Almost everybody needs a will, but additional documents need to be compiled to ensure an estate is properly handled after a death.

Connie Haden specializes in estate planning at the Law Firm of Haden & Haden in Columbia. Estate planning is essential for ensuring that all of one’s affairs are in order, she said.

“To me, the point of estate planning is to keep relationships you have intact,” Haden said.

“We see it happen all the time where an estate is not planned and it breaks relations apart after someone dies. So I think the focus should be to not cause those family problems and maintain relationships.”

**PROBATE PROCESS**

The probate process refers to the court-supervised method of gathering and distributing a deceased individual’s assets to creditors and heirs.

“Most of the time we’re trying to avoid probate because it is more expensive and time consuming than other methods of getting property to people,” Haden said.

While many must endure the probate process, documents can be set up to avoid it. This is commonly done through a trust or a variety of non-probate transfers, she said. Examples of such transfers include listing beneficiaries on a retirement account, a payable on death (P.O.D.) designation added to a bank account and a transfer on death (T.O.D.) designation to other pieces of property.

“They all basically say the same thing which is ‘this is who gets what when I am gone,’” Haden said. “A trust is used for more complicated issues, like minor benefits.”

Most non-probate transfers do not require an attorney and can be set up with banks or insurance providers. An attorney still may assist in establishing those documents, however.

Trusts are arranged by attorneys to set up detailed asset transfers for an estate. These documents serve as summaries of assets and their allocation.

Sixteen states have adopted the Uniform Probate Code, which aims to simplify the probate process, especially for smaller estates. Most states, including Missouri, have adopted pieces of the code.

**Estate Planning**

“Typically when people come in to plan their estate, I gather information in three categories: assets, who do you want to make decisions and where you want the property to go,” Haden said.

According to Haden, the basic procedure begins by bringing the appropriate information to an attorney. The attorney then consults the person on what documents are needed to ensure all of his or her property is transferred properly.

Attorneys then draft documents based on what clients have requested and will sign.

**KEY DOCUMENTS**

Two key documents will help improve end-of-life decisions. The first is a durable power of attorney, where a trusted relative or friend is appointed to make financial decisions for those who become incapacitated and cannot do so on their own.

The second is a health care directive, also called a living will, where a trusted relative or friend makes medical decisions for those who become incapacitated.

Start planning early, Haden said, to avoid stressful situations.

“My advice is to do it when you’re in good health,” she said. “That’s the time to do it, and it’s really hard to make those decisions when you’re not.”

---

**Estate & Tag Sales of All Sizes**

We take the fuss out of having an Estate, Garage or Tag Sale. We do the work for you.

**Call for a FREE consultation TODAY!**

Larkellen Krehbiel, Owner
573-489-9633
estateandgaragesales.biz
@estateandgaragesalemanagers
A cheerful woman stood behind the counter at the U.S. post office in Columbia helping a mother and her two children send a package. One of the kids continued to annoy his mother by running around the room. “Would you like some stickers?” Ellen Schlie asked the boy. “If you come here and sit quietly, you can have one.”

The child took the stickers and then sat quietly next to his mother. She looked to Schlie and thanked her for helping with both her mail and her restless child.

Ellen Schlie is a longtime postal clerk on the front line of a steady stream of customers who need to buy stamps, mail a package, rent a P.O. box, change their address or secure a passport. But helping postal customers is not all she is enthusiastic about.

Schlie is a serious nature enthusiast. She keeps a tent in her car year-round and never passes up an opportunity to camp. As one may expect, she is also an extensive traveler and has lived in both New York state and San Diego, California. Her latest goal is to acquire a kayak to explore another interest.

“I am really close to saving up to buy one, and after that I am going to get a new Honda Pilot,” Schlie said. “I am probably going to go on a trip with all the camping stuff, so I can stop wherever I want.”

In 2016, Schlie embarked on what she calls her favorite road trip — a 1,600 mile drive from Columbia to the state of California. She cruised along Interstate 80 until she reached the West Coast, then headed south to visit her daughter in Palm Desert. She then meandered home to go back to work in Columbia.

“I’d camp one day and stay the next day in a hotel, so I could take showers,” Schlie said. “I had a lot of fun and I met a bunch of weird people. One day I was just sitting on the beach and this dog just walked up to me and I said to him, ‘Would you like to lay down?’ So this dog came and took a nap on the blanket I was sitting on, and this guy came by and sort of freaked out that his dog was just hanging out.”

Schlie also loves music, particularly blues, jazz and bluegrass. She frequents live concerts whenever she can, and as a single woman, Schlie said she has no issue chilling out at gigs by herself. The Kay Brothers and local band the Bel Airs are her favorite artists.

“You shouldn’t feel afraid to go into a venue as a woman by yourself and you don’t have to be in a group to go do things,” Schlie said. “And that’s what I want to teach people.”

Independence is nothing new to Schlie. She grew up in Middleton, New York, about an hour north of New York City. She later moved to Buffalo in 1975 for college.

Deciding college wasn’t for her, Schlie packed up and headed for Los Angeles with a friend. She eventually worked her way down the coast to settle in San Diego. There, Schlie met her first husband, Steven, and started a family. The Schlies then moved to southern Boone County to care for her husband’s ailing family.
To get a job with benefits, Schlie began working at the mail distribution center at the Columbia Regional Airport, operating a letter-sorting machine in 1986. She divorced in 1995 and moved to Columbia. She then transferred to work in the central post office on Walnut Street.

Schlie has worked for the post office for the last 32 years. Her happiness and love of others is noticed by coworkers and customers alike.

Shaun Smith, the customer service supervisor for the local post office, has known Schlie for over four years and speaks positively of her attitude.

“Ellen is eternally cheerful and great to work with,” Smith said. “She is always willing to go the extra mile for practically anyone. And I do mean anyone.”

Schlie speaks of having seen several people in dire straits over the years, and she never has an issue helping them out. Schlie said she doesn’t do it for attention and never expects to be paid back.

“I’ve had people that come in, and I can see people who are struggling. I had one girl who couldn’t make a payment on her P.O. box. So, I just paid for it,” Schlie said. “I say to people when you’re back on your feet, go do it for someone else.”

Schlie not only aims to be positive, but she also hopes people will eventually seek happiness on their own.

“Just go follow your passions. Don’t stay in your crappy job. Go take that road trip. Don’t be stuck in the mud,” Schlie said. “If your life is that awful, you need to change it. Do not wait for happiness to come to you. Go find it.”
Pat Etienne first told friends she had Alzheimer’s disease seven years ago during a women’s retreat.

One of the friends gave her lasting words of wisdom: “You’re the same today and tomorrow as you were changing the world 30 years ago.”

Etienne said she has never forgotten that. She repeats those words daily to accept her reality and take control of the way she handles her life.

Now, 84, Etienne leads a bold, determined life despite the disease that is slowly eroding her memory. She is an active volunteer for the Alzheimer’s Association where she advocates for more funding and research. She also volunteers with the Greater Foundation of Women’s Clubs, the League of Women Voters and the Columbia Newcomers Club.

“You’ve got more to give than the average person because you have been giving for so long, and you value the giving,” Etienne said.

She is talkative, to say the least, and she believes it to be one of her most important qualities. Etienne said she needs her social skills to speak up for those with Alzheimer’s.

Etienne first became involved with the Alzheimer’s Association while taking care of her brother, Bobby, who had vascular dementia, a cognitive impairment that occurs often after a stroke, when vessels supplying blood to the brain are disrupted.

She learned as much about dementia as she could, so by the time she decided to be screened herself, she said she almost seemed to know more than her doctor.

The doctor first told her she had early-onset Alzheimer’s, Etienne said, which typically affects people under 65. But Etienne was already in her late 70s and suffered instead from early-stage Alzheimer’s. Seven years later, she is still in the early stages.

Besides short-term memory issues, certain tasks that Etienne used to take for granted have become increasingly harder, such as cooking and using technology. But she still drives and hopes she doesn’t have to stop anytime soon.

Lucy Tran Williams, the public policy manager at the Greater Missouri Chapter of the Alzheimer’s Association, calls Etienne “a wise, sharp woman.”

Williams is a coordinator of advocates such as Etienne, and said she “has a great attitude” about life with Alzheimer’s. Part of that attitude comes from her longtime involvement with a number of organizations.

“I have so much appreciation for people who, their life is volunteerism,” she said. “I’m trying to inspire others to get involved.”

When she lived in Los Angeles, she was a branch director at the YWCA, the first hired staff member as the executive director of the Sickle Cell Disease Foundation of California, and a co-founder of the Los Angeles Women’s Foundation, which has since joined northern California to become the Women’s Foundation of California.

Before her diagnosis, Etienne worked as public affairs manager at Verizon in Thousand Oaks, California, and earlier as agency relations director at United Way. Both launched her interest in community outreach.

Pat Etienne uses her skills to advocate for others with the disease By Naomi Klinge

Pat Etienne stands outside the Alzheimer’s Association in Columbia. Etienne works with the association to advocate and raise funds for research about the disease.

“You’ve got more to give than the average person because you have been giving for so long, and you value the giving.”

PAT ETIENNE
Volunteer for Greater Missouri Chapter of Alzheimer’s Association
No order is too big or too small.
Customer Service is our #1 priority!

Custom Apparel and Products

Screenprint • Embroidery • Heat Transfer
Glitter & Rhinestone Applications
Promotional Products • Graphic Design
Experienced Professionals

Over 25 Years of Experience

Phone: 573-234-2951  Fax: 573-234-1563
3501 Berrywood Dr   Terrace Level
Valerie Duever wears more protection than most beekeepers when she goes out to the hives. Her gear includes a coverall jumpsuit, rubber boots that go up to her knees, two layers of gloves and a full veil.

Duever is allergic to bee stings, but she can still do what she loves if she’s wearing the right clothing.

“When I suit up personally, I look like somebody from hazmat,” she said.

Duever, 58, and her husband, Jim, 57, have owned and run Jim ‘n’ I Farms in Auxvasse for more than 20 years. They bought their first piece of property in 1998 and now live on 20 acres of land.

For the most part, Valerie is in charge of the sales and marketing, and Jim takes care of the production and maintenance of the beehives.

“I get stung all the time — that’s pretty common in beekeeping,” Jim said.

In the winter, when bees are less likely to be aggressive and sting, Valerie has a chance to suit up and tend to the hives. Bees must be fed in the winter since there is little nectar or pollen around for them to eat.

Beekeepers like the Duevers mix cane or beet sugar with water as food to keep the bees alive until the weather warms up again.

The couple produces 500 to 700 pounds of honey each year, which is on the smaller side of honey production, Jim said. But the farm isn’t their main source of income.

Both Duevers have day jobs — he’s vice president of Hummert International, a horticulture supplies company. She develops classes that teach people about managed beekeeping. Still, they sell all the honey they produce. They also raise bees to sell to other beekeepers.

Valerie teaches several beekeeping classes for beginners at the Columbia Area Career Center. In contrast to the 12-hour marathon class she took when she was first venturing into beekeeping, she breaks up the lessons into shorter classes and tries to keep her students realistic.

She wants to debunk the common myth that if you set up a hive in June, you’ll have honey by September — in fact, that’s a rare occurrence, she said.

“If you learn the basic techniques and you keep them alive through the winter, then you’re considered a beekeeper,” she said. “If you don’t do that, if they die anywhere along the way, you’re considered a bee-haver.”

Not many people pursue beekeeping, Valerie said, and working with honeybees is different than raising any other kind of livestock.

“With bees you’re concerned about the eggs, and the brood, and the honey,” she said. “With livestock you’re concerned about the welfare of the animals.”

“Gardening with the bees” is one of the classes she teaches at the Career Center.

“Gardening with the bees” is one of the classes she teaches at the Career Center.

“Gardening with the bees” is one of the classes she teaches at the Career Center.

“Gardening with the bees” is one of the classes she teaches at the Career Center.
Jim Duever, left, and Valerie Duever describe a necessary part of equipment to their beginning beekeeping class on Feb. 21 at the Columbia Area Career Center. The class teaches beginners to start a hive of their own.

Valerie and Jim both have horticulture degrees from MU. When they bought their farm about 25 years ago, Jim expressed interest in adding beehives, but his wife needed convincing.

“He cut off a hunk of honeycomb and he said, ‘here, taste this.’ And I said ‘oh, that’s wonderful,’” she said.

The couple began taking classes, and Valerie eventually joined the Boone Regional Beekeepers Association. While filling in as secretary for an ill association member, she got a call from MU Extension looking for someone to teach beginning beekeeping classes to vegetable growers.

Valerie agreed to do it, starting off a decade of educating others in the art of beekeeping. She later became president of the Missouri State Beekeepers Association and served from the beginning of 2015 to the end of 2016.

This summer, the Duevers will be working on a pilot project where they will set up an apiary, a collection of beehives, with bees and supplies purchased by students. But rather than being left to raise their first bees alone, the students will have access to Valerie and Jim for demonstrations, help and advice.

For anyone wanting to get into beekeeping, Valerie recommends joining a club and getting a mentor. It can be a complicated hobby to have, she said, and having support while establishing an apiary is crucial.

“That part of beekeeping is very lacking,” Valerie said.
The smell of paint may attract bears in the Sierra Nevada, and Brenda Selman learned that the hard way.

Selman had set up her easel on a porch in northern California three summers ago rather than hike into the mountains because she was aware of the threat of mountain lions and other animals.

Her porch, she learned, was not as safe as she thought. She saw movement from the corner of her eye, dismissed it first as a ground squirrel, then discovered it was much bigger.

“I looked down,” she said, “and it was the nose of a bear.”

Painting is usually a more relaxing pursuit for Selman, 56, MU’s assistant vice provost for enrollment management and university registrar. The walls of her office are filled with her own paintings, largely landscapes in oil from her trips to the mountains in California or the Flint Hills in Kansas.

Her work is sold through Bright City Lights and art shows with the Columbia Art League, but Selman said word-of-mouth is the most successful avenue. Her next step is to begin selling online, she said.

Selman became interested in painting when she was 13, when her mother would buy her new jeans in exchange for a painting.

“I’m just really grateful that my mom let me get started,” Selman said. Parents do not always support artistic ambitions, she said, especially in rural areas where painting

---

**CREATIVE OUTLETS**

**Lifelong pursuit of art remains a gift**

Brenda Selman applies her talent to stay mentally, emotionally fit

By Naomi Klinge

---

Brenda Selman, left, helps Carlton Wexler, 9, center, paint while Wexler’s brother Stokley, 11, right, works on his own painting. “You just have the freedom to do whatever you want, and no one can really judge you because it’s your opinion,” Stokley Wexler said.
“I’m just really grateful that my mom let me get started.”

BRENDA SELMAN
University registrar and artist
 doesn’t contribute to farm work.

At 14, Selman felt confident enough to enroll in a few university classes. She took weekend classes at Washburn University in Topeka, Kansas, where the college students would direct her to “the children’s class is down the hall.”

Selman’s response was simply, “I know.” Although she studied communications and journalism at the University of Kansas, she always found opportunities to showcase her art. The KU student center held a one-woman show for her paintings, and she later presented her work in a festival with her painting professor, Robert Sudlow.

At MU, several of Selman’s pieces were displayed in the Residence on the Quad when Chancellor Brady Deaton lived there.

“Having things in the residence here on the quad was amazing,” Selman said. “I was very honored to get to do that.”

About 13 years ago, her daughter, who also paints, convinced her mother to lead the advanced art project with the 4-H Club. Now Selman welcomes students aged 11-19 to her house every Monday night.

Both mother and daughter paint in their free time, and Selman said she is glad the two have an opportunity to bond.

“She was good at pushing me to maybe try a little bit of a different style, or, you know, we’ll talk about art together, and that’s really fun,” Selman said.

Being able to continue painting while working has also allowed her to remain healthy, both mentally and emotionally.

“I think it’s essential to my success. You need a release, you need an outlet,” she said. “It draws on the other side of the brain, from writing and logical thinking, and I think it really helps keep me balanced.”

“She was good at pushing me to maybe try a little bit of a different style, or, you know, we’ll talk about art together, and that’s really fun.”

BRENDA SELMAN
University registrar and artist talking about her mother

“Brenda Selman, left, helps her neighbor Sarah Kiefer, 15, with an art project. Although Kiefer is not a 4-H member like her peers in the class, her desire to paint brings her back each week.”

JENNIFER MOSBRUCKER/Missourian

“Brenda Selman, left, helps her neighbor Sarah Kiefer, 15, with an art project. Although Kiefer is not a 4-H member like her peers in the class, her desire to paint brings her back each week.”

JENNIFER MOSBRUCKER/Missourian

Brenda Selman, left, helps her neighbor Sarah Kiefer, 15, with an art project. Although Kiefer is not a 4-H member like her peers in the class, her desire to paint brings her back each week.
How to recognize scams and identity theft

By Naomi Klinge

Keep an eye on credit reports and bills, because identity theft is a never-ending issue. As technology changes, new types of scams come onto the scene, but there are ways to protect yourself.

Michelle Gleba, regional director of Better Business Bureau Columbia provided tips on ways to keep your identity safe.

SIGNS OF A SCAM

Safeguard your Social Security number. Carrying a Social Security card in a purse or wallet can be dangerous. If it is stolen, the thief could gain access to important private information. Instead, keep it in a safe place at home. Documents or businesses that require a form of identification may accept something else. Try a different form of identification to minimize access to critical information. Personal checks do not need a Social Security number.

Shred documents with personal information. Information that ends up in the trash could potentially be discovered by an identity thief. All private documents should be shredded when they are no longer needed. This includes unsolicited applications for credit cards and other unwanted mail.

Secure important documents. If a document is still in use, put it in a safe place. Documents lying on the counter could be seen by unfamiliar people, such as plumbers or electricians.

Be careful on public computers. Personal information found on a public computer could be accessed by someone else. Handle personal information on a private computer. Write a Social Security number down rather than sending it via email.

Use different passwords. A thief only needs to discover one password if a victim’s passwords are identical. Common passwords include kids’ birthdays and names, maiden names and the last four digits of a Social Security number, so avoid these options. Original passwords are better.

Be careful with social media. Now that people share their lives online, information can be accessed through multiple social media sites. Strangers cannot access private accounts without permission, so be wary of your online privacy settings and interactions.

Watch out for phishing. Phishing is fraudulent use of information channels to claim affiliation with a reputable company to entice individuals to reveal personal information. This can be online, by phone, by email or by mail. If someone claims to be with a professional company, check spelling and grammar, as mistakes are warning signs of a scammer.

Unsolicited phone calls may also be a scam. Banks and other companies that require personal information likely already have it, so don’t give out personal information to callers you don’t know. Calling a bank or company can help ensure that you are talking to professionals.

STOLEN IDENTITIES

Even with these precautions, identities can still be stolen. A scammer can do more damage if an identity theft is not discovered. The most important thing to do is to check credit reports regularly, said Gleba.

A credit report can be checked for free at annualcreditreport.com.

WHAT’S NEXT?

After discovering that an identity has been stolen, report it to the credit card company promptly. Point out any and all inaccuracies in the account so the company has more information about what steps to take next.

Besides the credit provider, contact the three main credit bureaus — Experian, TransUnion and Equifax. They will put a fraud alert on your file. Keep in mind that it may take time to resolve all issues with identity theft, so be patient, and make sure all problems are handled completely.
Bruce Henson, a man “maybe a little bit opposed to capitalism,” fell into a late career as a restaurateur. He already had the kitchen — Henson and his son bake pizza from scratch — but to turn a profit, the two embarked on a new business.

In 2011 they created Mulberry Grill and Bakery on the Katy Trail west of Rocheport. A former MU sociology professor, Henson, 72, can deliver a pizza to a customer in about five minutes. Henson built the oven himself.

In an oven that has a heat source between 800 and 1,200 degrees, a cheese pizza can take just 30 seconds to cook. Although Henson likes to sit and talk to his customers — typically families, cyclists and walkers from all over the world — making pizza consumes most of his time. It can burn if it remains in the oven for two or three seconds too long.

Henson and his son began to use the restaurant kitchen to bake bread for the Columbia Farmers’ Market. With a background in sociology and construction, Henson didn’t know much about baking, but he learned how with his son’s recipes.

“I really enjoy it” he said. “The artisan making and getting your hands involved. That’s satisfying.”

Throughout the years, the two have developed a loyal base of customers. They tried to sell their bread in local supermarkets, but it didn’t build their business. All the customers were the same ones who visited the farmers market.

In order to sell more bread, Henson said he needed to decide whether to expand or hire employees and become a manager.

“The answer to that is no,” Henson said.

With a restaurant only open on weekends, Henson’s son said he finds it difficult to manage his full-time work seven days a week. In the coming months, the two plan to restructure and focus on bread. It also will give Henson a chance to spend more time with his family.

“The grandbabies are gaining more and more priority,” he said. That doesn’t mean it’s time to say goodbye to Mulberry’s Grill and Bakery. The business thrives on special events and weekends in Rocheport, especially during Pedaler’s Jamboree on May 26 and 27 this year.

Every Memorial Day weekend, the festival’s bike ride rolls through Rocheport with hundreds of cyclists arriving in the town. Business booms for everyone. Henson said about 30 percent of Mulberry’s business for the year is tied to that weekend.

Other special events take place in Rocheport throughout the year, such as Oktoberfest and an annual wine stroll.
FIT FOR LIFE
isn’t just a name, it’s a mission.

We know Columbia has a lot to offer, and we want to make sure all those breathtaking, heart-stopping moments come from the city’s sights and activities rather than your heart, lung or vascular disease. That’s why we’re committed to providing a full spectrum of cardiac and pulmonary rehabilitation support. With personalized exercise programs, education and counseling, we’re able to build a plan together to get our clients back to enjoying the things they love.

Learn more about our nationally accredited rehabilitation program at MUHEALTH.ORG/FITFORLIFE.
Tai chi takes workouts to a new level

Sandy Matsuda shares the ancient Chinese martial art with others

By Hannah Black

Sandy Matsuda teaches a tai chi class on Feb. 21 at the Activity and Recreation Center. Matsuda opened the class with a joke about balloons before starting the warm-up.

Tai chi is body awareness ... You move in such a way that you know you're over your center of gravity, you're less likely to overextend, to rush and fall — there's no hurry in tai chi, so you take things slow,” said Sandy Matsuda, a tai chi instructor.

Matsuda's movements are steady and fluid as a dozen students shadow the motions of tai chi.

A longtime practitioner of the graceful Chinese exercise practice, Matsuda takes her students through a series of gentle, flowing positions. Some have called tai chi “meditation in motion” because it is designed to reduce stress and promote balance, flexibility and tranquility.

Matsuda, 69, began practicing tai chi in her 20s and later became certified to teach it. Since her retirement from the MU Department of Occupational Therapy in 2011, Matsuda has been able to fully embrace the role of tai chi instructor.

She teaches the practice primarily to older adults at the Activity and Recreation Center in Columbia and various retirement facilities.

Tai chi is a Chinese martial art that is practiced mainly for its health benefits, but it has roots in self-defense. Unlike the quick-paced and combative nature of other martial arts, such as karate or taekwondo, tai chi consists of slow, measured body movements meant to improve balance and gently build overall strength.

“Tai chi is body awareness,” Matsuda said. “You move in such a way that you know you're over your center of gravity, you're less likely to overextend, to rush and fall — there's no hurry in tai chi, so you take things slow.”

Practicing tai chi can reduce falls and the fear of falling, especially among those with Parkinson's disease, according to the National Institutes of Health. It also can improve balance and stability, help manage chronic pain and raise the quality of life for elderly people who are chronically ill or are breast cancer or stroke survivors.

Research also suggests tai chi can improve brain...
function and reasoning in older adults.

Tai chi is also adaptable with moves that can be done either standing or in a chair, depending on the ability of the person practicing it. This can make the practice an ideal exercise for older adults, Matsuda said.

Mary Lou Spradling, 89, was receiving treatment for cancer when she began attending Matsuda’s tai chi classes a decade ago.

“It helps with balance and flexibility — I’m here as a living example,” Spradling said. “I couldn’t have been as active if I hadn’t done it three times a week for 10 years.”

Matsuda’s classes begin with students walking around the classroom to greet one another. She then leads the class in warm-ups, followed by “form,” which she describes as dance-like patterns. Some have purely functional names (“sink right, pivot left”) while others are more playful (“push up the mountain” and “play the lute”).

After that, she coaches students on execution of the moves. Then there is qigong, movements that focus on breathing and meditation.

Ending the classes are cool-down exercises accompanied by a five-minute seated meditation. “Given that we’re headed for an ice storm, I think it’s time for a vacation,” Matsuda said in a February class, the room’s lights dimmed. She tells her students to “settle into your beach chair.”

One of the most challenging aspects of her work is staying on the cutting edge of her practice and coming up with different ways of teaching, she said. She often teaches classes that combine longtime students of hers with people new to tai chi.

She said she has to accommodate newcomers so they don’t feel overwhelmed while challenging more advanced students keeps her on her toes.

“Tai chi is about energy; moving the energy around in your body, not letting it get stuck, harnessing the energy to do what you want to do with it,” she said. “I think when I teach, there’s a beautiful ebb and flow of energy between the students and the teacher.”

“Tai chi is body awareness ... You move in such a way that you know you’re over your center of gravity, you’re less likely to overextend, to rush and fall — there’s no hurry in tai chi, so you take things slow.”

SANDY MATSUDA
Tai chi instructor

HAILEY HOFER/Missourian

Sandy Matsuda turns off the lights during the last part of the tai chi class she instructs on Feb. 21 at the Activity and Recreation Center. She asked those in the class to close their eyes and envision themselves somewhere warm.

Adult Day Connection
University of Missouri Health

An Affordable Alternative To Residential Long-Term Care

Monday - Friday  |  7:30am - 5pm

Therapeutic Activities • Social Activities
Exercise
Nursing Care & Supervision

A supportive environment for adults who have experienced physical and/or cognitive changes.

Easy designated parking off Providence Road.

www.adultdayconnection.com
137 Clark Hall | on MU Campus
573-882-7070

St. Thomas More
NEWMAN CENTER
A Catholic Community of Faith

602 Turner Ave. | Columbia | 573-449-5424 | comonewman.org

MASS TIMES
M-F: Noon | Saturday: 5 p.m.
Sunday: 9 a.m. | 11 a.m. | 5 p.m.
(8 p.m. when MU is in session)
It’s Saturday morning at the MizzouRec, and 63-year-old Wally Pfeffer is sweaty and out of breath.

“Feeling fat and slow today,” Pfeffer says with a big grin.

In racquetball, a game that requires quick reflexes and awareness, being out of practice and shape will lead to a loss. This is the first time Pfeffer has played in several months, and it’s showing.

His two friends, David Bauer and Carlyle Foley, will play while Pfeffer rests on a bench.

The trio gets together three or four mornings a week to play racquetball. The games are informal, and there is more to them than competition.

“I compete but I’m not competitive, if that makes sense,” Pfeffer said.

“I like to play for the mental relaxation and the physical exercise,” Foley added.

Pfeffer and his friends don’t restrict themselves to casual morning games. The band of racquetball enthusiasts have also competed in the local Missouri State Senior games since 2010.

Pfeffer won the singles competition for his age group in 2017 and will compete again in this year’s games. He also won the doubles bracket in the same games with his partner, Kevin Rodgers.

Pfeffer was introduced to racquetball as a student at MU. The game provided then, as it does now, an opportunity to exercise and relieve stress.

“For me, it’s always been a mental relaxation. If you bring relationship problems or work problems or any kind of problems onto the court, and that’s what you’re thinking about while you’re playing,” he said, “you’re gonna get a ball right to the back of the head.”

Pfeffer also spends quite a bit of time volunteering with an eye on making Columbia a better place to live.

“Volunteering and philanthropy are my passions,” he said. “Those things feed my soul.”

He was involved in a variety of organizations in high school and college, including involvement in student government, the Evans Scholars and Model UN.

Throughout, Pfeffer developed a yearning to be helpful to the people around him. The inclination to help others stuck with him when he joined the Mutual of Omaha insurance companies in 1978.

“The job lets me schedule people in and allows me time to do other things, and I do a lot of different things,” he said.

His earliest charitable work came in 1983, when he joined the Jefferson Club, a philanthropic group associated with MU. Pfeffer worked to recruit more than two dozen donors to the club with donations totaling over three-quarters of a million dollars.

In addition to his work with university philanthropy, Pfeffer has most recently been involved as a board member of the Boys and Girls Clubs of Columbia. In February, the group’s 13th annual chili cook-off raised $110,000, a $13,000 increase over last year.

“We had people donate countless hours of time and we raised a boatload of money so we provide programs for kids who really need help,” he said. “So, you’re part of that group effort and feel good about that.”

To Pfeffer, philanthropy is good — and philanthropy in Columbia is great.

“We all pitch in,” he said. “It doesn’t matter if you have time, talent or treasure; the difference I see between Columbia and other places is that people here pitch in.”

GOOD SPORTS

Competitive racquetball fits an active life

Wally Pfeffer believes in the value of exercise, service, friendship

By Elza Goodlow