



The hotline

The *Hotline* is published periodically by Abel Publication Services, Inc., 284 Dryman Road, Franklin, NC 28734, for the Continuing Care Community Residents of North Carolina, Inc., c/o CCCR of NC President Bob Wyatt, 109 Owens Lane, Southern Pines, NC 28387. Submissions to the *Hotline* and other *Hotline*-related communications should be addressed to the *Hotline* editor, Sandra Lovegrove, at the Franklin address above, e-mailed to sandabel@aol.com, or faxed to (828) 349-9826.

<CCCRofNC.org>
The CCCR of NC HomePage
is your source
for information—
check it out!

Membership Application

One-year membership is \$5 for an individual, \$10 for a couple. Life membership is \$50 for an individual, \$100 for a couple. **Checks should be made payable to CCCR of NC and given to your community's CCCR of NC representative**, so he or she can keep an accurate tally of members. Please indicate whether you are a renewing or new member. If you are not sure who your community's CCCR of NC representative is, you may find out by contacting CCCR of NC President Bob Wyatt, 109 Owens Lane, Southern Pines, NC 28387; e-mail <owens109@nc.rr.com>. If your community does not have a representative, mail checks to: CCCR of NC, c/o Susan Rhyne, 3913 Muhlenberg Court, Burlington, NC 27215. The form below is provided for your convenience.

APPLICATION FORM (please print or type) For membership year 2008 2009

(Your name) (Spouse's name, if applicable)

Community _____

Address _____

Status (please check one): Renewal New member

Enclosed is payment for (please check one):

One year: \$5 single \$10 couple Life: \$50 single \$100 couple

Come One, Come All! To the Annual Meeting in October

THE STATEWIDE ANNUAL MEETING, at which members of all three regions of the CCCR of NC (Continuing Care Community Residents of North Carolina) will come together, will be held October 23, 2008, at Christ United Methodist Church in Greensboro.

Registration, refreshments, and fellowship, from 9:30 to 10:30, will precede the welcome and general introductions, after which the chairman will introduce Harold F. Stierhoff, of Glenaire in Cary, newly appointed member of NCANPHA's Board of Directors.

At 10:45 CCCR of NC founder and former President Harry Groves will introduce John T. (Jack) Mathison, President of NaCCRA (National Continuing Care Residents Association), who will address "Primary Issues Facing CCRCs Today."

Jack Mathison left his hometown of Stoughton, Wisconsin, in 1942, during World War II, enlisting in the U.S. Air Force. On one of his missions, while serving as a navigator in the European Theater, his plane was shot down and he was interred as a prisoner of war at Stalag Luft 1 in Germany. After a year he was liberated by the Russians and returned to private life. He attended the University of Wisconsin, graduating with a BS degree. After working in industrial sales for several years, he entered Union Theological Seminary in New York City, where he earned a Master of Divinity degree. He then served churches in the Midwest before spending 14 years as Senior Minister at New Providence Presbyterian Church in Maryville, Tennessee. Throughout his career Jack has been very

involved in religious and community affairs, serving on boards of directors and committees of numerous service organizations.

Jack moved to his present residence at Westminster-Ingleside at Rock Creek, Washington, DC, in 2001, following the death of his wife. His family includes two sons and a daughter. He was president of the Westminster-Ingleside Residents' Association for two years and currently is a full-time voting member of Westminster-Ingleside's Board of Directors.

Reverend Mathison was recently elected President of NaCCRA at its annual meeting in Washington. He has been very active in NaCCRA, serving as Vice President for Membership for the past two years. He has a reputation as an excellent speaker who delivers a strong message.

Jack will answer questions from the audience beginning at 11:15. At 11:30 David Fox, Investigator of Fraud, Department of Justice, North Carolina, will address "Identity Theft.."

A box lunch at noon will be followed by a business session beginning at 1:00, including nomination of new officers. The meeting will adjourn at 2:00.

To Reach the Church

From the West on I-40: Take I-40 to Business I-40. Continue on Business I-40 past Guilford College Road to Wendover Avenue. Go left (east) on Wendover to Holden Road. Go left (north) on Holden past Market Street.

The church is a few blocks after Market, on the right, well back from the street but easily visible.

From the East on I-85: Take I-85 to Business I-85; Continue on Business I-85 past US 421 and US 220 to Holden Road. Go right (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue,

and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

From the South on I-85: Take I-85 to Business I-85. Continue in the same direction (east) on Business I-85 to the next exit at Holden Road. Turn left (north) on Holden past Vandalia Road, High Point Road, Pat-

CCCR of NC Annual Meeting
Christ United Methodist Church, Greensboro, NC
Thursday, October 23, 2008
9:30 AM—Registration, Refreshments, and Fellowship
10:30 AM—Meeting
Noon—Box Lunch
1:00 PM—Business Meeting

REGISTRATION FORM

Use this form to register:

Please register me (us) for the CCCR of NC Annual Meeting, October 23, 2008

Name(s) Please print _____

Address _____

Community _____ E-mail or phone _____

There will no charge for the lunch for 2008 dues paying members. All others \$7.50 per person. Mail this form and your check made payable to CCCR of NC to Susan Rhyne at 3913 Muhlenberg Court, Burlington, NC 27215. Reservations must be received by Friday, October 17th.

I (we) have the following dietary restrictions:

To Your Good Health

The Vision Thief

HAVE YOU NOTICED any blurring of your central vision in one eye? Do you feel like you're looking through a lens with a scratch in the middle? Sometimes one eye can control this and we hardly notice until something causes vision in the "good eye" to become blurred as well. This could be a sign of developing age-related macular degeneration (AMD). AMD, the leading cause of blindness, usually begins around age 65, and has no respect for gender.

The mechanism of action of this "vision thief" is deterioration of the retina in the back of the eye. The retina is responsible for relaying images so we can distinguish between objects, places, and people. The center of the retina contains a highly sensitive area called the macula, which aids in providing sharpness and detail so we can drive, read, and recognize one another. When the macula breaks down, the center of the visual field looks blurred.

Certain risk factors for AMD are age (50+), heredity (several genes have been identified as possible factors), race (light-colored eyes), and smoking.

There are two types of AMD, wet and dry. Dry AMD is the more common and is associated with *drusen*, small yellow deposits in the macula that keep it from functioning properly and cause blurred vision. Wet AMD occurs when abnormal blood vessels begin to leak fluid, causing the retina to become distorted. Wet AMD can be severe and rapid. Laser surgery may be helpful, but recurrences are common.

If symptoms occur, it is important to consult an ophthalmologist as soon as possible for a detailed examination of the retina. If AMD is caught early, there are promising new injectable drugs that can retard its development.

Nutrition may also play an important part in preserving vision. A recommended diet includes dark green, yellow, and orange fruits and vegetables, especially those high in lutein and zeaxanthin, which are the primary pigments in the macula thought to protect the retina from ultraviolet light. The physician may also suggest increasing intake of certain nutrients such as zinc, vitamins C and E, and beta carotene through over-the-counter supplements such as those available from Bausch & Lomb.

The summer sun can be damaging to your eyes as well as your skin, so remember to use sunglasses regularly to filter the ultraviolet light.

If you have Internet access, you may want to visit the site of the American Macular Degeneration Foundation, <<http://www.macular.org>>, or the American Health Assistance Foundation, <<http://www.ahaf.org/macular/about/maabout.htm>>. They explain the process thoroughly and offer helpful information for detection and prevention.

Robert A. Watson, MD

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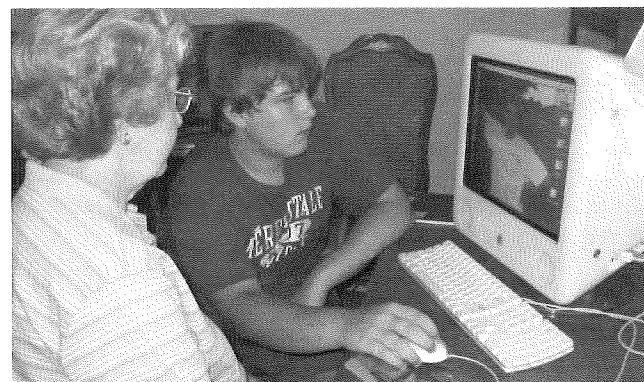
Sight is precious—take good care of yours!

From Abernethy Laurels



Martha Graham releases a butterfly.

Butterfly Release: On a Sunday in May, 14 dozen Monarch butterflies were released by residents, family members, staff, and friends in a ceremony honoring loved ones. The butterflies had arrived in a hibernating state from a butterfly farm in California. Individually, participants released their butterflies, which fluttered towards the warmth and light. Resident Vivian Estep read the "Legend of the Butterfly," and flutist Sarah Haymore provided music for the occasion.



Alicia Krug and Ryan Proctor

Student Intern Instructs Residents: Ryan Proctor, a ninth grader, spent every Tuesday and Thursday of his summer vacation at

Abernethy helping residents with computer technology. He held group sessions on Wii, a program that engages participants in virtual activities such as bowling, golf, and boxing, and provided individual instruction in general computer use, using the Internet, and e-mailing.

Resident Alicia Krug secured some of Ryan's time for one-on-one training on her Apple computer. "My grandchildren want me to communicate through e-mail and I needed some help getting started," said Krug. "Ryan has been a pleasure to work with and very helpful. My printer had been disconnected for some time and he now has it in operation."

Joy Cline

Development & PR
Abernethy Laurels

Grandma's Thanksgiving

"Over the river and through the woods"
Was once a perfect rondo.
Now there's no river and there're no woods
'Cause grandma lives in a condo.

And anyway, she won't be home,
She's skiing with her cronies,
And after that she's planned a fling
At betting on the ponies.

And then she's planned a lovely cruise
With some delightful fellow,
Enjoying luscious food and drink
(They won't be eating Jell-O.)

And after that she may go home
To see her friends remaining.
She'll check her stocks and read her mail
And do some entertaining.

Thanksgiving Day it's safe to say
She won't be turkey picking.
Instead she'll give her heartfelt thanks
That she's alive and kicking.

Marian Erdman
Aldersgate

terson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

From the South on US 220: Take US 220 past new I-85 to Business I-85, turn left (south)

on Business I-85 to the next exit, Holden Road. Turn right (north) on Holden past Vandalia Road, High Point Road, Patterson Street, Wendover Avenue, and Market Street. The church is a few blocks after Market, on the right, well back from the street but easily visible.

Graedons, Goldilocks, and Grandma Inform Central Region Members

REFERRING TO THE STORY OF GOLDILOCKS and her efforts to get everything "just right" and to Grandma's advice and habits for living, Joe and Teresa Graedon told their audience at Friends Homes West Thursday, June 12, to be vigilant about their medical care, to guard against the cure being worse than the disease, and to remember that "it's not how long you live but how you live."

The Graedons, from Durham, well-known founders of the "People's Pharmacy," newspaper columnists, radio program hosts, and authors, spoke at the fourth annual meeting of the Central Region of CCCR of NC. Some 200 residents of the 11 communities making up the region attended.

First speaking to questions posed by the audience, the Graedons later introduced some home remedies used by their readers. The speakers agreed that some of the remedies seem weird and they have no idea why they work. "Nevertheless," they said, "if it might help you, won't hurt you, and doesn't cost much, why not try it?"

They produced, in what they called a commercial, their most recent book, *Best Choices from the People's Pharmacy*, and two of their



Joe and Theresa Graedon

home remedy products, "Bed Soap" and "Leg Soap," all available on order through their web site, <People's Pharmacy.com>. The bed soap is designed to place under the bottom sheet to prevent leg cramps, and leg soap is in shavings form to put in one's bed socks to treat restless legs.

Other home remedies the Graedons cited are Vicks salve, Listerine, white vinegar, hydrogen peroxide or corn meal mush for

toenail fungus; gin and golden raisins; Certo in grape juice for arthritis (the latter possibly to lower blood pressure and cholesterol as well), and Philips Milk of Magnesia for dandruff, dermatitis, or as an underarm deodorant.

Priscilla Zuck, of Friends Homes at Guilford, introduced the Graedons and Virginia Cornet, also of Friends Homes Guilford, who sang "My Alice Blue Gown" and Julie Andrews' version of "My Favorite Things." The latter poked gentle fun at the frailties of old age. The singer was accompanied at the piano by her friend, Melissa Burris, also of Greensboro.

Hope Davis, of Trinity Oaks, Salisbury, Coordinator for the Central Region, opened the meeting, and Kitty Barnes, president of the Friends Homes West Residents Association and FHW Chapter representative to the CCCR of NC state board, welcomed the group. Kitty Wilson, chair of the host chapter, also spoke briefly.

Teresa (Terry) and Joe Graedon, whose format involved comments and friendly interruptions by each, said that, like Goldilocks, some physicians and patients seek perfection in numbers for cholesterol, diabetes, and blood pressure. Sometimes, they warned, drugs can "cause mischief," and some have been taken off the market because they did harm. The speakers cautioned that side effects are very important, and the risks should be weighed against the benefits of medications.

Believing patients know their own bodies, the Graedons said patients should not be intimidated by their doctors but should be assertive in advocating for themselves. If a drug causes unacceptable side effects, which can be impossible to predict in individual patients, the drug should be discontinued,

just as a toaster that burns the toast half the time should be returned to the store.

Although consumers should not stand in the pharmacy and count their pills, they should check to see whether the medication looks and smells right. Pharmacists do make mistakes, the Graedons said.

Residents of CCRCs live healthy lives because they heed grandmother's advice to "eat your vegetables, get enough sleep, exercise, and interact with others." Retirement communities provide gyms, close neighbors, and varied activities. For Grandma exercise was through hard work, and social interaction through visiting with relatives and friends.

The Graedons said because of working outdoors Grandma and Grandpa got sunshine, whereas sunscreens and fear of skin cancer have caused many persons today to be deficient in vitamin D. The best way to acquire that essential element, which is free and good for arthritis, blood pressure, and depression, among other things, is to spend about 10 minutes in the sunshine every day. Food and supplements do not provide the 1,000 to 2,000 units needed.

Asked about the quality of vitamins and supplements, the Graedons pointed out they are *not* regulated by the Food and Drug Administration, and thus labels are not always accurate. Likewise, they said, some generics are not always trustworthy, as they come from other countries, which may not exercise control over ingredients.

In response to a question about probiotics, the Graedons gave these friendly bacteria good marks, in that they can provide health benefits for young and old by helping with digestion, regularity, and even eczema and colds.

A brief business session was led by Hope Davis. Regional Treasurer Charles Fitz-

From Our Communities

Greening for Sustainability

FOR THE PAST SEVERAL YEARS, Well-Spring has been actively involving its residents in an effort to *think green* and reduce the consumption of energy on campus. Under the leadership of former association President, Marvin Pinson, a group of folks with engineering experience investigated all aspects of energy consumption.

Two initiatives came about as a result of their efforts. CFL bulbs are now on sale in our residents' store at a greatly reduced cost. Although the bulbs are more expensive than the present incandescent ones, they result in \$20 to \$30 saving in energy over the life of the bulb. One can imagine that in a community as large as any retirement facility, this could amount to a great reduction in energy consumption. Because there is a small amount of mercury in the CFL bulb, we are handling their disposal in an eco-friendly manner.

Secondly, a "Green Fund" was established with the thought that, should any major capital project seem feasible in terms of reduced energy consumption, but not have a reasonable return on investment because of added cost, then monies from the Green Fund could be applied to offset some of the added costs.

One such project immediately came into focus, namely the pre-heating of water for the two hot water heaters that supply the kitchen. Fifteen solar panels were installed on the roof nearby, with the result that, on average, water now arrives at the two hot water heaters at 100+° Fahrenheit and needs to be brought up only to 120° F for kitchen use. Tap water normally arrives at the heaters at around 55° F. The savings is calculated to be between \$3,500 and \$5,000 annually and it further reduces CO₂ emissions by some 20,000 pounds annually!

The next project under consideration is to pre-heat water for the swimming pool through the use of solar panels. As costs continue to accelerate for all carbon-based energy products, the ROI for many of these projects will

improve dramatically.

The word "green" doesn't really encompass all the issues that will be facing us in the next decade; witness the sudden and dramatic surge in costs for fuel! So the real issue becomes much broader and the real issue is sustainability. If our grandchildren are to experience a comfortable quality of life, then we are going to have to commit ourselves to developing a more sustainable lifestyle. The pressure on our natural resources (gas, oil, coal, water, etc.) has already increased dramatically as developing nations seek positions in the global economy, with resulting increasing demands on resources.

The Well-Spring Board recognized this and so, in a recently concluded strategic planning session, they added sustainability as an ongoing issue that must be constantly under review. They will study aspects of this issue annually.

The incoming association President, Margaret Willard, is planning to expand the efforts and membership of the Green Committee to include a community PR thrust as well as assigning groups to study specific sustainability issues that will be presented to the Board.

We recognize that resistance to change is difficult under the best of circumstances, and changes may be particularly hard for seniors, but we must rise to the challenge in the interests of our grandchildren and great-grandchildren. A simple act such as converting to CFL bulbs can have an immediate effect when an entire retirement community responds to the challenge.

Tom Wright
Well-Spring

F.Y.I.

"Green" Bulbs

Most compact fluorescent light bulbs (CFLs) will pay for themselves in energy savings. According to *Consumer Reports* (May 2008), good choices are Felt Ecobulb Plus ESL13T/Eco, GE 8000 Hour Long Life, and N:Vision 423-599 (sold at Home Depot).

What's New in End-of-life Directives

"WHAT'S NEW IN END-OF-LIFE DIRECTIVES and How to See That They Are Enforced" was the topic of a program for residents sponsored by the CCCR steering committee of Trinity Oaks on May 26. Mr. Dee Leahman, Director of Community Education of Hospice and Palliative Care Center of Winston-Salem, spoke about the new options available in North Carolina within the living will and health care power-of-attorney documents, as well as the new supplement to the do-not-resuscitate order, which is entitled "Medical Order for Scope of Treatment," or MOST. Mr. Leahman was a member of the state committee that developed these additions, which went into effect in October 2007.

Mr. Leahman stressed that no one need change existing directives unless he or she so desires, as they do not take the place of former ones that we may already have. The new options in the health care power of attorney simply make one's wishes more explicit and easier to follow. The living will form, however, does contain some new directives. The new forms are available through Hospice and Palliative Care, and one might want to compare the new options with those that have been current in the past to decide whether to initiate new directives. It is not necessary to have an attorney draw up these documents. They must, however, be signed before witnesses and a notary public.

According to Mr. Leahman, the most important contract is the health care power of attorney. Living wills stay in patients' files until a doctor writes orders to implement them. Health care power-of-attorney directives, however, must be followed when presented at a treatment center and have protection from suits should someone disagree. Do-not-resuscitate directives are honored

only when they are signed by a patient and his or her physician and are visible and available to those responding in emergencies, so they should be located in a prominent place. The MOST document, which is also co-signed by the patient and physician, has the advantage of traveling with the patient across care settings.

Talk is the most important resource for seeing that end-of-life directives are enforced. Talking should begin long before there is any need for treatment and should take place often with any and all of those who will be significant in following the end-of-life requests. This includes *all* family members, as well as health care professionals. Too often, a family member from a great distance, who has not been party to any early discussions, arrives at the end of a relative's life, expecting to influence a treatment in a way that is not what the patient desires. Hard feelings and family tension result. When everyone clearly understands them beforehand, end-of-life directives are easier to carry out.

Mr. Leahman an interesting and informative speaker, is available to speak to groups. He can be reached at (336) 768-6157, ext. 622, or <Dee.Leahman@hospicecarecenter.org>.

A Book about Us

A witty book addressing life in a life care community is available in bookstores. The title says it all—*We're Not There Yet*. CCRs will both enjoy it and identify with the story. Author Margaret (Maggie) Dougherty, of Tryon Estates, says that it is a lighthearted outlook on aging from a senior who is still enjoying the journey, still smelling the roses and picking daisies along the way.



Attendees at the Central Region's meeting.

patrick, of Twin Lakes, reported a balance on hand of \$718.92, some of which would be used to help defray expenses of the meeting.

Allen Trelease, of Friends Homes Guilford, Central Region representative on the statewide Executive Committee, reported on the committee's work. He mentioned efforts to eradicate smoking in retirement facilities, seeking representation for residents on boards of trustees, standardizing formulas for arriving at allowable medical deductions on our income taxes, and securing resident representation on the board of NCANPHA. These items were further clarified by Bob Wyatt, statewide CCCR of NC President. He reported that the resident representative has now been appointed by NCANPHA. He then took questions from the members present.

The following officers and executive committee member were elected for the next year: Coordinator, Myrtice Alexander, Twin Lakes; Co-coordinator, Patrick Miller, Friends Homes Guilford; Past Coordinator, Hope Davis, Trinity Oaks; Secretary, Sam Zachary, Arbor Acres; Treasurer, Sterling Whitener, Friends Homes West; Representative on the Executive Committee, Allen Trelease, Friends Homes Guilford.

Hope Davis called for adjournment after Kitty Wilson explained how everyone could receive their box lunches. The session ended and turned into greeting sessions and sharing news of events from our communities.

E. D. Kennedy
Friends Homes West

Julie's Song

Maalox and nose drops and needles for
knitting,
Walkers and handrails and new dental
fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.

Cadillacs and cataracts, and hearing aids
and glasses,
Polident and Fixodent and false teeth in
glasses,
Pacemakers, golf carts, and porches with
swings,
These are a few of my favorite things.

When the pipes leak,
When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for
bunions,
No spicy hot food or food cooked with
onions,
Bathrobes and heating pads and hot meals
they bring,
These are a few of my favorite things.

Back pains, confused brains, and no need
for sinnin',
Thin bones and fractures and hair that is
thinnin',
And we won't mention our short,
shrunk frames,
When we remember our favorite things.

When the joints ache,
When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

To commemorate her 69th birthday on October 1, 2007, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed, "My Favorite Things," was adapted from the original in the movie "Sound of Music." The adaptation was sung by Virginia Cornet at the Central Region's Annual Meeting. This song reminds us of all the things that don't make us feel so bad as well as making us laugh at the ones that do! The lyrics are at left.

Priscilla Zuck
Friends Homes Guilford

Vitamin D

Sunshine, fish, eggs, milk, orange juice, tofu, and whole-grain cereals contain vitamin D. As mentioned by the Graedons, vitamin D is needed not only to maintain strong bones but also to support other systems of the body, including the immune system. Vitamin D shortages are so common that some doctors recommend testing people for deficiencies. Failing spending ten minutes in the sun each day, supplemental tablets are available. The most useful form is vitamin D₃. A minimum of 800 to 1,000 international units (IU) per day is often recommended.

Meeting Notes

Executive Board

IN ADDITION TO PRESIDENT ROBERT WYATT, Vice President Bill Pearce, Secretary Allen Evans, Treasurer Bill Gentry, Allen Trelease, representing the Central Region, and Ned Arnett, representing the Eastern Region, attended the CCCR of NC Executive Board meeting June 20 at Friends Homes West in Greensboro. Absent were Western Region representative Paul Sutherland, Past President Willie Johnson, and Past President Myles Walburn.

Reported by the regional representatives: David Brooks, NCANPHA lobbyist, and Jill Passmore, ombudsman, had addressed the 167 attendees at the Eastern Region's meeting April 8. At the Central Region's meeting, at which Joe and Theresa Graedon spoke, 17 new members were signed up as a result of a promotion offering a reduced registration fee for new members. The Central Region is in favor of having a chapter of CCCR of NC on every campus. The more than 120 attendees at the Western Region's meeting April 8 heard presentations by Amy Forte, of Morgan Stanley, and Dr. Robert Man-

NCANPHA Selects Resident Board Member

At the Annual Meeting of CCCR of NC in October 2007, NCANPHA's incoming President, Stephen Fleming, announced that NCANPHA was adding a CCRC resident to its Board of Directors. Harold Stierhoff, a resident of Glenaire in Cary, was selected for the post and has accepted. Mr. Stierhoff, a 2008 CCCR of NC member, served two years as chairman of Glenaire's residents' association, serves on Glenaire's Finance Committee, and has been active as a volunteer with nonprofit organizations. His background is in the banking industry.

heimer, Executive Director of the NC Center for Creative Retirement.

Treasurer Bill Gentry reported total CCCR of NC assets of \$54,459.76, of which \$35,854.32 was available for current use.

Bill Pierce agreed to provide oversight for Susan Rhyne, Twin Lakes, who is keeping the membership records. A revised directory will be issued quarterly to representatives and to the Executive Committee. Paul Sutherland has organized a committee to revise the bylaws, with members Charles Fitzpatrick, Willie

Johnson, Pat Gentry, and himself. Plans for the Annual Meeting were discussed. Bob Wyatt agreed to contact the Insurance Commissioner's office about tightening regulations against smoking on campuses. He also planned to contact Susan Williams about progress in appointing residents to corporate boards. It was found that the amounts of annual fees recommended for deductions for taxes are widely different among the CCRCs. No action was taken.

Allen Evans
Secretary