

30TH ANNUAL KANSAS STATE FIDDLELING AND PICKING

It is time to mark your calendars for the 30th Annual Kansas State Fiddling and Picking Championship, August 20-22, at South Park in downtown Lawrence. The weekend of traditional acoustic music includes workshops, concerts, dancing and competition for all ages. The Sunday contests are free to the public. Starting at noon, there will be free concerts, great food and special activities. The state's top musicians play for prizes and bragging rights in fiddle (featuring a separate youth and senior division), flat-pick guitar, fingerpick guitar, mandolin and banjo, ensemble folk singing and miscellaneous acoustic instruments. Watch www.kansasfiddlingandpicking.com for details on performers, contest registration and other event details.

COOKING 101

Fee: \$85 per person (couples \$150), includes cookbook, chef's knife, dial instant-read thermometer, food and instruction

Through the K-State Research and Extension in Douglas County, Extension Master Food Volunteers will again offer a basic cooking course. In this seven-class, hands-on course, participants will practice basic cooking techniques and prepare and sample a variety of dishes. Presentations will be given on a variety of topics, including healthy eating, knife skills, kitchen safety, slow cooking and meal planning. The class will meet from 6 p.m. to 8:30 p.m. Tuesdays from October 5 to November 16 at the Douglas County 4-H Fairgrounds, Building 21, 21st and Harper streets. Class registration and payment will be accepted through September 17 at the Extension office at the fairgrounds or online at www.douglas.ksu.edu. For more information, contact Susan Krumm at 785-843-7058 or skrumm@ksu.edu.

SQUARE DANCING

Learn modern western square dancing with a wonderful instructor and experienced dancers to guide you. Square dancing combines exercise of the mind and body in a fun-filled, friendly atmosphere and is a perfect activity to share with your spouse or partner. Lessons begin September 13 on Monday evenings at 7 p.m. Call Lynn or Sherry Brun at 785-312-7105 or see www.HappyTimeSquares.com for location details or other information. Couples preferred.

AD ASTRA BALL

Celebrate Kansas' 150th birthday during the Ad Astra Ball on March 19, 2011. The Civil War-era ball will feature live music, caller, refreshments, a photographer and a children's room. There will also be a same-day dance class, sutlers area, ladies' tea, silent auction and formal dinner in Historic Downtown Lawrence. Registration fee is \$35 if registered by December 19, 2010. After December 19, registration fee is \$45. Register online at www.adastraball.org or call 785-424-3752 for more information.

LAWRENCE TENNIS ASSOCIATION

The Lawrence Tennis Association is a community tennis organization through which the city's adult leagues and tournaments are run.

Dupont World Team Tennis Leagues

WTT leagues have two men and two women on a team. They compete against other teams in one set of Men's Doubles and Singles, one set of Women's Doubles and Singles, and two sets of Mixed Doubles. Rostered members must have current LTA and WTT memberships. League winners advance to regionals. World Team Tennis Leagues run April through September at the Lawrence Tennis Center, at the corner of Louisiana Street and Greever Terrace. For more information, contact Bud Pettit at kaybud99@hotmail.com or 785-865-6354.

USTA Heart of America Adult Teams

Rostered members must have current LTA and USTA memberships and current NTRP Ratings. League winners can advance to sectionals. The USTA-sponsored Lawrence Adult Open Tournament is June 11-13 at the Tennis Center. For more information, contact Bud Pettit at kaybud99@hotmail.com or 785-865-6354.

LTA Junior Team Tennis

Game-based-approach class with drills for 45 minutes and coached



live play for 45 minutes by two USPTA professionals. Players will work on fundamentals and court strategy during drills, and will transition to execution during match play. The LTA/Douglas County Closed Tournament is September 24-26. For more information, contact Kristy at Kristeenelliott@hotmail.com.

TOUR OF LAWRENCE

The second annual Tour of Lawrence will be held July 2-4. The Tour of Lawrence is a multi-day competitive cycling event sanctioned by USA Cycling that includes races, children's races and events, and live music. For more information, visit www.touroflawrence.com.

The Mass. Street Mile by Garry Gribble's Running Sports is one event of the tour and will take place at 10 a.m. on Sunday, July 4. Runners will use the Downtown Criterium route. Three divisions will be offered — Men's Open, Women's Open and 18 & Under. For more information, visit www.massstreetmile.com.

An event for kids is the Kids' Bike Race sponsored by Growing Smiles Pediatric Dentistry. This free event will take place at 11 a.m. on Sunday, July 4, at Ninth and Massachusetts streets. Children of all ages are welcome to participate. Children will race down Massachusetts Street on their big wheels, tricycles or bicycles. Distances will be according to age. All race participants will receive free medals, ice cream and three chances to win a \$100 gift certificate from Cycle Works. For more information on this race and other races during the weekend, visit www.touroflawrence.com/schedule.html.

KANSAS RELAYS

The 2010 Kansas Relays will be held April 14-17 at the Jim Hershberger Track at Memorial Stadium, 1101 Maine St. Visit http://www.kuathletics.com/auto_pdf/p_hotos/s_chools/kan/sports/c-relay/auto_pdf/2010_relays_schedule for the tentative schedule of events.

NATURE CLUBS

Lawrence Parks and Recreation Department and Outside for a Better Inside are formulating nature clubs for families in Lawrence. The clubs will periodically hold programs in area parks to expose the whole family to nature and the fun that can be had outdoors. From walking a trail in Riverfront Park to a bird-watching activity, every member of the family can take part. Club meeting dates, schedules and times, as well as the programs desired, will be developed as the member families join groups. To participate in these pilot program clubs, please go to www.lawrenceks.org/lprd/natureclub to register. For more information, please contact Roger Steinbrock, marketing supervisor, at 785-832-3450.