Coming to America: Fulfilling an immigrant’s dream to become a new American

Catch-a-Ride marks 20 years of service

County adds new park, inclusive playground

JoCo history: Olathe was a Gretna Green

Transportation program relies on volunteer drivers.

Projects benefit residents, special needs population.

Bert Rogers was 'marrying judge' and father to a star.

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JULY-AUGUST 2019 THE BEST TIMES INFORMING & SUPPORTING JOHNSON COUNTY’S 60+ ADULTS

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Fun classes enhance bridge play

Want to take your bridge game to the next level during the summer and become an in-demand partner?

Johnson County Park and Recreation District’s 50 Plus Department is offering fun and easy classes to help local bridge players master a new subject each week to enhance their card-playing skills.

A good start for beginner to intermediate players would be the Pre-empt and Total Tricks workshop scheduled Thursday, July 11, or Bridge Advice on Thursday, July 18. Both workshops will be from 5:30 to 7 p.m. at the Meadowbrook Park Clubhouse, 9101 Nall Ave., Prairie Village.

More experienced bridge players would benefit from other workshops, including:
- Defense Against No Trump - Tuesday, Aug. 6
- Counting at Bridge - Tuesday, Aug. 13
- Two Suited Overcalls - Tuesday, Aug. 20
- Finding Keycards - Tuesday, Aug. 27

The advanced workshops will take place from 4 to 6:30 p.m. at the Matt Ross Community Center, 8101 Marty St., Overland Park.

Workshop fees are $8 for Johnson County residents and $9 for nonresidents.

Register for one or all workshops by calling 913-831-3355.

Johnson County Fair begins July 28

With a 2019 theme of “Back to our Roots,” the Johnson County Fair begins July 28 and ends Aug. 3 at the county fairgrounds in Gardner.

Admission to the fair is free, as is the nightly entertainment held on the Midway stage. Admission fees to the Main Event Arena vary each night. Tickets may be purchased at the Main Event Arena box office.

Highlights of the fair include an 80th “Back to our Roots” celebration, with hot dogs and ice cream, at 6 p.m. Tuesday, July 30.

Following the celebration, kids will enjoy the Night of Fun and Challenge, starting at 7 p.m. where they can participate in the muttin’ bustin’ and greased pig chase.

Wednesday, July 31, the Open Jackpot Barrel Races begin at 8 p.m. Two- and four-wheel amateur flat track races run Thursday, Aug. 1, with hot laps starting at 6 p.m. On Friday, Aug. 2, the outlaw truck and tractor pull begins at 7 p.m.

And of course, it wouldn’t be the Johnson County Fair without the ever-popular demolition derby, which takes place on Saturday, Aug. 3, at 7 p.m.

The traditional Johnson County Fair parade starts at 10 a.m. in downtown Gardner.

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

On the Cover

Shetal Malkan, left, and Barb Thompson hold Dada’s Certificate of Naturalization. Dada is shown with Thompson in related inset picture.

Cover story photos by Paul Andrews
Are you one of the thousands who suffer from pain but can’t find lasting relief with most “pain treatments”? I’m going to share three things with you that’s going to revolutionize the way you think about treating your pain and getting lasting relief.

I’m Dr. Michael Riley, D.C., and I’ve spent 20 years helping patients find pain relief with non-surgical and drug-free treatments. I’ve helped thousands suffering from low back pain, neuropathy, spinal stenosis, neck pain, sciatica and more... by using a new way to treat pain.

So what is this new way of treating pain?

It’s the CoreCare treatment program. CoreCare is a non-surgical and drug-free treatment that I developed over 15 years. It uses a five-phase scientific approach that combines FDA approved technologies in a way that is proven to be effective.

In fact, CoreCare patients report an 83% improvement in their ability to do everyday activities and overall mood. They also report a 76% reduction in their need to use pain medication.

And I know what you’re probably thinking...yeah I’ve tried everything including “new ways” but nothing works. I hear that everyday... but please don’t lose hope.

It’s not your fault that other treatments haven’t worked. Unfortunately, the health care system is not equipped to handle the complexity of most chronic pain cases... and giant insurance and pharmaceutical companies continue to heavily influence what treatments are available for patients.

I’m going to show you a great way you can find out if CoreCare can really help you get lasting relief:

First on why many other treatments may fail: other treatments focus on the symptoms but not the problem causing the pain.

The big idea here is when you treat the symptoms you only get temporary relief and then the pain returns.

This is important because supplements, medications, injections and even surgery don’t always correct the degenerative issues. These types of treatments are considered pain management. They have nothing to do with healing the cause of the pain, but only managing the pain by masking it temporarily.

A key to lasting relief is by treating the biomechanical and physiological issues causing the pain. And that is exactly what CoreCare aims to do.

The second reason why other treatments may fail: the health care system has a huge shortage of pain specialists.

The fact is, only 17 of the nation’s 133 medical schools offer courses on pain.

Pain conditions are complicated. They are hard to accurately diagnose and require more time and attention. In fact, it is estimated that 36,000 more doctors are needed by 2030 to deal with the nation’s growing patient load.

Unfortunately, this is why many patients feel like their pain condition is beyond help – because they’ve been told surgery is the only option or even worse that nothing can be done.

The third reason why other treatments may have failed: many pain symptoms are misdiagnosed.

Misdiagnosis can lead to bigger problems long-term. It’s not your doctor’s fault. The problem starts with the giant insurance companies that dictate how much time physicians can spend with patients. This limits how in-depth a doctor can get.

Combine that with my previous point that most doctors do not have specific training on pain and this is why many doctors fall back to prescription meds or drug-based injections.

Unfortunately, these things simple mask the pain versus treating the problem causing the pain. When the pain is masked people tend to do more damage over time leading to bigger problems and in some cases irreversible damage.

I know what you’re probably thinking. This all makes sense but I doubt CoreCare can work for me. Well, how do you really know?!

The best way to learn about CoreCare and make an educated decision is to see it firsthand.

So, for that reason I’ve created a special “new patient evaluation” so you can get the answers you need and try 2 CoreCare treatments for only $39. Call 913-815-8608 to schedule by August 30th.

During an initial exam, you will meet with either me, Dr. Michele Riley, D.C., or Dr. Paul Hoyal, D.C., where we will identify if you are a candidate for the CoreCare treatment. The examination process seeks to identify the exact cause of pain before providing a treatment recommendation.

The offer includes an in-depth consultation about your pain and overall health where we will listen — really listen — to the details of your case; a complete neuromuscular examination; a full set of digital X-rays (if needed), and a thorough analysis of your exam to start mapping out a treatment plan.

The $39 offer with two CoreCare treatments is good only until August 30th.

CoreCare is available in two locations in the Kansas City area:

**Elevate Life**
9237 N Oak Trafficway
Kansas City, MO 64155

**Renuva Back and Pain Centers**
4400 College Blvd., STE 150
Overland Park, KS 66211

To schedule your $39 exam with two CoreCare treatments, call 913-815-8608 to schedule by August 30th.
Families across Johnson County will celebrate the Fourth of July holiday with picnics, gatherings of family members and friends, outings to lake beaches and parks, neighborhood barbecues, and of course, fireworks. Fireworks and Fourth of July have long been tied together like peanut butter and jelly, another all-American favorite. Back in my younger days, the holiday of our nation’s independence had more bang and a lot more opportunity for youthful that-was-pretty-stupid choices.

It didn’t matter that I squandered most of my allowance for two months on fireworks – Black Cat firecrackers, cherry bombs, M-80s, bottle rockets, even lady fingers. It didn’t really matter how quickly that allowance went up in smoke as long as it included a big bang. Pretty dumb.

My friends and I had combat by lighting firecrackers and throwing them at each other. We blew up tin cans or sent them into orbit by exploding a firecracker, or two, underneath it. More dumb.

We always liked to dare each other, seeing who could hold a lighted Black Cat the longest before tossing it away. Most dumbest.

We were foolish, but on the Fourth, foolishness was a freedom we, as kids, could claim.

For one who was born, raised, and growing older in Kansas, there is a special kind of nostalgia about the Fourth of July. As a boy, it was fireworks, but as we grew older, it was a personal, family, and community celebration and awareness about the birth of the greatest nation on earth. That occurred 243 years ago.

With all the fun and excitement fireworks can generate during the holiday weekend, they can also wreak havoc and cause injury and fires. Let’s not be dumb.

In the state of Kansas, consumer (Class C) fireworks are legal with the exception of bottle rockets – which are banned throughout the state. All cities/communities in Johnson County do not allow the use of bottle rockets in support of the statewide ban.

The state also authorizes local jurisdictions to enact and enforce their own fireworks ordinances.

In Johnson County, the use, sale and possession of fireworks are illegal in almost all cities and in rural areas of Johnson County. There are three exceptions. The only cities permitting the use and sale of fireworks within their city limits are De Soto, Edgerton and Spring Hill. Each city restricts use of fireworks to certain times and days.

Elsewhere in Johnson County, the general use/sale of fireworks is banned in most cities with only a few exceptions, such as snakes, smoke bombs, sparklers and caps. Local fireworks regulations are posted on the websites of various cities.

The best way to safely enjoy fireworks and see “the rockets’ red glare, the bombs bursting in air” into the night is to leave the fireworks up to the professionals at local public shows.

A half dozen or so public fireworks shows will light up the Johnson County night skies during local Independence Day celebrations on Thursday, July 4, including:

• The Corporate Woods Star-Spangled Spectacular in Overland Park
• College Boulevard Activity Center in Olathe
• Celebration Park in Gardner
• Riverfest Park in DeSoto
• Leawood City Park
• Stilwell Community

The holiday celebration will begin a day earlier in Edgerton, which is sponsoring a Community Picnic and fireworks display on Wednesday, July 3, at the Martin Creek Park.

Also, on July 3, a fireworks display will light up the evening at Bishop Miege High School, Roeland Park.

Community events, without fireworks, are scheduled during the day on Independence Day, including the Lenexa Community Days Parade in downtown Lenexa and the Annual Freedom Run; Annual VillageFest celebration at the Prairie Village Municipal Complex; Deanna Rose Children’s Farmstead, Overland Park and Spring Hill Aquatic Center.

Other holiday activities feature a Flags 4 Freedom display, with approximately 1,500 American flags, that will be visible at the Merriam Marketplace, Irene B, French Community Center and along Merriam and Johnson Drive through July 6. A patriotic concert will take place on July 4 at the Merriam Marketplace.

Many of the community celebrations offer lots of enjoyable things to do, including live music, entertainment, activities for all ages and food. Times and more details about local holiday events are posted on various websites of cities and organizers.

Let’s make it a great July Fourth observance in how ever and where ever we do it, celebrating the birth of freedom and our nation in 1776. It remains a grand time for all generations of all ages, past, present and future.

So, let’s take the time to honor our flag, our veterans, and our soldiers in uniform.

Conversations can combat suicide risk

By Keith Davenport

Seeing a friend struggle with symptoms that mirror depression, anxiety or mental illness can be a difficult experience. Conversations with an individual who is typically private about his or her own struggles and health can be particularly daunting.

Despite the challenges, having meaningful conversations and connections about mental health can literally save a life. The suicide risk in older adults is high, particularly for men aged 75 and over.

Understanding the warning signs for suicide is an important step in helping friends and family stay safe. For older adults, some of these warning signs are the same as they are for any age group: increased isolation, sudden change in eating or behavior patterns, and less interest in activities that were once favorites. Some signs that are specific to this population may be reoccurring comments like “I’m a burden” or “people would be better off without me.”

A first step in starting the conversation about the individual’s mental health would be to express concern for the person. A natural place to start is to express concern for that person based on what you’ve observed. Something like “I’ve noticed you haven’t been eating recently. How are you doing?” is a good way to start.

If the responses or behavior create concern for suicide, then ask directly if they have considered killing themselves. The notion that asking a person about suicide would give them the idea for the first time is actually a myth. It’s an important step in keeping a loved one safe.

If they have been thinking about suicide, keep them safe and help them connect to professional help, while assuring them that you are with them and you care for them. Individuals are never alone in these moments when supporting someone. Asking friends or family to come around to help support or calling the Johnson County Mental Health Center 24/7 Crisis Line at 913-268-0156 are just two of many resources for these moments.

The Johnson County Mental Health Center provides several trainings open to the public about how to talk to others about mental health concerns: Mental Health First Aid, safeTALK and ASIST are three of them. For more information about these trainings, visit jocogov.org/mentalhealth or call 913-715-7880. 

Keith Davenport is communications specialist at the Johnson County Mental Health Center.
Nutrition centers welcome your participation!

Seniors age 60 and older and their spouses of any age can make meal reservations at any Johnson County Area Agency on Aging Nutrition Center before 10 a.m. one day in advance of attending.

Monthly menus are available at all locations and at jocogov.org/hsd. Weekday meals Monday-Friday are served at 11:30 a.m. Suggested donation is $3 per meal.

Call for information regarding activities and social opportunities at the center of your choice.

- De Soto Civic Center, 32905 W 84th St.: 585-1762
- Gardner Senior Center, 128 E Park: 856-3471
- Lenexa Senior Center, 13425 Walnut: 888-6141
- Merriam Senior Center (in the Irene B. French Community Center), 5701 Merriam Drive: 677-2048
- Overland Park Senior Center (in the Matt Ross Community Center) 8101 Marty St.: 648-2949
- Spring Hill Civic Center, 401 N Madison: 592-3180

Celebrating Older Americans Month

Johnson County Commission on Aging (COA) and Silver-Haired Legislators (SHL) members attended the May meeting of the Board of County Commissioners where a proclamation for Older Americans Month was presented to the group. The proclamation recognized the contribution of seniors to the Johnson County community. Pictured left to right are Eugene Lipscomb, COA; Jeanie Adkins-Peine, SHL; Carol Sader, COA; Dale Warman, COA; Katy Hoffman, COA/SHL; Chuck Nigro, COA/SHL; Karen Weber, COA; Dan Goodman, AAA Director; Gary Scott, SHL; and BOCC Chairman Ed Eilert.

Mark your calendar ....

The Commission on Aging will be hosting an Aging Services Forum on Oct. 21 at the Johnson County Arts and Heritage Center, 8788 Metcalf Ave., Overland Park.

The purpose, Johnson County’s older population (60+) is expected to reach 155,000 by the year 2029. In order to meet the needs of those who will require services and support, the community needs to develop a plan for progress that focuses on the needs of older adults living in Johnson County.

The forum will highlight some challenge areas, offer some possible solutions and further explore the needs of a rapidly growing aging population through focused discussion. More specifics about the goal and outcomes will be in the September-October issue of The Best Times.

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

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.

The Commission on Aging (COA) will meet at 9 a.m. Wednesday, July 10, in Room 1055 at the Sunset Drive Office Building, 11811 S. Sunset Drive, Olathe, for a public hearing of the 2020 Area Plan and again at 9 a.m. Aug. 14 in Rooms 1070/1075.

For more information, call 913-715-8860 or 800-766-3777 TDD or visit jocogov.org/coa or facebook/com/jocogaging/.
Harvesters food network helps seniors

As Baby Boomers age, the need for food assistance for older adults is projected to increase. The latest research shows there are 70.5 million seniors living in the United States. By 2050, it’s estimated this population will grow to 104 million.

A 2019 Feeding America study, State of Senior Hunger, reports 5.5 million seniors were food insecure in 2017, including 2.2 million seniors who experienced very low food security.

Food insecurity among seniors varies by state and region. In Kansas, 9.4 percent of seniors are food insecure (9th highest in the country) and in Missouri the rate is 7.3 percent. In the Kansas City, Missouri metropolitan area, the senior food insecurity rate is 8.2 percent.

Harvesters’ network of pantries and on-site programs helps feed 141,500 people a month, including many seniors. Twenty percent of those served are seniors. Seniors can receive food assistance through Harvesters’ network of food pantries and kitchens. To find a nearby location, seniors can enter their zip code at harvesters.org/get-help.

Harvesters’ services for seniors include Senior Mobile Food Pantries, Senior Food Commodities (CSFP), and Supplemental Nutrition Assistance Program (SNAP) application assistance.

**Senior Mobile Food Pantries**
Senior Mobile Food Pantries are a partnership between Harvesters and nonprofit organizations providing social services to at-risk seniors living in low- to moderate-income housing communities.

Harvesters’ refrigerated trucks deliver fresh fruits, vegetables, dairy products and bread to seniors. Many of these seniors are homebound, living on small fixed incomes, and have limited access to grocery stores. This program helps them continue to lead healthy and independent lives.

**Senior Food Commodities (CSFP)**
In partnership with the federal government, many of Harvesters’ agencies distribute monthly commodity food boxes to low-income seniors through the Commodity Supplemental Food Program (CSFP).

The boxes contain shelf-stable items like fruit juices, pasta, rice, peanut butter, and canned meats, fruits and vegetables.

**SNAP/Food Stamp Benefits**
SNAP provides low-income people with a consistent means to buy nutritious food at supermarkets and many farmers’ markets using a special debit card. SNAP eligibility is based on residency, family size, income and assets.

Harvesters’ SNAP Outreach Team helps individuals determine if they are eligible for SNAP benefits. The team conducts a brief, free and confidential screening over the phone, determines if the individual qualifies and then assists with the completion and filing of the SNAP application.

For more information contact: Harvesters — The Community Food Network, SNAP Outreach Department, SNAP hotline: 877-653-9522.

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Wanted: Volunteers to deliver Meals on Wheels to seniors

What do you know about volunteering for Johnson County Area Agency on Aging Meals on Wheels? Have just one hour a week? Most people find that they can make a significant difference in the lives of seniors by volunteering to deliver Johnson County Area Agency on Aging Meals on Wheels!

Meals on Wheels has eight different pick-up centers and volunteers deliver the lunch meal from 10:45 a.m. to noon Monday-Friday. Routes are available in your neighborhood. The program now has the greatest need for Overland Park and Olathe volunteers since a new delivery route will be opening shortly.

Volunteer orientation sessions are held twice a month to provide more details.

If you are interested or want additional information, please call Katie at 913-715-8895 or e-mail Katie.Baker@jocogov.org. Also visit jocogov.org/dept/human-services/volunteer about this opportunity and other volunteer needs to contribute to the community where you live.
Catch-a-Ride marks 20 years

By Brandy Hodge

In 1998, the Kansas Department of Aging requested proposals for grant funds to meet the transportation needs of people in Kansas.

Johnson County Department of Human Services developed a proposal in collaboration with two other county departments – Developmental Supports and Transit. The program was funded for one year by a grant from the Kansas Department of Aging and support from four county departments.

The Catch-A-Ride volunteer transportation program began operation in May 1999 and exceeded the established performance goals in the first year of operation. Recognizing the success of the program and the need for the service, the Johnson County Board of County Commissioners authorized permanent funding for the program in 2000.

Catch-a-Ride is focused on meeting the transportation needs of older adults, people with disabilities and people in life transitions who have no other means of transportation. Due to the growing demand for transportation, the program has evolved over the years to focus on providing rides to essential destinations such as medical appointments, grocery stores and social services (such as the housing authority or food pantry).

Rides are available to Johnson County residents to Johnson County destinations, as well as St. Luke’s on the Plaza, University of Missouri – Kansas City School of Dentistry and St. Joseph’s Medical Center.

Transportation helps individuals remain independent and self-sufficient. Johnson County residents obtain essential services, enabling them to remain in their homes and communities as long as possible. It is a donation-based program with a recommended donation of $5 per one way. Services are not denied due to the inability to pay.

Catch-a-Ride relies on volunteer drivers who not only pick up the resident at their door but also wait for residents during their appointments. Residents who utilize the service comment that the reassurance that someone is waiting for them is important to them. Caregivers also praise Catch-a-Ride as many working adults have older parents who are served by the program.

Since its beginning 20 years ago, Catch-a-Ride has provided approximately 40,000 rides to 1,000 residents. In 2018, 5,661 rides were provided to 270 residents involving 112 volunteer drivers.

Art Chambers, Catch-a-Ride volunteer driver, provides a weekly Wednesday ride (to and from) to Tammy Woods who goes to dialysis Monday, Wednesday and Fridays. Catch-a-Ride drivers are needed for weekly dialysis rides and are considered “one ways.” It can take up to six volunteer drivers to fill each “one way” ride to dialysis, one driver takes to dialysis and one driver picks up from dialysis.

As the transportation demand continues to increase so does the need for additional volunteer drivers who must be at least 25-years-old, attend a formal orientation, and complete a criminal background check and motor vehicle check.

Volunteers drive their personal vehicles, set their own schedule and determine the geographical distance they are willing to drive. Catch-a-Ride volunteers come from all walks of life – stay-at-home moms, retirees and working professionals. Mileage reimbursement is available.

To become a volunteer or learn more about the program, please call 913-715-8900 or email catcharide@jocogov.org.

Brandy Hodge is Community Relations Manager for the Johnson County Department of Human Services.

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It’s official! Meadowbrook Park, 9101 Nall Ave., in Prairie Village is officially open.

The newest park in the Johnson County Recreation District (JCRD) celebrated its grand opening on June 22 after a three-week delay due to excessive rain in May. The weather impacted completion of the park’s destination playground, the Treeline Adventure.

Even with the opening delay, programming at the 10,000-square-foot Meadowbrook Clubhouse began in early June with 24 programs and five special events scheduled during the month.

“Our goal at Meadowbrook is to provide the community with programming for all ages that really focuses on the underlying theme of wellness,” said Recreation Coordinator Sophie Griffin.

“We want to provide opportunities for people to interact with the new park and facility through fitness classes, nature programs, family events and more.”

The clubhouse, located near the park’s northwest corner near 91st Street, includes an event space for about 200, a multipurpose room and a Natureplay Preschool with an outdoor playground. Other building features include a small lobby, administration area, catering kitchen and a deck overlooking the park area.

Meadowbrook Park, consisting of about 80 acres, is located primarily on the northern portion of the site of the former Meadowbrook Country Club. In addition to the Treeline Adventure destination playground, the park includes:

- a large shelter, the Grand Pavilion, which can accommodate up to 160 people
- three additional picnic shelters
- eight pickleball courts
- a separate play and picnic area, The Groves, located in a grove of oak trees
- Meadowbrook Hill which utilizes surplus soil from enlarging the park’s lakes to create a high area for snow sledding and other exercise pursuits throughout the year
- three miles of paved trails
- an area containing low-impact outdoor fitness equipment

“We’re very lucky and grateful to have the opportunity to serve the community in northeastern Johnson County. There are really no other parks like Meadowbrook Park in the area,” Griffin said.

“The park features offer so much to every age group. We plan to utilize the Grand Lawn for classes and programs, provide demonstrations of the fitness equipment at some of our special events, hold outdoor cooking classes in the Grand Pavilion, and give all ages a chance to engage with the new park through our programs.”

For a list of Meadowbrook programs in July and August, visit jcprd.com/1220/Programs-and-Events.
Keeping container gardens healthy

By Dennis Patton

Nothing adds a splash of color to summer like an overflowing container garden. It can spice up the front door, a patio or a special location.

Achieving pizzazz is easy when you have the proper tools for success. Let’s pack your toolkit with tips and tricks so that you can enjoy the creation all summer long.

Watering is a continual task as container gardens have a small soil mass. There is no recipe on when or how often to water as each location, soil type and pot size has unique needs. The bottom line is water as necessary to maintain consistent moisture. Supply enough water until it drains from the bottom, thoroughly soaking the soil. After a few weeks, you will learn the rhythm and know when it is time to water.

The number one reason container gardens fail is improper watering.

Don’t forget to fertilize

Due to the small amount of soil and frequent watering, nutrients quickly leach and are used by the plants. Additional fertilizer is needed regularly throughout the summer. Liquid fertilizers are diluted in water and provide good returns when used following label directions. Granular fertilizers such as 10-10-10 can be used at the rate of one to two teaspoons per pot. It doesn’t matter what type of fertilizer you use as long as you use it. Repeat these applications monthly with the last application around the first of September.

Potting mixes contain slow-release fertilizers. Don’t rely on them to get you through the season. By early summer, the nutrients have washed out.

No matter the combination, it is likely one plant will outgrow the others. The rogue sweet potato vine has a tendency to quickly consume the patio. Cut the plants back for a fresh look. Cutting back overgrown stems not only tidies up the plants but encourages new growth. Don’t be afraid to remove overgrown growth. Flowers and new foliage will flourish on the new growth. Within a few weeks after pruning, combined with a shot of fertilizer, the pot will be overflowing once again.

We all have experienced a container where the plant choice was a dud. Replace it instead of living with an ugly pot. Garden centers are stocked with larger sized annuals to breathe new life into the existing mix. Depending on the timing, a fall mum may be the answer to transition the container from summer to fall.

Vacation? Don’t forget about your plants!

Are travel plans in your future? Worried about how to ensure your containers survive their need for water? Don’t worry; with creative thinking they can make it without you.

The simplest solution is to rely on a trusty neighbor. This is a great task for a kid. Provide a little on-the-job training before departing to ensure they have the basic knowledge. By this time of year, you should have a good feeling for the frequency of watering. Walk them through the steps of how often and how much to water each container.

If a neighbor is not handy, then here are a few more tips. Group the pots together in a shady location. Grouping reduces evaporation and transpiration. Shade has a cooling effect as well. Don’t worry about moving sunny plants into the shade for a couple of weeks; they will survive just fine.

One of my favorite tricks for smaller containers that require frequent watering is to bring them indoors. Set the containers in the kitchen sink or bathtub for the duration of the vacation.

Indoor conditions significantly reduce water loss. If you leave them in standing water for a period of time it will rot the roots. The trick is just to water thoroughly before departing and let the excess drain away. The planting will do fine in lower light for a week to 10 days. You may notice some leaf yellowing, but once the container is back outside the plants will quickly recover.

For those with irrigation systems, drip irrigation can be retrofitted into your system to provide timely water all summer long. Program the drip lines into the time clock to deliver the right amount and frequency.

There you have it – a jam-packed toolkit with the knowledge needed to keep your container gardens in tip-top shape all summer long. By providing proper watering, fertilizing and a few housekeeping chores, your plants will thrive all season long.

Dennis Patton is horticulture agent at the Johnson County Extension Office.
The proposed FY 2020 Budget for Johnson County Government maintains a constant mill levy for another year and is scheduled for approval in early August by the Johnson County Board of Commissioners (BOCC).

The budget, as proposed by County Manager Penny Postoak Ferguson, totals $1.26 billion, with expenditures estimated at $934.5 million and reserves set at $331.4 million. The funding supports 33 departments and five agencies that comprise Johnson County Government to serve and protect a county population of more than 604,000 residents.

The county’s maximum expenditures in the FY 2020 Budget, as set by the BOCC, has been scheduled for legal publication on July 13. Following legal publication, the county cannot, by law, increase the amount of the budgeted expenditures, but can decrease the amount of the operating budget or taxing level in final approval by the BOCC.

“Residents are encouraged to learn more about the proposed budget and provide input about county services and programs for FY 2020 and beyond,” Ed Eilert, chairman of the BOCC, said. “All residents are invited to be an active part in the county’s annual budget process and to share their views with board members and county management in finalizing the budget for next year.”

A public hearing on the new county budget is slated for 7 p.m. Monday, July 29, in the Board’s Hearing Room located on the third floor of the Johnson County Administration Building, 111 South Cherry St., in downtown Olathe.

The county manager’s proposed budget provides financial support for the county’s emergency and safety-net services, rated as the “most important” future priorities in the 2019 Community Survey and a key priority of the BOCC.

Under the proposal, additional resources are earmarked for the Human Services Department and Mental Health Center to enhance the ability to meet the needs of the county’s vulnerable population and low-income households, priorities which received an 88% rating of importance in the community survey.

The budget plan includes additional funding for Human Services’ Housing Choice Voucher program and four new Mental Health positions, including deaf services and after-hours clinicians.

The estimated mill levy for the proposed FY 2020 Budget of $1.26 billion is 26.013 mills, unchanged from the county’s current mill levy.

Based on an average residential property value of $330,000, the estimated tax is approximately $987 or $82.25 per month. The county’s property tax does not include other taxing entities, such as the state of Kansas, cities and school districts.

The BOCC is expected to adopt the budget resolution during its business session on Thursday, Aug. 8, beginning at 9:30 a.m. in the Hearing Room. According to state statute, the county’s new budget must be approved and filed with the County Clerk by Aug. 25.

Details about the FY 2020 Proposed Budget and budget process are available at the county’s main website at jocogov.org.
Yoga, Tai Chi classes help to stay active

By Michelle Alexander

Keeping our minds and bodies engaged and active is key to aging well and gracefully.

Mindful exercise practices such as Tai Chi and yoga can put you on that path. Both have many benefits to achieve healthy aging such as movement without strain, greater flexibility to maintain a good range of motion in joints, promotes good bone health, improved balance, and keeps the mind sharp.

One of Johnson County Park and Recreation District’s 50 Plus Programs newest instructors, Valerie Deering, has been teaching yoga for nearly 20 years. She loves teaching chair yoga, which is a spin on the traditional form. It uses a chair to sit and pose as well as stand and pose, using the chair for balance. Deering believes strongly in the benefits of yoga and an individual’s ability to continually find balance and wellness. New classes on chair yoga will get underway in mid-July at the Meadowbrook Park Clubhouse, 9101 Nall Ave., Prairie Village.

Hatha (gentle) yoga classes are offered on Monday and Thursday evenings at the Roeland Park Community Center, 4850 Rosewood.

Summer sessions of yoga include three, seven-week sessions in July at the Meadowbrook Club Clubhouse and one six-week session either at the Mill Creek Activity Center, 6518 Vista Dr., Shawnee, or at the Meadowbrook Park Clubhouse. Two six-week sessions are taking place in August at the Mill Creek Activity Center.

Tai Chi classes are occurring in July and August and taught by Marilyn Kimmi, who has taught Tai Chi for the 50 Plus program for 25 years. Her participants continually remark on her patient nature and ability to create a calm and restful learning environment. The activities take place in the Roeland Park Community Center.

JCPRD also offers a certified Arthritis Foundation Tai Chi class. Sessions are held at the Sunset Drive Office Building, 11811 South Sunset Drive, Olathe, and at the Asbury Methodist Church, 5400 West 75th St., Prairie Village. These are on-going classes which participants can start at anytime.

Participants don’t have to be young or fit or flexible or to start. If you can breathe, you can practice yoga and you can practice Tai Chi. It’s always important to talk to your doctor before starting a new activity regimen and remember to start where you are, not where you think you should be. Listen to your body, afford yourself some grace with your limitations, and be kind to yourself. You deserve to feel good!

To learn more about the classes mentioned here offered through Johnson County Park and Recreation District, visit jcprd.com/50Plus or call the 50 Plus Department at 913-826-2975.

Michelle Alexander is the 50 Plus Department manager at the Johnson County Park and Recreation District.
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ACTIVE INDEPENDENT LIVING

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There is no shortage of volunteer opportunities at Johnson County Developmental Supports (JCDS) for those who are willing to donate their time and efforts.

JCDS, an agency of Johnson County government that facilitates career and personal development for Johnson County residents with intellectual and/or developmental disabilities, offers a robust volunteer program for residents looking for local service opportunities.

Retired community members are a valuable asset to the volunteer program, featuring options for a volunteer to find the best opportunity for their talents, interests and schedule.

Do you like to:

Create? The Emerging Artists and Papercrete Works programs are a perfect fit for those looking to be creative. Volunteers can come and sit alongside the program participants and paint, instruct or just guide. If you don’t have any artistic abilities but would like to help with art shows throughout the year, we could use your support there, as well.

Teach? Share your knowledge and experience with the individuals served by JCDS by giving a talk, presentation or demonstration. The individuals served by JCDS are always exploring and learning. Volunteers can lead a cooking class demonstrating how to make their favorite recipe or lead a session on inclement weather safety. Do you have a green thumb? Help JCDS design and plant new gardening spaces. Volunteers can even share their favorite movie or book.

Support others? The activities change frequently at JCDS and need volunteers to simply go along with people who receive services at JCDS. On these outings, individuals served are accompanied by staff and you can help by guiding, talking and supporting as they explore new places and try new adventures. Can you bait a hook for a fishing adventure? Do you know about trains and travel? Do you have favorite trails to hike? Would you like to prepare and serve meals at area lunch programs? The support opportunities are endless.

Perform? Come play a piano or other instrument for an hour or share stories about your musical experience. Is acting and live performance your thing? You can come lead an improv class or performance.

There’s an opportunity for you to volunteer in whatever activity you are passionate about, and volunteering is the most satisfying and successful when you are doing something you enjoy. Whether you are recently retired or are in your later years, there is an opportunity here for you.

Ready to find out more? Contact Patti Combs, volunteer coordinator for JCDS, at 913-826-2680 or patricia.combs@jocogov.org or go online at jcds.org.
SM Park adds inclusive playground

A ribbon-cutting ceremony is scheduled for Saturday, July 6, for the new inclusive playground located in the north Walnut Grove area of Shawnee Mission Park, 7900 Renner Road, Shawnee and Lenexa.

The celebration will get underway at 10:30 a.m. and run until 1 p.m. The free event will include comments from the Johnson County Park and Recreation District (JCPRD) and other local officials, giveaways and a hot dog lunch.

Sometimes also called universal playgrounds, inclusive playgrounds are meant to enable all children to play together without physical or social barriers.

The new playground will feature:
• climbing elements
• an area with musical instruments
• swings
• a shade structure with a mister element
• a double-wide slide
• a rolling slide table that participants can pull themselves along

The equipment also features a Sway Fun Glider which can accommodate a wheelchair. The project also includes a restroom building with four extra large stalls meant to provide enough space for someone to be able to assist youth with special needs.

JCPRD’s first inclusive playground opened in late September 2018 at Stilwell Community Park, 6402 West 207th St.

The inclusive playground projects at both parks were added to the 2018 capital improvements budget after the Board of Park and Recreation Commissioners expressed interest in adding inclusive playgrounds to Johnson County’s park system.

Planning and Development Manager Cliff Middleton said making sure these playgrounds are fun for all participants was a major goal for these projects.

“Hopefully, lots of families will go there, whether they have special needs children or not; they’re just going to go because they’re really fun playgrounds,” Middleton said.

“Of course, having something that accommodates kids with special needs will be popular, too. There are some common elements between the two (JCPRD inclusive playgrounds), but we did try to make them different enough that you might want to take your family to one on one weekend, and to the other the next weekend.”

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Coming to America:

By Gerald Hay

Late in his life, Hasmukhlal Malkan, fondly known as Dada (an informal Hindi term of affection for the elderly by anyone), dreamed of becoming an American citizen.

A legal immigrant from India, living with his family in Overland Park, he became a U.S. citizen in early May at the age of 91, filling his American dream. It is a happy story, for the most part, with a sad ending.

The pathway toward Dada’s naturalization spanned more than six years and intensified over the past two years. Dada was guided with the help of two Johnson County departments providing in-home health services and offering information and resources to senior adults and their families for a wide range of needs and requests. Helping an immigrant to become a citizen, however, was unusual, requiring assistance from throughout the Johnson County community, involving both public and private partnerships.

Mary Sizoo, eligibility and options specialist at the Area Agency on Aging, which is part of the county’s Department of Human Services, was the initial point of contact in January 2017 in helping the Malkan family. She coordinated for Dada and his wife to receive in-home services, including a personal care attendant and respite care to assist the family with caregiving. Suzoo also initiated a referral to the Outreach Nurse Home Visiting Program through the Johnson County Department of Health and Environment.

“It took the whole community to come together for a great outcome,” said Barb Thompson, a registered nurse for the Outreach Nurse Home Visiting program. Thompson assists clients with limited support systems, multiple health issues or difficulty in performing daily activities. The Outreach Nurse Home Visiting program does not provide acute care services. When she met Dada her main focus was helping his wife, Sushilaben (Sushi), who was in declining health. A slender man with an easy smile, Dada tried to befriend all who came into his life.

“He was alert and sharp-minded for 90-years-old. Everyone who met him fell in love with him. He was a kind soul,” Thompson said. “He would call me ‘sister.’”

“He was anybody’s dada,” Shetal Malkan, his daughter-in-law, added with a smile.

Dada was healthy for his age, unlike his wife of 67 years. After determining Sushi’s health needs, Thompson contacted Crossroad Hospice and Palliative Care, Kansas City, which was willing to provide pro-bono care for the 87-year-old client. Sushi died a few months later.

Following her death, the family asked Thompson to monitor Dada’s health with monthly visits to manage his overall well-being.
Dada becomes a naturalized citizen with whole community coming together for a great outcome

Hasmukhlal (Dada) and Sushilaben (Sushi) Malkan were married for 67 years until her death two years ago at age 87. The couple’s wedding picture is shown on the right. They joined their son’s family in Overland Park in 2012. The family has lived in Kansas for 23 years, mostly in Johnson County.

During her visits, she quickly learned and frequently heard about his dream of American citizenship. Thompson also directed the family to Catholic Charities’ Friendly Visitor Program to provide a volunteer twice a week to visit Dada. He had become very lonely as a widower since the family worked during the day. Aside from being a visiting friend, the volunteer also helped Dada figure out how to take the citizenship test.

Even though he was a nonagenarian, Dada wanted to become the second generation in his family to complete the naturalization process, one that takes a minimum of five years to complete. His son, Nitin, has been a naturalized American citizen since 1996; his daughter-in-law, Shetal, followed in 2004. Both came to the U.S. in the early 1990s to attend separate colleges in California. They met and married in 1993.

The couple moved to Kansas 23 years ago, living in Overland Park for the past 18 years. The family now includes a son, Arpit, 23, living in Boston and an 18-year-old daughter, Mansi, living at home and a sophomore at the University of Kansas. They are members of the BAPS Swaminarayan Mandir Hindu Temple in Shawnee.

Indian culture of joint family

In keeping with the long-standing practice of Indian culture, the joint family system is the center of tradition in India. It is a system in which extended members of a family – parents, children, the children’s spouses and their offspring, all live together. Dada and Sushi joined their family in Overland Park in December 2012. Shetal’s mother (Devyaniben) and father (Arvindbhai) live with her brother and his family in Baltimore. All are naturalized citizens.

“He (Dada) always wanted to become a U.S. citizen ever since he arrived,” Nitin said. “He believed that it would be a great and right thing to do.”

The United States has long been considered a nation of immigrants from all parts of the world. According to the U.S. Citizenship and Immigration Services (USCIS), more than 7.4 million naturalized citizens joined the nation in the past decade and approximately 700,000 to 750,000 immigrants complete the naturalization process each year.

The path toward naturalization is both challenging and time consuming at any age.

According to the USCIS, the citizenship process begins with immigrants becoming permanent U.S. residents – green card holders. Dada and his wife received their green cards in 2013. After living in the United States for five consecutive years as lawful permanent residents in good moral standing, green card holders may apply for American citizenship. The application process can take six to 14 months, requiring multiple background checks and cross-checks by the Department of Justice, the Federal Bureau of Investigation and the Department of Homeland Security.

100 civics questions to study

Applicants must also pass the U.S. Naturalization Test of 100 civics questions. In preparation for the exam, applicants receive the questions/answers. In his own handwriting, Dada copied and studied the test information in several pages of a notebook he kept on a small table in his bedroom.

“With limited exposure to English, he poured his heart into preparing for his citizenship test at the age of 91. For me and my family, he set an example that if we want to achieve something in life there is no substitute for hard work,” Nitin said.

After completion of the required background checks, immigrants applying for citizenship then must undergo an in-person interview at the nearest field office of the USCIS.

During the naturalization interview, applicants are asked up to 10 questions from the list of 100 questions in

Continued to page 18
Coming to America: Dada fulfills dream

Continued from page 17

English to test their knowledge and understanding of the U.S. Constitution, history and government. They must correctly answer six of the 10 questions.

Dada’s interview and test took place in February in the Kansas City, Mo. field office of USCIS, serving Johnson County and the eastern third of Kansas. He missed only one question.

“He worked very hard for it and he passed it,” Shetal said.

Test would challenge many Americans

According to a 2019 survey by the Woodrow Wilson National Fellowship Foundation, just 39% of Americans would pass the test required to become a United States citizen. The survey, however, found that people aged 65 and older were more likely to pass the test than those aged 45 and younger with 74% of Americans aged 65+ answering at least six out of 10 questions correctly.

As part of the interview, federal immigration officers also test an applicant’s ability to read, write and speak basic English as well as the applicant’s willingness to take the oath of allegiance to the United States. Dada passed in language efficiency and was most eager to take the oath as soon as possible. That process usually takes a few months to schedule.

“He said he would fight for America while sitting in his wheelchair,” Shetal said.

His Legal Citizenship Day, involving the naturalization ceremony and the oath of allegiance, was set for May 29.

In April, Dada’s health began to deteriorate and hospice care from Crossroads was approved. An interpreter was also provided to write Dada’s life story in English for a personal legacy to his family.

“The (hospice) nurse knew he would not make it (to the end of May). He was failing, and he was ready to go,” Thompson said. “He was ready to see her (his wife) again.”

Nitin, his son, agreed, adding that an ailing Dada was determined to complete his citizenship.

“God had other plans for him, but he said he was looking forward to becoming a U.S. citizen.”

The nurse then wrote to the office of U.S. Senator Jerry Moran, R-Kansas, asking to speed up Dada’s naturalization process. The senator approved the request, asking a federal immigration judge to visit the Malkan home on May 7, conduct the swearing-in ceremony at his bedside and sign the Certificate of Naturalization.

Kristin Little, the senator’s district representative, assisted the Malkan family and attended Dada’s ceremony.

A bittersweet celebration

The celebration was bittersweet since Dada had slipped into his final sleep two days before. Shetal served as his proxy in signing the certificate for her father-in-law, taking the oath of allegiance and completing the process by 2 p.m. “The ceremony was beautiful,” she said. “It was great!”

For the remainder of the day, more than two dozen well-wishers, including family, friends, temple members and Thompson and other healthcare providers, surrounded Dada on his bed at various times to celebrate his U.S. citizenship and a good life well lived.

Dada died nine hours later as a newly naturalized citizen in his new homeland – America.

His dream was fulfilled – he was an American at the end.

Dada practiced his faith at a small temple with his prayer beads on a table near his bed.

A video on the naturalization of Dada Malkan is viewable on the county’s website at jocogov.org/dada.

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50 Plus offers day and regional trips

By Mary Beth Lynn

The 50 Plus Department of the Johnson County Park and Recreation District invites residents to embark on an adventure this summer with day trips to explore amazing destinations in nearby states. All day trips will leave from Antioch Park, 6501 Antioch Road, Merriam.

Registration is open until Friday, July 5, for a trip to Topeka on Aug. 2 for a fun evening out to enjoy a dinner theatre production of the classic hit performance of “Singin’ in the Rain” at the Topeka Civic Theatre. Cost is $95 and includes dinner. The trip will head to Topeka at 4:30 p.m.

Participants will travel to Clarinda, Iowa, on Thursday, July 18, for the day to learn about World War II and other Midwest sites, featuring a tour of the Glenn Miller Birthplace Home and Museum to learn of his contributions to the war and his Army Air Force Band. During WWII, an internment camp designed for 3,000 prisoners of war was built in Clarinda. German prisoners were the first to arrive at Camp Clarinda in 1943 followed in 1945 by Italian and Japanese POWs. Original artifacts from the camp will be on display while visiting the Nodaway Valley Historical Museum. Other activities include hearing about the development of 4-H, seeing the Freedom Rock and touring the Carnegie Art Museum.

Cost for the trip is $86 and includes lunch. The trip departs at 7:15 a.m.

On Tuesday, July 23, a day trip heads to Springfield Missouri, to tour Johnny Morris’ Wonders of Wildlife Natural Museum and Aquarium, which was voted the Best New Attraction in America in 2017 and the Best New Aquarium in 2018 by USA Today. The 350,000-square-foot facility features mammals, reptiles, amphibians, and 35,000 live fish and birds of 8,700 different species. Wonders of Wildlife is bigger than the Smithsonian Museum of Natural History in Washington, D.C.

The cost for the trip is $98 and leaves the park at 7 a.m.

On the eve of football season, an Aug. 12 day trip travels to St. Joseph, Missouri, in the morning to watch the Kansas City Chiefs practice at training camp followed by lunch at a local restaurant before spending the afternoon on a guided tour of Arrowhead Stadium.

The cost for the trip is $88. The trip leaves the park at 7 a.m. on Monday, Aug. 12.

Dams and Caves is the final day trip for the summer. On August 29, enjoy a guided tour of the Ozark Caverns at Camden, Missouri, followed by lunch at the Common Ground Café before visiting Truman Dam and Visitors Center, which sit atop the Kaysinger Bluff, in Warsaw, Missouri.

The cost for the trip is $84 and departs from the park at 7:15 a.m. on Aug. 29.

A regional trip, Hidden Gems in the Autumn, is planned for Sept. 10-12 to enjoy the beauty of the Ozarks. Participants will travel by motorcoach from Antioch Park to Branson, Missouri, to see C.J. Newsom’s Classic Country and Comedy Show, tour the College of the Ozarks and explore the Ralph Foster Museum. College students will host lunch at the Dobyns Dining Room on the College of the Ozarks campus.

Other activities feature an afternoon matinee of the Dutton Family Show, an evening show of the Presley’s Country Jubilee, a guided tram tour of Johnny Morris’s Dogwood Canyon and a cookout lunch at the Canyon Pavilion.

Cost is $614 per person double occupancy or $734 per person single occupancy. Price includes transportation, lodging, luggage handling, four meals, 50 Plus tour manager, show tickets and gratuities.

For reservations and more information on any of the upcoming day trips, call 913-826-3030.

Mary Beth Lynn is the travel coordinator at the Johnson County Park and Recreation District.

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Alice and Gerald dig the new Village Shalom. You will, too. Construction is underway! Don’t miss your chance to be a part of it.

Call 913-266-8300 or visit www.VillageShalom.org/Future.
Overnight fishing set at four lakes

The first of two Overnight Fishing Saturdays planned at Lexington Lake Park Lake during 2019 will take place on July 6. Other July overnight fishing opportunities being planned by the Johnson County Park and Recreation District (JCPRD) will take place on July 13 at Heritage Park and July 20 at Shawnee Mission Park.

After 11 p.m. on these dates, the specific park will be open strictly for fishing only and park police officers will be on duty throughout the night.

Fishing will be allowed from the bank or from watercraft. Park safety officials noted state law requires a white light be on at all times on boats on the water after sunset.

Before fishing in district waters, Kansas residents ages 16 to 74 and nonresidents 16 and older need to have a Kansas state fishing license, and all appropriate boat tags, if applicable. Additionally, Johnson County residents ages 16 to 64 and non-county residents age 16 and older must have a JCPRD fishing permit.

Permits are available at the JCPRD Registration Office, Building D, 6501 Antioch Road, Merriam; Visitors Services in the JCPRD Administration Offices in Shawnee Mission Park, 7900 Renner Road; and at numerous local retail outlets.

This year’s other remaining Overnight Fishing Saturdays will include Aug. 17 at Shawnee Mission Park, Aug. 10 at Kill Creek Park, and Sept. 14 at Lexington Lake Park.

Lexington Lake Park is located at 8850 Sunflower Road, north of Kansas 10 Highway near the Lexington Avenue exit in De Soto.

Heritage Park is located at 16050 Pflumm Road, Olathe.

Shawnee Mission Park is located at 7900 Renner Road, Shawnee.

Kill Creek Park is located at 11670 Homestead Lane, Olathe.

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

County continues ADA efforts in many ways

The opening of a new inclusive playground in Shawnee Mission Park, located in both Shawnee and Lenexa, comes in the month of July, celebrating the 29th anniversary of the Americans with Disabilities Act (ADA).

A similar playground was added to the Stilwell Community Park last year. Both projects enable all children to play together without physical or social barriers.

The newest playground comes on the heels of the first inclusive theater camp in mid-June at the Johnson County Arts & Heritage Center, Overland Park, giving children of all abilities the chance to live out their dreams of being in show business.

Since the ADA was signed into law by President George H.W. Bush on July 26, 1990, Johnson County continues its efforts to ensure residents have equal access to the buildings, parks and public services/programs.

Construction of a 58-foot observation tower in Kill Creek Park, Olathe, will feature a central ADA-compliant elevator. The tower, located near the entrance to the park, is scheduled for completion by the end of 2019.

The new Johnson County Courthouse now being constructed in downtown Olathe will be fully ADA compliant when it’s completed and operational in early 2021.

Program offers family fun on July 14 at TimberRidge

Family Fun Time, a new program, offers families an opportunity to experience outdoor activities at the Johnson County Park and Recreation District TimberRidge Adventure Center near Olathe.

The event will take place on Saturday, July 14, beginning at 1:30 p.m. Family Fun Time is for ages eight and older. Participants will get a chance to try out archery, bb guns, boating and fishing, and will rotate through the various activities at their own pace.

Admission is $15 per person, including adults, for Johnson County residents or $17 per person for nonresidents.

The TimberRidge Adventure Center is located at 12300 S. Homestead Lane, Olathe, and is adjacent to Kill Creek Park.

For more information about Family Fun Time, call 913-856-8849.
Safety awareness matters at any age

By Rick Howell

The feelings of safety and comfort we knew as younger adults seems to fade as we reach our later years. Situations where we used to feel more confident now seem to be more difficult. The aging process can be a time of joy and newfound freedom but can also introduce some additional challenges.

Older adults have an increased chance of falling prey to violence, but that doesn’t mean we need to live in fear. There are steps we can take to heighten our awareness and decrease the chances of becoming a victim.

There are four A’s of personal safety that we can implement to make ourselves less vulnerable.

**Awareness**
- Plan ahead
- Constantly assess your surroundings
- Avoid pre-occupation
- Acknowledge suspicious persons

**Alert**
- Watch for unusual activity
- Use the buddy system - especially after dark
- Use alert behavior (scan with confident eye contact)

**Avoidance**
- Stay away from potential problem areas
- Avoid the “it can’t happen to me” attitude
- Avoid being alone with people you don’t know

**Action**
- Play what if scenarios in your mind (prepares the mind for action)
- Understand your physical capabilities
- Use common sense (trust your instincts)
- Avoid panic

Another area of concern is active shooter violence. These events occur in the workplace, churches, businesses and other places where crowds of people gather. However, the chances of being involved in a mass shooting event are actually small in comparison. If you do find yourself in the middle of a critical incident, remember: Run, Hide, Fight!

The first step is to have situational awareness. If you hear boom, boom accept what you heard as gunshots. Thinking gunshots first gives your mind and body time to react. If the sound is farther away, your best option is to run. Run in the opposite direction of where the sound is coming from.

If you can’t run, the next best option is to hide and barricade yourself. Simply hiding is not the goal. You must lock the door, turn out the lights and use anything at your disposal to barricade the door. After barricading, move away from the door and hide behind any solid objects in the room. Silence your cell phone and be quiet to avoid easy detection by an active shooter.

The last option is to fight. Survival is a mindset and not necessarily a skillset. Fighting means causing violence to the person trying to hurt you and others. Use anything at your disposal to give yourself the advantage.

Lastly, always remember to call 911 and follow instructions given to you by the first responders.

If you have a social or church group or live in a senior adult center and would like a Sheriff’s Office Deputy to provide information/presentation about safety training, please call 913-715-4545 and leave a name and a phone number.

Rick Howell is a deputy in Public Affairs and Community Outreach with the Johnson County Sheriff’s Office.

Program showcases ‘Wonders of Africa’

The Lunch & Learn program on Monday, July 15, by the 50 Department of the Johnson County Park and Recreation District will showcase the “Wonders of Africa”.

The program begins at 11:30 a.m. in the Meadowbrook Park Clubhouse, 9101 Nall Ave., Prairie Village.

The cost, including lunch, is $18 per person for Johnson County residents or $20 per person for nonresidents. For more information or to register by phone, call 913-831-3359 or go online at jcprd.com.
Teaching Garden dispels fears of failure

By David Chartrand

As a writing coach I have learned that “writers block” is mostly about fear. Fear of the unknown; fear of failure.

I have learned the same as a gardening coach. Despite the formidable resources available to Johnson County gardeners, the laments never stop: “I don’t know where to begin” or “Help! I don’t know what I’m doing!”

Homeowners of every age, education and income, want and deserve beautiful gardens. Attractive gardens give us a sense of accomplishment and make us feel good about our property and ourselves. They make us proud to have visitors. Nice gardens increase the values of homes and neighborhoods.

So what scares us about digging in and adding color to our landscape?

All humans dread attempting something they’ve never done before. We know where to find and buy plants and we know where to reach experts. Johnson Countians are blessed with the services of the KSU Research Extension Service Office in Olathe and its “master gardener” students. The expert staff answers questions and gives advice free of charge, by phone or in person. Its vast library of do-it-yourself instructions is one of the best-kept secrets in the county. Its website is johnson.k-state.edu.

Nonetheless, I have witnessed a rapidly growing demand for something no government agency, university or retail firm can provide: house calls and at-home consultations. Just as it’s impossible for a doctor to diagnose patients over the phone, it is impossible to resolve individual gardening issues without visiting the scene.

On summer breaks from teaching, I have worked at all the local nurseries. My heart has ached for customers — newlyweds, elderly, handicapped and more — who walk the aisles drooling over pretty plants they know nothing about. Sales staff will point customers to the right aisle, but none have the time to teach proper plant care. It’s even worse for customers who are traumatized by failures — beetle-ravaged hydrangea... limping lilacs... wilted dogwood trees.

That’s why I created The Teaching Garden, a nonprofit internet “help room” for novices. Its credo is, “Taking the fear out of home gardening.” It’s accessed via the popular social media app, MEETUP. Anyone can join The Teaching Garden for free. They can post questions and they can request free home consultations.

The website is meetup.com/Teaching-Garden. The MEETUP app runs on Macs and PCs. It is available for free on the Apple or Google Store by searching ‘Meetup’.

Gardening anxieties are assuaged by convincing people that gardening success is not magic and requires no “green thumbs.” It is not the sole province of the wealthy. The basics are simple and within everyone’s reach. The Teaching Garden covers many basics, such as how to dig planting holes, how to choose plants that will thrive in sun vs. shade, proper watering, and the right way (and wrong way) to prune. And the critical discipline of using winter months to nourish existing plants and prepare for spring.

The Teaching Garden’s rapid growth in membership doesn’t mean that existing agencies have failed. It means that there are countless Johnson Countians — anxious, uneasy, nervous — who need personalized help. On my initial home visit (free of charge) I deliver this message: It’s normal to be afraid and it’s important to make mistakes. Mistakes create the road to gardening success. Let’s walk that road together. 

David Chartrand is an Olathe-based journalist, author and gardening coach.
Courses cover art and history

The Osher Lifelong Learning Institute at the University of Kansas offers a variety of interesting courses at several Johnson County Park and Recreation District 50 Plus Program facilities. Each course offers a choice to attend three – two-hour classes with a fee of $50 per person.

Summer selections begin 6:30 p.m. Monday, July 1, with “Amelia Earhart – What Happened to Her?” which examines the two valiant attempts by the famous Kansas pilot to fly around the world. The course will be in the Roeland Park Community Center, 4850 Rosewood Drive.

For the art lovers, two different courses are scheduled at different locations and times on Thursday, July 11. At 9:30 a.m. in the Mill Creek Activity Center, 6518 Vista Drive, Shawnee, participants will explore a few beloved artists in “Three Dutch Masters – Rembrandt, Vermeer and Van Gogh.” At 2 p.m. in the Meadowbrook Park Clubhouse, 9101 Nall Ave., Prairie Village, attendees will learn how changes in culture, science and technology influenced the Impressionist painters in the course, “Impressionism – Putting It in Context.”

A course at Matt Ross Community Center, 8101 Marty St., Overland Park, on Friday, July 12, will discuss several colorful and notable Kansans in “Kansas Characters – From the Scandalous to the Benevolent,” featuring discussion of John Brown to Carrie Nation and Vern Miller to Karl Menninger. The program starts at 9:30 a.m.

Another lesson on Kansas history is being offered at 6:30 p.m. Tuesday, July 16, at the Roeland Park Community Center. “Kansas and its Hidden History” features discussion about America’s first woman mayor, Wild West shootouts and ancient camels roaming the state.

Osher courses are taught by current or retired college professors who are true subject matter experts. Call 913-831-3355 to register.

Plein Air class begins July 10 in Stoll Park

A Plein Air painting class in the open air begins at 9 a.m. Wednesday, July 10, at the Thomas S. Stoll Memorial Park, 12500 West 119th St., Overland Park.

Participants will learn color mixing, light representation and more while painting in the outdoors.

The cost for six sessions lasting two and a half hours is $63 for Johnson County residents or $69 for nonresidents.

For more information or to register, call 913-831-3359 or visitjcprd.com.
Coping with stress of caregiving

By Denise Dias

Stress is how our body deals with situations that are difficult to cope with. Sometimes stress can be positive, but for many of us, it affects us in a negative manner.

Caregivers often struggle to deal with the stress of daily life as well as the stress of providing compassionate care. The most important thing that a caregiver can do is to take care of him/herself. Caregivers need to thrive, not survive.

There are a few steps that can help manage stress. One of the first steps is to recognize the signs early before the stress starts to cause unhealthy effects.

Once you realize there is stress, look at what or where that stress is coming from. Remember, you can only change yourself and your situation. This is a way of looking at what you can control and change.

If you try to change things which you cannot control, you end up being more stressed. The last step is to actively make changes in reducing your stress. Don’t ignore it but do try to find ways to address it.

There are several warning signs that stress is reaching a destructive level. Are you more forgetful or unable to concentrate? Do you seem to be more irritable and resentful of your situation? Are you eating more? Maybe you are experiencing physical symptoms like getting sick, having headaches or your blood pressure is high.

If you are experiencing one or more of these warning signs, look at the root cause of why this is happening.

Neglecting stress can lead to increased health problems, relationship problems, burnout, depression and in turn as a caregiver, you cannot provide good care in a loving way.

Taking positive actions can help reduce stress. Stress reducers help you to relax and feel good and do not have to be elaborate or expensive. Sometimes it is the little things that make the biggest difference in our lives.

Walking, laughing, listening to music or reading a book are common stress reducers. Find time to get together with a friend, go dancing or exercise. Meditating, enjoying a cup of tea, or doing some deep breathing can help to calm you. Maybe you prefer to watch a good movie or try to get some much-needed rest by going to bed early or taking a bubble bath.

Stress reducers are personal. What works for one person may not work as well for another.

For caregivers experiencing a physical problem, it may be beneficial to choose a stress reducer that is also physical, such as walking or swimming. Mental stressors could be combated with mediation or relaxing with a quiet activity like reading.

If you are dealing with both mental and physical stress, try something that combines both such as tai chi or yoga.

Remember, it is critical that as a caregiver you take care of yourself. If you see any warning signs, write them down and look for the source of that stress. Finally, take action! Doing just one thing for yourself every day can go a long way in keeping you healthy and able to care for your loved one as long as possible.

If you are interested in attending a six-week workshop, contact the Extension Office at 913-715-7000.

Denise Dias is family and consumer sciences agent at the Johnson County Extension Office.
The 2019 season of the Theatre in the Park (TIP) continues with three productions though the end of summer. Upcoming shows include:

- “The Music Man,” July 5-13
- “Matilda: The Musical,” July 19-27
- “The Wizard of Oz,” Aug. 2-10

The entrance to the Theatre in the Park complex is located at 7700 Renner Road, Shawnee. Showtime for all outdoor productions is 8:30 p.m. Performances 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.

The Theatre in the Park, a program of the Johnson County Park District, is currently celebrating its 50th season. The live theater program was launched in 1969 on a small wooden stage in Antioch Park, Merriam. Productions were moved to Shawnee Mission Park in 1972. The current permanent stage and 10-acre location was dedicated in 1980.

More information about Theatre in the Park and its upcoming productions is available by visiting its website.

Lunch & Learn event features Oz collector

Meet a local collector of all things Oz during the next Lunch & Learn program at the Johnson County Museum.

The “Collecting Oz” program starts at noon on Friday, July 19, and features collector Jane Albright, who inspired the museum’s current temporary exhibit, “Expanding Oz.” She will share her journey and passion collecting all things Oz.

Admission to the Oz exhibit, which runs through Nov. 2, is included in the ticket price, for viewing before or after the program. The museum will provide bottled water and dessert, but participants should bring a sack lunch.

Johnson County Museum is located inside the Johnson County Arts & Heritage Center, 8788 Metcalf Ave., Overland Park.

The cost for the one-hour program is $5 per person for adults, and museum members receive a 20 percent discount, but must register by phone to receive their discount.

For more information or to register by phone, call 913-831-3359 or go online at jcprd.com.
Bert Rogers: Marrying judge to many, father to famous actor

By Gerald Hay

Residents go to the Johnson County Courthouse in downtown Olathe for many reasons.

They go to court, serve on juries, adopt children, pay fines, record deeds, settle estates and resolve legal disputes or actions.

They also apply for marriage licenses in order to wed. In 2018, 2,855 couples applied for marriage licenses at the courthouse. Applicants’ ages ranged from 17 to 94 at the time of application. Any of the 23 district court and four magistrate court judges in the Johnson County District Court system can perform a wedding ceremony in their courtrooms or elsewhere.

None of the current judges hold a cupid’s bow and arrow to Probate Judge Bert Rogers of Olathe, the legendary “marrying judge” in the mid-1930s.

Judge Rogers was famous for two main reasons. He married hundreds of couples during his five years as a probate judge. Previously, he was editor of The Olathe Mirror newspaper for 20 years. According to an article in The Olathe Daily News on Sept. 7, 1983, Bert Rogers, who often quipped that he “knew everybody in Johnson County but six,” performed 150 to 200 weddings each month. During his first year alone, he married 1,515 couples.

The second reason for the notoriety of Rogers was his son. Bert was the father of Charles “Buddy” Rogers, Olathe’s famed movie star, band leader and versatile musician. He appeared in the silent World War I movie “Wings” (1927) which won the first Oscar for Best Picture. The movie included a cast featuring Richard Arlen, Clara Bow and Gary Cooper.


Buddy Rogers later married Mary Pickford, “America’s Sweetheart,” following her divorce from Douglas Fairbanks. Their marriage lasted 62 years, ending with her death at 86 in 1979.

Bert Rogers, however, was not the first probate judge to cultivate the wedding business.

In 1911, Probate Judge Robert Baker gave newlyweds a souvenir booklet, “Our Wedding Journey,” as a keepsake of their wedding day. According to the booklet: “Olathe has become sort of a Gretna Green because of its location and its easy access by (Strang Line) railroad from all points on the compass. Almost every train carries at least two souls with one single thought, two hearts that beat as one.”

Judge Baker married many couples in the “Cupid’s Parlor,” located just off his office, to provide privacy and prevent embarrassment from curious strangers who came to the courthouse for other business.

Bert Rogers became the most prolific marrying judge of all after being elected probate judge in 1934. His “Cupid’s Chapel” and the courthouse were popular destinations for couples eloping from Missouri and eastern Kansas. At the time, Kansas did not have a three-day waiting period at the time before issuing the license, but Missouri did, so anyone in Kansas City, Missouri, and elsewhere in Missouri, who wanted to get married right away would drive out to Olathe to get a marriage license. Judge Bert Rogers was busy tying wedding knots and happy to do so.

“He would marry couples in his office and until midnight at his home or elsewhere. He also married couples on Sundays in his home and would even drive into the country to officiate at weddings . . . He advertised his newfound profession with a giant white neon heart and blinking red arrows on top of his house,” the Olathe News reported.

Rogers enjoyed being the marrying judge for both love and a source of extra income.

In his research of probate court, Mike Haskin, whose father, Harley Haskin, became probate judge after Bert Rogers, noted that any money paid to the probate judge for his wedding services was his to keep. That changed in 1977 when the Kansas Legislature passed a law that if a judge performed a wedding during normal work hours, he or she had to turn over any honorarium to the district court.

According to The Olathe News article, “Rogers was strict about one thing. If anyone came to his door with even a hint of liquor on his breath, he refused to marry them. He wouldn’t even let them in the house. He’d send them home and tell them to come back the next day.”

The Kansas City Times reported on Jan. 2, 1939, Judge Bert Rogers noted “a slump in marriages in 1938, but the last day of the year brought brisk business.” He married 1,808 couples in 1938, compared to 2,005 in 1937. On New Year’s Eve, he performed 20 marriages. Johnson County’s population at the time was approximately 30,000 compared to today’s count of more than 600,000.

Judge Bert Rogers died in the fall of 1939.

Twelve years later, ground was broken for construction of the existing courthouse. The building was completed in 1952 and housed two courtrooms and the county jail. It did not include another “Cupid’s Chapel.”
Let’s play bingo this summer

Bingo sessions in July and August will offer residents opportunities to avoid the summer heat with food, prizes, fun and games of bingo, naturally.

Under the Sea Bingo is scheduled from 1:30-3:30 p.m. July 10 at the Tomahawk Ridge Community Center, 11902 Lowell Ave., Overland Park, and Ice Cream Sundae Bingo will be played from 1:30-3:30 p.m. July 25 at the Roeland Park Community Center, 4850 Rosewood.

Costs at each event are $5 for Johnson County residents, $6 for nonresidents (prior to event date) and $6/$7 (day of event). Please pre-register at least one week in advance. Payment is required at time of registration.

A Family Bingo Night is set Aug. 2, starting at 6 p.m. in the Roeland Park Community Center.

Cost, including dinner, is $10 for Johnson County individuals, $11 nonresidents; $30 for a Johnson County family up to four people, $33 nonresidents; or $40 for a Johnson County family up to seven people, $44 nonresidents.

On Aug. 15, a 50 Plus Hawaiian Luau Bingo begins at 5 p.m. and includes barbecue at the Roeland Park Community Center.

Cost is $15 for Johnson County individuals and $16 nonresidents (in advance) or $18 for Johnson County individuals, $19 nonresidents within one week of the event.

To end the month, S’more Bingo will take place on Aug. 27 at the Meadowbrook Park Clubhouse, 9101 Nall Ave., Prairie Village, beginning at 1:30 p.m.

Costs are $5/$6 (prior to event date) $6/$7 (day of event.)

Cost of admission at all events covers food, snacks and staff time to administer the bingo program with no additional charge for bingo.

Registration is available at jcprd.com.

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Helping Johnson County’s Older Adults

913-980-8686 helpfromafriend.com

- Yard Work
- Mulch / Edging
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- Weed Control
- Aerating
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- Topsoil / Sod
- Yard Cleanup
- Spring Cleanup
- Leaf Cleanup
- Bed Cleanup
- Shrub Removal
- Sm Tree Removal
- Brush Cleanup
- Storm Cleanup

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Head & Foot card event set July 18

A Hand & Foot card tournament by the 50 Plus Department of the Johnson County Park and Recreation District is set Thursday, July 18, at the New Century Fieldhouse, 551 New Century Parkway, Gardner.

The tournament starts at 1 p.m. and includes refreshments.

The cost is $9 per person for Johnson County residents or $10 per person for nonresidents.

For more information or to register, call (913) 831-3359. For more information or to register, call 913-831-3359 or go online at www.jcprd.com.

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Megan Rose
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your July-August classifieds

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Homeowners, Heirs, Executors. Shawnee Mission LaSertoma (501c3) can assist you in liquidating household effects. Many years of estate sale experience. Mary 913-484-5544.

Want to sell your home? Don’t know where to start? Retired Overland Park Realtor will pay cash for your home. No inspections, appraisals or closing costs. Leave furniture behind. Broken basements ok. Linda Mathiesen. 913-642-5055.

The classified ad rate in The Best Times is $55 for the first 20 words and $0.75 for each additional word. Advertising rates and advertising deadlines are subject to change without notice. Effective in 2019, payment for classified ads and business card ads must be paid in advance by the invoice due date prior to ad publication.

Classified ad requests are not accepted after the 3rd day of the month preceding the publication. For more information on the classified ad or business card ad process contact Che’rell Bilquist.

Email: cherell.bilquist@jocogov.org
Call: 913-715-8920
How do I get rid of all these machines & tools? If you have a basement or garage full of woodworking tools, why not let me price and sell them while freeing up some space and putting cash in your hands. With over 24 years’ experience in appraising and selling woodworking machinery & tools, I can make life easier. Call or email Mike at 913-375-5750. 

MEDICARE ADVANTAGE – Turning 65 and aging into Medicare? I would love to talk with you about the benefits of Advantage coverage. Licensed, Shawnee Mission graduate. Bill 913 422-0050.


**your July-August classifieds**

**WANTED TO BUY**

**QUILTS WANTED:** Wanted to buy vintage quilts or antique quilts that are in good condition. Call 913-530-1628.

**ANTIQUES WANTED:** 35th year in business in KC / We are actively looking to purchase antique furniture, paintings, glassware, quilts, jewelry, postcards, watches, pottery, advertising signs, country store items and almost anything old or unusual. Free verbal appraisals. Call 913-677-5566 or www.horsefeathersantiques.com.

**FOR SALE**

Cemetery plots (five). Shawnee Mission Memory Garden. $2,495 value. One ($1,900). Two ($1,800 each). Three to five ($1,700 each). Carol 913-649-0746 or cc7cc@everestkc.net.

A two-person tandem above ground mausoleum crypt, located in the Peace Garden, Tier 6, Section E, at Jo/Co Memorial Gardens located at 112th & Metcalf, Overland Park. Must sell. Have moved out of state. Call 702-379-0375.

Publishing of classified advertising does not constitute agreement or endorsement by this magazine or Johnson County Government.

**your July calendar**

**Library.** A discussion of Rocket Boys by Homer Hickman and a viewing of the movie adaptation, October Sky.

**Tuesday Tunes.** 6:30–8:30 p.m. Olathe Downtown Library. Bring your instrument and jam with us. Expect fiddles, guitars, folk, blues and bluegrass.

**Exploring Saturn.** 7-8 p.m. Olathe Downtown Library. Lecture about the Cassini spacecraft’s documentation of Saturn and its moons by KU professor of Physics and Astronomy.

**Birthday Entertainment.** 12:15 p.m. Lenexa Senior Center. Optional lunch for $3 donation at 11:30 a.m. prior to the movie. Call 913-888-6141 between 9–10 a.m. 24 hours in advance for lunch reservations. Free popcorn & a beverage served.

**Monday Movies.** 12:15 p.m. Lenexa Senior Center. 7/1-“Walk. Ride. Rodeo;” 7/8-“Paddleton;” 7/15-“W;” 7/22-“Mr. Church;” 7/29-“How to Make an American Quilt.” Optional lunch for $3 donation at 11:30 a.m. prior to the movie. Call 913-888-6141 between 9–10 a.m. 24 hours in advance for lunch reservations. Free popcorn & a beverage served.

**Community Lunch for All Ages.** Every Friday Through Aug. 9. 11 a.m.-1 p.m. Olathe Downtown Library. Free hot meals. Menu will vary.

**July 1**

Read the Movie: Rocket Boys/October Sky. 1-3 p.m. Olathe Indian Creek Library. A discussion of Rocket Boys by Homer Hickman and a viewing of the movie adaptation, October Sky.
July 11
Fourth of July BINGO. 1:30-3:30 p.m. $3. Irene B. French. Snacks & drinks provided.

Fireworks: 1860s Style! 6-10 p.m. Mahaffie Stagecoach Stop and Farm. Bring your picnics, blankets and chairs. You must be on the Mahaffie grounds to enjoy these fireworks. Some activities require an extra fee.


July 15
All About Sci-Fi. 7-8 p.m. Olathe Downtown Library. Lecture about the genre of Sci-Fi from KU’s Center for the Study of Science Fiction.

July 16
Sailin’ Through Summer with Sky Smeed. 7-8:30 p.m. Olathe Indian Creek Library. Live performance of country tunes.

July 17
Solving the Medicare Puzzle. 6:30 p.m. Lenexa Senior Center. Call 913-477-7100 to reserve a spot.

A Universe of Trivia. 6-8 p.m. Olathe Indian Creek Library. Test your knowledge of Sci-Fi Movies and TV against other fans.

July 18
All About Ella. 6-8 p.m. Mahaffie Stagecoach Stop and Farm. Happy 150th birthday, Ella! The youngest of the Mahaffie children.

“Where did Your Balance Go?” 10:30 a.m. Lenexa Senior Center. The best ways to maintain our sense of balance with various exercises. Register by calling 913-477-7100.

July 19
Party in YOUR Park-Quail Creek Park. 6:30-8:30 p.m. 7024 Grandview Ave, Merriam. Enjoy food, games, face painting, a bounce house and live music from Beauty and the McBeest. Bring your family, a lawn chair or blanket and enjoy the show.

July 20
Moon Landing Celebration. Noon-5 p.m. Olathe Downtown Library. Celebrate the 50th anniversary of the lunar landing with activities, prizes and snacks.

July 23

July 25
Ice Cream Sundae Bingo. $5/$6 (prior to event date) $6/7 (day of event) 1:30-3:30 p.m. Roeland Park. Pre-register at least one week in advance. Payment is required at time of registration.


July 26
Cards and Games. 10–11:30 a.m. Olathe Indian Creek Library.

July 28
Read the Movie: Rocket Boys/October Sky. 2-4 p.m. Olathe Downtown Library. A discussion of Rocket Boys by Homer Hickman and a viewing of the movie adaptation, October Sky.

July 30
How to Maximize Your Social Security. 6:30 p.m. Lenexa Senior Center. Register by calling 913-477-7100.

Stretch and Restore. 9:30-10:15 a.m. Olathe Indian Creek Library.

Harmonic Alternative Folk with Flagship Romance. 7–8:30 p.m. Olathe Indian Creek Library. Live performance of harmonic alternative folk music.

July 31
Hearing Checks. 9:30-11:30 a.m. Sylvester Powell.

Lunch & Learn–Caving in Kansas. $18/$20. 11:30 a.m.-1:30 p.m. Meadowbrook Park Clubhouse at 9101 Nall, Prairie Village. Dive deep into the world of caving. Includes lunch.

August
Wednesdays. Silver Screen Matinee. 1 p.m. Irene B. French. Popcorn provided second & fourth Wednesday.

Monday Movies. 12:15 p.m. Lenexa Senior Center. 8/5–“The Founder;” 8/12–“The Aviator;” 8/19–“An Interview with God;” 8/26–“Apollo 13.” Optional lunch for $3 donation at 11:30 a.m. prior to the movie. Call 913-888-6141 between 9–10 a.m. 24 hours in advance for lunch reservations. Free popcorn & a beverage served.

Community Lunch for All Ages. Every Friday: Through Aug. 9. 11 a.m.-1 p.m. Olathe Downtown Library. Free hot meals. Menu will vary.

Aug. 2
Chair Yoga. Noon–12:45 p.m. Olathe Downtown Library.

Aug. 6
Lunch & Learn – The Ancient Egyptians in Their Own Words. $25/$27. 11:30 a.m-1:30 p.m. Meadowbrook Park Clubhouse at 9101 Nall, Prairie Village. Includes lunch.

50 & Beyond Matinee “Mary Poppins Returns.” 12:30 p.m. $1 (SPJCC members) $2 (non-members). Sylvester Powell.

Managing and Living with High Blood Pressure. 10:30 a.m. Lenexa Senior Center. Call 913-477-7100 for registration.

Tuesday Tunes. 6:30–8:30 p.m. Olathe Downtown Library. Bring your instrument and jam with us. Expect fiddles, guitars, folk, blues and bluegrass.

National Night Out/Party in YOUR Park-Waterfall Park. 6-8 p.m. 5191 Merriam Dr., Merriam.

Aug. 8
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 Grand Street Cafe in Lenexa. Reservations required by calling 913-477-7100.
Aug. 8
Dog Days of Summer BINGO. 1:30-3:30 p.m. $3. Irene B. French Community Center. Snacks & drinks provided.

Aug. 13
Pan-Missouri Posse: Short Round Stringband. 7–8:30 p.m. Olathe Indian Creek Library.

Aug. 14
Solving the Medicare Puzzle. 6:30 p.m. Lenexa Senior Center. Whether you are new to Medicare or just needing. Call 913-477-7100 to reserve a spot.

Birthday Entertainment. 12:15 p.m. Lenexa Senior Center. Optional lunch for $3 donation at 11:30 a.m. Call 913-888-6141 between 9-10 a.m. 24 hours in advance for lunch reservations.

Aug. 15
Hawaiian Luau Bingo. $15/$16 (prior to event date) $16/$17 (day of event.) 5-7:30 p.m. Roeland Park.

Aug. 16
Common Cents Budgeting. $5/$6 1-2 p.m. Matt Ross.

Aug. 17
AARP Safe Driver Course. 9 a.m. $15 (AARP members) $20 (non-AARP members). Sylvester Powell.

Aug. 22
Hooked on Books. 1 p.m. Lenexa Community Center, 3429 Oak St. Join us each month to discuss a new book. Members choose the books and facilitate discussions. August book selection: “A Tree Grows in Brooklyn” by Betty Smith.

Aug. 27
S’more Bingo. $5/$6 (prior to event date) $6/$7 (day of event.) 1:30-3:30 p.m. Meadowbrook Park Clubhouse at 9101 Nall, Prairie Village. Pre-register at least one week in advance. Payment is required at time of registration.

How to Maximize Your Social Security. 6:30 p.m. Lenexa Senior Center. Register by calling 913-477-7100.

Aug. 28
Are You Taking Your Medications Safely? 6:30 p.m. Lenexa Senior Center.

Contact specific facility locations for registration and questions.

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FACILITY LOCATIONS

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

CENTRAL RESOURCE LIBRARY: 9875 W. 87th St., Overland Park; 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; 913-715-7000; www.johnson.ksu.edu/classes.


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

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

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

MATT ROSS: Matt Ross Community Center, 8101 Marty St., Overland Park; 913-826-2830.

MEADOWBROOK PARK CLUBHOUSE, 901 Nall Ave., Prairie Village; 913-826-2975.

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


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

OLATHE INDIAN CREEK: Indian Creek Branch Library, 13511 S. Mur-Len Rd., Olathe; 913-971-6835.

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

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

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

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

SYLVESTER POWELL: Sylvester Powell Community Center, 6200 Martway St., Mission; 913-722-8200.

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

JULY 16
TUESDAY
1:30PM OR 6:30PM

JULY 18
THURSDAY
1:30PM OR 6:30PM

LOCATION:
KU Edwards Campus, Regnier Hall, Room 165
12610 Quivira Rd., Overland Park, KS 66213
Intersection of 127th & Quivira Road

TOPICS COVERED INCLUDE:
- Avoid Probate and Court Interference with Your Affairs
- Minimize Family Infighting
- Protect Heirs from Wasting Inheritances
- Keep Assets in Your Bloodline
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