Election workers, voting machines await 2018 voters

Pages 15-18

Construction dust flies and settles
Suicide takes a sad toll. There is help
It’s fair time once again at fairgrounds

While one project starts another ends this summer.
Page 5

‘More than one Kansan dies everyday from suicide.’
Page 10

Johnson County Fair set July 29-Aug.4 in Gardner.
Page 21
LEARN HOW TO AVOID PROBATE & PROTECT HEIRS

Join Attorney, Corey A. Rasmussen, as he discusses how sound estate planning can avoid probate, avoid family disputes and other crucial estate planning issues.

EDUCATIONAL SEMINAR

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THE CHOICE OF AN ATTORNEY IS AN IMPORTANT DECISION AND SHOULD NOT BE BASED SOLELY UPON ADVERTISEMENT.
Many back and neck pain sufferers struggle to find lasting relief with physical therapy, chiropractic, acupuncture, or pain management alone. Plus, many patients experience harmful side effects from medications or failed surgical procedures.

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So, what does CoreCare include? New research in a treatment called Photobiomodulation (PBM) is having a profound effect on patients suffering with chronic pain from low back to arthritis.

PBM Therapy has thousands of papers published on it, and been shown to aid in damaged tissue regeneration, decrease inflammation, relieve pain and boost the immune system.

Before the FDA would approve Class IV Lasers for PBM Therapy they required evidence that it was safe for use on humans. This lead to studies on safety but also numerous studies on the effectiveness of PBM therapy.

One study from Lasers in Surgery and Medicine found that 70% of back pain patients who received PBM Therapy maintained pain relief at their 1 month follow-up vs. only 28% of back pain patients who received a Lidocaine injection.

Another study by the American College of Physicians found that pain medication and steroids were limited in improving pain outcomes and treating low back pain.

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For a few days only, we’re running a special offer where you can find out if you are a candidate for CoreCare with PBM Therapy and receive two treatments.

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Everything we normally do in our New Patient Evaluation. Just call by July 31st and here’s what you’ll get...

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- A full set of digital x-rays (if needed) to help determine the cause of your pain.
- A thorough analysis of your exam and x-ray findings. If you’re not a candidate, we promise to tell you and help you find another doctor or treatment, if possible.
- Two CoreCare treatments that will allow you to experience this amazing treatment and learn if this could be your pain solution, like it has been for so many other patients.

Call by July 31st and you can get everything I’ve listed here for only $39. The normal price for this type of evaluation including digital x-rays is $275, so you’re saving about $200 by taking me up on this offer.

Remember what it was like before you had these problems — when you were pain free and could enjoy everything life had to offer? It can be that way again.

Don’t neglect your problem any longer – don’t wait until it’s too late and the damage is irreversible.

Call by July 31st and let us know you would like to come in for the CoreCare Evaluation.

We are located on the northeast corner of I-435 and Nall in the Corporate Medical Plaza. Right across 107th from the new Top Golf facility.

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The four-part CNN series “1968: The Year That Changed America” was an interesting step back in time. 1968 was a year of change, death, conflict and violence.

It was a time when I grew up, stepping into adulthood. Fifty years ago, I was a 20-year-old Marine corporal in Dong Ha, Vietnam. I was old enough to fight, yet, not old enough to vote back home. That would change three years later with passage of the 26th Amendment.

History would record 1968 as the peak period of American troops in Vietnam with major military actions during the Tet Offensive, Khe Sanh and Hue. More than 58,000 U.S. military personnel died in the Vietnam War, and by far the bloodiest year was 1968, when 16,899 Americans perished — an average of 46 a day.

It was the year when President Lyndon B. Johnson (LBJ) announced he would not seek re-election and would devote the remainder of his term to reducing hostilities in Vietnam and seeking “an honorable peace.”

A dozen years after the signing of a truce to halt the Korean War, North Korea was again in the news of global tensions when its patrol boats captured the U.S.S. Pueblo, holding the ship and its crew members for 11 months.

1968 found the tragic assassination of Martin Luther King Jr. A few months later, Robert Kennedy was killed. The nation witnessed a chaotic Democratic National Convention and Richard Nixon won a razor-thin victory in the presidential election.

It was also the year the anti-war movement hit its peak. By the end of the year, LBJ had ordered the halt of bombing in Vietnam and the Paris Peace Talks started.

The Dow Jones Industrial Average ended the year at almost four digits — at 943 and the national jobless rate was 3.4 percent.

During the 1968 Summer Olympics, two African-American athletes raised their fists during the playing of the National Anthem to protest racial discrimination. It was the year Shirley Chisolm became the first black woman elected to Congress and the year LBJ signed the Civil Rights Act, also known as the Fair Housing Act, into law.

Apollo 8. You saved 1968.”

It was quite a year to experience, endure and remember.

Fifty years later, 2018 thus far is a year of change, death, conflict and violence.

There have been deadly shootings at more than 20 schools; demands for racial justice and equality with continued debate over NFL players kneeling during the playing of the National Anthem; young students marching, mobilizing and seeking political changes; and national and global accord and discord.

North Korean and American leaders have met at a historic summit to seek ways to reduce, perhaps even end, decades-old tensions and nuclear fears. The global war against terrorism, declared over five years ago, continues with American troops in harm’s way in Afghanistan, Iraq, Syria and other skirmish lines of conflict and battle.

It’s a year of the continuation of the Women’s March for social change and the MeToo movement amid allegations of sexual harassment and assault from Washington to Hollywood and elsewhere.

The first half of 2018 finds a robust economy, impacts of tax cuts, record-setting Dow closings, hovering around 25,000 in mid-June, but concerns about the possibility of a global trade war. The national jobless rate through May is 3.8 percent.

More than 33.9 million miles from Earth, the Curiosity rover continues to make amazing discoveries and exploring Mars since it landed almost six years ago.

Each year in the calendar of time will have highlights that are good and bad, controversial and unquestionable.

Perhaps in 50 years, my grandchildren, now just entering adulthood, will recall 2018 as a milestone year for their memories and experiences in their young lives during an historic time of change, death, conflict and violence.

In his 1968 State of the Union address, LBJ said, “If there ever was a nation that was capable of solving its problems, it is this nation.” He didn’t know how much more serious those problems were going to get back then, and neither did we.

Perhaps, there’s solace in remembering the inspiration from Alexander Pope’s poem (An Essay on Man):

Hope springs eternal in the human breast; Man never is, but always to be blessed: The soul, uneasy and confined from home, Rests and expatiates in a life to come.

Five decades after 1968, life goes on in a changing world for better or worse. Time will tell.

If we survived “1968: The Year That Changed America,” we can hopefully survive any problems, any conflicts, any changes, anything.

It’s the American way.

We did back then.

We will now.

Bob Tuttle, an election worker since 2010, poses with new touch-screen voting machines at the Johnson County Election Office in Olathe.

Cover story photos by Paul Andrews
County projects start, end during summer

The summer of 2018 will see milestones for two Johnson County projects.

Construction of a new courthouse in downtown Olathe officially begins shortly after summer starts while a new library in Shawnee officially opens before summer ends.

A groundbreaking celebration for the new courthouse is scheduled at 8:30 a.m. Thursday, July 12, at the construction site west of Olathe City Hall, 100 E. Santa Fe, and directly north of the existing courthouse.

The seven-story courthouse is being built in partnership with a design-build team that includes JE Dunn, Fentress Architects, Civitas and TrenorHL. The project is being overseen by the county’s Department of Facilities Management.

The new facility will be approximately 320,000 square feet with 28 courtrooms and expandable to 36 courtrooms in the future. It is expected to meet the county’s judicial needs for more than 75 years.

The new courthouse project is scheduled for completion in early 2021.

While the construction dust is set to fly in Olathe, the dust is finally settling at the new Monticello Library, 22435 W. 66th St., Shawnee, with an opening celebration from 1-5 p.m. Sunday, Aug. 5.

The new library is user-friendly and was designed with patrons in mind. Many features make the building comfortable to visit and easy for all ages to use, including:

- A drive-through lane that allows patrons to return library materials and pick-up their holds, too.
- Self-check-out stations, featuring large easy-to-read screens, are located inside the main doors.
- A spacious elevator that will deliver patrons and visitors to and from the rosy second floor of the library.
- Eight meeting and study rooms, available at no cost, for individuals and groups.
- Comfortable seating on both levels throughout the library.

Opening activities on Aug. 5 will include tours of the new library, an opportunity to meet artists who’ve created new works of public art to be installed at the site and refreshments.

Monticello Library will be the fifth library of Johnson County Library (JCL) with Sunday hours.

With the addition of the new library, JCL operates 14 libraries in 11 cities, including Overland Park (three libraries), Shawnee (two libraries) and one library in Lenexa, Merriam, Roeland Park, Prairie Village, De Soto, Edgerton, Gardner, Leawood and Spring Hill.

Construction of the new Lenexa City Center Library is well underway with an opening in 2019.

Dessert & Discover Event!

Join us July 31 or August 28 to learn about Colonial Village — which opens this year and will offer Independent Living, Assisted Living, Long-Term Care & Rehab. RSVP to Jill Lamb at (913) 730-3700 or Jill.Lamb@ColonialVillage.com. To learn more about Colonial Village, go to ColonialVillage.com.

Colonial Presbyterian Church.
12501 W 137th St, Overland Park, KS 66221.

July 31 or August 28
2:00 p.m.
Committee releases KanCare audit report

Launched in January 2013, KanCare is the program through which the State of Kansas administers Medicaid. KanCare offers health care for people with limited income, which may include pregnant women, children, low-income families with children, and frail elderly and physically disabled adults.

The Kansas Department of Health and Environment (KDHE) and the Kansas Department for Aging and Disability Services (KDADS) jointly administer KanCare. KDHE maintains financial management and contract oversight of the KanCare program. KDADS administers the Medicaid waiver programs for people with disabilities, mental health conditions, and substance abuse problems, and oversees the state hospitals and institutions.

As the state’s Medicaid program, KanCare focuses on providing person-centered care, coordinated through contracts with three private managed care organizations: Amerigroup of Kansas Inc., Sunflower Health Plan and United Healthcare Community Plan of Kansas. The state also contracts with Maximus, a company that processes the state’s Medicaid applications and provides support services during the eligibility process.

Legislators were interested in learning what effect KanCare has had on the state’s Medicaid costs, services, and beneficiaries’ overall health. On April 28, 2017, the Legislative Post Audit Committee approved an audit of the program.

The complete Performance Audit Report is available at www.kslpa.org/media/files/reports/r-18-006.pdf (See related highlights of the report on this page).

In line with previous comments from advocates, noting that “Seniors have not fared well under KanCare” the report brings to light a serious lack of essential data collection, insufficient oversight of Managed Care Organizations, and the need to improve person-centered care.

Many Kansas advocates for the aging and individuals with disabilities are watching closely, communicating with agency leaders and legislators, and working together so that moving forward the KanCare program addresses corrective actions appropriately, provides more reliable and transparent data to analyze and improve efficiencies within the program, and that processes are put in place to improve the delivery of person-centered services to our state’s most vulnerable populations.

The Kansas Area Agencies on Aging believe they can serve a valuable role if approved to provide Administrative Case Management services and more high-touch, person-centered, face-to-face support for the program. People would know who they can talk to for improved personal support and advocacy.

Better personal support would reduce isolation of individuals in need, help them remain in their homes with the care they need, avoid premature nursing facility placement, and ultimately increase the peace of mind for family members and caregivers.

Legislative Post Audit Report - April 2018

Highlights and Excerpts

- **Nursing Facility Utilization** – Nursing facility service use increased by 16 percent after KanCare’s implementation.
- **Medicaid Spending** – In 2016, federal funds covered about $1.7 billion (56 percent) of Kansas’ Medicaid costs, and state funds covered the remaining $1.3 billion (44 percent).
- **Medicaid Expansion** – As of 2018, Kansas and 17 other states chose not to expand Medicaid to include non-disabled low-income adults.
- **Role of Agencies & Contractors** – Medicaid is a very large program involving many agencies and entities: KDHE monitors and oversees the program and reports periodically to CMS to ensure federal compliance. KDADS oversees long term care for individuals with disabilities and the elderly. The Kansas Attorney General’s Office investigates and prosecutes fraud and abuse of the Medicaid program. The Kansas Foundation for Medical Care acts as the state’s external quality review organization. Two private contractors, Maximus, processes applications and DXC evaluates the validity of claims to ensure paid claims were for services and amounts allowed under the state’s Medicaid system.
- **Role of MCOs** – Under managed care, private health insurance companies called Managed Care Organizations (MCOs) are responsible for processing and paying Medicaid claims and paying providers for services obtained by Medicaid beneficiaries.
- **Serving the Elderly and Disabled** – In 2016, individuals with disabilities and the elderly made up 23 percent of the total Medicaid population, but accounted for 67 percent of the costs.
- **Intent of KanCare** – KDHE estimated KanCare would save $1 billion over its first five years by improving care coordination and beneficiary outcomes for the elderly and disabled. KanCare was intended to improve health outcomes and reduce Medicaid costs.
- **Focus on Prevention and Care Coordination** – KanCare emphasized increased use of preventative services to avoid expensive emergency services and enhanced care coordination to reduce the use of unnecessary medical services.
- **Oversight and Service Shortfalls Noted** – A 2016 CMS audit identified that KDHE’s oversight of the MCOs had declined since 2013, and MCOs failed to comply with federal regulations related to person-centered planning for individuals with disabilities.
- **Corrective Action Plan/Hopes for the Future** – CMS approved a one-year extension of KanCare through Dec. 31, 2018 after the state submitted a corrective action plan to resolve CMS’ 2016 audit findings. A new version of KanCare 2.0 is in the works for the next 5 years.
Are you a grandparent raising your grandchild?

By Karen Weber

The Johnson County Commission on Aging (COA) is looking for grandparents raising one or more of their grandchildren who would be willing to provide testimony, either written or oral, to the Kansas legislature during the 2019 legislative session.

If you are interested in sharing your story, please contact Karen Weber at 913-661-0550. We will be happy to assist you with organizing your thoughts and preparing your remarks.

Kansas House Bill 2754 was proposed during the 2018 legislative session and seeks to implement a Guardianship Assistance Program (GAP) to provide funds for grandparents who are providing care to their minor grandchildren. The bill compliments the current foster care and adoptive care programs in Kansas and, moreover, if passed into law, the federal government would pay the lion’s share of the program cost, ranging from 50-80 percent.

Thirty-three states have implemented a GAP program since 2008, including all states surrounding Kansas. States with GAP programs have shown cost savings by reducing more expensive foster care costs through support of kinship guardianship assistance programs. Guardianship assistance programs are also in line with Kansas public policy of family taking care of family.

Research indicates that children with a relative caregiver reach permanency more quickly and that the foster care system alone cannot provide all the required child welfare needs. A GAP program in Kansas would likely save the state $250,000 or more in the first year and would give many children in the Kansas foster care system loving, stable homes with family members.

Personal testimony and advocacy efforts appear to be swaying many legislators, and the belief is that continued support of this initiative will eventually result in Kansas following along with this trend that so many other states are supporting. Advocates are hopeful for GAP legislation and will continue to encourage others to support the program.

Karen Weber is a member of the Johnson County Commission on Aging.

Celebrating Older Americans Month

A public hearing will be held concerning the Johnson County Area Agency on Aging Fiscal Year 2019 Area Plan on Aging.

The hearing will take place at 9 a.m. on July 11 in the Debbie Sullivan Room, at the Health Services Building, 11875 S. Sunset, Olathe.

Please call 715-8800 for information or directions.

The mission of the Johnson County Area Agency on Aging (AAA) is to advocate for and assist older adults in maintaining their independence and dignity through community-based services.

The AAA targets services to older adults with the greatest social and economic need and provides a variety of support services for caregivers.

Each year the AAA submits a plan to request funding and explain the services that the AAA plans to provide for seniors in Johnson County.

Aging advocates received a proclamation from the Board of County Commissioners (BOCC) recognizing Older Americans Month in May. The 2018 theme, Engage at Every Age, emphasizes that you are never too old to take part in activities that can enrich your physical, mental and emotional well-being. Participants, from left to right, include: Dale Warman, Rob Givens, Karen Weber, Kim Mann and Katy Hoffman from the Johnson County Commission on Aging, Dan Goodman, director, Area Agency on Aging; Jerry Ireland and Gary Scott, Johnson County Silver Haired Legislators and Chairman Ed Eilert from the BOCC.

This was the 55th year of the annual observance of Older Americans Month. It started in April 1963 when President John F. Kennedy designated May as Senior Citizen Month. In 1980, President Jimmy Carter changed the name to Older Americans Month.

Helping older adults to live in the community with independence and dignity.

Information & Referral
913-715-8861

Senior Health Insurance Counseling for Kansas (SHICK)
1-800-860-5260

Volunteer Services line
913-715-8859

The Commission on Aging (COA) will meet from 9-10 a.m. Wednesday, July 11 and Aug. 8, in the Debbie Sullivan Room of the Health Services Building, 11875 S. Sunset Drive, Olathe. For more information, call 913-715-8860 or 800-766-3777 TDD or visit www.jocogov.org/coa or www.facebook.com/jocoaging.

AAA programs are funded by the Older Americans Act and state funds through the Kansas Department for Aging and Disability Services, Johnson County government, agency matching funds and individual participant donations.

Johnson County government does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in employment or the provision of services.
Avoid self-inflicted gardening mistakes

By Dennis Patton

Johnson County K-State Research and Extension receives thousands of inquiries about all sorts of plant ailments. The causes for health issues are across the board. Insects. Disease. Environment. Sadly, many of the plant issues are what we call self-inflicted. Simply put, we do dumb things that affect our plants.

I used the word “dumb” when I should have said we just don’t know better. That is where the value of Extension comes into play. Extension provides educational information so you can make wise choices. So what are some examples of self-inflicted mistakes? Let me explain a few of the most common.

Herbicide injury

The number one plant problem in late May is caused by herbicide drift. It is a result of our quest to eradicate every dandelion and other spring weed in the lawn. The herbicides used to control broadleaf weeds turn into vapor and drift on the breeze on a warm spring day. This drift can extend a few feet from the application zone to several blocks away.

The result is twisted, cupped, folded or rolled leaves of many landscape and vegetable plants. The good news is that in most cases the damage is cosmetic. The plant will eventually put on new growth. But in the case of tomatoes, the drift damage will delay harvest and decrease yields.

The solution to this self-inflicted wound is easy; apply broadleaf weed control products in the fall instead of the spring. Not only is herbicide drift damage reduced, but the fall application is more effective in controlling weeds.

Bad mulching practices

Mulch is good. It has many benefits; from conserving moisture, to cooling the soil. Besides, it just looks good. But when mulching practices go astray, issues arise.

The common mistake with mulching has an industry name, volcano mulching. Volcano mulching is the piling of wood mulch up around the trunk of trees. While mulch does benefit and increase the growth rate of young trees, it should not be left laying against the bark layer of the tree. Damp mulch rots the bark and causes the tree to die.

The solution; keep the mulch ring out and around, away from the trunk of the tree. I often say think donuts when mulching; that is, a 3 inch or so layer of mulch out and around the tree, but like a donut there is hole in the center. This keeps the mulch a few inches away from the tree trunk.

Mowing too short

There is this perception that the lower you mow the lawn the less frequent it needs to be mowed. That is completely false and leads to another self-inflicted wound. Mowing the lawn can be likened to getting your hair cut. The shorter the hair, the more trips to the stylist. The longer the cut, the less frequent the trim.

Low mowing stresses the grass during the heat of summer. Mowing the lawn short decreases heat and drought tolerances and increases the need for water. Longer blade length shades the soil, reducing evaporation, keeps the crowns and roots cooler, and provides more leaf area to make food.

The solution; mow blue grass and tall fescue at 3 to 3 ½ inches. Mow zoysia at 1 to 2 inches. Research has found these heights provide the best balance of top growth while maintaining a pleasing look.

Feed your annual flowers

Somewhere along the line many of us learned, incorrectly, that if you over-fertilize your flowers all you will get is green growth and no buds. While it is true excess fertilization can have this effect, it is hard to over-fertilize. The truth is that flower buds develop at the end of a green vegetative shoot. No shoot means no flower. Annual flowers have a short life, just a few months to provide color. It takes a consistent supply of nutrients to have non-stop flowering.

The solution; fertilize annual flowers at planting and every month through early September. It does not matter how you do it, just do it. There are a number of fertilizers on the market from slow release, granular to liquid. They all work, but they must be applied monthly to provide the needed nutrients for good growth.

There you have the most common self-inflicted wounds we see here at Johnson County Extension. We are your best educational source for information on local issues and conditions. Use us! We’re here to serve you. Give our gardening hotline a call at 913-715-7050 or send an email to garden.help@jocogov.org. It’s free.

Happy gardening and here’s to less self-inflicted mistakes in the landscape. 

Dennis Patton is a horticulture agent for Johnson County K-State Research and Extension.
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Thoughts of suicide? There is help!

By Kristen Reese

Suicide is complex. There is not an age group, gender, race, etc. that it does not impact. This has never been more evident than with the recent death by suicide of two high-profile celebrities who appeared to have it all.

According to the American Foundation for Suicide Prevention, suicide is the 10th leading cause of death in the United States.

Suicide prevention is everyone’s business.

“More than one Kansan dies every day from suicide,” said Tim DeWeese, director of Johnson County Mental Health Center.

He advises residents to learn the ways to identify whether a loved one is at risk of suicide. Warning signs may include:

- increased substance abuse (alcohol or drug)
- no reason for living, no sense of purpose in life
- anxiety, agitation, unable to sleep or sleeping all the time
- feeling trapped, like there is no way out
- withdrawn from friends, family and society
- rage, uncontrolled anger, seeking revenge
- acting reckless or engaging in risky activities, seemingly without thinking

Once you’ve determined someone is exhibiting a warning sign, use your voice and resources to get the person help. Show interest and support, be willing to listen, offer hope that alternatives are available, be available and reach out.

You can start a conversation by saying, “I have been concerned about you lately” or “I wanted to check in with you because you haven’t seemed yourself lately.”

You can ask the question directly: “Have you had thoughts of suicide?” It can be daunting and uncomfortable when you know someone is thinking of suicide. Don’t let that stop you. It is safe to ask questions. They will see you as a person they can confide it. Be familiar with the resources available.

If you have immediate concern about someone’s safety, call 911 right away.

Available crisis resources include the Johnson County Mental Health Center 24/7 Crisis Line, call 913-268-0156 or to access services call 913-826-4200; You can also contact the National Suicide Prevention Lifeline 24/7 at 800-273-TALK (8255) or text 741741.

Other helpful websites for community and national resources, coping with suicide loss and tools for providing support:

- jocogov.org/suicideprevention
- facebook.com/JOCOMNH afsp.org/about-afsp

Another way to become involved in community suicide prevention efforts is to join/volunteer with the Johnson County Suicide Prevention Coalition. The coalition saves and supports lives, with our community partners, through awareness, education and outreach. For more information, visit jocogov.org/spc or call 913-715-7880.

Together, as a community, we will make a difference!

Kristen Reese works in administrative support-prevention and community relations at the Johnson County Mental Health Center.
Theatre in Park goes ‘Into the Woods’

The Theatre in the Park (TTIP) is heading “Into the Woods” for summer enjoyment at the entertainment complex in Shawnee Mission Park with performances on July 6-8 and 11-14.

Other upcoming presentations include:
- “The Addams Family” (July 20-22 and 25-28); and,
- “Disney’s High School Musical” (Aug. 3-5 and 8-11).

Entrance to TTIP is at 7710 Renner Road, Shawnee. Show time for all outdoor productions is 8:30 p.m. Shows last approximately two hours with a 20-minute intermission. The box office opens at 6:30 p.m. followed by the gates to the seating bowl at 7 p.m.

Ticket prices are adult admission $8, youth $6, and children three and under free (but require a ticket for entrance). Tickets may be purchased at the box office the nights of performance or online at theatreinthepark.org.

More information about TTIP and the 2018 summer season is available by visiting its website or by calling 913-826-3012.

County lakes lure local anglers

Five overnight fishing opportunities at four Johnson County Park & Recreation District lakes are being planned during this summer.

The first summer opportunity will take place on July 7 at Lexington Lake Park, 8850 Sunflower Rd., De Soto, when the park will be open strictly for fishing only after 11 p.m. until 5 a.m. Park police officers will be on duty throughout the night.

Other overnight fishing opportunities will take place:
- July 14 at Heritage Park, 16050 Pflumm Rd., Olathe;
- July 21 at Shawnee Mission Park, 7900 Renner Rd., Lenexa and Shawnee;
- Aug. 11 at Kill Creek Park, 11670 Homestead Lane, Olathe; and,
- Aug. 18 at Shawnee Mission Park.

Before fishing, area anglers will need to have a Kansas state fishing license; a JCPRD fishing permit; trout permit, if fishing for trout; and all appropriate boat tags, if applicable.

For more information about the overnight fishing program, call 913-888-4713.

Museum plans tour of collections

A behind-the-scenes tour of Johnson County Museum’s collection is scheduled from 10:30 a.m. to 11:30 a.m. Aug. 15 at the Johnson County Arts & Heritage Center, 8788 Metcalf Avenue, Overland Park.

The collection features more than 17,000 3D objects and more than one million images. The Arts & Heritage Center houses the museum’s two-dimensional collection, including manuscript collections, maps, photographs and quilts.

Cost is $10 for adults or $9 for seniors (60+), $8 for children and includes museum and KidScape admission. Museum members are $4.

To schedule a separate time for a group of six to 12 people, call 913-715-2570.
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Results based on June 2018 survey of General Price Lists provided by area funeral homes.
Providers may change their prices without notice.

Traditional service with basic metal casket and outer burial container

“On-site Cremation, Not Outsourced...The Difference is Peace of Mind”

By Sarah Askew
Senior adults are frequently reminded to plan for future health and wellness issues before a personal or family crisis looms.

It’s good advice! The time to state your health care preferences in writing is now, and Johnson County Library (JCL) can help you get started.

A session planned this fall, at three different libraries, will provide participants a booklet that will guide them through the tools and resources needed to make sure end-of-life care plans are well-informed and organized.

The session is led by Denise Dias, a family and consumer sciences agent with the Johnson County K-State Research and Extension Office.

Sessions will take place:
Thursday, Sept. 13, 1-2 p.m.
Leawood Library
4700 Town Center Dr., Leawood

Tuesday, Oct. 23, 2-3 p.m.
Corinth Library
8100 Mission Rd., Prairie Village

Thursday, Nov. 8, 2-3 p.m.
Lackman Library
15345 W. 87th St. Pkwy., Lenexa

If this session doesn’t touch on the legal issues in mind, try the Gale Legal Forms database https://www.jocolibrary.org/research/databases/galeavailable through JCL’s web page. The database provides a wide selection of state-specific (and multi-state) legal forms across the most popular legal areas.

Gale Legal Forms lets you browse examples of real estate contracts, wills, pre-marital agreements, bankruptcy, divorce, landlord tenant and many other subject areas.

There is also a comprehensive attorney state directory and a dictionary of legal definitions explained in laymen’s language. This is a good way to become familiar with subjects and terms before a conversation with your family or an attorney.

Call Johnson County Library for more information: 913-826-4600 and visit its website at joco.library.org/research. ii
Sarah Askew is information specialist at Johnson County Library.
Public hearing set July 30 for 2019 county budget

The Johnson County Board of County Commissioners has authorized the publication of the proposed Fiscal Year 2019 maximum budget, totaling $819.5 million in expenditures and $283 million in reserves.

With the action, the FY 2019 budgeted expenditures can only be decreased prior to final approval by the board in August, but the proposed expenditures cannot be increased.

“The FY 2019 proposed budget includes the potential to reduce the mill levy by a quarter mill, returning resources back to taxpayers,” Chairman Ed Eilert said.

Last year’s quarter mill reduction, combined with the potential 2019 quarter-mill reduction of the county mill levy, creates cumulatively more than half-mill reduction in the mill levy.

The current total estimated county mill levy is 26.351 mills — 19.318 for the county taxing district; 3.921 mills for the library taxing district; and 3.112 mills for the park and recreation taxing district. However, with a quarter-mill reduction the county’s mill levy, the levy would drop to 26.101 mills — 19.068 for the county taxing district. One mill equals $1 on every $1,000 of a homeowner’s assessed valuation.

The calculations are only for Johnson County Government and do not include other taxing entities, such as the state of Kansas, cities or school districts.

According to the Kansas Tax Rate report for 2018 by the League of Kansas Municipalities, Johnson County’s current mill levy for its county taxing district (19.318) is the lowest among the 105 counties in Kansas. In fact, the county’s total mill levy (26.351) is the lowest of all the counties.

Pottawatomie County has the next lowest total levy at 29.250, edging out Sedgwick County’s total levy of 29.393.

The FY 2019 budget proposal funds a maximum 4,011.04 full-time-equivalent (FTE) employees, including 18 new positions funded by county tax support and nine FTEs that are fee supported. Other new positions include 20.9 FTEs for libraries and 15.6 FTEs for parks and recreation.

“We encourage residents to review our proposed budget online and to attend our public hearing July 30 to learn more about the specifics of our budget and provide us feedback,” Interim County Manager Penny Postoak Ferguson said.

The public hearing will start at 7 p.m. in the board’s hearing room on the third floor of the Johnson County Administration Building, 111 S. Cherry, in downtown Olathe.

**Next steps**

- The FY 2019 proposed budget will be published in The Kansas City Star in July. Budget details are viewable online at jocogov.org/dept/budget-and-financial-planning/current-budget.
- The board is scheduled to adopt the 2019 budget resolution during its business session on Aug. 9, also in the hearing room, beginning at 9:30 a.m.
- By state law, the board must adopt the new budget each year by Aug. 25.
- The final setting of the mill levy for FY 2019 will be established by the end of October with the final property valuations by the Johnson County Department of Records and Tax Administration.
- Johnson County’s fiscal year begins on Jan. 1.
Heat stress can take its toll

By Barbara Mitchell

Senior adults (aged 65 years and older) are more prone to heat stress than younger people because they do not adjust well to sudden changes in temperature. They are also more likely to have a chronic medical condition that changes normal body responses to heat.

As one becomes older, the sweat glands do not work as they should to cool the body. Prescription medicines can also impair the body’s ability to regulate its temperature or inhibit perspiration. Instances where older adults forget to turn on their air conditioner or choose not to in order to save money have also occurred.

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. The temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures can rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and symptoms of heat exhaustion vary, but may include the following:
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.
- Signs and symptoms of heat exhaustion vary, but may include the following:
  - Heavy sweating
  - Paleness
  - Muscle cramps
  - Tiredness
  - Weakness
  - Dizziness
  - Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

Follow these tips to prevent heat-related stress:
- Drink lots of cool, nonalcoholic fluids. Try to avoid extremely cold liquids because they can cause cramps.
- Assure that the home air conditioner is turned on.
- Rest.
- Take a cool shower, bath or sponge bath.
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.

Barbara Mitchell is director of the Community Health Division for the Johnson County Department of Health and Environment.

Libraries: Cool places to go when it heats up

The summer heat is on, serving as a reminder that Johnson County residents who need a place to cool down during hot days are encouraged to visit one of the Johnson County Library’s 13 branches in 11 cities. All of these facilities will be available during normal business hours.

Libraries offer many services in addition to a cool place to rest and restore. Residents can read books, magazines and newspapers or access the Internet.

Library hours vary by location. Call 913-826-4600 to check hours of operation for the nearest library branch or visit the library website at jocolibrary.org/locations.
New voting machines await voters

By Gerald Hay

Johnson County voters will use new touch-screen voting machines to cast their ballots in the upcoming 2018 election.

The Board of County Commissioners unanimously approved the purchase of 2,100 new voting machines for approximately $10.5 million in support of a recommendation by Johnson County Election Commissioner Ronnie Metsker.

“These new machines will provide the latest technology with significantly improved features, most important of which is the voter-verifiable paper audit trail,” Metsker said.

“This allows individuals to see a record of their votes on paper before they cast their ballot and it allows the county to maintain paper records of every vote.”

Change and tech transition

According to the election commissioner, the new system of voting machines increases security and transparency for voters and protects the integrity of Johnson County’s election process.

“It’s a change and a transition in the technology,” Metsker said. “There is a changing culture nationally in what is acceptable as it pertains to the voter’s ballot and ballot security.”

The new ExpressVote machines were purchased from Election Systems & Software, the same vendor used by Shawnee, Sedgwick and Wyandotte counties. It involved an unprecedented request for proposal to bring new voting machine technologies at a reduced cost to county taxpayers. The savings totaled $2.8 million statewide with greater efficiencies for all four counties, Metsker said.

The ExpressVote system provides voters with a blank piece of paper — a paper ballot — that they feed into the console prior to starting the voting process. They then use a touch screen to select the candidates for whom they wish to vote.

Once they’ve made their choices, voters have the option of reviewing their selections as printed on their ballot — the voter-verifiable paper audit trail (VVPAT) — before re-inserting the ballot into the machine for tabulation.

A human- and machine-readable ballot is produced, including text and an optical scan barcode, after voters have made all of their selections. The ExpressVote scans the ballot for tabulation of overall election results.

Do not keep ballot

The paper ballot is not kept by the voter who must insert the ballot back into the ExpressVote machine and hit the “cast ballot” button to complete the voting process.

The paper ballot is then dropped into the secure ballot container on the machine for election record retention by the county.

The new voting machines are expected to last 10 to 15 years, although their computer software will have to be updated as needed.

About 1,000 of the voting machines began arriving at the election office in June for testing in advance of the primary elections on Aug. 7, which traditionally has a lower voter turnout.

All 2,100 machines should be in place for the general elections on Nov. 6.

The election office plans to display some of the new voting machines for demonstrations to voters who want to try them out prior to the August primary. Dates and locations will be posted on the office’s website at jocoelection.org.

FYI about Registering to Vote

- Any person registering to vote in Kansas must be a Kansas resident and reach the age of 18 before the next election
- Voter registration closes 21 days prior to any election day
- Any changes to an existing voter registration (address, party affiliation, etc.) require a new voter registration application
- Johnson County residents may register to vote in person at any city hall or the Johnson County Election Office, 2101 E. Kansas City Road, Olathe
- Voter registration is also available online (with a valid Kansas driver’s license or a nondriver’s identification card) through the statewide voter registration system
- More information on voter registration is available at jocoelection.org/registration
Fifty years ago, Bob Tuttle voted for the first time, casting a paper ballot in the 1968 presidential election in Chicago after returning home with his enlistment in the Navy. He was 22.

Four years later, Dee Wells, also at age 22, went to the polls as a new voter in helping to decide the national presidential election from in her hometown at Middletown, Pa.

Both have been involved in the election process ever since as active voters. They now are among a steady pool of election workers at the Johnson County Election Office who assist tens of thousands of voters in federal, state and local elections.

Their message to Johnson County voters is simple: Voting matters. "That's our way to let our voices be heard," Wells said of why voting is important as a voter and as a community. Tuttle agrees. "It's our responsibility to select our representatives in federal, state and local governments," he added.

A resident of Leawood, Tuttle has helped the election office since 2010. He began as an election worker before transitioning to a field supervisor, aka "super election worker," and voting equipment technician. Wells, who resides in Olathe, has been an election worker since 2002. She now serves as the supervising judge of advance voting.

Long hours on election day

The duty of an election worker means long hours, averaging from 12-14 hours from preparing to open the polling site to closing it down after voting ends, and $110 in pay for each election.

"People often measure the reward of working elections by the pay they receive, but pay is just one of the motivators," Tuttle said. "Equally important is the satisfaction of helping fellow citizens exercise their right to vote, enjoying the social experience of being with fellow workers and just wanting to 'give back' to the community." The Johnson County Election Office has been overseeing local elections since 1954 when the first election commissioner, Evelyn Snyder, was appointed by the Kansas secretary of state. Eight others have followed her, including Ronnie Metsker, the current election commissioner since 2016.

Over the years, both distant and ongo-
Continued from page 16

“They (PollPads) not only greatly increase the speed of verifying a voter’s registration, but they provide user-friendly technology that election workers are proud to show off to voters,” Tuttle said.

New touch-screen voting machines have been purchased by the county and will be ready for voters to use in the upcoming 2018 elections in August and November. The machines feature a voter verifiable paper audit trail and ballot security which now are essential in the election process.

New technology, more security

“We live in a technological world. People want to know things immediately since they are so accustomed to instant information,” Wells said. “Changing technology allows them to see results more quickly. Also, the fact that our county does not use machines connected to the Internet, assures the voters of a more secure election.”

“Approximately six weeks before an election, our work begins,” Tuttle said. “Before a voting machine leaves the election office, it has passed very thorough testing of its hardware and software. In spite of publicity to the contrary, Johnson County voters can be confident that their votes are accurately counted.”

A growing population in Johnson County over the past five decades has also resulted in increasing numbers of voting citizens. In the 1968 elections, there were 100,610 registered voters with 88,314 voting in November. In November 2016, the county had 407,550 registered voters with 296,833 voting in the presidential election. There are 399,411 registered voters, as of June, heading into the 2018 election.

“The advancement in technology has made the process, both on advanced voting and Election Day, so much smoother and faster,” Wells said. “I get the impression from the voters that this faster process makes them more willing to get out and vote since the lines are not so long.”

When she and Tuttle speak of their experiences as an election worker, the conversation takes on a similar theme – it’s all about the people. Voters matter.

“Unfortunately, many take for granted our right to vote. Elections are one of the major differences between democracies and dictatorships,” Tuttle said. “We should all take advantage of this right.”

Wells agrees.

“Voting is so important,” she said. “I hope everyone decides to vote because every vote counts.”
Help wanted: More election workers

The Johnson County Election Office needs more poll workers for the August primary elections and the November general elections.

Election workers who work at a polling place receive $110 for their public service on each election day. They also receive $25 for completion of the required training.

“Being a poll worker is a great way to serve your community, take an active role in democracy and become part of the dedicated team working to make the election process easy and accessible to everyone,” Johnson County Election Commissioner Ronnie Metsker said.

The office will need approximately 1,500 election workers for the primary elections and even more for the general elections.

Election workers must be registered voters in Johnson County at least 18 years of age and:

• Be registered in the election worker pool;
• Receive a polling place assignment from the election office; and,
• Complete mandatory training for that election.

Since 2000, a Student Election Worker Program in Kansas allows youths, ages 16 and 17, to help officials on election day. The state law allows up to one-third of polling place’s election workers to be students.

Kansas law requires training of all election workers before each election; training sessions are normally scheduled during the month prior to an election.

Training for the primary election in Johnson County will take place from July 21 to Aug. 1. Applications must be received by July 25.

“We have training sessions to fit all schedules,” Nathan Carter, election office administrator, said.

Workers must be available for the entire election day, beginning at least one hour prior to the opening of the polls and staying to close down the polling site after voting ends.

Voting in the primary elections on Aug. 7 will be from 7 a.m. to 7 p.m. The general elections polls on Nov. 6 will open at 7 a.m. and close at 7 p.m.

For more information and a link to the election worker application form, visit vote4joco.org/apply or call 913-715-6836. 

Dee Wells has been an election worker since 2002. She is now the supervising judge of advance voting.
Volunteering helps crime victims

Who knew three years ago that Jodi Dinkins and Linda Liskow would become friends? Their friendship began by volunteering together.

Recently retired, each decided to look into the volunteer opportunities at the Johnson County District Attorney’s Office. After an application process, both became volunteers in the Victim Assistance Unit, working on the same day.

Although they did not possess a great deal of knowledge regarding the criminal justice system, they brought a wealth of knowledge with them working in the public service field.

Once training was complete, they jumped right in providing services to victims and witnesses of crime and continue to do so on a weekly basis. The criminal justice system can be overwhelming to the majority of people who become involved as a victim or witness. Many times this is when a person is most vulnerable and desperately needs help.

“Having spent years as a special education teacher and Linda as a nurse, our transition to another supportive volunteer environment was appealing to us. Our work as volunteers at the Victim Assistance Unit has allowed us to assist victims as they navigate the courtroom experience and complete necessary victim protection orders,” Dinkins said.

“It is refreshing to know there are people in our community who are willing to give of their time and talents to better their community. Another unexpected reward is when you see those volunteering develop a friendship while supporting a common cause,” Deborah Floyd, volunteer coordinator at the District Attorney’s Office, said.

Liskow agreed when asked about her experience.

“The volunteer experience in the Victim Assistance Unit provides a supportive learning environment for volunteers and staff. The volunteer setting continues to enhance our knowledge of legal and community services in Johnson County available to Johnson County residents,” she said. “As an added bonus, I’ve met some wonderful people and developed great friendships with other volunteers.”

If you too are looking for an opportunity to stay connected with your community, the DA’s Office is looking for high energy individuals that enjoy working with the public. Attention to detail, commitment to confidentiality, ability to communicate effectively and successfully passing a criminal background check are musts.

Open House:
July 17
August 14
10 AM-11:30 AM

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www.jocogov.org/thebesttimes • 19 • July-August 2018
During the 2016 election cycle, Facebook was overrun with political posts, articles and advertisements. It was not until after the election that the country really understood how much of that content was either sponsored by nations and organizations trying to disrupt the democratic process or was simply false news. In response, Facebook created a new policy regarding political content. Facebook users can also arm themselves with some good habits to help them know what they are reading and sharing is really true.

On May 24, Facebook began enforcing its new policies that requires all political advertisements clearly state who paid for the advertisement. This allows users to know when a political organization pays for political ads on another organization's page. Users can click on the notice and see an archive of all the political advertisements that organization paid for. How does this impact users? It allows the public to know if the advertisement was created by organizations with credibility or with political bias.

This new policy only affects paid advertisements. Other articles, pictures and posts will not have any notice like this. Facebook users can take advantage of some simple steps to make sure they are not sharing false content and adding to the problem. First, it is always best practice to read an entire article before sharing it. Many people read an article's headline and share the article based only on that. A headline, unfortunately, does not always clearly represent what is in the article. Check the date on the article to make sure it is still the most up to date news on that topic.

Second, check the source of the article or post. Make sure the organization that wrote or posted the article is credible. Some online websites have strong political bias. Understanding that bias helps Facebook users know how to best interpret the information in the article. Third, users should fact check any post that seems outrageous. If a headline seems too outlandish to be true, it probably is.

Opening a search engine such as Google or Bing and typing the suspect headline with the words “fact check” in front is a good way to make sure the news is actually true. Be on the lookout for pictures of political figures with quotations attributed to them. If there is not a clear source for where and when that quotation was made, it may not be a good idea to like or share that content.

If Facebook users employ some of these best practices and take advantage of Facebook's new political advertising policy, they can continue to enjoy the social network in a way that helps them stay informed about the political cycle.

Keith Davenport is social media specialist at the Johnson County Manager’s Office.
By Adele L. Wilcoxen

With a 2018 theme of “Have a Squealing Good Time,” the Johnson County Fair begins July 29 and ends Aug. 4 at the county fairgrounds in Gardner.

Admission to the fairgrounds is free, as is the nightly entertainment held at the Midway stage.

Admission fees to the Main Event Arena vary. Tickets may be purchased at the Main Event Arena box office.

Free fun for the whole family includes wandering the grounds, enjoying the displays of baked goods, jams and jellies, home grown vegetables and more found in the 4-H Green Building where Johnson County 4-H youth’s projects will be on display.

Touring the livestock barn is always interesting and provides a sensory bonanza. Throughout the week, 4-H youth will display their showmanship skills in the livestock barn as they exhibit their cows, sheep, goats, pigs and more.

Adults and youth, who are not 4-H members, can demonstrate their artistic, culinary, fiber arts, photography and horticulture skills by participating in the fair’s open class competitions. Exhibits may be checked in at the Open Class Building on Monday, July 30, from 6:30 to 9 p.m. or Tuesday, July 31, from 8 to 10 a.m.

Each class will be judged separately with various ribbons awarded depending on the exhibit category.

The open class competition includes a structured living class for disabled residents and/or senior adults 65 and older with each competitor receiving a participation ribbon. The class features more than two dozen classes to enter, ranging from afghans to crochet, cross stitch to embroidery, knitting to needlepoint and painting to quilting. Nursing homes/structured living facilities are asked to request/complete entry cards for their residents ahead of time.

For a complete list of exhibit categories and judging rules, visit jocokansasfair.com and click on “Fair Info” - “Exhibitor Information” - “2018 Open Class Fair Book.” Entries can also be submitted online.

In other fair activities, kids will enjoy the Night of Fun and Challenge, Tuesday, July 31, from 7 - 8 p.m. where they can test their mettle participating in the muttin’ bustin’ and greased pig chase.

Two and four wheel amateur flat track races run Thursday, Aug. 2, with hot laps starting at 6 p.m. Friday’s entertainment includes the outlaw truck and tractor pull at 7 p.m. Aug. 3.

The ever-popular demolition derby will take place, Saturday, Aug. 4, at 7 p.m.

And, of course, no Johnson County Fair is complete without its annual parade, starting at 10:30 a.m. Saturday, Aug. 4, in downtown Gardner.

There is parking north of the fairgrounds on Madison Street and east of the fairgrounds in the parking lot of Gardner Elementary School. There is also parking along the streets and in nearby parking lots. Handicap accessible parking can be found on the south entrance off Washington Street by the Open Building.

For a complete listing of events, dates and times, and Open Class entry categories visit jocokansasfair.com.

Adele L. Wilcoxen is public information coordinator for Johnson County K-State Research and Extension.

Senior Follies show set July 14

The popular Senior Follies is scheduled from 11 a.m. to 1 p.m. Saturday, July 14, at the Johnson County Arts & Heritage Center, 8788 Metcalf Ave., Overland Park.

The variety show features about 20 acts showcasing the talents of local folks, age 50 and older. They will include singers, dancers, musicians and comedians.

Doors open at 10:30 a.m. The event is expected to last about two hours.

Tickets are $2 per person for Johnson County residents or $3 for nonresidents. To order tickets, call 913-826-2830.

Breaking Ground on The Good Life

Coe and Jerry are active.
They want their retirement living community to be, too.
Their search ended at Village Shalom. There they will enjoy a maintenance-free apartment that will give them time to experience Village Shalom’s new active-living community with first-class amenities such as a day spa, restaurant, art studio and pickleball court.

Coe and Jerry dig the new Village Shalom.
You will, too. Breaking ground soon!
Don’t miss your chance to be a part of it.
Call 913-266-8300 or visit www.VillageShalom.org/Future.
Summer clock ticks on ticks in Johnson County

By Adele L. Wilcoxen

The summer clock is ticking on ticks in Johnson County.

According to Dr. Raymond Cloyd, Kansas State University entomology professor, the cool, rainy weather, followed by a quick profusion of plant growth this past spring may have boosted the tick population in the county.

“In my experience, this is the earliest we’ve had tick issues,” Cloyd said.

In Johnson County, the three common tick species are the American dog tick, the lone star tick and the brown dog tick. The Kansas Department of Health and Environment said it tracks four tick-borne diseases: Lyme disease, Rocky Mountain spotted fever, tularemia and ehrlichiosis, also known as anaplasmosis.

Ticks need a blood host to feed and will latch onto a dog, cat or even a human. Animals can transport ticks into the home where they can drop off.

Ticks tend to flourish when vegetation flourishes, especially in weeds and unmanaged areas, where they can crawl onto you if you brush against the plant material. To minimize the number of ticks on your property, Johnson County K-State Research and Extension recommends keeping lawns mowed and reducing unmanaged areas where weeds can flourish.

But Cloyd cautioned, “I am not a proponent of blanket insecticide sprays in the yard.”

Other recommendations by extension include:

- When outdoors, wear repellents based on DEET or permethrin. Permethrin-based products, however, must not be applied directly to the skin.
- Tuck your pant legs into your socks. Clothing should be light-colored to make ticks more visible.
- After coming in from potentially tick-infested areas, inspect your or your children’s skin and remove ticks immediately. Also, check pets that were outdoors.
- Take a shower as soon as possible after coming indoors.
- If you find a tick that’s already embedded, follow these steps as outlined by the CDC:
  1. Use fine-tipped tweezers to grasp the tick as close to the skin’s surface as possible.
  2. Pull upward with steady, even pressure. Do not twist or jerk the tick. It may cause its mouth to break off and remain in the skin, causing infection.
  3. After removal, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
  4. Never crush a tick with your fingers.
  5. Do NOT use matches, petroleum jelly, nail polish or other hacks found on the Internet. This can cause the tick to burrow deeper into the skin.

Once the tick has been removed, monitor the bite area for 30 days. Symptoms to look for include rash, fever and other flu-like symptoms. Contact your physician should any of these symptoms occur and inform them that you were bitten by a tick.

Because some ticks carry disease pathogens, it’s a good idea to have them identified if they were embedded in the skin. The Johnson County Extension Master Gardener Gardening Hotline is available to help identify ticks, spiders and other insects.

Call 913-715-7050 or email garden.help@jocogov.org for assistance.

Adele L. Wilcoxen is public information coordinator for Johnson County K-State Research and Extension.

Program to feature star light, star bright

A chance to see nature’s fireworks in a Trail of Stardust - The Perseid Meteor Shower program is scheduled from 10 p.m. to midnight Aug. 12 at the TimberRidge Adventure Center, 12300 S. Homestead Lane, Olathe.

There will be a short indoor presentation followed by a guided night sky tour. Participants will need to walk a short distance to the viewing location. They can bring a blanket or chair and binoculars, which are not required.

In case of clouds or rain, there will be a related indoor program. Cost is $9 per person, $10 nonresidents. Advanced registration required by going to www.jcprd.com.
Kansans to receive new Medicare cards

New Medicare cards are on the way, or soon will be, in Kansas.

As the need to ward off scams and identity theft increases, the Centers for Medicare and Medicaid Services is now required to remove Social Security numbers from all Medicare cards by April 2019.

According to information provided by K-State Research and Extension, Kansas residents are in the third wave of national mailings, which began in April, and can expect to receive their new Medicare cards after June.

The new cards will use a randomly-assigned number called a Medicare Beneficiary Identifier (MBI) to replace the Social Security-based Health Insurance Claim Number now used on the Medicare card.

10 things about new Medicare card
1. Your new card will automatically come to you.
2. Your new card will have a new Medicare number that’s unique to you. This will help to protect your identity
3. Your Medicare coverage and benefits will stay the same.
4. Mailing takes time. Your card may arrive at a different time than your friend’s or neighbor’s.
5. Your new card is paper, which is easier for many providers to use and copy.
6. Once you get your new Medicare card, destroy the old Medicare card and start using the new card right away.
7. If you’re in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare — you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
8. Doctors, other health care providers and facilities know it’s coming and will ask for your new Medicare card when you need care, so carry it with you.
9. Only give your new Medicare number to doctors, pharmacists, other health care providers, your insurers or people you trust to work with Medicare on your behalf.
10. If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare number online.

There are only a few important things to do in getting ready to ensure receiving the new Medicare cards.

One is to make sure your mailing address is up to date.

If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or 1-800-772-1213. TTY users can call 1-800-325-0778.

Finally, beware of anyone who contacts you about your new Medicare card. Be advised, Medicare will never ask you to give personal or private information to get your new Medicare number and card. Always remember that!

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WestchesterVillageLenexa.com
Real ID, a federal program authorized by the Real ID Act passed in 2005, is scheduled for full implementation on Oct. 1, 2020.

The program establishes minimum security standards for state-issued driver’s licenses and ID cards to improve the reliability and accuracy of these documents to inhibit terrorists’ ability to evade detection by using fraudulent ID.

Until Oct. 1, 2020, a non-Real ID-compliant state driver’s license or ID card will get individuals into federal facilities and through airport security. After that date, individuals without a Real ID-compliant identification card can be denied access to federal facilities and will not be allowed to fly, even on domestic (within the U.S.) flights.

How to obtain a Real ID in Kansas?

Until Real ID is fully implemented in 2020, there’s no need to rush to obtain your Real ID-compliant ID card if your current driver’s license or ID card is not yet due to expire. But, it is important to begin gathering the documents you will need to obtain a Real ID now. The next time your driver’s license or state ID expires, be sure to take all of the necessary documentation to your local Driver’s License Bureau with you.

Any and all documentation you will need is listed on the Kansas Department of Revenue’s website at https://www.ksrevenue.org/pdf/RealIDCheck-list.pdf.

Seniors, this is especially important for you. Record keeping has improved over time, and accordingly some seniors may not even have been issued a birth certificate at birth. Often staff at Kansas Legal Services hears of seniors with mistakes or typos on a Social Security card or birth certificate. Or, maybe you cannot obtain a copy of your birth certificate because it was destroyed by a fire before records were copied and scanned. These are issues you need to be addressing now, as they will affect your ability to get a Real ID. Do not wait!

Other helpful websites:
- Kansas Courts website to find the clerk’s office of the courthouse where your case was decided to obtain name change documents (e.g., Name Change Order, Decree of Divorce): http://www.kscourts.org/appeellate-clerk/general/open-records-act/default.asp.

Please be aware that certified copies of vital records and court orders may take some time to request and receive. There are costs for the records and court orders. Start gathering your documents well in advance of the time you must renew your driver’s license or ID card!

Why should I care about Real ID?
If you do not have a Real ID when full implementation begins in two years, you will not be allowed to board even a domestic flight or enter a federal facility.

Federal facilities you may visit on a regular basis:
- Social Security Administration
- Bankruptcy and Disability Courts
- Kansas Legal Services Kansas City Office

The Department of Homeland Security says almost all federal facilities will require Real ID-compliant ID for entry after Oct, 1, 2020.

Questions? Call the state, the appropriate agency or the court for more information. If you have attempted to obtain the required documentation listed above but are experiencing legal barriers to obtaining it, contact Kansas Legal Services at 1-800-723-6953.

SueZanne M. Bishop and Alexandra R. English are staff members with Kansas Legal Services.
A smorgasbord of day trips is planned during the summer months by the 50 Plus Department of the Johnson County Park & Recreation District.

The opportunities begin with a “Farmers and Hives” day trip on Friday, July 20, that heads to the National Agriculture Center and Hall of Fame in Bonner Springs for a tour of the 20,000-square-feet complex with antique farm equipment, including the plow President Harry Truman used as a youngster.

After the tour, participants will have lunch at the Ten Penny Restaurant in Leavenworth before heading to the Hillside Honey Apiary in Easton for a presentation about bees, hives and honey.

The trip leaves Antioch Park, 6501 Antioch Rd., Merriam, at 9 a.m. Cost is $55.

The registration deadline is July 26 for a “Day in St. Joseph” trip on Saturday, Aug. 4. Participants in the outing depart at 9:15 a.m. from the Blue Valley Recreation Center at Hilltop, 7720 W. 143rd St., Overland Park, and at 10:15 a.m. from Antioch Park. Cost is $84.

Highlights include touring the St. Joseph Museum to learn about mental health treatments in state hospitals, and explore an extensive collection of ten cultural regions of Native American artifacts, featuring more than 1,500 dolls and dollhouses. Participants then head to the Robidoux Landing Playhouse for a private dinner theatre production of “Kitchen Witches.”

On Thursday, Aug. 16, a day trip heads to the Johnny Morris’ Wonders of Wildlife Natural Museum and Aquarium, which was recently voted the best new attraction in America by USA Today.

The 350,000-square-foot facility in Springfield, Mo., features mammals, reptiles, amphibians, 35,000 live fish and birds from 8,700 different species. Reported as the “largest and most important natural history museum to open in America in more than century,” Wonders of Wildlife is larger than the Smithsonian Museum of Natural History in Washington D.C. Lunch will be at the Hemmingway’s Café on site.

The “Wonders of Wildlife” day trip leaves Antioch Park at 7 a.m. Cost is $95.

For registration and more information on any of the summer day trips, call 913-826-3030 or email Mary Beth at marybeth.lynn@jocogov.org for a listing of fall 2018 day trips.

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The choice of a lawyer is an important decision and should not be based solely upon advertisements. Please call for an appointment.

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Do you exercise your brain?

By Denise Dias

Have you exercised your brain today? Let’s take a moment to give your brain a quick checkup.

Your brain is the control center for your body. Just like any piece of equipment, we need to take care of it so it runs efficiently and will last a lifetime. How well you age depends on three things: your genes or family health history; the environment in which you live, learn, earn and play; and, finally, the lifestyle choices you make every day.

The other organ which is essential for your brain and body function is your heart. The heart and the brain work in harmony with one another to keep you alive. If your heart is not working well, that can cause a reduction of blood flow to the brain. The brain needs oxygen and ample blood flow to work at its best. Roughly 25 percent of the blood from each heartbeat goes to the brain.

It is important to take care of your brain as you age. There are four areas we need to focus on to get our brains fit. They are cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

What we know …

Keeping your mind active forms new connections among your brain cells. Learning new ideas encourages blood flow to the brain. Be sure to engage in activities that stimulate the brain to improve cognitive function. Engaging in formal education is one of the best ways to keep your brain healthy and it can provide protection against developing dementia.

Research has shown that regular and vigorous physical activity increases blood flow to the brain. This cardiovascular activity may reduce your risk of cognitive decline.

Nutritious food is fuel for the brain and your heart. Eating a nutritious diet can reduce your risk of heart disease, cancer, Parkinson’s disease, Alzheimer’s disease, stroke and diabetes. As the old adage goes, “you are what you eat.”

Social engagement is associated with living longer and with fewer disabilities. Staying involved in activities in your community helps you to maintain your skills. Remaining socially and mentally active may support brain health and possibly delay the onset of dementia.

What can we do?

- **Cognitive activity** – Read a book, complete a puzzle, learn a new skill or hobby and become a lifelong learner.
- **Physical activity** – Check with your doctor before you start, then get moving. Any movement is better than no movement. Start out small and safely. If you smoke, make a plan to quit. Avoid excess alcohol and manage your stress. Be sure to get plenty of sleep. Your brain needs this time to rest, organize and rejuvenate itself. Protect your head with a helmet. See your doctor regularly to monitor your numbers. Take action to manage your blood sugar, blood pressure, weight and cholesterol.
- **Diet and nutrition** – Eat your fruits, vegetables and whole grains. Choose nuts, beans and legumes more often. Keep your meat and poultry lean and include fish at least twice a week. Choose heart healthy oils. Work in partnership with your doctor when choosing to take a vitamin or dietary supplement. Avoid saturated fats and trans fats. Choose these products less often: processed foods, solid fat, sugar and salt, deep fried foods and unhealthy fast food. Moderation is the key for having a healthy diet.
- **Social engagement** – Go visit family and friends. Stay involved in your community, become a volunteer. Extension has numerous opportunities to volunteer including working with youth through 4-H youth development. They also have university-trained volunteer programs such as Master Gardeners, Master Naturalists, Master Foodies and VITA tax help.

There are so many things you can do. So what is the take home message?

It’s keep your brain fit by moving, eating right, keeping your brain active and staying connected with others.


Denise Dias is the family and consumer sciences-home and family agent for Johnson County K-State Research and Extension.
Johnson County Government’s latest community satisfaction survey shows residents continue to be extremely satisfied with their quality of life.

The county’s overall satisfaction index in the 2018 survey was the same as in 2017 and has increased 6 points since 2011.

“Our residents gave Johnson County a 98 percent satisfaction rating as a place to live, a 96 percent satisfaction rating as a place to raise children, and an 89 percent satisfaction rating as a place to work,” Commission Chairman Ed Eilert said.

“We are pleased to see consistent results when compared to last year’s already high ratings and we continue to use this information to make informed decisions for the community.”

The 2018 findings indicate Johnson County sets the standard for service delivery compared to other U.S. communities, according to survey data benchmarked against other major U.S. counties. Johnson County’s satisfaction rating for overall quality of county services is 39 percent above the national average for communities with populations of more than 250,000.

“Each year, our community satisfaction survey allows us to ask residents for feedback on county services and their overall perceptions of the county. We are grateful to everyone who took time to complete the survey and we will use the information to better serve our residents,” Interim County Manager Penny Postoak Ferguson said. “These survey results show us that residents across the county continue to be satisfied with the overall quality of services we provide.”

General county perceptions
Surveyed residents were extremely satisfied with a range of factors that influence perceptions of living in Johnson County. Ninety-three percent of respondents said they were very satisfied or satisfied with the quality of life.

Quality of life rated 20 percent above the national average and 22 percent above the large community average. The image of the county rated 29 percent above the national average and 30 percent above the large community average.

Residents generally feel safe in the county. Ninety-one percent of respondents had an overall feeling of safety in the county, with 96 percent saying they feel safe in the neighborhoods during the day and 90 percent reporting feeling safe at night.

When asked which county services were most important to provide and should be emphasized over the next two years, respondents answered Sheriff’s Office, MED-ACT, Park & Recreation and Library.

Satisfaction with county services
Respondents were also asked to assess their satisfaction with 22 county departments. The county services with the highest community satisfaction ratings:

• Johnson County Library (93 percent)
• Johnson County Park & Recreation District (89 percent)
• Johnson County MED-ACT (85 percent)
• Johnson County K-State Research and Extension (85 percent)
• Johnson County Election Office (84 percent)

County management contracted with Olathe-based ETC Institute to conduct a comprehensive community survey in February. The survey was mailed to a random sample of county households; approximately seven days after the surveys were mailed, residents who received a survey were contacted by phone. Of the households that received a survey, 1,429 respondents completed surveys, resulting in a 95 percent confidence level for the survey findings.

Full results of the 2018 community satisfaction survey are available online at jocogov.org.

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Effective in 2018, payment for classified ads and business card ads must be paid in advance by the invoice due date prior to ad publication.

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Email: chereill.bilquist@jocogov.org
Call: 913-715-8920

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**Contact specific facility locations for registration and questions.**

**July**

**Monday Movies.** 12:15 p.m. 7/2 – “Benji;” 7/16 – “A Sort of Family;” 7/23 – “Dismissed;” 7/30 – “The Face of Love.” Lenexa Senior Center. Lunch at 11:30 a.m. prior to the movie provided by Johnson County Nutrition for a $3 suggested donation. Call 913-888-6141 between 9–10 a.m. 24 hours in advance for lunch reservations.

**Wednesdays Silver Screen Matinee.** 1 p.m. 7/11, 7/18 & 7/25. Irene B. French. Popcorn provided second & fourth Wednesday.

**Through July 7**

**Flags 4 Freedom.** 1,500 flags fly downtown all week. Concert at 1 p.m. on July 4. Merriam Marketplace, 5740 Merriam Drive.

**July 3**

**50 & Beyond Potluck “America’s Birthday.”** Noon. Sylvester Powell.

**July 5**

**Fireworks: 1860s Style.** Mahaffie Stagecoach Stop & Farm. Concert from the Olathe Civic Band at 7:30 p.m. Activities include cook stove and blacksmith demonstrations and stagecoach rides. Non-aerial fireworks at approximately 9:30 p.m.

**July 6**

**Senior Cinema.** 12:15 p.m. Lenexa Senior Center. “The Mountain Between Us.” Optional lunch for $3 suggested donation at 11:30 a.m. Call 913-888-6141 between 9–10 a.m. 24 hours in advance for lunch reservations.

**July 10**

**50 & Beyond Matinee.** “The Greatest Showman.” 12:30 p.m. $1 (SPJCC members) $2 (non-members). Sylvester Powell.

**July 11**

**Wednesday All American Selection Display.** 9–11 a.m. (weather permitting). The Backyard Garden at K-State Horticulture Research Center, 35230 W. 135th St., Olathe.

**Birthday Entertainment.** 12:15 p.m. Lenexa Senior Center. Musical entertainment by “Mike Wilkinson.” Optional lunch for $3 suggested donation at 11:30 a.m. Call 913-888-6141 between 9–10 a.m. 24 hours in advance for lunch reservations.

**BBQ Bingo.** $15/$17. 10:30 a.m.–1 p.m. Matt Ross. 12 games of bingo with prizes. Cost of admission covers food. Reservations by calling 913-831-3359.

**July 12**

**Sundaes and Soda Bingo.** 1:30–3:30 p.m. $3/15 games. Irene B. French.

**Lunch Bunch.** 11:15 a.m. (transportation departs from Lenexa Senior Center at 10:40 a.m.) Cost of your own meal. $5 for transportation to Hereford House, 17244 Midland Dr., Shawnee.

**Technology Cell Phone Photography.** $17/$19. 1-3 p.m. Tomahawk Ridge. Reservations by calling 913-831-3359.

**July 15**

**Senior Follies.** $2/$3. 11 a.m.–1 p.m. Arts & Heritage Center. Call 913-826-2830 to order tickets.

**July 16**

**Meet the Beatles.** 6:30–8 p.m. Olathe Downtown Library.

**July 17**

**Cooking for 1 or 2.** 10 a.m.–noon. $20. Extension.

**July 18**

**Solving the Medicare Puzzle.** 6:30 p.m. Lenexa Senior Center.

**July 19**

**Cooking for 1 or 2.** 6–8 p.m. $20. Extension.

**The Importance of Advance Directives.** 10 a.m. Lenexa Senior Center.

**July 23**

**Canvas Painting with a Brush & Beans.** $35/$38.10 a.m.–noon. Roeland Park. Reservations by calling 913-831-3359.

**July 24**

**50 & Beyond Matinee.** “The Post.” 12:30 p.m. $1 (SPJCC members) $2 (non-members). Sylvester Powell.

**July 26**

**Ice Cream Social.** 12:15 p.m. Lenexa Senior Center.

**Jam Session.** 1-2 p.m. An informal gathering for musicians with early stage memory loss and musicians who are caregivers. Alzheimer’s Association Education Center, 3856 W. 75th St., Prairie Village. For more information, call 913-831-3888.
your July-August calendar

July 26
Ice Cream Sundae Bingo. $5/$6. 1:30-3:30 p.m. Roeland Park. Cost of admission covers food. Reservations by calling 913-831-3359.

July 30
Mobile Integrated Healthcare Stop. 10 a.m.-noon. Olathe Downtown Library.

August
Wednesdays Silver Screen Matinee. 1 p.m. 8/1, 8/15, 8/22 & 8/29 Irene B. French. Popcorn provided second & fourth Wednesday.

Monday Movies. 12:15 p.m. Lenexa Senior Center. 8/6 – “God’s Club;” 8/13 – “The Post” (DVD); 8/20 – “Amateur;” 8/27 – “The Power of One.” Lunch at 11:30 a.m. prior to the movie provided by Johnson County Nutrition for a suggested $3 donation. Call 913-888-6141 between 9-10 a.m. 24 hours in advance for lunch reservations.

August 7, 14, 21 & 28
Dining with Diabetes. 10 a.m.—noon. $25. Extension.

August 2
Attitude of Gratitude. 10 a.m. Lenexa Senior Center.

August 8
Understanding Alzheimer’s and Dementia. 9-10:30 a.m. Alzheimer’s Association Education Center, 3856 W. 75th St., Prairie Village.

Birthday Entertainment. 12:15 p.m. Lenexa Senior Center with musical entertainment by “Nick Gadvois.” Optional lunch for $3 suggested donation at 11:30 a.m. Call 913-888-6141 between 9-10 a.m. 24 hours in advance for lunch reservations.

August 9
Dog Days of Summer Bingo. 1:30-3:30 p.m. $3/15 games. Irene B. French.

Lunch Bunch. 11:15 a.m. (transportation departs from Lenexa Senior Center at 10:40 a.m.) Cost of your own meal. $5 for transportation to Jumpin’ Catfish, 1861 S. Ridgeview Rd., Olathe.

August 11
Cruise Night. 6:30-8:30 p.m. Merriam Marketplace, 5740 Merriam Dr. 1960s music by “The Rippers.”

August 15
Understanding and Responding to Dementia-related Behavior. 9-10:30 a.m. Alzheimer’s Association Education Center, 3856 W. 75th St., Prairie Village.

Behind-the-scenes tour of Johnson County Museum 10-11:30 a.m. $10/adults, $9 seniors (60-plus). Arts & Heritage Center.

August 16
Pickling. 6-8 p.m. $20. Kansas State University, 22201 W Innovation Dr. Olathe. Register with Extension Office.

August 21
Staying Up with the Nite Owls. 7–8:30 p.m. Olathe Indian Creek Library. Live musical performance.


August 22
Solving the Medicare Puzzle. 6:30 p.m. Lenexa Senior Center.

Effective Communication Strategies with Individuals Who Have a Dementia. 9-10:30 a.m. Alzheimer’s Association Education Center, 3856 W. 75th St., Prairie Village.

August 23
Luau and Blues Party. 12:15 p.m. Lenexa Senior Center with music by the “Crimson Blues Band.” Bring a treat to share with friends.

Jam Session. 1-2 p.m. An informal gathering for musicians with early stage memory loss and musicians who are caregivers. Alzheimer’s Association Education Center, 3856 W. 75th St., Prairie Village.

August 27
Mobile Integrated Healthcare Stop. 10 a.m.—noon. Olathe Downtown Library.

August 30
Funeral Planning. 10 a.m. Lenexa Senior Center.

August 31
Petals & Flutes Tour (Grinter Farms Sunflowers). 9:30 a.m. $52. Lenexa Senior Center. The sunflowers at Grinter Farms are a sight to behold. Participants then travel to Eudora for a box lunch and wine tasting at Bluejacket Winery before heading to Haven Pointe Winery. Must register by July 30.

FACILITY LOCATIONS

BLUE VALLEY REC.: Blue Valley Recreation Center at Hilltop: 7720 W. 143rd St., Overland Park, KS 66223; 913-685-6090; www.bluevalleyrec.org.

CENTRAL RESOURCE LIBRARY: 9875 W. 87th St., Overland Park, KS 66212; 913-826-4600 and Press 3 for all Johnson County Library reservations.

EXTENSION: Johnson County K-State Research and Extension, 11811 S. Sunset Drive, Olathe, KS 66061; 913-715-7000; www.johnson.ksu.edu/classes.


IRENE B. FRENCH: Irene B. French Community Center, 5701 Merriam Drive, Merriam, KS 66203; 913-322-5550.

LENEXA SENIOR CENTER: 13425 Walnut St., Lenexa, KS 66215; 913-477-7100.

MAHAFIE STAGECOACH STOP AND FARM: 1200 Kansas City Road, Olathe, KS 66061; 913-971-5111.

MATT ROSS: Matt Ross Community Center, 8101 Marty St., Overland Park, KS 66212; 913-642-6410.

MILL CREEK: Mill Creek Activity Center, 6518 Vista, Shawnee, KS 66218; 913-826-2950.


OLATHE DOWNTOWN LIBRARY: 201 E. Park St., Olathe, KS 66061; 913-971-6850; to register, 913-971-6888.


PRAIRIE VILLAGE: Prairie Village Community Center, 7720 Mission Road, Prairie Village, KS 66208; 913-381-6464.

ROELEND PARK: Roeland Park Community Center, 4850 Rosewood Drive, Roeland Park, KS 66205; 913-826-3160.

SHAWNEE CIVIC CENTRE: 13817 Johnson Drive, Shawnee, KS 66216; 913-631-5200.

SHAWNEE SAFETY CENTER: SenCom computer lab, lower level, 6535 Quivira Road, Shawnee, KS 66203; 913-631-5200.

Sylvester Powell Community Center, 6200 Martway St., Mission, KS 66202; 913-722-8200.

TOMAHAWK RIDGE: Tomahawk Ridge Community Center, 11902 Lowell Ave., Overland Park, KS 66213; 913-327-6645.

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