



Carma's Commentary

Every morning all across America, People peer into bathroom mirrors, searching for signs of age. We dread the appearance of those little lines at the corners of our mouths and eyes, and then we console ourselves with the thought maybe nobody else will notice. However, we know the truth. We are getting older. William H. Thomas, MD, writes in his book, *What are Old People For?:* “People fear wrinkles because of what they seem to say about us. They are the sum of all the days we have lived and will never live again. They tell our story even when we do not want that story told. Even the attempt to erase them becomes part of what is written on our faces.”

Old age will always be difficult and kind of scary. Our culture is focused on a youthful appearance and staying as strong and vibrant as possible. Our healthcare system does everything it can to fight disease and keep us alive as long as possible. It's as if we are in complete denial that old age and dying is part of life.

Wouldn't it be nice if old age was something that we all look forward to because others value our wisdom? Can you imagine being the one everyone comes to for advice because they appreciate your life experiences? They would see the wrinkles on our faces and be awed by the amount of life we have lived. In fact, aging is an active process that requires the force of life. Believe it or not—being alive is a prerequisite for growing old!

Other cultures such as the Native Americans value the wisdom that comes with old age. They see wisdom as a combination of outward and inward journeys through experiences, reflection and

a relationship with a higher power. They pass their legacy on the *listening* younger generation. It is good for us to remember that we are living our legacy now. What we learn in this lifetime can be a valuable lesson for those to follow. Sometimes I choose not to share experiences because of the poor light it might cast on my past behavior. However, that isn't going to help anyone in the big picture of life. There is a tangible connection between reaching out in service and self-fulfillment. In the process we have to risk rejection and looking bad. When reading about the legacy of great leaders, it quickly becomes apparent that they took big risks along the way and didn't worry about looking bad.

If we could put our ego in a jar and set it up on a shelf along with all those expensive youth serums, life would take on a more meaningful appearance (pun intended). After setting the ego aside, we would also have to be available to those seeking guidance. This brings to mind a friend of mine, Nellie Catron, who is 102 years old. She almost skips down the hall visiting with people in the retirement center as she heads to breakfast. She is smiling and willing to share her life story with anyone who will listen. Of course more and more of us want to listen as we compare her vibrant personality and energy with our own aging bodies. Nellie is quick to point out that the way you live is what counts. She is humble, very interested in those around her and continues to contribute to life. There might be a few wrinkles on her face, but you certainly don't notice them;. She has celebrated being alive with courage and has made life work for her.

I want to be just like her with I grow up (OK—old)!

-- Carma Wall, CEO

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THIS 'n THAT
from around *The Village*

MARCH LUNCHEON

When: Tuesday the 15th, 12:00 noon
Where: Wellness Center Banquet Room
Menu: Baked steak, mashed potatoes and gravy, broccoli & carrots, garden salad w/ranch & Dorothy Lynch dressings, vegetable bread w/butter, carrot cake (regular and sugar-free), and beverages.
Cost: \$9.50
Hosts: David and Bonnie Fruth
Gaylen and Mary Rodgers

Please Note:

Callers: Call reservations to Diane at (241-0919, ext. 110) by noon on Friday, the 11th, with names and numbers.

Villagers: If you do not get a phone call from your caller and would like to attend, call Diane by noon on 3/11.

Food Drive at March Luncheon

For many years The Cedars had a food drive connected with our Christmas Party;. Many residents would like to bring back the food drive on an annual basis. It would simplify the process if we connected it with a luncheon. We are suggesting that at the March luncheon we bring canned food, cereal, pasta, peanut butter or other staples to be taken to the McPherson County Food Bank. Since they also need some cash to operate, a donation of cash or a check in an envelope marked for the food bank would also be appreciated. –submitted by John Ward

March Breakfast menus

Mar. 3 -- Breakfast Casserole w/assorted sides
Mar. 10 -- Omelet Day!
Mar. 17 – Green Pancakes (St. Patrick's Day) w/assorted sides
Mar. 24 -- Omelet Day!
Mar. 31—French Toast w/assorted sides
[Any suggestions for breakfast menus, please contact Ann Koehn at 241-0919, ext. 164]

From our library

Attention Tony Hillerman fans! If you haven't read Margaret Coel's books, you've missed a treat. Coel guides mystery lovers through the evils of The Wind River Arapahos. Some of her stories deal with present day mysteries and some of them deal with enigmas of the past.

Father John O'Malley, a Catholic Irish Jesuit priest, figures prominently in the stories as does lawyer Vickie Holden, a young woman who falls squarely in the middle of both the white and the Indian cultures. *The Ghost Walker* begins with the discovery of a corpse in a ditch beside the highway. Father John races for the police, but when he returns, the corpse has disappeared. The search for that ghost

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walker makes for good reading. Coel's newest mystery is *The Spider's Web*. Coel traces the arrival of Marcy Morrison to The Wind River Reservation and her twisted path to trouble. *The Ghost Walker* is in The Cedars Library and *The Spider's Web* is in The McPherson Library.

I discovered *The Bookseller of Kabul* in The McPherson Library. It is a revealing story of Asne Seierstad's life with an Afghani family. We learn a lot about ordinary life in this strange country. Sultan is a bookseller who faces many hardships during his 30 years as a Kabul businessman.

He has seen his precious volumes burned, ripped apart and stolen, but each time he rebuilds his business. He is a committed Muslim and we meet his family—including wives, children, in-laws etc. We follow his teenage son on his first religious pilgrimage. This little book is a good read. The reader learns much more about Afghanistan here than in the daily newspaper or on TV.

During the Great Snow, I discovered that we have many good mysteries by Michael Connelly. I like the ones featuring Detective Harry Bosch but Connelly has several series—all good mysteries but with different main characters. Check our mystery shelves. --Betty Stanley

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MARCH EVENTS

**Bob Baldwin, contact person,
unless otherwise indicated**

Swim and Pool Activities

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

Van to Wal-Mart

We take a van to Wal-Mart on Thursday afternoons leaving at 2:00 pm, returning (March Activities, "Van to Wal-Mart,") continued on p. 4 when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday** so he can know the number of people going and reserve a van.

Pool

If you want to play pool (that is the game with balls and sticks instead of the swimming kind), contact Irvin Hodgson at 245-

0658. He's always ready for a game. The pool table at The Courts is fun to play on.

See you at Village Breakfast (Menus on p. 3)

Join your friends in the large dining room at the Health Care Center and have breakfast together. **We meet on Thursdays at 8:15 am**; the charge is \$4. The dates are **March 3, 10, 17, 24 and 31**. Try eating at noon in the HCC or Courts. Menus for the month of March are on p. 11.

Tai Chi classes – twice weekly

With the YMCA we are offering introductory Tai Chi classes **each Thursday (3, 10, 17, 24, 31) and each Monday (7, 14, 21, and 28) in February at 11:15 am in the W/CC**. Tai Chi promotes internal strength, physically, mentally, emotionally.

"Making a visit" March 3rd at 4:00 pm

(June Switzer)

One of the special things about living at The Cedars is that we are surrounded by people who care about one another. Yet, for most of us, it is sometimes difficult to decide if and when we should make that visit to the hospital room, the health care center, or apartment when our friends may need us. We have questions like: When should I visit? How long should I plan to stay? Shall I go alone or take a friend? Shall I call first? What will we talk about? Is it best for me to sit or stand? What is considered "personal space"? What if I have "just a touch of something"? Shall I bake something or take a little "gift" with me? How do I respond to requests for personal assistance?

Come to the W/CC on Thursday March 3rd at 4:00 p.m. to hear Chaplain Tom Mayse speak to us and help us with some of our questions. We hope we all will come away feeling more confident as we make those visits and continue to be a

friend and neighbor to one another in times of need!

Using the Wii

Every Friday afternoon from 1:00 to 3:00 pm, Bob will have the Wii game ready to go, in the W/CC fitness room.

Friday morning coffees

Take a coffee break and come to **The Courts on Friday mornings at 9:30am— March 4, 11, 18, and 25**. Enjoy the fellowship with our friends there.

2nd Tuesday Coffees – March 8

Men's and Women's groups – 10:00 am

Men: at the **Health Care Chapel** for visiting, coffee, and an occasional speaker.

Women: at **Wellness Center Coffee Shop**,

Pick up your coffee cup, stop by your neighbor's door, then come meet other Village women at the coffee shop for our monthly coffee.

Movie Night - March 8 "Temple Grandin"

(David and Bonnie Fruth)

Want to be a life-long learner? **Come to the Wellness Center on Tuesday, March 8 at 7:00 pm**. Here's a the movie for you.

This month's movie is very different from others we've seen. It's a movie about

(March Events, "Movie Night," continued on p. 5)

(March Events, "Movie Night," continued from p.4)

Temple Grandin. She was born with autism, a condition that leaves one with the intense ability to focus on certain things in unusual ways. However, autism is a condition that can also lead to isolation and introversion.

Grandin has made a career out of overcoming the roadblocks that autism has put in her way. She doesn't see the world like most of us do. Grandin's thoughts come to her in pictures rather than in words. She writes about her struggles with autism, her fear, her anxiety, the overwhelming sensation of smell and sound, and she provides an intriguing glimpse into the world of autistic people.

Grandin assumed that everybody perceived the world in pictures. Her visual thinking gives her the ability to "test-run" a piece of equipment that she has designed - just like a virtual reality computer system. It took years for her to realize that visualization skills in some people are almost nonexistent.

I hope this little bit of information intrigues you and that you will come to see a movie about Temple Grandin. She has invented improvements to animal handling systems such as meat plants and handling facilities. Curved chute and race systems she designed are used worldwide. This autistic woman has earned her Masters and Ph.D degrees, and Professor of Animal Science at Colorado State University.

(If you want to know more before you come, go to Google and just type in Temple Grandin and check out some of the sites.)

Red Hatters to meet

(Corky Flood)

The Red Hat group will lunch at 11:30 am at The Pizza Hut on Wednesday, March 9th. Please let Corky know if you need transportation (phone 241-4005).

Trip to Abilene, March 16

We hope you'll want to come along with us for a little **trip to Abilene - Eisenhower Center and lunch on Wednesday, March 16**. We'll plan to leave from the **Wellness Center at 8:15**. We'll tour, go for lunch and make a quick stop at Russell Stover's if you need to pick up some chocolates.

We'll start at the Visitor Center of the Eisenhower complex to see their introductory movie. There will be time to go to the Place of Meditation chapel where Pres. Eisenhower, his wife Mamie, and their son Doud are buried. The murals in the lobby of the Eisenhower Museum are a wonderful beginning to the journey through Eisen-

hower's life. The military gallery presents a tribute to his role as supreme commander during World War II, and the presidential gallery summarizes his political accomplishments. You may also visit the Eisenhower Presidential Library. It has displays relating to Eisenhower and houses the documents and manuscripts, films, etc. concerning his years in office.

In the Library at this time is a special exhibit. The top 8 Wonders of Kansas in each of the nine categories (Overall, Architecture, Art, Commerce, Cuisine, Customs, Geography, History, and People) will be featured in a display planned to help celebrate Kansas' sesquicentennial. Each of the top 8 Wonders has loaned an artifact. It will be fun to check out this exhibit.

This trip will entail walking to the different buildings on the campus and standing as we check out displays in the museum and library. There are places to sit and rest or wait if you get tired.

The cost of the trip will include transportation, \$5.00 per person, and \$6.00 for the Museum/Library/Chapel/VisitorCenter.

There is a \$2 charge if you want to go through the Eisenhower home. We'll eat at Mr. K's Farmhouse, family style restaurant. Eisenhower ate at this restaurant and was "paddled by Lena." He signed the paddle, and the board was hung on the wall of the restaurant.) After lunch we'll head to Russell Stover's outlet store and home.

Call Fruths by Monday, the 14th, (245-0674) if you'd like to be included.

Documents to be shredded

If you have documents that need to be shredded, you can bring those to the main Cedars office or Assisted Living on the fourth Wednesday of the month. This would be **Wednesday, March 23rd**. They will have a secure box for your documents.

Recycling

Wednesday, March 23, will be Recycling Day at the Village. Bring your recyclables to the trailer, parked in the W/CC parking lot from **8:00 am to noon**. The more eco-friendly we can make our campus, the better off we will be environmentally.

Book Club to Meet

(Bonnie Fruth)

With all the "snowed in" days we had in February, you probably had lots of time to read. We hope you feel free to come to the Village book club which will meet on Monday, March 28 at 3:00 in the W/CC Board Room. We want to hear about what you're reading. There is no pressure to contribute. All types of reading are encouraged, and we're interested in broadening our horizons and trying some new authors. Everyone is welcome.

At our session in January, one resident shared about a book she had listened to using "Books on Tape." That works - and we encourage others who listen to books to come share with the group. If you'd like to start listening to books on tape and need help, we can connect you with someone to help you get started. We also had a discussion about Nooks and Kindles - the e-book reading devices and "downloading" books so persons can listen without a tape recorder. Come join the discussion. If your vision is not what it used to be, this may just be the thing to keep you "reading."

Stop by the coffee shop, fill your cup and come join us. Ask for assistance in finding the Board Room if you are unsure where it is. Hope to see you there.

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Minutes of The Village Council
February 21, 2011
Wellness Center Board Room

Present: *Council Members* Betty Stanley, Norman Knocke, Roger Black, Royal Eickstadt and Jody Miller. *Administration:* Bob Baldwin

President Stanley opened the meeting by reading an Iroquois prayer, which was followed by a reading of the Minutes from the January meeting.

Bob gave the Treasurer's report, which is the same as January. Discussion followed regarding the additional room for items from the library, particularly the puzzles. Bob

will be following up on this. He also reported that the unit at 801 Cedars has been sold, which leaves 902 Cedars and one unit in the six-plex still available.

The pictorial directory was discussed. Bob has talked to Atelier Printing here in town and they would be willing to do the printing for us, with the cost probably running slightly under \$10.00 per copy.

There being no further business, the meeting was adjourned. **The next Council meeting will be at 1:30 pm on March 21 in the W/CC Board Room.**

-- Jody Miller, Secretary

March 2011

**Director of Independent Living & Wellness/Conference Center
Bob Baldwin**

Auto Dialer for Activities and More

We are playing with a new device to get information out to the village residents. We will be using an auto-dialer that will give you a prerecorded message about activities or other events that are happening in the village. It will not work as an emergency caller or warning device as it can take a long time to call all 109 apartments. We hope it is a better way to communicate what is going on. Our weekly emails will continue but not all residents have that option. Once we get it running, you can opt out by calling Diane and me and leaving a message. Another option may be a weekly menu for the noon meals at the Café. I would like your feedback on this and hope it works out and helps more people become aware of all the things going on.

Village Luncheon Call-Ins

We are going to try a new system for calling in reservations for the next Village Luncheon. We want you to call in by the Friday before the Luncheon and leave your reservation with Diane. If you get the answering machine, leave your name and number of people on the recording, and she will record it. We will also send out a note on email and when we get our new auto dialer, we will leave you a message on your phone. We will see how this works and go from there.

COMPARISON: COMPUTERS & CARS

At a recent computer show, Bill Gates reportedly compared the computer industry with the auto industry and stated,

“If Ford had kept up with technology like the computer industry has, we would all be driving \$25.00 cars that get 1,000 miles to the gallon.”

In response to Bill’s comments, Ford issued a press release stating:

“If Ford had developed technology like Microsoft, we would all be driving cars with the following characteristics:

- a. For no reason whatsoever, your car would crash twice a day.
- b. Every time they repainted the lines in the road, you would have to buy a new car
- c. Occasionally your car would die on the freeway for no reason. You would have to pull to the side of the road, close all of the windows, shut off the car, restart it, and reopen the windows before you could continue. For some reason you would simply accept this.
- d. Occasionally, executing a maneuver such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.
- e. The oil, water temperature, and alternator warning lights would all be replaced by a single, ‘This Car has Performed an Illegal Operation.’

- f. The airbag system would ask ‘Are you sure?’ before deploying.
- g. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.
- h. Every time a new car was introduced, car buyers would have to learn how to drive all over again because none of the controls trolls operate in the same manner as the old car.
- i. You’d have to press the ‘Start’ button to turn the engine off.
- j. When all else fails, you could call ‘customer service’ in some foreign country and be instructed in some foreign language how to fix your car yourself.



An Irish Blessing

May the road rise up to meet you.
May the wind be always at your back
May the sun shine warm upon your face.
May the rain fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.

MARCH

CALENDAR

<u>DATE</u>	<u>EVENT</u>
<u>March 1-4</u>	
Tue. 1	6-9:00pm China painting class, S-DUR
Wed. 2	9:00am Exercise group, fitness ctr 10-11:30; 2-4 pm Sew&tie quilts. S-DUR 10:15am Study Group, Med. Chp;
Thu. 3	8:15am Village breakfast, HCC; menu-p.3 9:00am China painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart 4:00pm "Making a Visit", W/CC; see p.4
Fri. 4	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:30am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm., W/CC

March 7-11

Mon. 7	9:00am Exercise group, fitness ctr 10:00am Estate Planning, W/CC; see p.2 10:15am Ready Writers, Med. Chp 11:15am Tai Chi, W/CC
Tue. 8	10:00am Hearing Aids, W/CC 10:00am Men's Coffee, HCC 10:00am Women's Coffee, Coffee Shop 7:00pm Movie "Temple Grandin," W/CC 6-9:00pm China painting class, S-DUR
Wed. 9	9:00am Exercise group, fitness ctr 10-11:30am; 2-4pm Sew&tie quilts, S-DU 10:15am Study Group, Med. Chp 11:30am Red Hat Luncheon, Pizza Hut 2:30pm How to Use Leftovers; details p.
Thu. 10	8:15am Village Breakfast, HCC; see p.3 9:00am China painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart
Fri. 11	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:30am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm., W/CC

March 14-18

Mon. 14	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. Chp 11:15am Tai Chi
Tue. 15	noon Village Lunch (food bank donation) 6-9:00pm China Painting Class, S-DUR

<u>DATE</u>	<u>EVENT</u>
<u>March 14-18 (continued from column 1)</u>	
Wed. 16	8:15am Abilene trip, meet at W/CC 9:00am Exercise group, fitness ctr 10-11:30am; 2-4pm Sew&tie quilts, S-DUR 10:15am Study Group; Med. Chp 2:30pm Piano/Violin recital; details p. 3
Thu. 17	<i>St. Patrick's Day</i> 8:15am Village Breakfast, HCC; menu-p.3 9:00am China painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart
Fri. 18	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:30am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm., W/CC

March 21-25

Mon. 21	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. Chp 11:15am Tai Chi, W/CC 1:30pm Village Council, W/CC Bd. Rm.
Tue. 22	6-9:00pm China painting class, S-DUR
Wed. 23	Document shred., Courts & office, all day 8am-noon Recycling, W/CC parking lot 9:00am Exercise group, fitness ctr 10-11:30am; 2-4pm Sew&tie quilts, S-DUR 10:15am Study Group, Med. Chp;
Thu. 24	8:15am Village Breakfast, HCC, menu-3 9:00am China Painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart
Fri. 25	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:30am Just for Laughs, Coffee Shop 11:15am Advocates/Friends, Med. Chp 1-3:00pm Wii Games, Exercise Rm, W/CC

March 28-31

Mon. 28	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. Chp 11:15am Tai Chi, W/CC 3:00pm Book Club, W/CC Bd. Rm
Wed. 30	9:00am Exercise group, fitness ctr 10-11:30am; 2-4pm Sew&Tie quilts, S-DUR 10:15am Study Group; Med. Chp.
Thu. 31	8:15am Village Breakfast 9:00am China Painting 11:15am Tai Chi, W/CC 2:00pm Cedars Van to Wal-Mart

March 2011

Mon		Tue		Wed		Thu		Fri	
feb	28		1		2		3		4
		Orange Fluff Chicken Fried Chicken Mashed Potatoes w/ gravy Spinach Corn Baked Cod Pecan pie bars	Caesar Salad Lasagna Italian green Beans Cranberry Chicken Stewed Tomatoes Bread stick Rainbow Cake			Fruit Cocktail Pulled Brisket Fried Shrimp Dill buttered Red Potatoes Green beans Chef's Choice Veg 7 layer dessert	3 bean salad Chicken and Noodles Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie		
	7		8		9		10		11
Pea Salad Fried Chicken Lasagna Mashed Potatoes w/ Gravy Zucchini Corn Bread pudding		Carrot Raisin Salad Pub battered Cod Chili Baked Sweet potato Vegetable Medley Banana Cake	Cole Slaw Pasta and Meatballs Sweet and sour Chicken Garlic bread Italian Blend vegetables Rice Cookie	Cottage Cheese Jello Salad King Ranch Chicken Pineapple Glazed ham Green beans Baked Amaretto Apples		Applesauce Jello Chicken Fried Steak Stuffed Shells w/ Marinara Mashed potatoes w/ Gravy Grilled vegetables Brussel sprouts Chocolate Pudding			
	14		15		16	st. Patrick's Day	17		18
3 Bean Salad Egg Rolls Stuffed Ravioli Steamed rice Vegetable Blend yellow Squash Brownie		Lemon Lime Jello Salad Cilantro Chicken Liver and onions Mashed Potatoes w/ gravy Sautéed Cabbage Broccoli Cookie	Cole Slaw Pepper Steak Pork & Kraut Buttered penne pasta Broccoli Corn Dinner Roll Cookies and Cream pie	Deviled Eggs Roasted Brisket Chicken Fritters Mashed Potatoes Green beans Brussel Sprouts Yeast Roll Fruits of the Forest pie		BLT salad Pasta w/ Italian Meat Sauce Pulled Pork Wax Beans vegetable medley Bread Stick Root Beer Cake			
	21		22		23		24		25
Garden Salad Swedish Meatballs Beef And Bean Burrito Egg Noodles Stewed tomatoes Vegetable medley Dinner Roll Cherry Chocolate Cake		Cottage Cheese & Peaches Huntington Chicken Chef's Choice entrée Peas Yellow Squash Cookie	Tomato and Mozz Salad Pork loin with gravy Stuffed ravioli Baked Sweet potato Capri Blend vegetable Broccoli & Cauliflower Wheat Bread Dutch Apple Pie	Cucumber Salad lasagna Rolls w/ Meat sauce Chicken Tetrazini Creamed Corn Zucchini Lime layer Dessert		Heavenly Mold MeatLoaf Red Beans and Rice Baked Potato Scandinavian Veg Turnips Mango Cheesecake			
	28		29		30		31	April 1	
Coleslaw Fried Catfish Mealball Sub Aupgratin Potatoes Broccoli & Cauliflower Harvard Beets Dinner Roll Strawberry Rhubarb pie		Orange Fluff Chicken Fried Chicken Mashed Potatoes w/ gravy Spinach Corn Baked Cod Pecan pie bars	Caesar Salad Lasagna Italian green Beans Cranberry Chicken Stewed Tomatoes Bread stick Rainbow Cake			Fruit Cocktail Pulled Brisket Fried Shrimp Dill buttered Red Potatoes Green Beans Chef's Choice Veg 7 layer dessert	3 bean salad Chicken and Noodles Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie		