

2/2. Groundhog Day



2/12 Lincoln's birthday



2/14 Valentine's Day



2/16. Presidents' Day



2/22 Washington's Birthday



2/18



# FEBRUARY 2015

## University Place BEAT

### ENJOY!

If you don't have to travel and can just hibernate in your cozy house or apartment, here are some lovely winter scenes captured by Sam Postlewait.







# FEBRUARY 2015 HAPPY DAYS

## HAPPY BIRTHDAY

- 02 Barbara Hittle
- 02 Marilyn Whaley (AL)
- 04 Vera Conkright
- 04 Cecil Raplee (HC)
- 07 Marion Baumgardner
- 11 Diana Elijah (HC)
- 12 Richard Shoemaker
- 14 Victoria Wills
- 16 "Trace" Tracer
- 20 Clara Lou Taylor (AL)
- 22 Harley Frey
- 25 Melonie Harris (HC)
- 27 Luise Sellke



**Consider a donation to the UPR  
Foundation in honor of your  
or a friend's special day.**



**MAY YOU ALWAYS HAVE LOVE TO SHARE,  
HEALTH TO SPARE AND FRIENDS THAT CARE.**



Because the University Place population changes almost daily, if we did not include your happy date, we are sorry and would like to be notified of the omission. Regarding IL & GH call Beth Brumit, 463-0203; for AL & HC call Barbara Irwin, 464-5604.

## **FIRST FLOOR NEWS**

### **December Adventures**

As previously promised the following is a summary of the adventures we had during our two December trips. First, on a cold Thursday we drove to Indianapolis with our son and his family to fly to Cancun, Mexico, after a brief layover in Atlanta. The main purpose, along with 37 other friends and relatives, was to attend the wedding of my niece, Kristin Zollner to Zachary Bletz. We shared a room with our daughter and grandson at the Gran Caribe Real (Hyatt) Hotel right on the beach. The Saturday afternoon wedding was lovely with the wonderful reception on the roof terrace of the hotel. Mary says this extravagance was a bit out of line with our lifestyle, but we went along with the program. While Mary and I spent the majority of our time relaxing in the sun and eating way too much wonderful food, our children and grandchildren participated in many side trips and adventures. Even before the wedding they went for a long, rough sailing trip to go snorkeling on a distant coral reef. After the wedding, other adventures included parasailing in the Gulf, horseback riding in the forest, swimming with the dolphins at Maroma, surfing, and a day at Xel Ha for zip-lining and swimming with sting-rays and manatees. The one trip in which Mary and I participated with our family was far into the Yucatan Peninsula. At our first stop we had to zip line across a lake. Since we couldn't convince our six year old grandson that it was safe, Mary and I with a guide, walked Owen through trails, around the lake. From there we all walked to where a Mayan priest blessed us so the forest spirits wouldn't cause us

mischief. From there we proceeded to a cenote (sinkhole) where all but Mary (no bathing suit) rappelled about 67 feet down into the darkness, ending up in inner tubes floating in cool under ground river. We all, now including Owen riding with our son and Mary and I zip-lined across a lake. Next we canoed across a different lake to enjoy a Mayan lunch. Back in our van we had a long drive to Coba where we had a couple of hours to have a guided tour of a number of Mayan ruins. Mary and I sat in the shade while our more ambitious family members climbed the highest, very steep, pyramid. It was dark and we were tired by the time we got back to Cancun. After a couple of days back at U.P. to check mail and to wash clothes, we flew to Baltimore to spend the Christmas holiday with our daughter and grandson. Anne had a busy agenda ready for us. Among other things, we baked and decorated many cookies. We went to Owen's last day of school to watch and help the first graders make gingerbread houses. After last minute shopping and trying to get our Christmas newsletters out, Anne had an open house for many friends. On Christmas Day one of the best things Anne had us do was to volunteer at the Veterans of Foreign Wars Hospital where we distributed gifts and more importantly took time to visit and listen to the residents, stories. Anne's wonderful neighbors prepared a fantastic Christmas dinner for all of us. Two other highlight activities were an evening visit to the Washington National Zoo to view the annual light show and a trip to National Harbor, MD, to view the unbelievable Christmas ice sculptures. We got back to U.P. just in time to enjoy the New Year's

**FIRST FLOOR NEWS (cont'd)**

Eve dinner and party with many of you. The new year 2015 has arrived. Mary and KARL ZOLLNER wish each and everyone of you a happy and healthy year. It also means that we are now less than two years from our next presidential election. Unfortunately, (in my opinion) that means that already the talking heads are filling the news shows and other programs with repeated speculation on who will be the candidates and bad mouthing the opposing party. I just wish they had at least waited until 2016. The following short humorous articles reflect my thoughts on the generally inflated egos of politicians in general, regardless of their party.

\*\*\*\*\*

A surgeon, an engineer, and a politician were debating which profession was the oldest.

"Eve was made from Adam's rib" said the surgeon, "and that, of course, was a surgical procedure".

"Yes, " continued the engineer, "but before that, order was created out of chaos - and that was most surely an engineering job."

"Aha!" exclaimed the politician triumphantly "and just who do you think created the chaos?"

\*\*\*\*\*

During a political debate one heckler's nonstop verbal abuse was irking the candidates. The loudmouth, however met his match when he interrupted a speaker with a raucous, "I wouldn't vote for you if you were Saint Peter!" "If I were Saint Peter, " the candidate, shot back, you wouldn't be in my district."

**SECOND FLOOR NEWS**

San Diego, Here We Come

On January 9, 2015, KAREN BOGAN rode the Lafayette Limo to Indianapolis for a trip to San Diego with her friends from Indianapolis, Noblesville, IN and Eaton, Ohio. It had been thirty years since she had seen one of her friends. After arriving in Indianapolis, the women spent most of the evening talking about old times and some of the crazy events that had happened throughout the years. Most of the events that were brought up were so funny that the group was in stitches for much of the evening. At 4:30 a.m. the next morning, it was rise & shine for the group in order to make it to the airport in time for the early-morning flight. A couple of the women were not "morning" people and were literally "slap happy" trying to get their acts together trying to make it to the airport. The group had an uneventful flight to San Diego, however renting a car there was an adventure in itself. At the rental car place, all of the papers were signed and it was time to get into the car. The car had to be checked for flaws before it left the lot. The inspection was done, the carry-ons and luggage were loaded and everybody got into the car. Once it started, the driver backed it out of its space and everybody heard a horrendous screech during the time the car was going in reverse. The group decided that the screech could not be tolerated for a week, got out of the car and tried another car. The next car looked great; however it was decided to check out everything on it BEFORE the car was loaded. The next car passed inspection

**SECOND FLOOR NEWS (cont'd)**

and was loaded for the week. Thank goodness, one of the group had had weightlifting with Matt at University Place. Karen was able to help the others unload and reload the cars. After finding the rented condo, getting luggage put away and settling in for the week, the group decided it would be fun to ride the train into "Old Town." Riding the train to Old Town ended up being quite an adventure, as the train station was all computerized, with no humans to help one get a train ticket. Four old women worked together to see the screen in the glaring sun in order to finally get four train tickets. Old Town was full of various booths with all types of trinket treasures. The group had a great time going in and out of all of the booths & stores, finding lots of stuff that they didn't need. The best of Old Town was an authentic Mexican restaurant. The food there was fabulous! Whale watching was another adventure. The sighted women were able to spot 8 whale tails throughout the trip. Karen enjoyed the sun and the water. Beach walking ended up being quite an experience since one of the women collected enough shells to fill up the rest of everyone else's suitcases. Coming back to UP on January 16 turned out to be a surprise as seven retired colleagues had lunch w/Karen in Lebanon with school stories being the topic of conversations. One friend took Karen to DO at the Thorntown exit so Bob & Janet could take her on home. As much as Karen LOVES to travel she is always glad to get back to UP.

**THIRD FLOOR NEWS**

ADA JONES spent 3 weeks of the Christmas holidays in California with her son Ross and family. They have lived there for 30 some years and planted an orange &

lemon tree the first year they were there. This year both trees were loaded with ripe fruit and Ada enjoyed picking a ripe orange each morning. On Dec. 26<sup>th</sup> Jolly Old St Nicholas had come and gone, the gifts had been opened, carols had been sung in church, and most all were tired of cookies and eggnog. What could they do for the day! Since this family lives in the Village of LaCanada Flintridge where each year they build a volunteer float for the Rose Parade there is always the possibility of volunteering to help work on the float. The Construction Com. had been working on the float many months before Dec. and it had been named "To the Rescue". The concept consisted of a massive ship, a giant shark, and a huge octopus, a whimsical depiction of an underwater misadventure—a shark trapped in a sunken ship that is being rescued by some of his friends. When it rolled down Colorado Boulevard in the Rose Parade it boasted of 10,000 stems of roses in six colors, silver leaf, six colors of carnations, four shades of mini-carnations, button mums, iris, dianthus, lisianthus, more flowers, and fruits, vegetables, and spices. The flowers had been delivered and waiting for many volunteer hands to glue them onto the frame work. A frigid storm had brought in rain and high winds so Ada knew if she volunteered to work on the float she would have to dress as warmly as possible and that she did in borrowed clothing! Volunteering with many others she was handed a scissors and a bottle of glue. "Cut the stems from the button mums, lay them upside down in tray, put a large drop of glue on the mum, and then stick it right side up onto a large mushroom! That is what Ada did for as long as she could manage in that COLD high wind! When the

### **THIRD FLOOR NEWS** (cont'd)

float rolled down the Parade Route and she heard it had been awarded the FOUNDERS' TROPHY - the most beautiful entry built and decorated by volunteers from the sponsoring community or organization - Ada felt a satisfaction, " Gee, I helped decorate that float!"

### **My Adventures in University Place**

I (JUDY SORTON) have had a wonderful time getting acquainted with all of you. You have made allowances as the (ALS) continues to deteriorate. I have had the support of my family as well as many others. I did not anticipate that I would become the subject of an UP's legends. It has come back to me that I was down in the entry hall from an hour to several in the wee small hours of the morning. What could I have been doing? I heard many clever solutions. But this is what really happened: I have always been a night owl. Discomfort with the disease plus my natural inclination make for a restless night. On this particular night I was watching (off and on) an old Tom Cruise WWII movie about Count von Stauffenberg and the attempt to assassinate Hitler. The plot thickened; bomb went off and Cruise was escaping from the Wolfs Lair. The Gestapo was after him. He needed real help to get away. I had a car I could meet him, warn him and make sure he was safe. The future of the world depended on me. My aide was newly hired with little experience; she had to help me get to the front entrance to meet the /f count. I instructed her to get me a down filled jacket. We proceeded to the front door where 'entered' a watch for the convoy at about 4:30. At about 4:45 it began to dawn on me that something was wrong.

### **February UP Beat 2015**

By 5:00 I tucked my jacket in and rather sheepishly woke my aide and beat a hasty retreat to my apartment, secure that no one would hear of my adventure, I went to bed. I had noticed a maintenance man and a security man during my sojourn. They wouldn't say anything would they, I have heard what really happened and there have been quite a few variations on the theme, so I thought I would tell you what happened. The aide has not been seen since. And we have engaged a staff of more experienced caregivers. As far as danger concerned me, it might have been in real danger, if it had gotten outside. I didn't have a plastic card for that door on my keys. At the end I was very disappointed I did not get to save Tom Cruise and end WWII early maybe I misunderstood the time!

### **GARDEN HOMES**

Neighbors PHYLLIS and DICK WASSON and WAYNE and LINDA FIRESTONE had a nice visit with each other in Naples, FL, enjoying the afternoon in the sun and catching up on the news from the north. Both couples will soon be back at UP.

JANET and JOHN RICE spent the first week of January on Singer Island off West Palm Beach in their timeshare overlooking the ocean. They enjoyed taking walks, dining at their favorite restaurants, visiting Sailfish Marina, and exercising in water aerobics in the pool. They then drove to Fort Lauderdale where they boarded a Holland America ship for a seven day cruise in the Caribbean. Off Grand Turk Island, they took a submarine trip to view the beautiful reefs and fish. On the island of St. Martin they had an excellent bus tour of the two countries on the island, France and Holland, which



## **GARDEN HOMES (cont'd)**

had very different customs and architecture. On the ship they attended a fascinating act by an illusionist and other events, met interesting people at fine dinners, enjoyed their balcony and the top deck forward views as they sailed around San Juan and Half Moon Bay. They were fortunate to avoid the Indiana snowstorm and shivered as they stepped off the plane at Indianapolis.

## **ASSISTED LIVING NEWS**

MARY LOU TRACER enjoys working on puzzles.



## **CHINESE NEW YEAR 2015**



Chinese New Year is the longest and most important celebration in the Chinese calendar. The Chinese year 4713 begins on Feb. 19, 2015 which is about the latest possible date for the Chinese New Year. As 2015 is the Year of the Sheep or Goat, it is the year for those born in 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003 or

2015. Chinese New Year traditions include thorough cleaning of the houses, decorating the windows and doors with red paper art, lighting fireworks, long parades, handing out money in red envelopes, and families gathering for their annual reunion dinners. Those born in the Year of the Sheep have caring ways and take care of themselves. Their caring and artistic qualities mean that Sheep make excellent actors, designers, florists, pediatricians, hairdressers, musicians and teachers. They enjoy swimming, going to the theatre, eating and drinking, but dislike arguments or conflict and being away from their family and friends. Well-known people born in the Year of the Sheep include King George VI, Jane Austen, Boris Becker, Jamie Foxx, Mel Gibson, Franz Liszt, Michelangelo, Mark Twain, Barbara Walters, Orville Wright and Rudolph Valentino.

### **How To Speak Chinese Funny**

- I think you need a face lift.- Chin Tu Fat
- Stupid Man.- ..... Dum Gai
- Staying out of sight.-... Lei Ying Lo
- I thought you were on a diet.- Wai Yu Mun Ching?
- It's very dark in here.-Wai So Dim?

\*\*\*\*\*



# **THE BULLETIN BOARD**

## UPR FOUNDATION ANNUAL MEETING

You are encouraged to attend the annual UPR Foundation meeting on February 12 at 2:00 in the Great Room. The 2014 annual report will be presented including a financial update, new Board members will be elected, donors will be recognized, and plans for 2015 will be discussed. Although only Foundation members can vote, everyone is invited to attend the meeting.



Your Spiritual Life Committee invites you to join us in attending the February Tippecanoe Taizé ecumenical service of prayer, song and silence to be held at 7 p.m., February 17, 2015, at First Christian Church, Lafayette. You may sign up for transportation at 6:30 p.m. at the Concierge Desk.



Thank you to everyone here at University Place for your kindness and support after the death of my son Matt. He was a wonderful son and will truly be missed. -- Sandy Pearlman



### A NOTE FROM DINING SERVICES

Residents requested, since tomatoes are not in season that we stop offering sliced tomatoes on sandwiches and as garnishes. It was agreed that small grape tomatoes will still be offered for salads.



### A FRIENDLY REMINDER

Please check you dishwashers and cabinets for any of the Bistro's coffee cups. We had 500 and we are down to about 50. If you find any, please return them

-- Kitchen Staff



- \* Watch for special dinners on Valentine's Day, Mardi Gras, and Chinese New Year.
- \* The Chef Salad is now being served as an entree for \$8.00



## DISPLAY CASE -SWEDEN

Two houses north of Stockholm, Sweden, my father was born in 1886. The farm house painted in the oval-wood bowl housed my dad's family of four brothers and four sisters, with their parents. My dad, Lars, and younger brother John, immigrated to America arriving in Boston, January, 1913.

The Darla painted horse is a traditional Swedish symbol purchased at the cottage industry store. Candles, glass, and wooden carvings, are common decorative items such as the Laplander woman and the wooden Swedish flag. The paper star is a Christmas decoration my daughters learned to make from a gift given to them by relatives. The copper coffee pot on legs is over 100 years old.

I have enjoyed hearing comments about my collection by many of you.

--Gene Soderberg



## **Frequently Asked Questions**

We have received several comments about our proposed orientation topics. For the month of February we would like to concentrate on one item which is:  
**Bistro procedures described by Mel Brustman.**

### **BISTRO 1700 PROCEDURES**

**Q. What are the hours of the Bistro 1700?**

**A.** *Monday – Friday 11-1:30, Saturday – closed, Sunday – 4:30 – 5:30 pm*

**Q. What are the prices in the Bistro?**

**A.** *Prices are the same as the Dining Room Menu: \$8.00 for entrées, \$2.00 for desserts and soups, salads, sandwiches, pizzas and sides are all individually priced as marked.*

**Q. Can I use (spend) any of my monthly allowance in the Bistro?**

**A.** *Yes, for any house created items, (pop, chips, yogurts packaged foods etc. not included)*

**Q. Can I use a credit card in the Bistro?**

**A.** *No, you may charge it to your account or use cash.*

**Q. Bistro is really busy at noon, is there a good time to come?**

**A.** *11:00am and Noon are busy times for staff so 11:15 and 12:15 are the best times to avoid a line.*

**Q. If all the seats are taken, where do we eat?**

**A.** *You may take your Bistro items to the conservatory dining room.*

**Q. Why are some items served on China and some in paper/plastic?**

**A.** *If we know you are eating in the bistro we try to serve in china and use paper for items we know that are going to be transported to another location. China is the preferred over paper /plastic.*

**Q. Do you charge for the to go container?** **A.** *No*

**Q. I like saltine crackers – can I get them in the Bistro.**

**A.** *We stock both the wheat and saltine cracker so if you ask we will try to satisfy your request.*

**Q. Are the desserts free?** **A.** *No – Desserts are \$2.00 and Cookies are \$2.00.*

Other topics will be explored in subsequent months. If you are interested in making other suggestions of what you might like discussed, please tear off the bottom of this page with your comments and put in Cubbyhole #101.

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## **GET ACQUAINTED WITH YOUR NEW NEIGHBOR**



Karen Byrd and her handsome one-year-old Shih Tzu, Bailey, moved into IL 306 on November 28, 2014, from her home of the past thirty-eight years in Oxford, IN. She was an only child, born in Chicago, IL, and in 1950 moved with her parents to Itasca, a Chicago suburb west of O'Hare Airport along Irving Park Road. Karen joined the Girl Scouts and enjoyed summer camp in Wisconsin and traveling throughout the United States and Canada with her parents. At Lake Park High School she participated in Drama Club and Student Council. Upon graduation Karen headed for Indiana University's Bloomington campus where she studied French and Marketing while serving as Vice President Scholarship of Alpha Gamma Delta sorority. Summers were spent at the home office of Allstate Insurance Company in the Marketing department. In her junior year, a girlfriend who was dating a Ph.D. candidate invited Karen to go on a blind date with them and his friend Bill Byrd, a visiting Purdue graduate now working as a real estate appraiser for the Indiana State Highway Commission. More dates followed, and they were married soon after Karen's graduation. Karen and Bill's first home was in Indianapolis, and their next in Lafayette; while here Karen earned a Master of Arts Teaching degree at Purdue. Next they moved to Lebanon where although not

acquainted until Karen moved to University Place, Karen Bogan was teaching at Lebanon Central School, Karen Byrd was teaching at Lebanon High School, and they have many acquaintances in common. While at Lebanon Karen mentored several student teachers and spent a summer in France before the birth of her daughter Lisa and becoming a stay-at-home mom. After moving to Oxford, IN, son Brian was born, and later Karen taught part time as an adjunct at St. Joseph's College, Rensselaer, IN, for nine years. When Lisa and Brian were in college, Karen resumed teaching full time: French and English at Seeger High School, West Lebanon, IN. Lisa, a Butler graduate, is a pharmacist with St. Vincent's Hospital in Indianapolis, resides in Fishers with husband Ed and is the mother of three year old Nathan. Brian, a Rose-Hulman graduate, is an orthopedic engineer with Zimmer in Warsaw, IN. He and his wife (also a Karen) live at North Webster IN, and are parents of ten month old Cora. Karen retired from teaching in 2005 but returned to teach two advanced French classes in '05-'06. Then Karen and Bill purchased an A-liner trailer, and joined two camping groups with whom they traveled extensively as well as taking trips to Scotland, England, and Ireland. A certified General Appraiser, Bill began his own real estate appraisal business while in Oxford, and had worked for 50 years in appraisal when illness forced his retirement shortly before his November, 2014, death. They had been making plans to move to University Place together, and Bill urged Karen to make the move immediately. She is thoroughly enjoying University Place and finds it especially supportive at this time of her life. Karen, your new neighbors are happy that you are here and all say "Welcome".



## **MIDWINTER MUSIC**

The West Lafayette Musicale, an organization of both musicians and music lovers which was founded August 9, 1915, entertained nearly sixty UP residents and guests on January 22, 2015, at 7 p.m. in the Great Room. Peg Bryan, West Lafayette vocalist, president of the West Lafayette Musicale, and past Vice President of the Northwestern Region of the National Federation of Music Clubs and past President of the National Federation of Music Clubs, was the evening's mistress of ceremonies. After a reading by West Lafayette vocalist Lynn Griffin telling the history of the old familiar song "Home, Sweet Home" and a listing of the many movies which included it in their score, Peg led the audience in singing it, part by men, part by women and all together on the refrain. Next Cellist Sara Wollen, daughter of late UP IL resident Helen Wollen, performed Bach's Allemande, Suite I before presenting two of her Cello students whose performances were "dress rehearsals" for their playing in state high school music contests the following week. When eleven year old Julia Kostraba played the first movement of Beethoven's Sonata in C, her father Greg Kostraba of Purdue's WBAA Radio Station accompanied her at the piano. Young Daniel Park performed the first movement of Romberg's Sonata in E minor. A special treat was hearing the Recorder Ensemble Miscellanea Musica led by Sharron Howard, music teacher at Sharron Howard Clarinet and Saxophone Studio. Sharron currently performs with Lafayette Klezmerim, Lafayette Citizens

## **February UP Beat 2015**

Band, Recorder Orchestra of the Midwest, and Miscellanea Musica Recorder Ensemble. The ensemble consisted of a great bass Recorder, two bass Recorders, and two tenor Recorders. They performed three groups of early madrigal music written between 1490 and 1612. The hour-long program concluded with three American Spirituals sung by music educator Marla Stanton, soprano. Spirituals originally were sung a capella but now there is a book of accompaniment. Pianist Greg Kostraba accompanied Marla at the piano. President Peg Bryan ended this delightful evening by expressing her hope to see us again in one year.

# **100<sup>th</sup> Year!!**

## **West Lafayette Musicale**

### **Founded August 9, 1915**

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## **February 2, 2015**

## Book Discussion Luncheon



Jan Stroud's review of the book **THE BOYS IN THE BOAT** by Daniel James Brown at the Book Discussion luncheon on January 14, 2015 was pure 'nectar for the soul', so to speak. Chef Joseph provided a delicious lunch, of "Bang, Bang shrimp" salad (with the 'bang-bang' element removed, he said!) with mandarin oranges, a corn bread muffin, and an elegant vanilla crème brûlée with its crust of caramelized sugar, for dessert. Then Jan began with her incredible tale. Interesting book title, yes? Right away it took a twist -from 9 college kids out for fun on a yacht perhaps, to the 9 boys on the "1936 University of Washington rowing crew and their epic quest for the gold at the 1936 Berlin Olympics", identifying the theme, the plot, and the boat. The time period is 1933 to 1936 during the depression; Joe Rantz, one of the crew, is the main character who manages to overcome many hardships in his hardscrabble existence, Jan tells us. (His nasty conniving stepmother was named the 'wicked witch of the west' by Jan.) The author goes into minute and fascinating detail about those 3 years and the incredible training involved before they did indeed win that coveted gold medal. Jan spoke clearly and knowingly, almost lovingly about the story as she told about all this; her details were neither boring nor

too long; although she had notes they weren't needed to tell this exciting story; being up close and personal about rowing, even for the non-sports-minded, basically it is a sports book which is all about rowing - its techniques, strategy, and form which **MUST BE EXECUTED TO ABSOLUTE PERFECTION SIMULTANEOUSLY BY ALL.** Jan keeps her story in easy chronological order, making it much more enjoyable to follow.

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## Happy Groundhog Day!

seek-and-find

D N I A R M W C S N  
W B O J E S N N S U  
L I L I H L O D P S  
O K N A T S O I R N  
Q W D T A I I H I R  
B O G E E M D L N B  
W L S M W R A A G Z  
A W Q P E E L S R U  
G O H D N U O R G T  
N A T U R E S W W U

GROUNDHOG  
HOLE  
NATURE  
SEASONS  
SHADOW  
SLEEP  
SPRING  
SUN  
TRADITION  
WEATHER  
WINTER



## **HOW TO PREVENT FALLS**

Not many of us belong to that elite group of residents who have not experienced that sudden "oops!" as we fall, whatever the reason; as well as being embarrassing, there's always the inherent chance of breaking something, with all that that entails. On January 6, 2015 Shirley Rietdyk Ph.D.'s audience was very interested in her topic "How to Prevent Falls", emphasizes perhaps on 'prevent'. She spoke clearly and her topic moved right along, frequently illustrating her point with cartoon drawings. Her research seemed to be more about the physiology of falls, about balance and mobility which become more challenging with age, sensory information that gets transferred to the brain, how we are constructed and have learned to use our muscles over a lifetime. Some of the basic causes of falls could have to do with medications, or poor eyesight, a vitamin deficiency, bad feet in need of treatment. The importance of daily exercise was emphasized, as was the modification of a home environment to increase safety. Following her talk, there were a few questions which were discussed. Over all, the program did not seem to satisfactorily address specifics as to HOW to prevent falls by suggesting such things as removing scatter rugs, and whenever walking really paying attention to just where your feet are going, and and what they are doing. If someone behind you in the hall calls your name, stop first, then turn around to face the caller. Dr. Rietdyk's research was valuable background information that over-all will promote health and well-being.

--Deb Lindenlaub

## **PIANIST DAVE BECKER AT UP**

Not to compete with the basketball game, on Tuesday, January 13, 2015, Dave Becker at the piano presented an interesting program of mostly familiar pieces, nicely embellished somewhat but not so much as to obscure the theme. This son of Marty Becker certainly inherited some of his dad's sense of showmanship particularly when the audience singing was included in the music. Without any intro Dave launched into a rendition of "Smiles", à la Bobby McFerrin, one of Dave's favorite performers, and had the audience immediately captivated. There were pieces made popular by Duke Ellington, "The A-Train" New Orleans style, and "Caravan"; the audience loved "Linus and Lucy" from "A Charlie Brown Christmas", next year being its 50th anniversary; from the pen of Cole Porter the group enthusiastically enjoyed singing "Makin' Whoopee!" , "You Made Me Love You", and "Blueberry Hill". Dave played "When You Wish on a STAHP" [not a typo!] - He lives in Massachusetts, after all! The doors to the Great Room were open to the lobby; Dave Henke was listening, as was Tori the concierge who was seen happily dancing to the Beatles' jazzy rendition of "She Was Just Seventeen"! It was fun to watch Dave's fingers fly all over the keyboard - he played easily, without any music, and melded seamlessly from one piece of music into another, obviously enjoying it all; all the while feet tapped, heads bobbed, and fingers beat to the tempo. He had a wonderfully engaging sense of humor which he effectively used to draw the audience into his happiness.

--Deb Lindenlaub



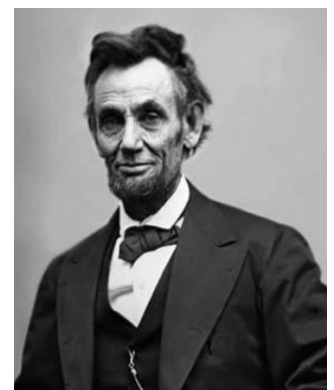
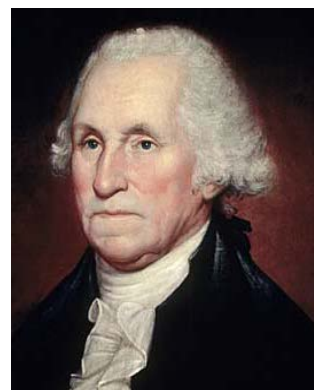


## **THE BELL NO LONGER TOLLS**

The bell ordered from London by the Pennsylvania Assembly in 1751 to commemorate the 50-year anniversary of William Penn's Charter of Privileges (the original Constitution of the state of Pennsylvania) was hung in the Pennsylvania State House on March 10, 1753, and cracked the first time it was struck. Philadelphia foundry workers John Pass and John Stow were to melt down and recast the cracked bell. No one liked the sound, so they tried again. The sound still wasn't good enough, so a new bell was ordered from London. It sounded no better than the first bell which then was tolled when Benjamin Franklin was sent to England, tolled when King George III ascended the throne in 1761, and to assemble people to discuss the Sugar Act in 1764, and the Stamp Act in 1765. It tolled for the First Continental Congress in 1774, the Battles of Lexington and Concord in 1776, and for the reading of the Declaration of Independence on July 8, 1776. The final expansion of the crack that rendered the bell un-ringable was on Washington's Birthday in 1846. By then abolitionists had given it the name "Liberty Bell".



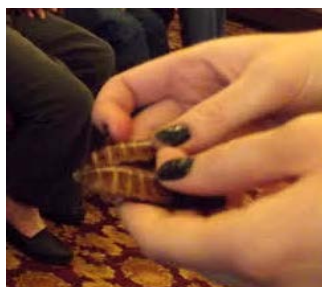
Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.



## **COLUMBIAN PARK ZOO AT UP**

What did Sam bring in her 4 cages today? First there was a short discussion about the wallaby article in Sunday's JOURNAL and COURIER. Then up close and very personal, practically eye to eye, "small but really awesome", "really cool" she said as she brought forth a tiny \*Pacman Frog, "Blinkie", who easily nestled in her hand, having been fished out of the moist mulch in his cage. He is quite green, lives in the South American rain forest, and will be about a pound when fully grown. He can be cannibalistic although he eats mainly insects; about 6 years old, he is nocturnal, and burrows into piles of leaves while he waits for his food to come by. Their eggs, maybe 1,000 at a time, are deposited in a jelly-like mass on standing water - they don't like moving streams and rivers. \*A skink, skinks being a special group of lizards, was next up for display. "Clarise", the biggest and still feisty at age 24, comes from the Solomon Islands where there is much fruit which make up her diet. Their saliva is anti-coagulant, so if you get bitten it will bleed without stopping. Toes and fingers are very long which helps them grip branches; the prehensile tail, about as long as the body, is important for balance and for holding on. Should perhaps as much as half a tail become bitten off it won't regenerate, and life is thus designated to the ground and is very dangerous. When hanging upside down eating a banana, her green underbelly looks like just another banana until she opens her big bright pink mouth telling prey that she is NOT a banana. \*Not one but two Madagascar hissing cockroaches were next. (Samantha can make just about anything interesting!) Native only to the island of Madagascar, these forest floor dwellers hiss like snakes as a defense mechanism, and are considered 'decomposers' as they eat fallen leaves and their abundant waste then acts as fertilizer. They can hide under leaves and logs; their feet are like velcro which makes them good for climbing. Without bones, there is an exoskeleton instead, like hard plastic, for protection. When open zoo at Halloween, cockroach feet are dipped in non-toxic paint, placed on canvas and leave trails as they walk around, then the children get to take their Cockroach Painting home. \*From the biggest cage slowly emerged a big, large, furry, black and white face. All of her turned out to be "Brutus", a French Lop-eared rabbit, obviously an immediate hit with everyone. She was beautifully patterned in black and white all over, and had long, very soft fur. Her two soft big ears were both black and rather than standing upright, they hung down on either side of her face. They are hoppers with huge back feet - one back foot was the size of Sam's hand. Because they are so large, they tend to live shorter lives, hers being about 4 years, as do other large animals. Everyone appreciated patting this big, black, furry rabbit. (PS - Sam said she came with that name.) Next month, Sam might be able to bring a wallaby! Fun!! ) When all is said and done, Sam came around as she usually does, with hand sanitizer for each of us.

--Deb Lindenlaub Photo credit: Sandra Weinhardt





### **CAN BOTH SEXES HAVE BREAST CANCER?**

Dick Shoemaker, M.D., introduced the Wellness Committee speaker, Virginia Mason, RN, to 22 residents and guests at 7 p.m., January 27, 2015, in the Education Room. She warned that Inflammatory Breast Cancer (IBC) comes on very quickly. Signs of it include redness, rapid enlargement of the breast, stabbing pain and intensive itching, change in the nipple or breast's skin texture and development of lymph nodes under the arm or along the collar bone. Also, it could appear to be a bruise or bug bite which does not go away. Too often IBC is wrongly treated with antibiotics as if it is an infection (mastitis). Any breast symptoms lasting more than two weeks must be investigated; five percent of all new cases of Breast Cancer are IBC, the most aggressive form. In treating IBC, chemotherapy is used first; then when the breast begins to look more normal, it is surgically removed (radical mastectomy). After surgery there may be more chemo and extensive radiation therapy. In tumors found to be Estrogen or Progesterone receptor positive, endocrine therapy is used. Remember, **you don't have to have a lump to have breast cancer.** IBC can be found in men and women, old and young, but is more common in young women, African American women, Latino women and is most difficult to diagnose during pregnancy or lactation. Virginia told her own story which began

when she noticed one of her breasts was enlarged in 1993. She was 40 years old and had a negative mammogram. She began to get worse weekly, saw a surgeon who did a biopsy which confirmed the bad news that she had IBC, and next she met with oncologists. In March it will be 21 years since her diagnosis. Her quick action after first noticing symptoms and the chemo, then surgery approach have made her a survivor. She is one of the founding members of the IBC Research Foundation. Virginia's presentation was completed in thirty-five minutes and afterward she answered questions and gave out the IBC Research Foundation informative brochure. Send mail and donations to: Inflammatory Breast Cancer Research Foundation, P.O. Box 2805, West Lafayette, IN 47996. For more information go to [www.ibcresearch.org](http://www.ibcresearch.org) or inquire by phone: 1-877-STOP

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### **GO RED DAY FEBRUARY 6TH**

The strength of mothers, sisters, daughters and friends, fighting side by side is more powerful than any killer. It's time to shout louder, stand stronger and demand change. So, what do you say? Are you ready to jump in and join the fight? We hope so, because together we can put an end to heart disease. Women, it's time to Go Red.

On February 13, 2015, you can purchase a balloon and cookie to be delivered within University Place for a small donation. Order forms were placed in all mailroom cubbies.

There are red GO RED dress pins for sale at the concierge's desk for \$1, if you wish to purchase one.



## OLD CEMETARY TOMESTONES

A truly happy person is one who can enjoy the scenery on a detour. And, one who can enjoy browsing old cemeteries...Some fascinating things on old tombstones:

\*\*\*\*\*

Harry Edsel Smith of Albany , New York :  
Born 1903--Died 1942.

Looked up the elevator shaft to see if the car was on the way down. It was!

\*\*\*\*\*

On the grave of Ezekial Aikle in East Dalhousie Cemetery, Nova Scotia:  
Here lies Ezekial Aikle, Age 102.  
Only the good die young.

\*\*\*\*\*

In a Ruidoso, New Mexico , cemetery:  
Here lies Johnny Yeast.  
Pardon him for not rising.

\*\*\*\*\*

In a cemetery in Hartscombe , England :  
On the 22nd of June, Jonathan Fiddle went out of tune.

\*\*\*\*\*

In a cemetery in England :  
Remember, man, as you walk by, as you are now, so once was I.  
As I am now, so shall you be. Remember this and follow me.  
To which someone replied by writing on the tombstone:  
To follow you I'll not consent, until I know which way you went.

\*\*\*\*\*

On a grave from the 1880s in Nantucket, Massachusetts :  
Under the sod and under the trees,  
Lies the body of Jonathan Pease.  
He is not here; there's only the pod.  
Pease shelled out and went to God.

\*\*\*\*\*

A lawyer's epitaph in England :  
Sir John Strange.  
Here lies an honest lawyer,  
And that is Strange.

\*\*\*\*\*

In a Silver City, Nevada, cemetery:  
Here lays The Kid; we planted him raw.  
He was quick on the trigger, but slow on the draw.



WE WISH TO EXTEND  
OUR SINCERE SYMPATHY TO  
SANDRA PEARLMAN ON THE  
DEATH OF HER SON, TO JUDY  
NICHOLS ON THE DEATH OF  
HER SON, TO HARLEY FREY ON  
THE DEATH OF HIS BROTHER,  
TO BOBBIE KIEFER ON THE  
DEATH OF HER HUSBAND AND  
TO THE FAMILY AND FRIENDS  
OF:

**ANTON "TONY" TUREK**

Anton "Tony" Turek, a University Place resident, was born in Chicago, IL, on May 21, 1914, and died at University Place on January 1, 2015. He spent the majority of his life in the Chicago area where he met and married Dorothy C. Grafer who passed away in 1987. Tony owned and operated a restaurant, along with working several years as a tool and die worker and as a lab technician in the manufacturing industry. After his retirement, he bought property near the Ozark Mountains but eventually moved to the Lafayette area. Here he created all of the music for a senior citizens exercise group. Tony is survived by sons James and John, daughter Mary, thirteen



grandchildren and 8 great-grandchildren. He was preceded in death by his parents; wife; two brothers and three sisters.

**ROBERT H. BEUTLER**

Robert H. "Bob" Beutler, a University Place resident, was born March 20, 1925, in Shelby Township of Tippecanoe County, IN, and died at University Place on January 25, 2015. He graduated from Montmorenci High School in 1943 and served in the United States Army from 1944 to 1946. Bob attended Purdue University and Lafayette Business College. After working for Rund Packing & Wilson Meat, he purchased the Otterbein Locker Plant in 1953 and owned and operated Beutler Meat Processing from 1969 to 1989. Bob and Genet Booth were married on March 29, 1950. Genet died September 22, 1977. On August 4, 1978, Bob and Janet Wakeman Colter were married. Surviving Bob are Jan, daughter Pam, son Steve, two stepsons, six grandchildren, two step-granddaughters, a great-grandson, a sister, two brothers, nieces and nephews. Preceding him in death were first wife Genet, daughter Cheryl, a sister and a stepson.

**MAXINE BENNER**

Maxine Benner, a University Place resident, died at University Place on Wednesday, January 28, 2015. No further information is available at this time.

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Residents, Associates, and staff,  
Roses are red  
Violets are blue  
Our UP home is blessed  
because of you.

UP, we love you,  
The UP Beat Staff  
Happy Valentine's  
Day!

UNIVERSITY PLACE  
1700 Lindberg Road  
West Lafayette, IN 47906