begin receiving social security survivor benefits based on a deceased spouse's earnings when they reach age 60. Survivor benefits will be permanently reduced, however, if they are begun before the survivor's normal retirement age, which is between 65 and 67.

AGE 62: Social Security benefits. If you are widowed or disabled, the month after your birthday is usually the earliest you can start drawing social security benefits. These benefits will increase from 7 to 8% each year until age 70. If you are still working at age 62, it is a bad idea to start drawing your benefits. If you earn more than \$14,160 in 2011 while receiving social security benefits, as much as a half of your monthly benefits will be withheld.

AGE 65: Medicare. You have a seven month window surrounding your birthday to enroll in the program - 3 months before or 3 months after your birthday. Your Medicare coverage, which includes part A (hospital coverage), part B (physicians and out-patient services) and part D (prescription drug coverage), can begin as soon as the first day of the month of your 65th birthday. You can select a Medicare Advantage Plan, known as part C, instead of parts A & B. They are offered by companies but are approved by Medicare and have somewhat different costs and coverage levels. If you miss this seven-month, you not only will have to wait until an open-enrollment period (Nov. 15 to Dec. 31st of each year) to sign up, but you also may have to pay higher rates for Medicare Part B, the part of the system that pays for doctor bills, for the rest of your life. There is an exception on late enrollment penalties if you are covered through your employer, assuming that your coverage is deemed equal to Medicare.

HIGHER INCOME TAX DEDUCTIONS: You can claim a higher standard federal income tax deduction than younger taxpayers. In 2011, that deduction boost is \$1,450 per person if married, filing jointly. This will not affect you if you itemize your deductions. Many states also offer tax breaks for property owners over 65. To find out if you qualify, read the directions on your state's income tax forms.

AGE 66: "Normal" retirement age for social security. If you were born between 1943 and 1954, your 66th birthday is your "normal" or "full" retirement age. That is the earliest you can start receiving your social security benefits without an "early retirement" reduction in the rate. Once you reach full retirement age, you can earn in excel of \$14,160 per year and claim social security benefits without having any of those benefits withheld because of earned income limits. If you are married, the spousal benefits you can claim based on your partner's earnings - and the spousal benefits your partner can claim based on your earnings - max out as soon as both of you reach full retirement age. Some couples mistakenly believe that spousal benefits, like wage-earner benefits, will continue if they wait until age 70.

Age 70: If you have not already started your social security benefits, do so no later than the month of your 70th birthday. Your benefit checks have reached their maximum potential size and delaying any longer will cost you money.

AGE 70 ½: Required minimum distributions starting in the year in which you reach the age of 70 ½, you likely will be required to take annual withdraws from tax-advantaged retirement accounts, such as your traditional or ROTH 401Ks and traditional IRA. The size of these required withdrawals will be based on your life expectancy or the joint life expectancy of you and your spouse, using figures found on the tables in Appendix C of IRS Publication #590. If you fail to make these withdrawals, the IRS can impose a massive 50% penalty based on the amount you failed to withdraw.

-----from the desk of Carl Shaffer, Senior Center Director

OLD SEW & SEWS TRIP

By Peggy Brockman

Quilters Barbara Hufford, June Finney, Pat Stewart and Peggy Brockman left Clearwater for a trip to Paducah, KY, and the American Quilter's Society Quilt Show on Easter Sunday. They had planned the trip for a year.

Sunday evening was spent in Mountain View, MO. Monday we visited Calico Cupboard Quilt Shop to see the tow Sewing Machine Museum before going on to Kentucky. The flooding had begun and we detoured to Cape Giraudoux, MO to cross the Mississippi River.

We arrived at our cottage on Kentucky Lake at Cozy Cove Waterfront Resort. We met the travelers from Arkansas, all White County Quilt Guild members.

On Tuesday Ima Kinkaid of Clearwater and Hannah Parker of Clarksville, AR joined our cottage. We located the quilt show exhibits. The flooding made it necessary to move the quilts and vendors to four new locations around town. Barbara was able to pick up an electric scooter to use. In the evening, the Arkansas ladies fixed supper for us.

Wednesday we went to Eleanor Burns show and shopped for her books and \$5.00-a-yard fabrics. It continued to rain and wind blew the sides of the tent. After the show we viewed the winning quilts and visited the vendors in downtown Paducah.

Thursday we visited the quilts that were moved to the empty mall buildings, and shopped with those vendors. We enjoyed a German dinner at the Lutheran Church. Then a 'Meet and Greet' with Eleanor Burns' 'Quilt in a Day' downtown store. This was a 'by invitation' event. About 50 attended with Eleanor and her California staff.

Friday, Barbara went to the Quilt Museum to see all the past show winners on permanent display. We shopped at the downtown vendors and antique shops. We went to the Taste of Kentucky Dinner at the Presbyterian Church. We learned to make button bracelets that evening at the cottage.

Saturday we visited Grand Rivers, KY. We saw the local quilt show at their senior center. Eating lunch at Patti's Settlement, we viewed their unique menu, with seven inch meringue on the pies as the highlight.

Sunday we started our drive home. The flooding and high water continued to be a concern. There was a great deal of water out of the river banks and we saw homes with water standing in them. We drove in heavy rain until we reached the Kansas state line.

Everyone had a great time, and we are talking of next year!!!! And we got ideas for the 2012 raffle quilt!

Adult Beginner Pencil Painting Class

Diane Sharp will be teaching a pencil painting class on Monday, June 27 from 7 to 9 pm. This will entail placing a Bald Eagle on Declaration of Independence paper.

For more information and to enroll, contact Diane at 584-2716 or email did@sktc.net. Her enrollment deadline is June 20th.

The class will be held at the Community/Senior Center, 921 E. Janet.



Jam Session



The May Jam Session was well-attended, what with several other community events competing for audiences. Musicians were Ricky Vreeland, Charlotte and Roger Dawson and Max Tjaden. They each found a way to please the audience ears.

The June Session will be held on the 4th after clearing the room following the garage and bake sale items. If you have a musical talent to share, please come and share with us. We start at 7 pm and end at 10pm or earlier, according to the number of musicians who show.

Married for the Fourth Time

A local news station was interviewing an 80 year old lady because she had just gotten married for the fourth time. The interviewer asked her new husband's occupation.

"He's a funeral director," she said.

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. After a short time, she smiled and answered proudly explaining that she first married a banker when she was in her early 20's, next was a circus ringmaster when in her 40's, then a preacher when in her 60's and now in her 80's she married a funeral director.

The funeral director looked at her astonished and asked, "Why did you marry men with such diverse careers?"

She smiled and explained, "One for the money, two for the show, three to get ready, and four to go!!!"

I received an email from John Chitwood saying that their summer picnic will be held on June 25. --- Ruby

The May Biscuits & Gravy was Held on Saturday, Armed Forces Day. We served free breakfasts to all former armed service personnel. Had a good turn out!

GOOD NEIGHBOR NUTRITION PROGRAM

GNNP MENU (menu is subject to change)

JUNE 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 FLAG DAY JUNE 14TH BEEFY MACARONI & CHEESE CALIFORNIA VEGETABLES DICED PEACHES WHOLE WHEAT BREAD 26 Gm Fat 652 Calories 812 mg Sodium	 FATHER'S DAY JUNE 19TH © BBQ RIBETTE on BUN CALICO BAKED BEANS POTATO SALAD MANDARIN ORANGES 20 Gm Fat 758 Calories 1270 mg Sodium	SPAGHETTI with MEATSAUCE GREEN BEANS FRUITED GELATIN BREADSTICKS 17 Gm Fat 677 Calories 827 mg Sodium	OVEN ROASTED CHICKEN CHEESY POTATOES TOSSED SALAD w/DRSG PINEAPPLE CHUNKS WHOLE WHEAT BREAD 26 Gm Fat 679 Calories 664 mg Sodium	© HAM & BEANS SPINACH ROSY APPLESAUCE CORNBREAD 12 Gm Fat 667 Calories 1070 mg Sodium
CHILI CHEESE POTATO PICKLED BEETS CINNAMON APPLESauce WHOLE WHEAT BREAD 26 Gm Fat 652 Calories 812 mg Sodium	MEATLOAF w/TOMATO SAUCE CREAMY SCALLOPED POTATOES SPINACH SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD 20 Gm Fat 758 Calories 1270 mg Sodium	SOFT TACO GREEN PEAS PINEAPPLE & STRAWBERRIES 21 Gm Fat 628 Calories 900 mg Sodium	● TURKEY POT PIE BRUSSELS SPROUTS FRESH APPLE BISCUIT 27 Gm Fat 756 Calories 1212 mg Sodium	SALISBURY STEAK MASHED POTATOES COMBINATION SALAD w/DRSG APRICOT MIX WHOLE WHEAT BREAD 23 Gm Fat 688 Calories 616 mg Sodium
BEEF MINSTRONE SOUP GREEN PEAS APPLE JUICE OATMEAL COOKIES SALTINE CRACKERS 18 Gm Fat 741 Calories 811 mg Sodium	CREAMY SCALLOPED POTATOES SPINACH SALAD w/DRSG FRUIT COCKTAIL WHOLE WHEAT BREAD 19 Gm Fat 661 Calories 923 mg Sodium	● TURKEY & CAVATAPPI MEDITERRANEAN VEGETABLES FRESH BANANA VANILLA PUDDING WHOLE WHEAT BREAD 21 Gm Fat 628 Calories 900 mg Sodium	HAMBURGER on BUN WHOLE KERNEL CORN ITALIAN PASTA SALAD CITRUS SECTIONS 25 Gm Fat 711 Calories 503 mg Sodium	CRANBERRY MEATBALL MASHED POTATOES MIXED GREEN SALAD w/DRSG DICED PEACHES POTATO ROLL 25 Gm Fat 825 Calories 1218 mg Sodium
SCALLOPED POTATOES w/HAM GREEN BEANS PINEAPPLE CHUNKS STRAWBERRY APPLE GELATIN WHOLE WHEAT BREAD 23 Gm Fat 697 Calories 665 mg Sodium	TACO SALAD CALICO CORN FRESH ORANGE BEEF PATTY w/ONION GRAVY MASHED POTATOES TOSSED SALAD w/DRSG MIXED FRUIT CUP WHOLE WHEAT BREAD 28 Gm Fat 657 Calories 769 mg Sodium	© ROAST BEEF w/GRAVY MASHED POTATOES THREE BEAN SALAD QUICK FRUIT CUP POTATO ROLL 23 Gm Fat 840 Calories 1015 mg Sodium	GROUND BEEF STROGANOFF BROCCOLI APRICOT MIX WHOLE WHEAT BREAD 27 Gm Fat 663 Calories 685 mg Sodium	● APPLE WALNUT TURKEY SALAD on WHEAT BREAD LOOSE LEAF SALAD w/DRSG STRAWBERRY CUP WHITE CAKE 17 Gm Fat 683 Calories 1174 mg Sodium
17 Gm Fat 690 Calories 998 mg Sodium	SLOPPY JOE on BUN CAPRI VEGETABLES MACARONI SALAD ROSY APPLESauce 24 Gm Fat 746 Calories 703 mg Sodium	BEEF & MACARONI BUTTERED CABBAGE SPRING FRUIT MIX WHOLE WHEAT BREAD 22 Gm Fat 672 Calories 652 mg Sodium	22 Gm Fat 672 Calories 652 mg Sodium	FIRST DAY OF SUMMER JUNE 21st ● CONTAINS TURKEY © CONTAINS PORK

SMILE FOR YOU

Smiling is infectious; you catch it like the flu,
When someone smiled at me today, I started smiling too.
I passed around the corner and someone saw my grin
When he smiled I realized I'd passed it on to him.
I thought about that smile then I realized its worth,
A single smile, just like mine could travel round the earth.
So, if you feel a smile begin, don't leave it undetected
Let's start an epidemic quick, and get the world infected!

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