



The Senior Scene



THE QUARTERLY NEWSLETTER OF
THE SENIORS of the GROVE

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*If you want to
Lift yourself
Up, lift up
Someone else.*

— Booker T. Washington

This topic probably should have been in the last newsletter, for April's volunteer month, but it has been brought forward to me again in recent happenings. We have wonderful volunteers here in Maple Grove. Not all of you live here in Maple Grove, many don't, but you all give of yourself to better our programs, help the community, and in turn bring some joy to yourself.

We have a new group of volunteers that started in May here. They are "plarning". That is re-using plastic shopping bags (from Cub, Target, Menards, etc.) and/or plastic table clothes and making "plarn" — plastic yarn. With that they crochet 6 foot by 4 foot mats that are being donated to homeless people. The homeless use them to sleep on or to cover up. They are warm and waterproof. It is a new project here in MN, but a church in Chicago has a waiting list of people wanting one of these "rugs". We have had a great response of people who both want to put the "yarn" together (we need 750 bags to make one mat) and another group who are knitting or crocheting with this unusual "yarn". Join in the fun, donate your plastic bags to the cause or better yet come in and help cut and loop the bags to form the yarn or crochet the mats.

This all started because one person came to me and asked whether anyone would be interested in working on this project? With a couple weeks of guidance, we have a dedicated pool of folks work-

ing on helping the homeless and keeping lots of plastic out of our landfills!

Studies show it is so very important to find ways to engage outside of yourself. By volunteering, connecting with a good friend, helping a neighbor, or working on a project for church you improve and can extend the length of your life. So I encourage you to get involved. Find something fun or helpful to others and dig in. We have opportunities here, and if you have a new idea, come see me, we'll explore how to make it happen.

*No act of kindness,
No matter how small,
Is ever wasted.*

— Aesop

Summer is also a time to welcome the warmth, to try new things to grow and to celebrate with family and friends. This summer I look forward to spending my weekends up north, helping my daughter's family move into a house, celebrating with my youngest as she says "I Do" in August, and giving time to the youth and families at my church. It is a short season, and fall will be here before we notice, so I hope you too find time to soak in the sun, hang out with your friends and family, find a way to give of yourself and connect to something here at the Community Center.

Here is wishing you a Happy Summer, Safe Independence Day, Sensational Maple Grove Days, Fun State Fair, Memorable Labor Day, and a Slow Start to Autumn.

Kris

A Dip Into History

SOME LAKE SUPERIOR FACTS

Lake Superior was formed during the last glacial retreat, making it one of earth's youngest Great Lakes at around 10,000 years old. With a surface area of 31,700 square miles and a shoreline of 2,950 miles it is the largest surface lake in the world. Its average depth of 483 feet, means it could cover all of North and South America in water one foot deep.

Though Superior is far from any ocean, its connection to the St. Lawrence Seaway allows ocean-going vessels (salties) to the people of Duluth) to reach its port, giving MN a part to play in the global economy. Underwater visibility averages about 27 feet, with visibility in some areas at 100 feet. It's the cleanest and clearest of the Great Lakes. 78 different species of fish call the big lake home.

The maximum wave ever recorded on Lake Superior was 31 feet high. About 350 shipwrecks have been recorded on Lake Superior. The most famous, The Edmund Fitzgerald, sank on Nov 10, 1975 with 29 lives lost.

Superior rarely freezes over completely, and then usually just for a few hours. Complete freezing occurred in 1962, 1979, 2003, 2009 and 2014. Superior contains as much water as all the other Great Lakes combined, plus three extra Lake Eries!

These are just some reasons it's called Lake Superior! P.S. It has great ice caves in winter and year round viewing of Northern Lights.



...Judy Granahan

A BIT OF MAPLE GROVE HISTORY

In 1851 the north central area of Hennepin County was inhabited by Winnebago Indians, who were moved there from Wisconsin by the Federal Government because 'no one lived there.' Indian trails were the only roads back. In 1852 Louis Garvais and Pierre Bottineau invaded the wilderness and staked their claims. A year later the Federal Government moved the Winnebago Indians to a reservation.

The area was named Maple Grove on July 31, 1858, at a Town Meeting. In 1954 Maple Grove became a Village, and in 1974 a City. Osseo was baptized in 1852, confirmed in 1875, and became a city in 1972.

Maple Grove's first one-room school was built in 1858. By 1880 there were eight one-room schools. A number of small businesses; creameries, sawmills and stores such as The Maple Leaf Store, Maple Leaf Creamery, and a blacksmith were scattered throughout Maple Grove.

A train depot, cheese factory and rail siding completed the commercial center that once existed along Territorial Road, then the most traveled road in Minnesota, which might explain why the township also had three dance halls and two horse racing tracks.

By 1880 the population was 1,155. In 1950, seventy years later, it was only 1,778. Then I-94 was built. and in 1980 we grew to 20,525. In 2000 we were 50,365. In 2010 we were 61,567.

Most recently: In 2014 we numbered 66,587. The average age in our city is 37.0. There are 6,552 (9.62 %) of us in the 64 and up age group. Maple Grove's population by ancestry is: 25% German, 10% Norwegian, and 5% Swedish.

With shopping footage second only to the Mall of America, we still maintain a low crime rate. Even shoplifting is low. Our gravel pits, once farming and prairie land, now supply the material needed for Highway construction and repair throughout the metro area. The pits are expected to stay productive for at least another twenty years. . . .Judy Granahan

Information compiled by Judy Granahan from the Maple Grove Historical Society and the City of Maple Grove Demographics. Imagine what the city of Maple Grove will look like in the next twenty years.

Enjoy Summer

Trees and Human Relationships

Trees blossom in spring; love often does too. Finding the right tree, or relationship, requires research.

Both should have deep roots to water and feed with love, so they'll grow more endearing over many years. Trees with shallow roots can trip you, ruin the sewer system, crack sidewalks. Relationships are like that too.

Planted too close, both are notorious for invading your space. Planted to the side they can be ignored, wither and die.

Forced to live in stress, as on an incline, trees and relationships may fall over, wreck our possessions, or even kill us. Look for trees, and people, that sway with the wind, bend, and survive broken branches. It's best to avoid those that just snap. Tree removal is very expensive, as are divorces.

Many trees and relationships teach us to stand strong through the toughest of storms, then help us learn how to repair damage.

Trees, like families, often produce colorful, fragrant flowers, spirited, robust branches, and some nuts.

WARNING: Watch out for Tree Envy. It is everywhere. The fragrant lilacs, three blocks away, the bright autumn maples next door, the tall strong evergreen. The good-looking guy in apt 2B? Look, but don't take.

I could go on and on, but my tree is calling me. It's time I grab a cold drink, a good book and go sit with my friend.

Don't have a tree? Look around; trees and people are everywhere, just waiting for you to come by, smile, say you are there as a friend.

... Judy Granahan



Happy Independence Day

Way back in 1776 John Adams, who went on to become our second president, said that "**July 2, 1776** would be the most memorable epoch in the history of America. It ought to be celebrated with pomp and parades, with shows, games, sports, guns, bells, bonfires, and illuminations." As it turned out, we do at least some of the things John wanted, but we do them on **July 4**.



The Second Continental Congress did actually vote on and pass the declaration that would make us independent of Great Britain on July 2. But it wasn't until two days later, on July 4, that the first copies of the document were printed and the news went out to tell the people they were no longer British. So John Adams was wrong about the future importance of July 2. You could say that we celebrate on the day that the news came out, rather than the actual birthday of our country. There are still about 26 copies of that original printing in existence, and one handwritten original copy signed by all the delegates is on display at the National Archives in Washington, DC.

Incidentally, three of our first five presidents died on July 4. Thomas Jefferson and John Adams died within hours of each other in 1826. John Monroe died on July 4, 1831. Also, Calvin Coolidge, our 30th president was born on Independence Day in 1872.

Another surprise is that one of our patriotic songs, "Yankee Doodle," was originally sung by British military officers prior to the Revolution as a means of mocking the disorganized American colonists who fought alongside them during the French and Indian Wars.

... Dorothy Stevenson



Beware

Scams

Recently, the Maple Grove Police Department has received several reports from residents regarding attempted phone scams. Unfortunately, some of our residents have fallen victim to this, and we would like to share information with you on how to avoid becoming a victim of these scams that affect so many people in the State of Minnesota.

- The most commonly known scam is the grandparents scam. The con artist will impersonate a grandchild in some form of trouble and needing money wired immediately in order to bail out of jail or obtain transportation home from a foreign country, etc. The con artist will tell the grandparent out of embarrassment and the matter is too urgent to take time to speak with other family members, and will ask that money be wired to them immediately and request that they not tell anyone about it. The caller exploits a grandparents love and generosity which is how the scam is conducted. You should always resist the pressure to act quickly and refuse to send money through a wire transfer. You need to take the time to verify the caller's identity by contacting that family member at a phone number you know is accurate and by speaking with their parents to verify whether or not the phone call was legitimate.

Like the grandparents scam, there are many scams out there that rely on your making fast and uninformed decisions. We offer the following suggestions to help protect you from becoming a victim.

- If it sounds too good to be true, then it probably is.
- If you receive a phone call and are asked to "verify" any personal information over the phone, don't give any. Any company that you do business with will rarely call you out of the blue to do this. If you contact them through a reputable phone number in order to conduct business, then this won't be an abnormal request.
- If you get an offer for a prize, but it requires you to send any money in order to receive it, then it's a scam.

- If you are receiving pressure from a salesperson or door-to-door solicitor, tell them you need to have it in writing and then speak with your spouse, attorney, banker, etc. before making a choice or signing anything. This will allow you time to make a decision away from the salesperson/solicitor or complete research to verify if what they are offering is legitimate.
- Talk with family members and create a code word. Then if you receive a call from someone pretending to be a family member and they ask for money without providing the code word, you know it is a scam.

We ask that you take these steps to help protect yourself from falling victim to any type of phone scam. Call 911 immediately to report any crime and any suspicious activity.

If you have questions, contact: Maple Grove Police Crime Prevention, at 763-494-6134 or at crimeprevention@maplegrovern.gov

...Todd Strege, Crime Prevention Officer



Additional resources :

- Often Twenty-Twenty channel – five – has programs relating to scams.
- Check out the website snopes.com



A Look Back

Broken Arrows

Those of us of a certain age will remember the 1950s and 60s when many folks were busy adding bomb shelters to their house and schools were laying in stocks of food, water and medical supplies, and teaching the children to “drop and cover” – just in case the Russians decided to bomb us.

Some of us may even remember the DEW line (Distant Early Warning system) of radar stations in Canada and Alaska which would spread an alert if an unidentified plane appeared from the north – it just might be Russian, you know. Our Interceptor Wings, including the one at our airport, would immediately respond. Of course there was one bright side to this. As Christmas neared, those same radar stations made it possible to track Santa on his journey from the North Pole. All kids, big and little, could be sure he was actually on his way and see how close he was getting.

We were aware that from August of 1958 into 1968, our own bombers were on alert and in the air at all times – the SAC (Strategic Air Command) did not want to risk being caught with our planes on the ground and unready if the Russians actually attacked. What we did not know at the time was that those planes – which were on training missions, so they said – were carrying nuclear weapons. Nor did we know about their accidents with those bombs.

Those days are far behind us now, but we have been left with some vivid reminders of them here and there. The military calls these reminders Broken Arrows. A Broken Arrow is defined as an accidental launching of a nuclear weapon, and since 1950, these “accidents” have left at least 32 unexploded nuclear bombs that did not detonate scattered around the world. Canada, Spain, Greenland, Great Britain, Italy, both oceans, North Carolina, South Carolina, Texas, Georgia, California, New Mexico, and Florida all have a share.

The most unusual of these accidents occurred when a Skyhawk bomber fell off the deck of the

USS Ticonderoga in a very rough sea. It carried its pilot and an H-bomb into the Pacific. They were never recovered.

Another example occurred on January 24, 1961, when a B52 bomber from Seymour Johnson Air Force Base in Goldsboro, North Carolina, carrying two nuclear bombs, broke up in midair – something to do with fuel leaks. One of its two bombs was found hanging in a tree by its parachute. one of its six arming devices – the safe/arm switch, – saved us from losing North Carolina. The other five devices did not activate..

The second bomb plunged into a muddy field at 700 miles per hour and disintegrated without its conventional explosives detonating. (Nuclear bombs are detonated by conventional explosives.) Ground water flooding made it impossible to excavate the bomb, so most of its thermonuclear stage containing uranium remains where it buried itself at about 180 feet .

One official said this bomb had 250 times the destructive power of the Hiroshima bomb, and had it detonated, we would have had a Bay of North Carolina rather than a state.

In conclusion, with all these incidents, you could say that either we were very lucky, or the designers did a very good job on designing the safety devices.

...Dorothy Stevenson

To lighten our spirits

Through the pitch-black night, the captain sees a light dead ahead on a collision course with his ship. He sends a signal: "Change your course ten degrees east." The light signals back: "Change yours, ten degrees west." Angry, the captain sends: "I'm a Navy captain! Change your course, sir!" "I'm a seaman, second class," comes the reply. "Change your course, sir." Now the captain is furious. "I'm a battleship! I'm not changing course!" There's one last reply. "I'm a lighthouse. Your call.

What's Doing in Maple Grove



Senior Book Club

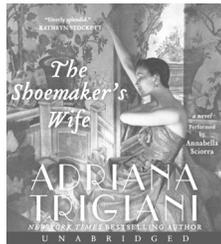
Everyone is welcome at The Senior Book Club. Come join the interesting discussions. Meetings are on the first Wednesday of every month from 9:30 to 11:30. Books are selected by the Hennepin County Library. Copies of the book are available from Kris in the Senior Center.

August's discussion:

The Shoemaker's Wife

By Adriana Trigiani

When Enza and Ciro meet in the mountains of Italy they are young teenagers growing up in a culture at once rich with history and humble in simplicity. Different circumstances drive them to leave their homes and set out for the land of opportunity across the ocean. How they meet and part, and part and meet is the substance of the story.



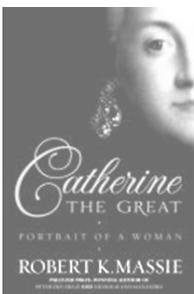
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...Article by Clare Cannon in Good Reading Guide

September's Discussion:

Catherine the Great

By Robert K. Massie



Presents a reconstruction of the eighteenth-century empress's life that covers her efforts to engage Russia in the cultural life of Europe, her creation of the Hermitage, and her numerous scandal-free romantic affairs.

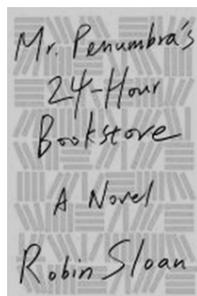
...Hennepin County Library Catalog

October's Discussion:

Mr. Penumbra's 24-Hour Bookstore

By Robin Sloan

After a layoff during the Great Recession sidelines his tech career, Clay Jannon takes a job at the titular bookstore in San Francisco, and soon realizes that the establishment is a façade for a Strange Secret.



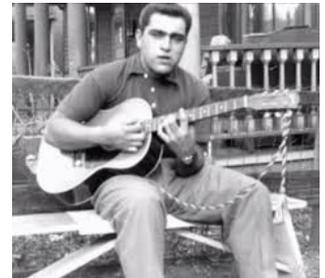
...Hennepin County Library Catalog

Experience Local History the Fun Way

The metropolitan area is blessed with a number of excellent live theaters. One of them is the History Theater in St. Paul. This theater produces new and existing plays about our area's culture and history. Each season consists of 3- 5 productions as well as other events to bring the stories of Minnesota, the Midwest and American Northwest to life.

The History Theater has received the IVEY award three times and is recognized nationally. The theater has produced 100 world premieres since 1977.

The latest production is a musical about Augie Garcia, who grew up in West St. Paul in the 1940s. At an early age he exhibited musical talent. After his return from the Korean War, he created a band which



included veterans from the war. They combined the sounds of Augie's Mexican heritage with rhythm and blues, jazz and rock'n' roll. They performed at the River Boat Club in Mendota. They also opened for Elvis Presley at the St. Paul Auditorium. This is a story told through music about their love of music and their adjustment to life after the war. Included in the production are references to many familiar places in St. Paul. Including Porky's Drive In, the Prom, and the country music station WCOW. Check their website HistoryTheatre.com for their upcoming shows.

...Marilyn Schroeder

Famous People Speak

"Your food stamps will be stopped effective March 1992 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances."

--Department of Social Services, Greenville, South Carolina

Yesterday and Today

Words of Our Youth

Back in the olden days we had a lot of moxie.

We'd put on our best bib and tucker, straighten up and fly right. We'd cut a rug in some juke joint and then go necking and petting and smooching and spooning and billing and cooing and pitching woo in hot rods and jalopies in some passion pit or lovers' lane.

Gone are; Hubba-hubba. Don't touch that dial, Carbon copy. You sound like a broken record. Hung out to dry. I'll be a monkey's uncle! Fine kettle of fish! Bigger than a bread box. It's your nickel. Knee high to a grasshopper. Domino theory. Fail-safe. Civil defense. Fiddlesticks. Don't take any wooden nickels. More than Carter has liver pills. Living the life of Riley. I'll see you in the funny papers.

And we don't have skate keys, fiddlesticks, candy cigarettes, little wax bottles of colored sugar water, an organ grinder's monkey, no stars and garters either. So, Heavens to Betsy! Jumpin' Jehoshaphat! Gee whillikers and Holy Moley! They've been a long time passing. See ya later alligator, after awhile crockodile .



And So It Was

A *computer* was something on TV from a science fiction show of note.

A *window* was something you hated to clean.

And *ram* was the father of a goat.

Memory was something you lost with age.

A *program* was a TV show.

A *cursor* used profanity.

A *keyboard* was a piano.

Log on was adding wood to the fire.

A *hard drive* was a long trip on the road.

A *mouse pad* was where a mouse lived.

And a *backup* happened to your commode.



I guess I'll stick to my pen and pencil and the memory in my head.

I hear nobody's been killed in a computer crash, but when it happens, they wish they were dead.

... Author unknown

Today's Generation . . .

Daughter to Dad ... texting

Daddy, I am coming home to get married soon. Get out your check book. LOL (Laugh Out Loud). I'm in love with a boy who is far away from me. I am in Australia, and he lives in Scotland.

We met on a dating website, became friends on Facebook, had long chats on Whatsapp. He proposed to me on Skype, and now we've had two months of relationship through Viber.

My beloved and favorite Dad, I need your blessing, good wishes, and a really big wedding. Lots of love and thanks

Your favorite daughter,

Lilly



Dad's reply ... also by texting

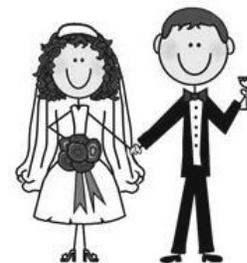
My Dear Lilly:

Like Wow! Really? Cool!

Whatever....., I suggest you two get married on Twitter, have fun on Tango, buy your kids on Amazon, and pay for it all through Paypal. And when you get fed up with this new husband, sell him on Ebay.

L.O.L. (lots of love),

Daddy



Eight

Eight Things Lily the Dog Can Teach You



When you're happy, dance around and wag your entire body.

Eat with gusto and enthusiasm. Stop when you've had enough.

Don't be afraid to get your paws dirty.

No matter how often you're scolded, don't buy into the guilt thing and pout – run right back out and make friends.

If what you want lies buried, dig until you find it.

On hot days, drink lots of water and lie under a shady tree.

Delight in the simple joy of a long walk.

Let others know when they've invaded your territory.

Eight Things Charlotte the Cat Can Teach You



Don't do things you don't want to do.

Know that you're fabulous.

Set clear boundaries.

Personal hygiene is key.

Walk around like you own the place.

Don't eat bland, tasteless food; refuse it and you will be fed fancy and expensive food.

When you fall, land on your paws.

Don't waste your time on people who aren't worthy of your attention.

We are fortunate to have Charlotte and Lily (both of whom have contributed articles to the newsletter) to give us their good advice.

To Be Eight Again!

A man was sitting on the edge of the bed, watching his wife, who was looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her birthday. 'I'd like to be eight again', she replied, still looking in the mirror.

On the morning of her Birthday, he arose early, made her a big bowl of Coco Pops, and then took her to Adventure World theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was.

Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake. Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his wife with a big smile and lovingly asked, 'Well Dear, what was it like being eight again? Her eyes slowly opened and her expression suddenly changed. 'I meant my dress size, you idiot!!!!'

The moral of the story: Even when a man is listening, he's gonna get it wrong.



Don't get behind it!

Growing Herbs

Herbs: A Culinary Treat

Herbs will often grow and thrive where other plants fail, so if you have a patch of garden that is not producing, try planting some oregano, chives, sweet basil, dill, thyme, sage, or rosemary. The two basic requirements for growth are plenty of sunlight and good drainage. Most herbs will grow easily from seed, germinating in seven to ten days. Mint grows a little *too* well and tries to take over your entire garden so you may want to plant it in a container to keep those spreader roots confined to a reasonable area. Fill the pot with good-quality potting soil that contains starter fertilizer. Any potting soil recommended for tomatoes or peppers will also work for herbs. Potted mint may be set into the soil, with the pots buried up to their rims, filling in non-producing gardening spaces.

All herbs have two phases of growth: the leaf stage and the flower stage. When the plant enters its flowering stage, leaf production slows or stops and the remaining leaves may become bitter. Flowering can be delayed by harvesting the leaves frequently but you may want to put in a few plants specifically for the flowers which will attract butterflies, hummingbirds, and honeybees.

The optimum time to pick garden herbs is in the morning, after the dew has evaporated, prior to the sun warming their leaves (and drying their oils). The best way to harvest herbs for use in the kitchen is by gently pinching off the tips of the plant. This will encourage new growth, and help keep the plant more compact and less leggy.

Recipes for cooking with herbs abound, especially online. A fresh mint sauce for a roasted rack of lamb is much superior to mint jelly in a jar and a sprig of mint floating in a glass of iced tea makes for a truly refreshing drink. Try fresh basil for use in spaghetti sauce, sandwiches, soups, or a caprese salad; a light sprinkle of rosemary on potatoes about to be roasted or chicken that is sizzling on the grill; snipped chives on top of any soup, stew, casserole, salad, or baked potato; parsley can go into almost any dish you prepare for a burst of color and the fresh flavor of greens. A sprinkle of

dill in your potato salad or macaroni salad supplies that perfect finishing touch.

On cooler days, pineapple mint and orange mint can be used for delicious hot tea, as can lemon verbena and German chamomile. To make hot herbal tea, tear or bruise the leaves and mix with boiling water. I just use a 4-cup measure to boil water in the microwave, but tea purists will want to use a ceramic, enamel or stainless-steel teapot. Take the boiling water off the stove and add the fresh torn herb to the hot water at a ratio of 3 teaspoons per cup. Steep for three to five minutes, pour the tea into your cup through a strainer and add honey or sugar if desired. Sit down, put your feet up, and sip. According to the British, there is no problem so difficult that it can't be diminished by a good cup of tea.

...Virginia Hanson

Try this to keep those grey cells active!

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. There is a clerk at the butcher shop. He is five feet ten inches tall and he wears size 13 sneakers. What does he weigh?
3. Before Mt. Everest was discovered, What was the highest mountain in the world?
4. How much dirt is there in a hole that measures two feet by three feet by four feet?
5. In California, you cannot take a picture of a man with a wooden leg – Why not?
6. If you were running a race, – and you passed the person in 2nd place, what place would you be in now?
7. Which is correct to say, – "The yolk of the egg are white or the yolk of the egg is white?"

Answers on page 12.

Tick Talk

Ticks: Know Your Enemy

Minnesota is home to wood ticks, American dog ticks, and deer ticks (black-legged ticks).

Tick-borne diseases of concern in our state include Lyme disease, a potentially serious bacterial infection, and Human Anaplasmosis (HA), another bacterial disease that was first recognized in Minnesota in early 1990. Babesiosis is a protozoan infection that occurs infrequently in Minnesota. Rocky Mountain Spotted Fever is extremely rare around here but isolated cases have been reported within the state.

The ticks of Minnesota live in bushy, wooded, and grassy areas. People who live near wooded environments will want to keep their lawns mowed short and remove leaves and brush from their yards. For added safety, you can make a landscape barrier (such as a three foot wide border of wood chips) between your lawn and the woods.

To reduce your risk, wear clothes that will help shield you from ticks like long-sleeved shirts and long pants. Tuck your shirt into your pants and tuck your pants into the top of your socks or boots to make it harder for the tick to get to your skin. The most important areas to defend are your feet and ankles because ticks do not fly and they cannot run or jump - they have to grab on. They then crawl along until they find an appropriate place to bite. Their mouthparts have tiny barbs which helps the tick secure itself to the host. Once attached, the tick secretes a cementing material that provides a stronger anchor for its head and then secretes saliva which contains a neurotoxin. This deadens the nerves and prevents the host from sensing the tick bite. Sneaky little critters aren't they? Their saliva contains a blood thinner which makes it easier for the tick to ingest your blood.

Products containing permethrin, a common synthetic chemical which is used on clothing, is especially recommended for people who will be spending an extended period of time in possible tick habitat. Do not use it on your skin. Perme-

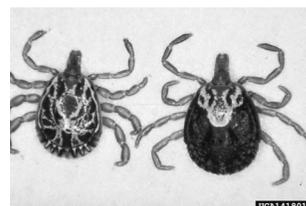
thrin products are marketed under names like Permanone® and Duranon® and are available in stores that sell outdoor gear. These products will usually last through several washings of your clothes. If you purchase treated clothing or have it commercially treated, it can last 70 washings.

Standard DEET-based products are another option. Of all the various insect repellents available, DEET has been shown to be the most effective at repelling ticks for humans. Don't use your DEET repellents on your dogs or cats. See your vet for animal products. Check pets daily for ticks if they go outdoors.

Remove ticks by using tweezers to grasp the tick as close to your skin as possible and pulling the tick backward out of your skin, slowly and steadily. Use an antiseptic on the bite mark. This is a more reliable method that some of the folk remedies like covering the tick with Vaseline® or nail polish remover or touching it with a hot match. These methods can actually increase the chance of disease transmission because they stimulate the tick's mouth to chew and secrete more saliva. Dispose of a live tick by submersing it in alcohol or flushing it down the toilet. Never crush a tick with your fingers.

Taking the precautions outlined above will greatly reduce the odds of an unpleasant tick encounter, but keep in mind that the tenacious and blood-thirsty little beasts are capable of finding even the smallest gap in your defense. If you develop a rash or fever within several weeks of removing a tick, see your doctor and be ready to tell him or her when the bite occurred and where you most likely acquired the tick.

... Virginia Hanson



Laugh A Little

We Survived the 1930's, 40's, 50's, 60's and 70's

First, we survived being born to mothers who smoked and/or drank while they were pregnant with us.

They took aspirin, ate blue cheese dressing, tuna from a can, and didn't get tested for diabetes.

Then, after that trauma, we were put to sleep on our tummies in cribs covered with bright colored lead-based paints. We had no childproof lids on medicine bottles, doors or cabinets and when we rode our bikes we had no helmets, not to mention the risks we took hitchhiking.

As infants and children, we rode in cars with no car seats, booster seats, seat belts or air bags. Riding in the back of a pickup on a warm day was always a special treat.

We drank water from the garden hose and not from a bottle. We shared one soft drink with four friends, from one bottle and no one actually died from this. We ate cupcakes, white bread, real butter and drank Kool-Aid made with sugar, but we weren't overweight because WE WERE ALWAYS OUTSIDE PLAYING.

Found on the Internet



A Sergeant was addressing a squad of 25 and said: "I have a nice easy job for the laziest man here. Put up your hand if you are the laziest." 24 men raised their hands, and the sergeant asked the other man "why didn't you raise your hand?" The man replied: "Too much trouble raising the hand, Sarge."

A soldier in my National Guard platoon became concerned when the Army insisted that he sign up for direct deposit.

"It's not going to work for me," he said, panicked.

"Why not?" I asked.

"Because I use my Guard pay for spending money."

"So?"

"For the past ten years, I've been telling my wife that I serve for free!"

A commanding officer had grown anxious over rumors of an air strike from the enemy, so he summoned a corporal. "I want you to climb that mountain and report any signs of military activity," he ordered. The corporal trudged up the mountain. As soon as he crossed the ridge, he saw a squadron of planes heading their way. "Planes coming!" he promptly radioed back.

"Friends or enemies?" the commanding officer demanded. The corporal again lifted his binoculars to the sky. "They're flying very close together," he replied. "I think they must be friends."

"Cash, check or charge?" I asked, after folding items the woman wished to purchase. As she fumbled for her wallet, I noticed a remote control for her television set in her purse.

"So, do you always carry your TV remote?" I asked. "No," she replied, "but my husband refused to come shopping with me, and I figured this was the most evil thing I could do to him legally."



Seniors of the Grove
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Bits 'n Pieces

We are looking for :

1. Interesting stories about Maple Grove.
2. Interesting stories about your travel.
3. Ideas for future issues of the newsletter.

Ideas and rough drafts are welcome.

For example: We have recently received information from the City of Maple Grove about multi-rental/Senior Housing. It includes addresses, owner/agent numbers, state resources, and locations on a city map. This is available at Maple Grove Government Center 763-494-6040.

Give all your ideas to Kris at 763-494-6514.



Answers to Grey Cells

1. Johnny, of course
2. Meat
3. Mt. Everest, it just wasn't discovered yet
4. There is no dirt in a hole
5. You can't take pictures with a wooden leg., you need a camera.
6. You would be 2nd. You passed the person in second place, not first.
7. Neither. The yolk of the egg is yellow



Newsletter Committee: Kris Orluck, Judy Granahan, Virginia Hanson, Marilyn Schroeder, Dorothy Stevenson

Contributors: Todd Strege

The next Newsletter will be published in October 2015. Please submit items for the next issue by August 1, 2015. Please send or bring your stories, jokes, tidbits. to Kris. Rough drafts are welcome.