

# PAOLA FARMERS MARKET

*Fresh & Local to You*  
Brought to you by the Lions Club of Paola



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It was a wonderful market on last Saturday. In fact I would say the best we have had so far. Twenty one vendors. Mother Nature was on her best behavior! With the addition of tomatoes, cucumbers, zucchini, sweet corn and green beans, the market is beginning to have an even better selection of fresh produce. Be sure to stop by the market every Saturday to buy fresh, locally grown produce and other locally made products.

Just got a call from **Gene Jesberg** and he says he will have sweet corn, tomatoes, zucchini, beets, green beans and new little potatoes this week at the market. Of course he will have his old standbys too, jams, jellies and homemade baked goods. **Deby VanGoetham** says she will have homemade root beer and making root beer floats for us. She will also have tomatoes, green beans, turnips, strawberries, potatoes, herbs, sugar snap peas, blackberries, lettuce, garlic, and flowers. We always have lots of Farm Fresh eggs for you to take home each week too. **Brenda Rose** says she will have some new photography to share with everyone this week. Have you seen the aprons and tea towels that **Timmie Moody** is making. She even takes special orders if you talk with her. She made mine with horses on them. And now she is making my granddaughter an apron for showing her rabbits at the fair.

Last week **Terry and Judy Micheals** joined us for their first time at the market. They were selling some of their homemade soaps. Every scent you could think of. Of course **Barb Stull** was there with her soaps last week too. You can even cut your own bar at her table.

**Delores Day** will have goodies for your back yard. Birdhouses, bricks, homemade mushrooms and many other yard art décor. Last week we even had **Kevin and Ken Rodmon** sell two hillbilly lawnmowers. Of course the two little girls who got them thought they were Billy goats. Rodmons' also sold live rabbits, chickens and turkeys.

Have you seen the wine bottle covers that **Terri Weis** is making now? They are so cute. She has produce and of course her loom rugs too. Need Meat? Well **Gerald and Marilyn Silvers** just got six sides of beef back from the butcher shop. So do you have a special occasion coming up and need a fantastic steak to fix or a roast for Sunday dinner. Or if you prefer pork or chicken stop by **Claudia Beverlin's** Bread table. In the cooler below her table she will have a butchered chicken or maybe a pound of bacon for breakfast.

Anyone for biscuits and sausage gravy. Well come hungry because we have **Circle C Cafe** cooking every Saturday morning and a cart from **Mollys Table** is cruising the square with burritos and other tasty breakfast items for you.

These are just a sampling of the items we sell at the Market. Come and join us. I will supply the cup of coffee or ice tea if it is hot out. Under the trees in the park

## **COMING THIS WEEK – July 9th**

### **Produce –**

Green Beans  
Cucumbers  
Onions  
New potatoes  
Zucchini

Salad Greens  
Fresh Herbs  
Sweet Corn  
Tomatoes

Fresh Garlic  
Cabbage  
Beets  
Broccoli

### **Baked Items, Jams & Jellies**

Honey  
Apple Butter  
Cinnamon Rolls  
Artesian Breads

Jellies  
Homemade Breads  
Homemade candies

Homemade Egg Noodles  
Jams  
Baked Goods

### **CRAFTS**

Hair Clips  
Wood Crafts  
Photography  
Hypertuffa  
Ragtime Quilts  
Loom Rugs

Beach Towels  
Lanterns  
Fresh Cut Flowers  
Garden stones  
Lavender Sachets

Aprons  
Metal Products & Decor  
Votive candle holders  
Garden Bricks  
Wind Chimes

Lots of Farm Fresh Eggs

## **Market and the Community**

Our market welcomes and encourages community involvement. We reserve a complimentary stall every week for any church, civic organization, non-profit etc. to have the opportunity to introduce themselves, conduct approved fundraising or just increase their presence in the community.

## **Upcoming Events**

**On July 16<sup>th</sup> the Pack 3100 Boy Scout group will be having a Bake Sale at the Market.**

**On July 23<sup>rd</sup> we will be having a Market Chef Cook off. This event is one that you won't want to miss. More details in next week's newsletter.**

## DEDICATION

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I hope you all had a fantastic Fourth of July holiday. We all have so much to be thankful for. Family that is close and in good health. Today I write this newsletter and dedicate to one of the best friends I ever had. For the last three years I have had the honor of being one of Mary Ann Peterson's care givers. For those of you that knew her she has suffered with Alzheimer's for the last ten years I believe. Have you ever had a job where you could truly be your crazy self, not a care in the world. Well that is what it was for me. We laughed together and we cried, we sang our hearts out and danced to the tunes of Billy Joel. On good days we talked about whose grandchildren were the best or the cutest little monkeys- hers or mine. We talked about everything, sometimes it didn't make sense to anybody but us. Mary Ann always made me feel special and needed.

Last Friday night at the nursing home as Mary Ann lay in her bed, not talking or even opening her eyes anymore, her daughter Julie and I shared old high school stories. The nurse walked in asked us if we needed anything, laughing Julie said bring Deb and I two margaritas' and I told the nurse "Throw in a straw for my friend here in the bed." You would not believe the smile that came across her face. I know she could hear us talking and love her heart was telling us everything would be OK.

Tom worked for the Petersons at the Lumber Yard in Spring Hill when we got married. We had rented a house in Ocheltree and did not plan to take a honeymoon. Well Mary Ann would have no part in that. She made sure that he took me all the way to Lenexa Holiday Inn for a honeymoon. So thank you Mary Ann. Her and Tom had a jar at the Lumber Yard called the CUSS jar. If anyone was caught cussing they had to pay a quarter to the jar. Well I think Tom and MaryAnn kept it full most of the time. At Halloween she always had us bring Doug and JoAnn in to their house for the special treats (usually about a pound chocolate candy bar). I could go on and on with so many stories about this very special lady.

For those of you that have had a family member with this disease you will understand when I say that I truly believe Alzheimer's is **one** of the worst diseases a person can get. At first you forget little things, stumble a lot, and too many voices around you just mumble together. You have no control or right now not even a hope of ever getting better. Sometimes it will go into a temporary plateau but never for long enough. What could be worse than not knowing your own children or your mate. With cancer you are considered noble or one tough cookie if you beat that disease. Is there really any hope with Alzheimer's and people many times lose their patience with you because they don't understand or know how to handle your disease. The words will not come to you when you have Alzheimer's, Hallucinations are also a big part of this disease. So hug your loved ones and make the most of every minute you have in your life.

This week instead of a recipe I would like to share Mary Ann's Eulogy written by her grandson Tyler Peterson. You can tell he is from good stock.

At five years old, I was exposed to the worst Christmas break of Chevy Chase's life, in *Christmas Vacation*.

At six, a song that portrayed Christopher Columbus as a vagabond who sat on women's hats. My first grade teacher didn't appreciate it when I belted it down the hallway of my Catholic elementary school.

But from my first days with my grandma, to the last few I've lived thus far, I was exposed to the kindest heart, the warmest woman, the greatest I've ever known.

I don't want this to be sad, because that's not who my grandma, your wife, mother, and friends knew her to be. She was a woman who possessed so much joy, so much wit, so much pride and honesty, that for me, it's nearly impossible to remember an occasion when she was anything but.

The matriarch of the Peterson family, Mary Ann – grandma – was a woman of utmost talent. She could make you laugh harder than any comedian: David Letterman tossing TV's from the rooftop of his studio on late night TV – one of the oldest memories I have of her – is an amateur compared to my grandma. The Three Stooges and their slapstick that we used to watch until 1 AM had absolutely nothing on her dramatic, over-the-top song-and-dance numbers she would act out with her grandkids in her living room.

She could also love more potently, and more fully than any song by her favorite artist, Billy Joel. Even now, he's incapable of persuading raw joy, compassion, or unyielding adoration out of a person the way our grandmother, wife, mother, friend, or role model could.

She could dance, she could sing, she could hold a beat, and she could hold your day in her hands, and make even the ugliest of hours bright, hopeful, and meaningful. She was the finest, unborn Broadway star, and could have been the most influential Hollywood-personality.

Mary Ann Peterson was, and always will be, a woman of utmost talent.

But her talent didn't cease with singing, dancing, or being the definitive example of a grandma. She was also a woman so wise, so true to who she was, she became my idol in the things she could teach. One of the most influential lessons, that applies more now, than ever is as follows:

Whatever you hold dear, cling to it. Whatever you regret, make it right. Whatever you despise, love it. Because these things could be gone, they could change, they could crumble; but Mary Ann Peterson, though she taught me, and many others things like this – she will never be gone, our memories of her will never crumble. She will continue to make us laugh, to make us sing, and to make us dance for years, and years to come. We will continue to do these things, just as she is, now; and I think we know, that she'll be dedicating a song to us because we can do that, because we're able to hold our memories of her close, just as she did with all of us when we were younger.

Her final words to me were, "I will love you, and think of you forever." And it seemed, at the time, I knew they would be. But I think we know, if we could say anything to her, all of us would say the exact same thing.

Living seems to be a series of deaths; a loss feels like murder, disappointment an execution. We are constantly having the things we hold dear, stolen. But, just as each loss or disappointment is a casualty, each day is a new opportunity, and each loss, brings hope. After every cold shadow, there is warm light.

The only way to usher in that hope from the various deaths in one's life is to keep living is to never relinquish your heart. Our Grandma Mary Ann was a woman of heart; she was a woman who would never, for a second, ask us to give up a second of our time, in order to donate it to her. And though this is a sure sign of selflessness – it was arguably her biggest flaw, for she deserved a lifetime of seconds from all of us. However, as we think of this woman we loved now and always, she too will think of us, and ask us for one favor:

"Never, for an instant, allow this to stop your lives – remember me fondly," she would say. "Remember my songs, remember our laughs." But she would ask us to never long for it again,

because it's only a matter of time before a grandkid's on the hump of her Oldsmobile, before her fingers are tapping away at the old leather steering wheel, and only a matter of time before Elton John is crooning "Lucy in the Sky with Diamonds," over, and over, and over.

This, at least for me, would be my ultimate nirvana – my ultimate place of perfection.

And now, we know that she can rest in hers, as well: she can sleep, dance, drink coffee, and sing to an endless loop of Billy Joel, Elvis, and Elton John.

She was not only the finest, truest woman I've ever known; she was the finest example of all that a human could be. She was, and forever will be, a shining example of the human spirit.