Drivers who frequent Old Cairo Road have likely seen the menagerie of colorful bicycles dotting the front yard of a small house. Upon further inspection, visitors meet Thomas Grooms. At 91 years old, the World War II veteran is still talkative and cheery, eager to tell anyone about his hobby. Grooms has been fixing up bikes, trikes and other person-powered vehicles for 29 years, he said. After an open heart surgery, Grooms couldn’t go back to his job at TVA. He looked around and started tinkering with his grandson’s bicycle.

“I had worked all my life,” Grooms said of the time after his recovery. “You know, I’ve got to do something.”

Although Grooms said he doesn’t need an arsenal of tools to keep a bike in tune, his garage might lead you to believe otherwise. A place for everything and everything in its place is a phrase Grooms believes in, though his organization is a bit unorthodox. Lining the walls of his garage are shelves with helmets, bike seats, replacement pedals, baskets with bolts and wrenches and a table holding tire tubes, to name a few. It doesn’t look like it, Grooms said, but he knows exactly where everything is.

Under a dusty carport, Grooms displayed the bike he’s currently working on. Much of the work is cleaning and other easy maintenance. Under a dusty carpet, Grooms displayed the bike he’s currently working on. Much of the work is cleaning and other easy maintenance. As he leaned forward in his motorized wheelchair, picking up an oiled rag to polish a tire frame, Grooms revealed a litter of nuts and bolts resting along the back of the foot rest. It’s easy to see even when he’s inside watching TV, bikes are never far from Grooms’ mind. He’ll spend about two to three hours a day working on his bikes. Much of his work comes from parents who accidentally back over their child’s bike in the driveway. There’s a fix for that most of the time, he said. Other than bicycle maintenance, Grooms passes the time by watching TV and entertaining visits from his daughters and grand kids. Grooms said he thinks he’s a workaholic. He just needs something to do, no matter his age.

Grooms has served as somewhat of a fill-in between bike shop openings and closings. He said he worked with a shop on Kentucky Avenue before it closed and then lent a hand to Bike World by providing employees with used bikes to improve. There’s not a large market in Paducah for used bikes, he said, and Grooms is pleased to fill that need.

The collection of bikes Thomas Grooms has in his garage ranges in styles and eras. He’s got newer, lighter bikes and those from decades past, boasting much heavier frames.

“I had worked all my life. You know, I’ve got to do something.”

Thomas Grooms on keeping busy after open heart surgery

Just one of many buckets containing myriad parts and tools sit on the floor of Thomas Grooms’ garage. The World War II veteran has been fixing up bikes for 29 years.
American Cancer Society honors Lourdes during special ceremony

Lourdes’ Relay For Life team has earned the ranking as one of the top five fundraising teams in the world, out of 250,000 relay teams. Lourdes is also the top Relay For Life fundraising team in Kentucky. National representatives from the American Cancer Society presented the Lourdes team with an award for its hard work. This year’s Lourdes’ Dancing with Our Stars dancing competition raised a record-breaking $220,500. Additional fundraisers bring the Lourdes total to $224,587 with monies still coming in.

Super sniffer: Trained dog alerts Riverkeeper to leaking sewage

BY LISA RAYLOR
Associated Press

AUGUSTA, Ga. — Beaudreau showed off his sewer-sniffing skills by lying down and barking when he smelled something foul around a manhole cover near the Savannah Riverkeepers’ office.

For alerting Savannah Riverkeeper director Tonya Bonitatibus to the smell of human waste, the black Catahoula Leopard Dog got to play with his special ball. “He only gets to play with this toy when he’s working,” Bonitatibus said. “It’s a game to him.”

Bonitatibus has been trained to find sewage leaks or illegal dumping, such as from RVs, that could contaminate storm drains and creeks. In a city as old as Augusta, sewer leakage is a difficult problem to monitor. “It’s an out-of-sight, out-of-mind problem,” Bonitatibus said. “People don’t think about the sewage that leaks from the pipes underneath the city.” Not only does Beaudreau find the leaks, he draws attention to a subject nobody wants to discuss.

At a recent conference in Portland, Bonitatibus said people stopped her on the street to ask about Beaudreau and the service he performs. “It takes a very nasty subject and makes it one that you can have a conversation about,” she said. “He makes it OK to talk about it, which is fantastic.”

Bonitatibus is still working on a plan to use Beaudreau to work with the Augusta Utilities Department. She hopes he will help patrol areas that are already clean to keep them that way and to quickly identify the source if a problem arises.

Beaudreau, now 3 years old, is one of only three sewer-sniffing dogs in the country. He was trained by Southern Canine Solutions in Augusta, which usually trains bomb-sniffing and narcotics dogs.

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Can you really teach a kid to become bullyproof?

By Beth J. Haber

Associated Press

New York — Teaching bullies to become "bullyproof" is all the rage. Books, videos, and websites promise to show parents how to protect their kids from being bullied; school districts are burying curricula that name labels like "Bully-Proofing Your School," a well-regarded program used in thousands of classrooms. Even martial arts programs are getting into the act: "Bullyproofing the world, one child at a time," trumpets a motto for a jujitsu program called Gracie Bullyproof.

But can you really make a child invulnerable to being picked on? And even if you could, should the battle really be on potential bullies or rather than on punishing or reforming the bullies themselves?

Parents and educators say when bullying programs are done, kids can be taught the social and emotional skills they need to avoid becoming bullies. But bullying is not just about getting bullies to move on to a different target. It's also about creating a culture of kindness, beginning in preschool, and encouraging kids to develop strong friendships that can prevent the social isolation sometimes caused by extreme bullying.

Who's your back?

Bullies "sniff out kids who lack connections or who are isolated because of depression, mental health issues, or just plain differences in size and shape," said Malcolm Smith, a family education and policy specialist for the city of New Hampshire who has been teaching kids anti-bullying lessons for more than 30 years. "So if you're worried about your own child being a victim, the best thing a parent can do is do a very young age, starting in elementary school. But if it is going on, if you notice kids getting teased or other things, then as a parent you need to work with schools," he said. "I advise Haber, who offers other resources at Respect360.com and is co-author of a new book called "The Resilience Factory.""

Body language

Bullies "feed on the body language" of people who are being bullied, Smith said. "If you're the kind of person who can't hold up your head and shout, the tone of voice," said Smith.

But lack of discipline is one of the worst things you can do as a bully," said Smith. "If you see your child bullying, you don't want him to have the same kind of behavior as you do." Smith worries that mistakes can lead to bullying, but lack of discipline can also lead to bullying.

Bullen worries that mis-"feeding" can lead to bullying, but Smith worries that mistakes can lead to bullying, but lack of discipline can also lead to bullying.

Children can learn skills to make sure that bullies "don't expect them to fall apart," said Smith. But the real key to teaching kids to become bullyproof is to teach them about creating a culture where meanness is not tolerated. "Kindness, empathy, caring, putting yourself in someone else's shoes," says Smith.

Haber says parents and schools can start in pre-kindergarten years by discouraging bullying, just as bad. Children who are very positive when they're the kind of person who can't hold up their head and shout, the tone of voice," said Smith.

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Anniversaries

Jean and Lanny Walters

METROPOLIS, Ill. — Mr. and Mrs. Lannin “Lanny” Walters of Metropolis will celebrate their 50th wedding anniversary with a reception from 2 to 4 p.m. today at the Happy Hearts Senior Center, 701 Market St., Metropolis. All friends and relatives are invited. The couple request no gifts.

Mr. and Mrs. Jerry Hale of Metropolis will celebrate their 50th wedding anniversary with a family dinner. They have three sons: Mark Brantley of Olney, Ill., Aaron Hale of Crete, Ill., and Shane Hale of Homewood, Ill., and six grandchildren.

Mary Ann and Robert Brantley

Mr. and Mrs. Robert Brantley of Paducah will celebrate their 50th wedding anniversary with a family trip to Gatlinburg, Tenn.

Mr. Brantley and the former Mary Anne Jones were married June 2, 1962, by the Rev. Dennis W. Hockaday at First Baptist Church in Durham, N.C. Their attendants were Doris Jones and Lendon Stepter and the late Thurman Reynolds.

Mr. Brantley is retired from Westvaco. He is the son of the late F. Lendon “Curly” and Violet Walters. They have four sons: Steve Walters, Mike Walters and Tom Walters, all of Metropolis, and Jeff Walters of Benton, Ky.; and six grandchildren.

Mr. and Mrs. Robert Brantley of Paducah will celebrate their 50th wedding anniversary with a reception hosted by their sons and families from 2 to 4 p.m. Saturday at the Paducah Lions Club building in Fredonia. All friends and relatives are invited. The couple request no gifts.

Mr. Brantley and the former Connie Rogers were married June 8, 1962, at New Bethel Baptist Church in Lyon County. Mr. and Mrs. White have served in the Baptist ministry for more than 50 years at several churches in Lyon County, Murray, Union City, Tenn., Fredonia and Sesser, Ill. They continue to serve in mission work and as interim pastors and supply preachers.

Mr. White is the daughter of the late George and Helen Rogers. Mr. White is the son of Thomas White of Lyon County and the late Louise White. They have three sons: Jeremy White of Paducah, Jared White of Kingsport, Tenn., and Jeswin White of Shellsburg; and nine grandchildren.

Jerry and Peggy Hale

SOUTH FULTON, Tenn. — Mr. and Mrs. Jerry Hale of South Fulton will celebrate their 50th wedding anniversary with a reception from 2 to 4 p.m. Saturday at Water Valley Baptist Church fellowship hall. All friends and relatives are invited.

Mr. Hale and the former Peggy Crittenden were married June 1, 1962, by the Rev. C.L. Angel at his home in Metropolis. Their attendants were Nancy and Paul Lee, and six grandchildren.

Helen and Roy Sims

GILBERTVILLE — Mr. and Mrs. Roy “Happy” Sims of Gilbertville will celebrate their 60th wedding anniversary with a family dinner.

Mr. Sims retired from Western Baptist Hospital. He is the son of the late Lloyd and Rhubama Sims. They have four children: Michael Sims and Janet Vissous, both of Paducah, and Tina Mason and Lisa Sims, both of Gilbertville; and five great-grandchildren.

MICKIE and the Rev. Eugene Burkeen

MURRAY — The Rev. and Mrs. Eugene Burkeen of Murray will celebrate their 50th wedding anniversary with a reception hosted by their children from 2 to 4 p.m. June 20 in the fellowship hall of Good Shepherd United Methodist Church, Hwy. 121 south and Cherry Oliver Road, Murray. All friends and relatives are invited. The couple request no gifts.

Mr. Burkeen and the former Mickie Turner were married June 5, 1962.

Mr. Burkeen has served several churches in western Kentucky and west Tennessee and is the pastor of Martin Chapel and Good Shepherd United Methodist churches in Calhoun County. Before entering the ministry, Mr. Burkeen owned and operated Gene’s Body Shop in Murray for 25 years. They have two sons: Kenneth Burkeen of Benton and Tracy Burkeen of Puryear, Tenn.; three grandchildren; and one great-grandson.

Connie and Jerrell White

EDDYVILLE — Mr. and Mrs. Jerrell White of Eddyville will celebrate their 50th wedding anniversary with a reception hosted by their children and families from 2 to 4 p.m. Saturday at the Fredonia Lions Club building in Fredonia. All friends and relatives are invited. The couple request no gifts.

Mr. White and the former Connie Rogers were married June 8, 1962, at New Bethel Baptist Church in Lyon County. Mr. and Mrs. White have served in the Baptist ministry for more than 50 years at several churches in Lyon County, Murray, Union City, Tenn., Fredonia and Sesser, Ill. They continue to serve in mission work and as interim pastors and supply preachers.

Mr. White is the daughter of the late George and Helen Rogers. Mr. White is the son of Thomas White of Lyon County and the late Louise White. They have three sons: Jeremy White of Paducah, Jared White of Kingsport, Tenn., and Jeswin White of Shellsburg; and nine grandchildren.

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Mr. Burkeen has served several churches in western Kentucky and west Tennessee and is the pastor of Martin Chapel and Good Shepherd United Methodist churches in Calhoun County. Before entering the ministry, Mr. Burkeen owned and operated Gene’s Body Shop in Murray for 25 years. They have two sons: Kenneth Burkeen of Benton and Tracy Burkeen of Puryear, Tenn.; three grandchildren; and one great-grandson.
BENTON — Mr. and Mrs. Gerald S. Jones of Benton celebrated their 50th wedding anniversary with a family trip.

Mr. Jones and the former Mary Ida Penrod were married June 16, 1962, by Neotib Pruden in Cun-

ningham. Their attendants were Harold Brown and

Put Stites.

Mrs. Jones is the daugh-

ter of the late William R. and Elizabeth Penrod.

Mr. Jones is the son of the late Luke and Margaret Brown.

She is a 2012 graduate of Graves County High School and is employed by Riley’s WV World of May-

field.

Tubbs-Riley Raines Raunn Tubbs and Daniel Clark Riley will be united in marriage at 5:00 p.m. on Sat-

turday at Calhoun Community College. All friends and relatives are invited.

Miss Tubbs is the daugh-

ter of Brian and Andrea Tubbs of Benton. She is the granddaughter of Jim and Vicki Crick of Murray, and Van and Janie Crick of May-

field. She is a 2009 graduate of Christian Fel-

dian Fellowship School and is employed as a substitute teacher in middle school math. She is employed by the Carlisle County

Baptist Church. All friends and relatives are invited.

Mr. Riley is the son of Carlisle County High School and is employed by Riley’s WV World of May-

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field. She is a 2009 graduate of Christian Fel-

The Lodge, 354 County Road 1043 near Cunningham. All friends and relatives are invited.

Miss Curtsinger is the grand-

dughter of Mr. and Mrs. Julian Brittain, both of May-

field. She attended Mid-Continent University. She is employed as an elementary teacher by the Christian

County Schools.

Mr. Curtsinger is the grandson of Mr. and Mrs. Julian Brittain, both of May-

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Miss Smithson is the grand-

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Mr. Goldsmith is the grandson of Willie and Diane Galy of Killers, C.W. “Sissy” Goldsmith of Benton, and the late Kathleen Goldsmith. He is a 2005 graduate of Carlisle County High School in Bardwell and a fourth-

year apprentice employed by the International Brother-

The wedding will be at 3:00 p.m. July 23 at Trace Creek Baptist Church. All friends and relatives are invited.

Story Hunter William Story and Becky Brittain, both of Mayfield, announced the engagement of their daughter, Brittany Ann Story, to Josh Hadley. They are both from Mayfield and attended Calhoun County High School.

Miss Story is the grand-

daugther of Lynette Brittain and Martha Brittan of Mayfield, and Larry and Ann Vaughn of Mayfield and the late Clayton Story. She is a 2004 graduate of Graves County High School in Mayfield and earned a bachelor’s degree in nurs-

ing in 2009 and a master’s degree in nursing in 2011, both from Murray State University. She is employed by Jet-A-Marine in Calvert City.

The wedding will be at 7:30 p.m. July 7 at Trace Creek Baptist Church in Mayfield.

Payton-Riley Gary and Lisa Hoskins of Mayfield announced the engagement of their daugh-

ter, Brenda RaKeshia RaeAnn Tubbs-Riley, to Ricky Jones and Robin Garrett Jones.

Mr. Jones is the son of John and Nettie Jones of Clinton and the granddaughter of James and Mary Ida Penrod of May-
field. She is a 2012 graduate of Graves County High School. She is employed as a substitute teacher in middle school math. She is employed by the Carlisle County

Baptist Church. All friends and relatives are invited.

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field.

Mr. Goldsmith is the grandson of Willie and Diane Galy of Killers, C.W. “Sissy” Goldsmith of Benton, and the late Kathleen Goldsmith. He is a 2005 graduate of Carlisle County High School in Bardwell and a fourth-

year apprentice employed by the International Brother-

hood of Electrical Workers Local 516 in Paducah.

Wedding vows will be exchanged at 8:30 p.m. June 30 at St. Jerome Catholic Church in Fancy Farm. All friends and relatives are invited to the ceremony and reception following at the Knights of Columbus Hall.

Mr. Badger is the grandson of Bobby and Lois Ram-

field.

All friends and relatives are invited. Only out-
town invitations are being sent.

Tubbs-Riley Raines Raunn Tubbs and Daniel Clark Riley will be united in marriage at 5:00 p.m. on Sat-

turday at Calhoun Community College. All friends and relatives are invited.

Miss Tubbs is the daugh-

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year apprentice employed by the International Brother-

hood of Electrical Workers Local 516 in Paducah.

Wedding vows will be exchanged at 7:30 p.m. July 7 at The Lodge, 354 County Road 1043 near Cunningham. All friends and relatives are invited.
**Engagements**

Robinson-Roberson

Whitney Robinson and Logan Robinson will be united in marriage at 2:30 p.m. Saturday at the Lodge at Emerald Waters in Mayfield. All friends and relatives are invited. Only out-of-town invitations have been sent.

Miss Robinson is the granddaughter of Tim Robinson of Smithville, Tenn., and Tommy Humphrey of Paducah. She is a 2006 graduate of Lone Oak High School and a 2012 graduate of Murray State University and is pursuing a bachelor’s degree in special education/elementary education.

Mr. Robinson is the grandson of Terry and Wyattte Rober- son of Paducah. He is the grandson of Wayne and Linda Hendrick of Paducah and Mary Jane Roberson of Murray. He is a 2006 graduate of Lone Oak High School and earned a degree in diesel technology. He is employed by Erh Equipment in Paducah.

Holder-Shoulta

Mr. and Mrs. Michael Holder of Bellvue, Ind., announce the engagement of their daughter, Alivia Laci Holder, to David Anthony Shoulta, son of Mr. and Mrs. Steven Shoulta of Paducah. Miss Holder is the grand-daughter of Mr. and Mrs. Cecil Holder of Indianapolis, Ind., and the late Mr.- and Mrs. Arnold. She is a 2006 graduate of Clay County High School in Clayton, Ind., and a 2010 graduate of Western Kentucky University in Bowling Green.

Mr. Shoulta is the grandson of Mrs. Betty Holder and the late Mr. and Mrs. Bobby McKeldin of Smithville, Ind., and the late Mr. and Mrs. Robert Shoulta of Owensboro, Ky. He is a 2006 graduate of Lone Oak High School and earned a bachelor’s degree in religious education. He is employed by University of Louisville.

Wedding vows will be exchanged at 7 p.m. June 29 at St. Thomas More Catholic Church in Paducah. All friends and relatives are invited.

Evans-Swift

Randi and Missy Evans of Murray announce the engagement of their daughter, Whitney Evans, to Matt Swift, son of Terry and Rhonda Swift of Gilbertsville.

Miss Evans is the grand- daughter of Dorothy Alex- andria and Joe Tucker, both of Murray, Kay Cruse of Fortimaring and Leroy Evans of Murray. She is a 2008 graduate of Murray High School and earned a bachelor’s degree in nursing from Murray State University in 2010.

Mr. Swift is the grandson of Marjorie Pace of Benton and Mr. and Mrs. Charles Pace of Ashland and Nov- a Scott. He is a 2004 graduate of Marshall County High School and earned a bachelor’s degree in occupational safety and health in 2008 from Murray State University. He is em- ployed by Labtronix Advanced Materials Inc. of Cubert City.

The wedding will be at 4:30 p.m. June 3 at Walnut Grove Church of Christ in Benton. All friends and relatives are invited.

Windsor-Weather

Billie and Annette Har- ris of Mayfield announce the engagement of their daughter, Brittany Wendy Weather, son of Jason Keith Weather, son of Danny and Shelly Weather of Mayfield.

Miss Weather is the grandchild of Clyde and Betty Harris of Cash and Barbara Burnell, both of Mayfield.

Mr. Harris is the grandson of William Weather and Mayfield of Murray and the late Joy Weather. He is a 2006 graduate of Graves County High School and is pursuing a nursing degree from West Kentucky Community & Technical College in Burkesville.

She is a 2003 graduate of Campbellsburg High School and is employed by St. Vincent’s Hospital in Paducah. All friends and relatives are invited.

**Sister may be lying about rekindling abusive relationship**

**Dear Annie:** My sister, “Desmond,” may have rekindled an abusive relationship with me.

Unfortunately, if Lois is involved, you could even suggest that her children are causing a problem between you and me. This guy is toxic. He does not want to see you. He can do. Make sure she is determined to go back to him and take her nephews with her. This girl should not be a role model for anyone. I also hope that her children are definitely_fake goose garden statues. They required that you keep them off. This makes me angry, and I’d rather not associate with them any more than I have to. It seems disrespectful to me and all I’ve done for them. Of course, this is a problem between my wife and me, but I can’t get past it. How should I handle it? — Feeling Dis- tressed

Dear Feeling: People should reciprocate kindness, but that’s not always the case. My family is very tight with a generous with your in- step for a year. But please don’t force me to become a role model for you and your child, because you will be less disappointed by the generations that come after you. And I don’t want to become Lois of lying, being a liar, and she is not a liar. I don’t want to lie to her about her feelings. Ask, without judg- ing, whether she is seeing Desmond again. Suggest with her addition to this relationship and how much happier she seems without him. It seems disrespectful to her children that are better not be involved if drugs are involved. You can help your sister to counsel her to help her. Unfortunately, if Lois is determined to go back to Desmond, of Southern Illinois Univer- sity-Carbondale. She is a radiation therapist employed by Western Baptist Hospital. Mr. Kendros is the grandson of the late Mr. and Mrs. Clyde Woodford, and the late Mr. and Mrs. Kelly McKendree. He is a 1996 graduate of Ballad Memorial High School and is a carpenter employed by Ray Rock & Sons of Paducah.

A June wedding is planned.

**Make your announcement as special as the occasion**

The Paducah Sun continues to offer free engage- ment, wedding and anniversary announcements subject to our established guidelines and limitations. We also offer the option of placing customized, pre-printed announcements for your engagement, wedding or special event.

Announcements of engagements, weddings and an- niversaries are printed on Sunday. Photos and written announcements must be turned in by the sun by NOON FRIDAY, SATURDAY, SUNDAY 4:00. Photographs published with free announcements will be retained.

For options and printing on customized engage- ment, wedding or anniversary announcements, contact Linda Cocker at 575-8783 or visit our website at paducah.com and click on Features.

**Sister may be lying about rekindling abusive relationship**

Dear Annie: My sister, “Desmond,” may have rekindled an abusive relationship with me.

Unfortunately, if Lois is involved, you could even suggest that her children are causing a problem between you and me. This guy is toxic. He does not want to see you. He can do. Make sure she is determined to go back to him and take her nephews with her. This girl should not be a role model for anyone. I also hope that her children are definitely_fake goose garden statues. They required that you keep them off. This makes me angry, and I’d rather not associate with them any more than I have to. It seems disrespectful to me and all I’ve done for them. Of course, this is a problem between my wife and me, but I can’t get past it. How should I handle it? — Feeling Dis- tressed

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New Kentucky homes cut energy use

Fewer than 40 structures nationwide — and none yet in Kentucky — have been certified as meeting the stringent standards, according to the Passive House Institute US. “It’s certainly a unique project,” said Michael T. Rickett, president and CEO of Kentucky Highlands Investment Corp. in London, “and we encouraged the builders to take advantage of the ‘passive home’ standards on May 24 in Whitley County.”

The standards incorporated in the homes in Whitley County are designed to improve the efficiency of energy structures, meaning they are considered near-zero-energy buildings. The goals are to boost energy works to improve the economic feasibility of homes.

The couple’s home is one of five in Whitley County designed and built using what are known as “passive house” standards, which will use building techniques and practices that are considered to be the best in the world to ensure that energy efficiency is as high as possible. The goal is to boost those plants, which suffered during the recession, and component makers in Kentucky while providing energy-efficient housing.

Replacing homes that are not efficient to heat, cool is a way to create jobs, improve local tax rolls and cut the amount of money homeowners have to spend, Rickett said. “We hope that we’re going to create the jobs of the future,” Rickett said.

The Paducah Sun has published a look back at the Racers history-making season. This 28-page commemorative book will include game photos throughout the season, a compilation of season-long Sun reporting, reprints of Sun sports pages, and statistics sponsored by:

SEASON-Long Sun Reporting, Reprints of Sun Sports Pages, and Statistics

Order Form

Books can be purchased at The Paducah Sun and all Paducah Bank locations.

$16.00 PER BOOK

Sponsored by:

For additional information, please call (270) 575-8625.

The Paducah Sun has a book of each week’s game photos throughout the season, a compilation of season-long Sun reporting, reprints of Sun sports pages, and statistics from the season all highlighting the Racers run to March Madness.
First lady’s book: On growing seeds, healthy kids

BY NANCY BENAC  Associated Press
WASHINGTON — From the beginning, Michelle Obama knew she wanted to do more than hold a beatific smile while a campus tour bus whirled around the White House garden. “I consider this to be an opportunity for the nation to eat healthy,” she said.

The first lady said that her “Let’s Move” campaign to improve fitness, particularly among young people, isn’t an attempt to tell people how to live. “That’s not really what ‘Let’s Move’ has been about,” she said. “This isn’t about government telling people what to do.”

The book is thick filled of colorful, glossy photos of luscious-looking vegetables, complete with a copy of the New York Times best-seller, “In the Kitchen with a White House Chef.”

American Grown: The Story of the White House Kitchen Garden and Gardens Across America
Michelle Obama

• First released Tuesday by Crown Publishers, the book is the result of a two-year effort by the first lady and a high-profile spokeswoman for healthy eating, has added a new book on growing and cooking nutritious food to her resume. Here’s an easy soup recipe from the White House chefs, printed in “American Grown: The Story of the White House Kitchen Garden and Gardens Across America.”

Corn Soup with Summer Vegetables

Servings: 4

Prep: 15 minutes
Cook: 35 minutes

Ingredients

• 2 tablespoons olive oil
• 1 large onion, chopped
• 2 medium zucchini, diced
• 1 yellow squash, diced
• 1 cup corn kernels
• 2 cups chicken broth
• 1 cup heavy cream
• 1 teaspoon dried thyme

Method

2. Add the thyme and bring the soup to a gentle simmer over medium heat, stirring occasionally. Do not boil. Add the corn and cook until the soup reaches the desired thickness. You should have a consistency of applesauce, about 3 to 4 minutes, add the chicken broth and the corn kernels, then place the soup in a blender. Puree until smooth, about 45 seconds. If needed, add a bit of the corn stock to help get the blender started. Pour the puree through a mesh strainer into a medium saucepan. Discard any skin bits. Add the stock and bring the soup to a gentle simmer over medium heat, stirring constantly. Do not boil. Add the zucchini, onion, yellow squash, corn and chicken stock to the soup. Bring to a boil over high heat, then reduce heat and simmer for 45 minutes to 1 hour or until the vegetables are tender. Remove from the heat and add the heavy cream. Serve the soup hot or cold, garnishing with Parmesan cheese, if desired.

The book, which aims at that question that any raving yes, arrives just in time for her husband’s re-election campaign. That’s not really what “Let’s Move” has been about,” she said. “This isn’t about government telling the kids in our country to eat healthy,” Obama added. “This book is a way to talk about our food.”

Now, the book is released Tuesday by Crown Publishers, the book is the result of a two-year effort by the first lady and a high-profile spokeswoman for healthy eating, has added a new book on growing and cooking nutritious food to her resume. Here’s an easy soup recipe from the White House chefs, printed in “American Grown: The Story of the White House Kitchen Garden and Gardens Across America.”

Soup with Summer Vegetables

Start to finish: 1 1⁄2 hours

Servings: 4

6 ears of corn, husks and all
2 spring fresh thyme
Juice of 1⁄2 lemon (about 1 tablespoon)
Salt

Method

1. Shuck corn with a paring knife or by pulling the tips of the husks while slipping the ears of corn from the husk. Lay the ears of corn on their sides on a baking sheet. Place in a 375°F preheated oven, close the oven door and bake for 25 minutes. Remove the corn from the oven and let cool. Carefully cut the kernels off of the corn. To do this, stand each ear of corn upright on a plate and use a serrated knife to carefully slice down the length of the corn. Scoop out the beans from the pod, then set aside. Carefully cut the kernels off of the corn. To do this, stand each ear of corn upright on a plate and use a serrated knife to carefully slice down the length of the corn. Scoop out the beans from the pod, then set aside. Carefully cut the kernels off of the corn. To do this, stand each ear of corn upright on a plate and use a serrated knife to carefully slice down the length of the corn. Scoop out the beans from the pod, then set aside.