

Senior Voice

OPAG

BULK MAIL
U. S. POSTAGE
PAID
Anchorage, AK
Permit No. 114
Non-profit Org.

007910
L & E ODSATHER
PO BOX 178
WASILLA AK

50985

99687

Older Persons Action Group, Inc. Vol. 8, No. 8 August, 1985 P.O. Box 102240, Anchorage, AK 99510 ISN 0741-2894



Palmer fair honors colonists

Theme of this year's Alaska State Fair is "Colony Jubilee" in honor of Matanuska Valley colonists who are celebrating the 50th anniversary of their arrival under a federal farm resettlement program. Pictured are colonists cutting wood at the Palmer Tent City in 1935. Stories, page 8, 9.

(Photo from Peterson Collection, courtesy of Jim Fox.)

Municipal grant process bypasses agencies

by Liz Lauzen

The Anchorage Senior Citizens Advisory Commission has requested an inquiry into a city grant process involving \$300,000 for social service pilot projects.

The yearly request for social services proposals was bumped ahead by two months this year. Yet, despite the schedule change, city officials gave only the minimum legal public notice of grant

availability—a single classified legal ad placed in one newspaper on one day.

Although the change in scheduling caught many of the city's more than 150 nonprofit

health and social service agencies off guard, some 31 other currently funded nonprofits received telephone notification of the availability of funds.

Many nonprofits apparently were unaware of the early request for proposals and missed the opportunity to apply for the money, which the city has pegged to alleviate "mental and physical hardships" among Anchorage citizens of all ages.

"We definitely would have applied for a grant if we had heard about it," said Judy Toenies, associate director of Salvation Army Older Alaskans Programs.

The group has applied for so-

cial service money from the municipality for each of the past four years. But this time, Toenies said, they completely missed the announcement of the request for proposals, which appeared in the *Anchorage Times* legal classified section May 17. Last year's request for proposals was issued August 14.

The senior commission was advised of the notification problems in a report by commission member Nona McVickar, who also heads the Information, Referral and Support program of Older Persons Action Group (OPAG). McVickar's report was

Continued on page 7

COLAs restored to budget

WASHINGTON, D.C. — After weeks of wrangling, congressional leaders and President Reagan reached agreement in early July to withdraw Senate budget proposals to cut Social Security cost of living adjustments (COLAs).

If the Senate's version of the plan had been adopted, it would have cancelled next year's Social Security COLA increase for millions of recipients.

Instead, the House version of the budget plan, which protect-

ed the Social Security increase, was adopted after President Reagan backed down on his support for the Senate's plan.

Senior organizations, including the American Association of Retired Persons (AARP) and the National Council of Senior Citizens (NCSC) praised the agreement as a "great victory" for older Americans.

"Seniors can now breathe a sigh of relief," said NCSC executive director William R. Hutton. "The threat of a benefit cut

through elimination of the COLA increase due in January was a very real one.

"In spite of the fact that Social Security has nothing to do with the budget deficit, the Senate approved the COLA cut in its budget resolution for next year. We're pleased that the House Democrats firmly resisted that proposal and stood by the seniors of this country."

Senior advocates and organizations have now turned their

Continued on page 20

Senior Voice captures national award

Senior Voice editors have captured a national communications award for their work on stories depicting senior life in Alaska.

Associate Editor Rebecca Goodman and Managing Editor Liz Lauzen won a third place award for newspaper section editing in the National Federation of Press Women contest.

Lauzen also won a third place award for brochure writing and designing.

The competition was open to

NFPW members nationwide whose entries had won first place awards at the state level.

The winning editing entry was for three "Seniors on the Last Frontier" sections published in January, June and July 1984. The sections portrayed seniors in three different communities in Alaska — McGrath, Barrow and Anchorage. They won in the subcategory for newspapers with circulation of 5,000 to 25,000.

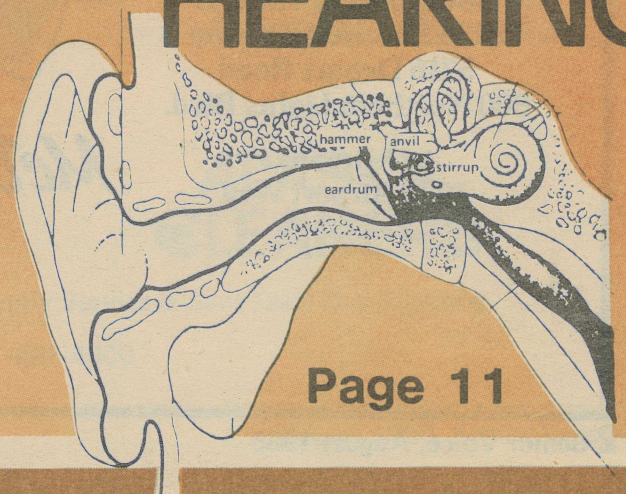
Lauzen won her individual award for work on a brochure for Calco Financial Limited, an Anchorage financial planning company.

Nine Alaskans received awards in the national contest, including Anchorage freelance writer Karen Lew, who received a third place in the Sweepstakes competition for most awards.

National Federation of Press Women is a nonprofit organization of professional communicators, including men.

Tuning in to better

HEARING



Page 11

Fairbanks explores expansion ideas

The wish list is making the rounds in Fairbanks now that the North Star Council on Aging has been awarded \$350,000 in the state's approved budget. The money will be used to expand the current center facilities.

Already, Fairbanks' board of directors for the center has asked the city engineers' office to launch advertising for an architect.

Seniors met in early July to discuss plans and ideas for the new addition. Any senior with suggestions and ideas for expansion plans should call director Dottie Englund at 452-1735.

Fairbanks seniors itching to indulge in outdoors physical fitness routines will soon have a "gamefield" to use.

Construction began last month on the outdoors course at the center.

Materials for the construction and funds for the project were donated by the Atlantic Richfield Company Foundation, Elks Lodge 1551, Borealis Kiwanis, Chena Kiwanis, Fairbanks Kiwanis and Golden North Kiwanis.

James Donatelli of Borealis Kiwanis volunteered as construction supervisor.

Donations are being sought to pay for concrete for the structure.

Contact the center at 452-1735 for information on the gamefield.

In other Fairbanks news, quilter Anna Danford won rave reviews last month when her handmade quilt drew some \$969 in raffle proceeds. The drawing proved successful for both the senior center's coffers and for Glen Franklin, the lucky winner of Danford's quilt.



Construction on Fairbanks' gamefield -- an outdoors physical fitness course -- located behind the North Star Council on Aging facility will be completed by summer's end. Walking the rounds on the gamefield are Jennie Williams, Katairoak Harding and Thelma Ayotte, all of Fairbanks. (photo by Rita Robison)

Dillingham hunts for recipes

Dillingham seniors plan to publish a community cookbook in time for Thanksgiving.

According to center director Vickie Wilson, seniors' favorite recipes for the book may be submitted to the office until mid-August.

Any senior interested in compiling and typing the rec-

ipes should contact Wilson at 842-1231.

Field trips, picnics and fishing ventures will continue throughout August. The center's on-the-road treks start at 1 p.m. every Thursday depending on weather and road conditions. Everyone is invited to share the fun.

Seward seniors test endurance

by Carole Jaffa

"My pack slipped. I fell backwards into a swamp. That was the most exciting moment," chuckled delicate-looking, elegant, 4'1" Amy Hitt.

Hitt was regaling fellow Seward seniors with tales of adventure on the Resurrection River Trail -- scene of an overnight hike with Wilma Lund, Anne Hatch and Virginia Dec.

Hitt had never worn a backpack in her life--though she's done ample hiking in her gold mining days around Poorman,

Placerville and Moose Creek.

When the four embarked on their seven mile to Boulder Creek cabin recently with senior center director Judy Martin, a gentleman friend (unnamed) loaned Hitt his pack.

"It reached a foot above my head and down to my knees," she said. "Wobbly." "Took three of us to pull her out," Anne Hatch laughed.

"I made Judy carry it the rest of the way," Hitt retorted.

The trip was conceived a year ago when the seniors had their annual picnic at Hope and took a three mile walk up Resurrection Pass Trail.

They wanted a bigger challenge.

"We just want to see how much endurance we had," explained Hitt.

It was a leisurely hike with hourly stops to snack on carrot sticks, candy bars and tea, listen to the birds and collect plants for a dish garden.

Virginia Dec, the most experienced hiker of the lot had "hiked the trail before it was a trail."

But even she was eager, by the end of the first day, to see Boulder Creek Cabin at last in sight -- clean, cozy with a stack of split firewood.

Everyone was tired; supper over, the women got ready to sack out while Anne Hatch "read to us from a back-packer's magazine," Martin said. "Hilarious . . . things

like the exercises you're supposed to do before you go hiking."

The trail was icy and muddy and it took longer to come out the next day than expected.

"No, we didn't sing on the trail," joked Hatch. "We saved our breath."

In fact, the senior bus driver waiting at the trailhead got worried by 4 p.m.

He enlisted the aid of Tom Bennett, Exit Glacier Bridge road crew engineer, who took the driver to the ranger station.

There, the Forest Service was contacted to go look for the women.

Gretchen Macken, a pedestrian guard for the bridge contractor, also offered to hike in. But by the time everyone got back to the trailhead, the intrepid hikers had arrived, smiling, tired, muttering about hot baths and warm beds.

Back at the senior center, the women got a barrage of "Are you sore?"

"But the men were real quiet--more than usual," one hiker said. "None thought they could make it."

A gentleman within ear-shot said he "wouldn't take that hike for \$10,000."

But Lind grinned, "I'd go again today -- if you give me \$10,000 and no time limit."

Seward seniors are planning more adventures for the remaining weeks of summer. Call 224-5604 for details.

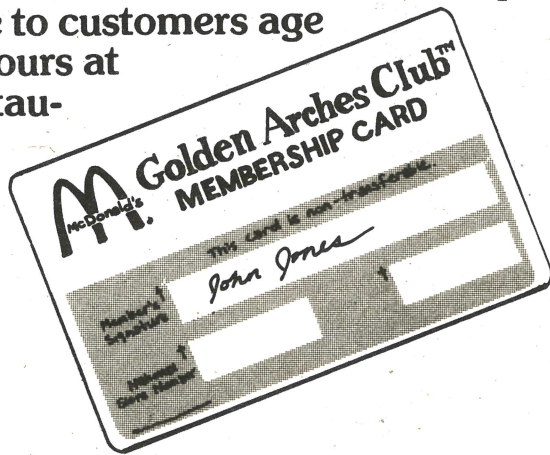
Story courtesy of Seward Phoenix Log.

The drinks are on us.

Get a free regular-size soft drink or regular-size hot drink with any purchase at McDonald's® whenever you show your Golden Arches Club™ Membership Card. The card is free to customers age 55 or older. Ask for yours at any McDonald's Restaurant in Anchorage or Fairbanks. Cheers!

In Anchorage:
Eagle River
2601 E. Tudor Road
Downtown at 4th & E
8130 Seward Highway
5716 Debarr Road
800 Northern Lights Blvd.

In Fairbanks:
1930 Airport Way



We have JOBS for seniors!

Older Persons Action Group
P.O. Box 102240, Anchorage, 99510.
276-1059

Valdez gains vehicle; hopes for greenhouse

Now that their senior program is off and running, Valdez seniors are looking ahead to sprucing up their community.

Taking a cue from the Chugiak seniors' successful greenhouse venture, Valdez seniors are seeking funds from the Fred Meyer Charitable Trust to establish their own greenhouse.

"Chugiak's greenhouse inspired us," said Sally McAdoo, Valdez project director.

"The city needs to be beautified in certain areas downtown and we plan to do it with plants from our greenhouse. We envision the green-

house as a year-round venture."

In addition to sprouting green thumbs, Valdez seniors this summer acquired a bright green pickup truck — nicknamed the 'Used Folks Wagon' — to use for wood-hauling chores.

"Our kindling program is popular," McAdoo said. "We collect old wood and scrap lumber and cut it to kindling size. Our Title V driver, Spike Weber, delivers it as bundled firewood."

According to McAdoo, the City of Valdez has proved to be a big supporter for seniors' programs.

"The city donated 100

downed trees to us to use for firewood. And they gave us high-pressure washers to clean the exteriors of vehicles when they learned that seniors wanted a vehicle cleaning program."

Not surprisingly, the most popular service offered by the center's Title V Senior Employment Program workers is the snow removal service.

"We get 300 inches of snow each year. Snow removal is a big help and keeps seniors mobile," McAdoo said.

"There is a feeling of warmth here and it shows," McAdoo said. "We've grown by little leaps and bounds in just two years."



Valdez staffer Spike Weber scrubs the 'Used Folks Wagon.'

Wingrens go to Washington

Longtime Ketchikan residents Paul and Floy Wingren traveled to Washington, D.C. earlier this summer to participate as legislative interns for Rep. Don Young.

The Wingrens, retired grocery store owners, spent a week in the capital city familiarizing themselves with the operation and behind-the-scenes activities of Congress.

Paul Wingren is the current president of the Ketchikan Chamber of Commerce.



Floy and Paul Wingren

Kenai garners support

Kenai seniors garnered more support and approval last month when the Kenai Peninsula Borough awarded \$33,000 to the local senior center and the City of Soldotna gave the center continuation funding of \$5,000.

"Our center is so lucky to have local government agencies that continually support us," said Pat Porter, Kenai project director.

In another show of approval for the seniors, the

Kenai Art Guild designated August as seniors' art month and established a month-long showcase for senior artists' works at the Kenai Fine Arts Center, 816 Cook Avenue in Kenai.

Computer fever has crept to Kenai. Kenai senior staffer Sue Chinn has offered to teach computer courses and give instructions to any seniors wanting to learn new skills or teach their grandkids some new tricks.

Contact Chinn at 283-4156.

Caverly center gets facelift

In honor of its 10-year anniversary, Mabel T. Caverly senior center is undergoing a facelift.

Donations from the community have allowed the center to acquire new interior paint, carpeting, linoleum, plumbing, mini-blinds and an unusual new office for the Older Alaskans Transportation (OATS) department.

OATS new office will be in a carpeted, paneled 'Stow-it' van that is connected to the side of the existing Caverly center building.

Interior painting was finished in mid-July and do-

nated by the Anchorage painters' apprenticeship program.

Renovations are expected to be completed by mid-August and a combination open house and bake sale will be held soon after final clean-up.

Although much of the painting, plumbing and carpet laying are being donated, other volunteer workers are needed to complete the renovations.

Anyone with some construction talents and spare time available is encouraged to call the center at 274-9361 and volunteer.

Calista trains village elders

Elders throughout the region owned by the Calista Corporation are being trained as land planners.

According to Calista staffers, the village land planners are being instructed on analyzing and reading maps, preparing land descriptions, writing land management policies and handling land reconveyances.

This year five land planners from four villages have been trained in the program.

They include Flora Williams and Anna Kamkoff of Hamilton; Kenneth David of Kwigillingok; James O'Malley of Sheldons Point; and Monroe Kaganak of Scammon Bay.



Don't let a bladder control problem control your life!

Confidence
PROTECTIVE UNDERWEAR

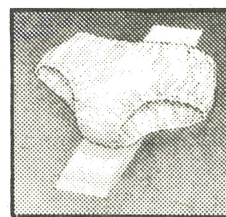
Finally, the perfect product for your special problem.

Confidence Protective Underwear ends worry, ends embarrassment, ends "staying at home." Confidence is very comfortable. Very convenient. And very discreet.

No one but you will know you now have Confidence.

Confidence looks and fits just like ordinary underwear. But it gives you the protection and security you need to take control of your life again.

Get back in control. It's easy, when you have Confidence.



ALASKA CLEANERS

Uniform Rental, Linen Supply Service & Sani-Tone Dry Cleaning

265-4800

Business as usual on city task force

Anchorage's Social Services Task Force made up of citizen volunteers appointed by the mayor, has had for several years the awesome task of fitting the city's "size 20" human services need into a "size 2" budget.

It's up to the task force to review grant applications and recommend to the mayor and the assembly which social service programs should get funds, and how much.

It was business as usual for the task force during a recent review of projects to share \$1.8 million in state aid to the city.

And, as usual, not one of 12 new pilot projects recommended by

the task for represented senior concerns. Of 36 currently funded programs up for renewal, only three were for senior programs.

Hard as it is to criticize the efforts of citizen volunteers, the question must be asked: Are Anchorage seniors well served by this body?

"Senior programs are perceived to be fairly well funded," a city staff person explained.

Chuck Eddy, task force chairman, concurred. "I would agree they are well funded in relationship to everything else," he said.

Another task force member has been heard to say the task force isn't going to fund any senior programs because enough money is "already floating around" for them.

How did this myth take root?

Several task force observers attribute what they call "senior backlash" to the continuous publicity of senior benefits during the Longevity Bonus controversy.

But the fact is that, despite all the well-publicized benefits for seniors, there are critical gaps, both in types of service and who can be served.

Ask a senior project director if there is a need for more services for seniors and you'll get a whole laundry list, without much effort.

They report that seniors need things like more affordable housing for low income seniors; three nutritious meals per day; daytime respite service for those who care for older family members; or eyeglasses and hearing aids for low income seniors; or mental health services for nursing home and Pioneers' Home residents.

Even though these needs exist, the task force has received few senior proposals during the past two years. How many worthy senior programs haven't even been presented because of the discouraging atmosphere?

At least some task force members insist they aren't biased against senior projects in general. They say they judge projects on their merits, as presented in the proposals.

Currently, the only senior needs the task force recognizes as "meritorious" are adult day care, low income dental care and Chugiak Senior Center's nutrition program.

Seniors, senior service providers and the Mayor's Senior Advisory Commission should take the initiative in dispelling the myth that senior programs are well funded.

Then it's up to the task force to open an unbiased ear.

SENIOR VOICE DEADLINE

Advertising and editorial deadline for Senior Voice is the 10th of the month preceding publication.



Older Persons Action Group
325 E. 3rd Avenue, Anchorage
Phone (907) 276-1059

The *Senior Voice*, established in 1978, is published monthly by Older Persons Action Group, Inc. a statewide non-profit corporation serving the interests of all older Alaskans. Current circulation: 6,500.

Partially funded by Older Alaskans Commission grant No. 2-4-913.

Subscription price is \$10 a year to Alaska residents 55 years of age and older. Alaska residents under that age may subscribe for \$15 a year. All subscriptions outside Alaska \$20 a year.

For advertising information please call (907) 277-0787. The printing of ads in *Senior Voice* does not constitute endorsement by Older Persons Action Group.

National Advertising Representative: The National Senior Media Network, 12 S. First St., Suite 720, San Jose, Calif. 95113. (408) 289-9604.



ISSN 0741-2894

State searching for victims of hearing aid sales frauds

About 15 million Americans suffer some form of hearing loss, but an estimated 10 million of them have never had a medical examination to find out why their hearing is impaired.

If you suspect that you have a hearing impairment, see your physician first. Don't be lured by "free hearing tests" given by a hearing aid dealer. You could end up with an unnecessary hearing aid purchase.

That's the message Alaska's audiologists gave our readers in the special report on hearing, pages 11-14.

Following audiologists' advice to consumers, *Senior Voice* has undertaken a policy to refuse advertising from hearing aid dealers or any business offering seniors "free hearing tests."

If you've been the victim of an unscrup-

ulous hearing aid dealer, the state's communicative disorders program wants to know about it to provide documentation on the need for stronger legislation to regulate the dispensing of hearing aids.

A bill introduced last session - HB 430 would establish procedures to ensure more consumer protection.

"One thing we need to get this bill supported and passed is more documentation on the abuse of hearing aid sales and dispensing," said Dr. David Canterbury, chief of communicative disorders program with the state's Department of Health and Social Services.

If you have a complaint about a hearing aid sales transaction, write or call Canterbury at 1231 Gambell Street, Anchorage AK 99501-4627 or phone 276-7570.

TWO BITS

Goodman moves to Juneau

by Dave Herndon

In light of the current agonizing pattern of shrinking funds and consequent cutbacks in services, it is indeed refreshing to be able to announce a service expansion which requires no cost increase.

Rebecca Goodman has, for nearly four years, given invaluable service to Older Persons Action Group (OPAG) and *Senior Voice* as an in-depth researcher and reporter. Thus, it was with considerable disappointment (and an element of panic) that we received her original announcement of plans to move to Seattle.

However, shortly thereafter, her destination was changed to Juneau. This caused a flurry of staff brainstorming as to how we might benefit from this new plan.

End result is a decision to open a one-person regional office in Juneau. I believe this has considerable potential for *Senior Voice* readers.

From a senior issues research standpoint, our state capital should offer a truly fertile resource. From the reporting angle, we will have a person on the scene during legislative sessions who can report on happenings well beyond that possible

from press releases and long distance telephone calls.

Further, an office in Juneau will make all Southeast locations much more accessible for reporting important and interesting events.

Goodman will certainly be missed in our Anchorage office.

But we all look forward with excitement to developing this new venture.

Good luck, Becky, and keep up the great work.

Dave Herndon is director of Older Persons Action Group and editor of *Senior Voice*.

LETTERS

APUC wants rate comments

Dear editor,

Alaska Consumer Advocacy Program is a state-funded organization which represents the interest of residential utility consumers before the Alaska Public Utilities Commission (APUC). Most recently, we have been focusing our attention on draft regulations which could impose uniform service standards (deposits, billing cycles, disconnection practices) on all rate-regulated electric utilities in Alaska.

Many of your readers responded to our request for public testimony. Thank you.

The APUC was impressed with the senior interest and response to its efforts to provide special disconnection protections for high risk customers, such as seniors.

In the next few months, the APUC will be looking into the need and practicalities of "lifeline" telephone rates, subsidized minimum telephone service designed to counteract the local telephone rate increases which are imminent after the AT&T breakup.

We have enclosed a fact sheet on lifeline rates for your infor-

mation. Readers who would like a copy of this background information may call us at 272-6355.

We plan to consult seniors in the near future on what type of lifeline service would best fit the needs of seniors on limited budgets.

We look forward to working with seniors in the future.

Chris Herberg
Consumer Research
Alaska Consumer Advocacy Program

OPAG EXECUTIVE OFFICERS

President Rose Palmquist
Vice President Robert C. Kallenberg
Secretary Julia Dale

EDITORIAL STAFF

Editor Dave Herndon
Managing Editor Liz Lauzen
Associate Editor Rebecca Goodman
Staff Writers Rita R. Robison
Nona McVickar

Advertising Manager Pat Bresett
Graphics C-graphics

Outsiders show us how to retire

by Nona McVickar

Maybe we do "give a darn how they do it Outside"!

To avoid retirement trauma, a number of companies outside Alaska have begun innovative, phased retirement programs. They provide for retirement in easy stages with gradually reduced work hours and responsibilities in return for gradually reduced pay.

Some go even further, helping workers prepare for part time, post retirement jobs and activities.

For the employee, the big advantage is the chance to test the water of retirement and see what life after retirement will be like.

For companies, the plans allow retention of valuable, skilled workers at lower cost. Pre-retirement workers can help train new, younger employees to fill their shoes.

I&R DESK

These phased retirement programs are becoming as common as bumper stickers on Alaskan campers. We love the sticker we followed halfway to Kenai - "Yes, we're spending our children's inheritance."

— ● —

Several columns ago we suggested the advisability of getting a second opinion when considering elective surgery. Now, that second opinion will become mandatory if legislation introduced by senators Heinz (R-Pa.) and Glenn (D-Ohio) become law.

According to the Congressional Budget Office, two of government's major health providers, Medicare and Medicaid could save \$100 million in 1986 if patients were required to have that second opinion. Sen. Heinz, who chairs the Senate Special Committee on Aging, said in a prepared statement: "Older people are particularly at risk from unnecessary surgery, a mandatory second opinion will save many from personal trauma and risk." Unpublished data released by Heinz' aging committee indicate a number of surgeries may be unnecessary, including between 23 percent and 36 percent of cataract surgery.

— ● —

Some new emergency regulations become effective August 1st, 1985.

The Division of Medical Assistance (Medicaid) will no longer pay for "nonlegend" medications even if prescribed by a physician (except for insulin). Nonlegend means any medication that may be purchased over the counter, such as Tylenol, Robitussin, etc. Recipients must pay the shelf price.

All prescriptions will cost the recipient one dollar. The changes in coverage and payment for prescribed drugs were necessitated by an insufficient legislative budget appropriation for state fiscal year 1986, say state Medicaid officials.

— ● —

We've got it all in Alaska, magnificent mountains, glaciers, misty fjords, excellent highways, national monuments, historic cities and multicultural people. In-state, mini-trips and vacations can be much less costly by taking advantage of Bed & Breakfast programs. "Alaska Private Lodgings" can recommend comfortable, clean accommodations in area homes.

All guest homes are thoughtfully selected and carefully inspected to assure a memorable stay at approximately half the cost of a hotel room. For information write P.O. Box 110135, Anchorage, Alaska 99511, or phone 345-2222.

The days of our capricious sizzle/drizzle summer are getting noticeably shorter. Let's hit the open road.

Nona McVickar is the coordinator of Information, Referral and Support for Older Persons Action Group. If you have a question or problem, write or call P.O. Box 102240, Anchorage, AK 99510, 276-1059.

Forced retirement 'vast waste'

by Cyril F. Brickfield

"We believe it would be difficult to conceive a more vast waste of manpower and productivity than that caused by compulsory retirement."

Dr. Ethel Percy Andrus, the founder of American Association of Retired Persons (AARP), made that statement more than a quarter of a century ago.

Our nation has learned a lot about older workers since then. It is now better understood that a system which fires the competent solely because of age is irrational and cruel. The myth that mandatory retirement creates job opportunities for younger people has been debunked.

Employers are discovering that, contrary to their earlier arguments, the cost of training a new employee and the loss of productivity resulting from the discharge of a competent older worker may outweigh the cost in salaries and benefits of keeping that older worker on the job.

Nonetheless, there are still those in industry and government who refuse to recognize that mandatory retirement is physically, mentally and emotionally damaging to individuals; and harmful to the nation's economy.

That is why AARP has begun a nationwide effort to focus national attention on age discrimination in the workplace, to change negative attitudes toward middle-aged and older workers, and to improve job opportunities.

This effort is called the AARP Worker Equity Initiative and its goals are very ambitious:

- to increase employment opportunities both in the public and private sectors;

- to increase public and employer awareness of older workers' capabilities;

- to compile more complete data on the scope of age discrimination;

- to encourage enforcement of the Age Discrimination in Employment Act and understanding of its provisions;

- to increase workers' knowledge of employment and retirement options; and

- to promote increased ser-

vices for older workers entering the job market for the first time, interested in second careers or unemployed late in their careers.

Achieving these goals will require innovative and intensive efforts by AARP, including the establishment of a new corps of older volunteers. These volunteers will speak out on employment issues, provide technical assistance to business and industry and work against discriminatory workplace practices.

Cy Brickfield is executive director of the American Association of Retired Persons.

10% off

to all senior citizens
on
ALL
Mercedes Benz,
BMW and
TOYOTA parts
from





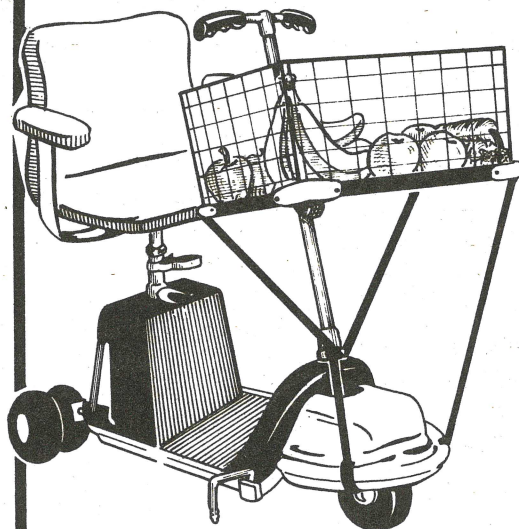
UNIVERSAL MOTORS

FIFTH AVENUE AND INGRA, ANCHORAGE, ALASKA
8AM TO 7PM MONDAY THROUGH FRIDAY
9AM TO 6PM SATURDAY

279-8506



CARRS Introduces the FIRST All-Electric Shopping Cart* to Alaska!



- ### The Shopping Cart
- Is designed to meet the needs of people shopping in supermarkets that have an impairment of mobility.
 - Makes shopping a more pleasant experience than ever before.
 - Is easy to operate, safe, and relaxing.

CARRS is the 1st Supermarket in Alaska to offer this service to our customers. It's our way of saying "We Care for You".

*Available at CARRS Aurora Village, 1750 W. Northern Lights Blvd. and CARRS in Pioneer Square, Palmer, Alaska.

CARRS offers a 10% Senior Citizen discount on all prescriptions and CARRS Brand Vitamins to anyone over sixty.

CARRS

QUALITY CENTERS

SUPER FOOD
SUPER DRUG

Task force pegs 48 programs for grants

This spring, the Municipality of Anchorage received \$2.5 million from the state legislature to spend between July 1, 1985, and June 30, 1986, on social services.

City officials earmarked most of the money to continue a four-year-old social services grant program.

As in previous years, the city's Social Services Task Force was assigned the job of recommending how the funds would

be spent. Together with the Division of Program Development and Assessment in the Department of Health and Human Services (HHS), the task force agreed to change current grants from a calendar to a fiscal year basis by extending them for six months.

The decision also was made to give \$300,000 to children's day care programs. Money left over after these grant program costs and administrative

expenses were deducted was to be used for one-year social service pilot projects.

Thirty-six programs run by 31 agencies are currently funded under the 1985 social service legislative allotment. Although these grants do not expire until the end of the year, the task force reviewed them in June, before half the current grant year was completed.

"The task force made the decision to extend funding for

six months," said Mike Guinn, division director. "They decided it was too much of a burden on the projects to make them go out for an RFP (request for proposal) for just six months."

The task force met in June to consider both the current grant extensions and proposals for \$300,000 in pilot project funds.

All current grantees were recommended by the task force for extension of grants. Twelve

pilot projects were recommended.

Of the 12, 10 are for agencies currently receiving municipal social service grants.

Recommendations are made to Mayor Tony Knowles, who can change them or pass them along intact to the municipal assembly.

At *Senior Voice* press time, task force recommendations were scheduled to come before the assembly on July 30.

Does task force give seniors fair hearing?

Do seniors' needs get a fair hearing before the Anchorage Social Services Task Force?

No, say some observers.

Yes, say task force members.

It depends on what you consider fair, say still others.

The task force, made up of nine Anchorage citizen volunteers, reviews social service grants for the municipality and recommends which should receive funding.

For each of the past four years, the group has made recommendations to the mayor and assembly on how to spend \$2 million to \$3 million in social service funds appropriated to the city by the state legislature.

Both the proportion of funds set aside for seniors and the actual amount have gone down each year since 1983. In that year, the task force recommended 12 percent (\$330,000) of the \$2.7 million social service pie go to senior programs. For the current year, task force recommendations for senior programs came to 10 percent (\$273,590 of \$2.65 million);

for the first half of 1986, senior programs are recommended for 8.6 percent (\$201,580 of \$2.35 million).

The task force recommended funding three senior projects for the first half of 1986: Anchorage Community Mental Health adult daycare, \$67,130; Chugiak Senior Center, \$31,970; and Mabel T. Caverly Senior Center dental program, \$51,150. All are currently funded by the city.

The only other senior proposal, for a Caverly Senior center alcoholism pilot project, was turned down.

"People have been saying for

years the task force doesn't really listen to senior needs," said one observer who asked that her name not be used.

"The general feeling on the task force is that through the OAC (Older Alaskans Commission), senior programs are well funded," explained Mike Guinn, head of the Division of Program Development and Assessment in the Department of Health and Human Services (HHS). Guinn's division serves as staff support to the task force.

Across town at a program for handicapped children, the project director (who also asked

that his name not be used) related his experiences with the task force.

His group set up appointments with task force members after the task force failed to recommend his agency for funding for a pilot project during grant reviews in June.

"What we did, we set up appointments with various members of the Social Services Task Force to see what is going on.

"It's just these guys. They decide who gets the money, so that means they set policy. We talked to one member who said they're not going to fund elderly programs or programs for the handicapped. They said there's enough money floating around Anchorage for the elderly and the handicapped."

Another project director who has watched the social services task force operate for four years says he doesn't think senior programs get enough funds, but he feels the task force thinks it is doing an adequate job for seniors.

"It seems like children and other age groups have a higher priority with the task force than

seniors do," he said. "That board has a lot of people who support kids, so there are a lot of kids programs funded. There seems to be a general groundswell against seniors," he added.

Task force members contend they have no pre-formed notions of what groups need funding prior to the review process. The agencies applying for grants must explain other sources of funding on their grant applications, and this helps the task force weed out the project that can go elsewhere for funds, they explained.

"What we go by is how much different projects are receiving from state and federal and other sources, then we try to balance grant requests," explained Chuck Eddy, task force chairman.

"My perception is that we don't try to set out a rank order of priorities, but we try for a well-rounded program. We try to cover as many bases as possible. But I would agree senior programs are well funded in relationship to everything else.

"Compared to what the municipality has to give away for all programs, they are well funded."

TASK FORCE RECOMMENDATIONS

Calendar Year	Senior project recommendations	Total appropriation	Percent for seniors
1986 (First half)	\$201,580	2.35 million*	8.6%
1985	273,590	2.65 million*	10%
1984	235,290**	2.3 million	10%
1983	330,000	2.7 million	12%
1982	375,600	3.2 million	11.7%

*Includes half of pilot project money recommended for fiscal year 1986

** Assembly later added \$30,000 for a senior program

DAY BREAK

SENIOR DAY CARE

and Alzheimer's Disease Program

Day break clients include those who:

- Have memory impairments and need supervision
- Are seeking an alternative to nursing home care
- Have limited opportunities for participating in the community
- Are lonely or isolated

Day break offers a variety of services depending on the participants needs and abilities.

- Recreation
- Exercise
- Socialization
- Arts and crafts
- Health maintenance
- Group and individual activities
- Relaxation
- Counseling
- Memory training
- Weekly outings
- Occupational therapy
- Participation in community projects

9210 Jupiter, Anchorage, AK 99508

For further information call (907) 346-2234

Southcentral Counseling Center

Space provided by Senior Voice and



Are senior needs met in Anchorage?

The idea that Anchorage senior programs are "fairly well funded" may have been planted with the Anchorage Social Services Task Force two years ago.

Mike Guinn, a city employee who assists the task force, recalls that a state report presented to the group gave an upper four-figure number as the amount the state spent on each senior resident.

Another city employee says the "whole issue with Longevity Bonus publicity" has prejudiced people about seniors.

"This publicity has sold many people into believing seniors are so well off up here in Alaska," explains Norma Lundy, former head of the city's senior citizen program and now a geriatric nurse practitioner for the city.

Anyone who assumes senior needs are taken care of in Anchorage "should look at the statistics," Lundy says.

Census data shows an increase of 112 percent in the 65 and over population between 1980 and 1984, she explains. And funding from the state and

municipality for senior programs has not kept pace.

John Wolfe, director of the Older Alaskans Commission (OAC), says seniors and senior program directors who come to the OAC for money each year are well aware of the gaps in service.

But news stories, fed by federal government press releases, have led the public to believe seniors are better off than they really are, he says.

"Certainly, there are those who are doing well on their own, leading independent lives. But a lot of seniors are not doing well, and their families are also having a lot of problems."

One need more common in Anchorage than in other areas of the state is that of helping "hidden people," he says. In Anchorage, he explained, "You have informational and outreach problems compounded by ethnicity."

Respite care, emergency respite care and more daycare are needed for Anchorage seniors, he says.

Municipal grant process bypasses agencies

Continued from page 1

based on information gathered by reporters for *Senior Voice*, which is published by OPAG.

The pilot project grant funds were part of a \$2.5 million social

services appropriation to the municipality from this year's state legislature. The city's Department of Health and Human Services (HHS) and the Purchasing Department are responsible

for publicizing the grant process and passing funding recommendations along to the mayor and assembly for final awards.

Although the competition for funds drew 24 proposals from

21 agencies, a comparison of lists supplied by HHS's Division of Project Development and Assessment shows 19 of the proposals came from agencies currently funded by the city.

Mike Guinn, head of the project office, informed current grantees of the pilot project grants by telephone soon after the request for proposals was issued. A handful of other agencies who had previously requested to be called when funds became available also were called.

The phone calls "certainly were not meant with any favoritism," said grant coordinator Janet Thompson. "It was a matter of courtesy."

"Mike and I decided at least current agencies must be called because we were concerned they might not see the ad in the paper," Thompson said.

The lists also show that only five agencies not currently receiving social service funds from the municipality submitted proposals. Only three other currently nonfunded agencies signed in at a preproposal meeting.

Phone calls had earlier been made to inform current grant holders that the city planned to extend for six months current grants which expire on December 31. The extension through June 1986 would align the city's grant process with the state fiscal year, Thompson said.

The two grant processes were held concurrently.

Among those who are not current grant holders, a poll indicates most project directors who applied for pilot projects learned about the funds through word of mouth. Some had asked city workers to inform them whenever money became available, and at least one director said he found out through the city's purchasing department.

"We didn't receive anything formal," said Dr. Barbara Smith of Easter Seals, a group that sought funding for pre-school education.

"The day of the city (pre-proposal) meeting we got a phone call from a friend who knew we were losing other funding. We ran over there in our jeans and T-shirts to attend."

Task force recommendations

Extensions of current grants

(Funding covers first half of 1986.)

Abused Women's Aid in Crisis	\$ 52,168
Abused Women's Aid in Crisis/ Alaska Youth Advocates	14,916
Alaska Children's Services	25,575
Alaska Legal Services/Basic Legal	71,500
Alaska Legal Services/Family Safety	31,983
Alaska Treatment Center	20,026
Alaska Women's Resource Center	38,225
Alaska Youth Advocates	23,792
Anchorage Child Abuse Board	104,500
Anchorage Community Mental Health	67,310
Anchorage Literacy Project	21,458
Anchorage Neighborhood Health Center	33,550
Association for Stranded Rural Alaskans in Anchorage	45,550
Big Brothers/Big Sisters of Anchorage	17,050
Bean's Cafe	104,518
Camp Fire, Chugach Council/ Drop-In Center	40,336
Camp Fire, Chugach Council/ Summer Care	39,391
Catholic Social Services	76,392
Chugiak Senior Center	31,970
Cook Inlet Native Association	47,643
Conflict Resolution Center	65,395
Family Connection	50,875
Food Bank of Alaska	22,000
Girls' Club of Alaska	20,767
Home Health Care	13,860
Hope Cottages	64,200
Hospice of Anchorage	19,732
Mabel T. Caverly Senior Center	51,150
Men's Support Network	8,097
Planned Parenthood	25,901
Red Cross	22,000
RurAL CAP	31,625
Salvation Army/Booth Home	49,144
Salvation Army/McKinnel House	115,514
Standing Together Against Rape	30,447

Suicide Prevention & Crisis Center	22,289
Total	\$1,520,849

Pilot projects

(Funding covers last half of 1985, first half of 1986.)

Alaska Council on the Prevention of Alcohol and Drug Abuse	\$ 59,705
*Alaska Legal Services	19,011
*Alaska Women's Resource Center	24,530
*†Alaska Youth and Parent Foundation	12,223
*Anchorage Child Abuse Board	20,000
*Anchorage Literacy Project	16,000
*Camp Fire, Chugach Council	37,640
*Family Connection Multiple Sclerosis	31,547 2,800
**Parents United	29,911
*Planned Parenthood	20,000
*RurAL CAP	17,324
Total	\$ 290,691

Proposals not recommended

- *Alaska Children's Services/Intensive Family Therapy
- *Alaska Children's Services/Parent Help
- *†Alaska Youth and Parent Foundation/ Life Skills
Alpine Alternatives
- Anchorage Association for the Education
of Young Children
- *Anchorage Community Mental Health Services
- *Anchorage Neighborhood Health Center
- *Boys' and Girls' Club of Alaska
Easter Seals
- *Mabel T. Caverly Senior Center / Alcoholism
- *Suicide Prevention and Crisis Center/ Crisis
Intervention

Suicide Prevention and Crisis Center/ TTY Program

*Currently funded agencies recommended for pilot projects

**Received special funding for 1985 from Mayor's discretionary funds

†Formerly Alaska Youth Advocates

Code allows one legal ad, one day in one paper

Although Anchorage social service grant proposal requests have been announced in the past by the use of display advertisements in one or both Anchorage daily newspapers, municipal codes require only one ad, one day, in one paper.

The *Anchorage Times* is used, explained Purchasing Officer Henry J. Hickey, because of its

convenient to city offices.

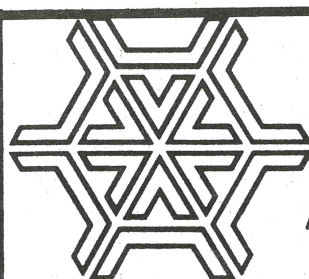
If a city department wants to buy a larger display ad, it must spend money from its own budget, Hickey said.

Responsibility for the social service grant program lies with the Project Development and Assessment Division in the Department of Health and Human Services (HHS).

Is a one-day legal ad enough to get the word out?

"If I were to give you the bureaucratic answer, I'd say that if purchasing decided to advertise once, that was enough," said Janet Thompson, grants coordinator for HHS.

"But yes, I do believe it was adequately advertised," she added.



ANCHORAGE SENIOR CENTER Anchor-AGE Center, Inc. NOTICE

The third annual meeting of Anchor-AGE Center, Inc., the nonprofit corporation that operates the Anchorage Senior Center, will be held on Wednesday, August 7, 1985 at 7:30 p.m. The meeting will be held at the Anchorage Senior Center, 1300 E. 19th Ave., Anchorage, AK. At this meeting, there will be an election of 5 directors to the corporation's board of directors.

For more information call: 338-7823

Carpet Barn • Giant Don's

Alaska's Low Price
Carpet Leader



**GIANT DON'S
CARPET BARN**

**SPECIAL
SENIOR
CITIZENS
DISCOUNT**

TWO LOCATIONS TO SERVE YOU

INTERIOR
DECORATING
SHOWROOM

Tudor & Old Seward

WAREHOUSE
& SHOWROOM

Glenn Hwy. & Bragaw

561-2112 276-5775

Anchorage, Alaska

Seniors at the fair



Palmer fair honors colonists and seniors



Top: Charlie Fox, Palmer, grows giant cabbages for the Alaska State Fair.

Center: Lillian Lenke Stamm, Palmer, will enter some of her elegant flowers in the fair along with vegetables, clothing and embroidery.

Right: Alice McAllister, Palmer Pioneers' Home resident, enjoys hooking rugs and other craft work, including ceramics, embroidery and bunka (punch needle embroidery).

(Photos by Rita R. Robison)



by Rita R. Robison

It's time for Palmer's Alaska State Fair!

Several hundred seniors from throughout the state, especially those from the Matanuska Valley, will be bringing gigantic cabbages, quilts, flowers, jams and jellies, baked goods and craft items to the 11-day event which begins August 23.

These seniors will wait in suspense while judges look over their entries and measure them against others in the hundreds of categories available to exhibitors.

Seniors have been entering items in the fair since it began in 1936 and they also help the fair run smoothly each year, said Jim Fox, fair historian.

"Seniors have made significant contributions over the years," Fox said.

They helped get the first fair going. And seniors judge exhibits, supervise departments, run shows and answer questions from the public who wind their way through buildings brimming with displays.

Florence Sawby, superintendent of the flower department, has run it for many years, Fox said.

Esther Cornelius and Frances Hulbert have judged canning entries for years while Geraldine Schreiber, Delores Martsof and Lillian Stamm have organized the clothing department and judged its entries, he added.

Bill Hoskins, the only founder of the fair still living, continues to help with vegetable exhibits.

Dozens of seniors volunteer

their time to help make the fair a success, Fox said. And thousands of seniors are among the crowds of people who throng to the fair yearly.

"Colony Jubilee," the theme for this year's fair, was chosen to celebrate the 50th anniversary of the colonization of the Matanuska Valley.

In 1935, 202 families from Michigan, Wisconsin and Minnesota made the long journey north to settle the Matanuska Valley under a government resettlement program during the Great Depression.

"We want to recognize and honor the colonists in their significant anniversary year," Melton said, "because of their tremendous contribution to what the valley is today."

The colonists, along with other early settlers, also were responsible for developing the first fair in 1936.

To celebrate the jubilee, all colonists and seniors will be honored the first day of the fair, August 23. There'll be free admission and special activities that day to recognize the many contributions seniors have made to Alaska.

Seniors who attend this year's Alaska State Fair will be able to see storytellers, wrestlers, jazz dancers, fiddlers, jugglers, and famous country entertainers as well as the traditional vegetable, food, craft and livestock exhibits.

The fair is open from 10 a.m. to 9 p.m. Cost is \$2 for seniors 60 and over and \$5 for other adults.

The fair closes September 2.

Colonists celebrate golden anniversary

In the 1930s, when President Franklin D. Roosevelt took office, a million farm families were living on public funds.

Resettlement of 202 families from the Midwest to Alaska's Matanuska-Susitna Valley became a major effort for the federal government in 1935.

Federal Emergency Relief Administration (FERA) director Harry Hopkins decided families from the drought-ridden states of Minnesota, Michigan and Wisconsin would be chosen from relief rolls to settle and farm the rich Southcentral Alaska valley.

These families or "colonists," were selected because they were hardy, pioneer-type people between the ages of 25 and 40 who knew something about farming.

They also were mentally ambitious and willing to cooperate

toward a commercial enterprise.

Preference was given to Swedes, Finns and Norwegians because it was thought they would adjust easily to Alaska's northern climate.

Colony families were made up of a total of 903 individuals.

Each family received 40 acres of land, and also a home, farm buildings, equipment and livestock.

The complete package was charged to the family at a cost of \$3,000 at 3 percent interest. Initial payments were not due until 1940, giving the families adequate time to start their new life. The loan was to be paid off in 30 years.

The Minnesota contingent traveled by train to San Francisco, where they boarded an Army transport, the *St. Mihiel*. They were welcomed in San Francisco

with taxis to their hotels, entertainment and prominent coverage by the San Francisco press. A national radio broadcast featured several colonist interviews.

In addition to the colonists, 400 transient workers, doctors, nurses, reporters, photographers, and relief administrators traveled to Alaska to help the colonists.

The first group of colonists from Minnesota arrived in Anchorage on May 10, 1935, while the second and final contingent arrived there on May 22. In both cases, Anchorage gave the newcomers a warm welcome before they continued on their way to Palmer.

The Minnesotans arrived in the valley to find temporary homes — tents — all equipped and ready for them. The travelers waited with anticipation for the drawing of their 40 acre

tracts. The men from the second colonist contingent arrived on the morning of the drawing, after docking in Seward the previous day. The women and children followed two days later.

After the drawing each family had to choose the style of house they wanted from five different designs. Crews of workers built most of the houses, owing to the general lack of experience in carpentry among the colonists.

Building schedules were delayed because of freight deliveries, and many families were not in their permanent homes until late in the year.

The colonization program was fraught with controversies, management disagreements, and colonist complaints, which received considerable attention in

the "Outside" press.

Changes in administration and appointment of new directors to the board of the Alaska Rural Rehabilitation Corporation (ARRC) helped straighten out many problems. Politicians arrived and made their reports, Will Rogers visited the new colony, and colonist complaints were reviewed and rectified if possible.

Some colonists sold out and left the colony, but most stayed, weathering the storms in the Matanuska Valley and generally convincing officials in Washington, D.C. that the colonization project would bear fruit (or vegetables) in time.

Many of the colonists and their descendants still live in the Matanuska Valley, contributing to its growth and prosperity.

Fair is state's top entertainment event

The Alaska State Fair was born nearly a half-century ago, its seeds sown with the arrival of the Matanuska Valley colonists.

Building from these early efforts, today's state fair has become the largest family participatory and entertainment event in Alaska, according to Natalie Knox, fair spokesperson. Over 321,000 people took part in fair activities in 1984.

The first fair was held on a temporary site in Palmer in 1936. The colonists arrived in 1935, and although their first year was difficult, they and other early settlers of the area sponsored a three-day fair at the conclusion of the 1936 growing season.

The agricultural exhibits — from the 202 colony families and other farmers — filled the

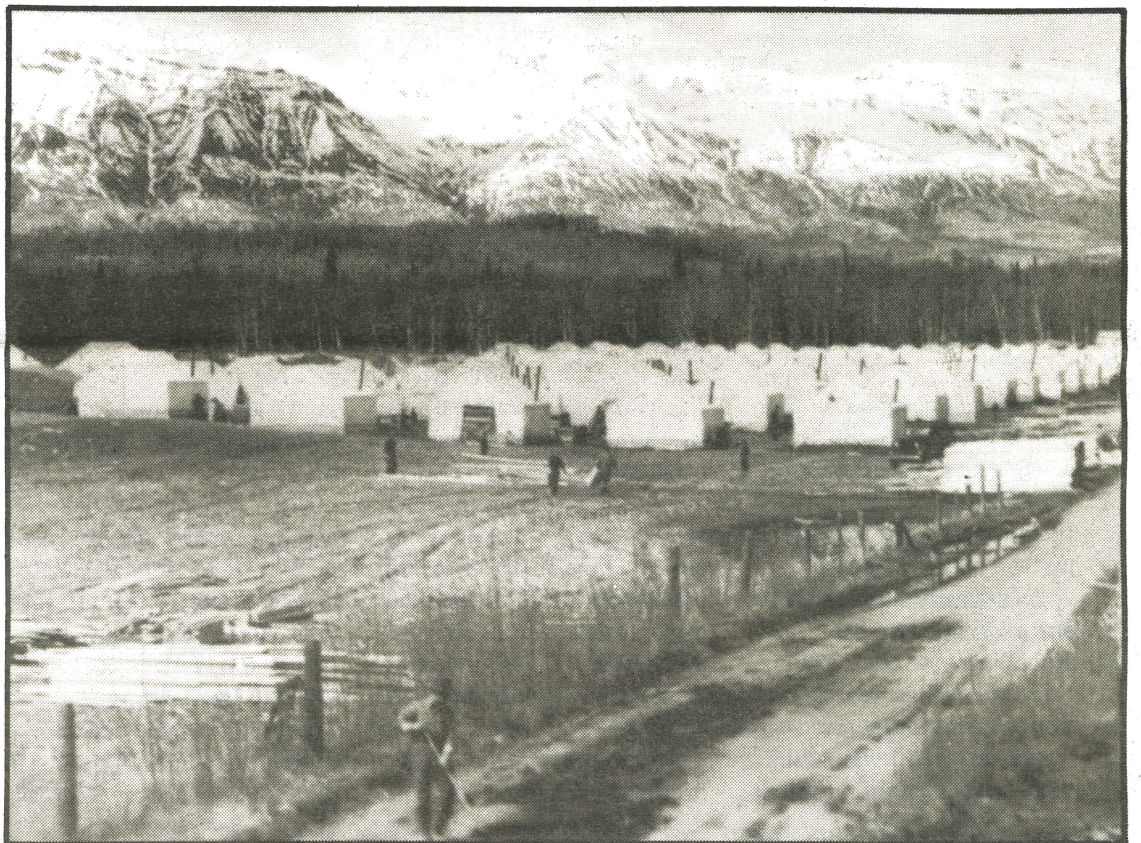
basement of the newly-built Central School, and overflowed into the school gallery and gym.

The cows, pigs, and other livestock were lodged under canvas sheds east of the school's playgrounds. The fair's midway occupied the north end of the school and the adjacent street.

That first fair hosted a baby show, six boxing matches and dances each night. Proceeds were used to buy a large storage tent.

The Alaska State Fair outgrew Central School and moved to a new home one block north of the first site in 1947.

In 1967, the fair was moved to its current location on 220 acres two miles south of Palmer. Every year it expands and adds more facilities and activities to its program.



Above: When colonists arrived in May of 1935, they stayed in tents until homes were constructed.

Below: Colonists gather to can salmon (Photos from Lemmon Collection, courtesy of Jim Fox)



Come tell a tale

Attention all Alaska storytellers!

There'll be a seniors/colonist story swap at the Alaska State Fair August 23. And September 1 is the day for a storytelling festival.

Prizes will be awarded at the festival for the most original, most humorous, most scary, best tall tale and the best Native Alaskan story.

Registration deadline for

the festival is August 1.

Interested people should contact Dean Phipps at the Alaska State Fair office in Palmer, telephone 745-4827.

Louise Kessel, a Chapel Hill, N.C. professional storyteller will be hosting all of the fair's storytelling activities, including twice daily storytelling.

"Storytelling is a refreshing change from mainstream entertainment," said Kessel.

Trucker recalls road to arctic adventure

by Rebecca Goodman

Trucker Bill Unfer knows a thing or two about hauling tons of freight up steep grades, through washouts, muck, mud and frozen tundra.

But he's modest. And he's quick to point out that he's no trailblazer in Alaska's rough-and-ready trucking industry.

"Heck, I got my start in Valdez in '49," says Unfer, who still lives in Valdez whenever he's not out on the road hauling freight to somewhere.

"Many guys hauled before I did. They really knew some rough times, as early as the '20s. People like Eugene Rogge, Leo Schlotfeldt, Al Renk and some others. I still think of myself as a greenhorn in the business when I compare myself to them," Unfer chuckles.

When Unfer started hauling his Kenworth rig, road paving had just begun south of Fairbanks and north out of Delta Junction. There were practically no private autos on the road, just trucks, he explains.

And those trucks were mostly loaded with supplies for Fairbanks or materials to build Ladd and Eielson Air Force bases.

"We all depended on each other; if someone got stuck along the road, other truckers would come by and pull them out. No one would ever just run by."

In the early days, the road out of Valdez was so treacherous, narrow and winding, truckers nicknamed it the "Goat Trail," Unfer says.

"Back when I was hauling there was a 400-foot pitch

in the road up to Thompson Pass and a 12 percent grade."

The road has since been "smoothed" out to a 6 percent grade.

"It was hard to detect the sides of the road in winter—real easy to drive right off the road."

Unfer's recollection of rotten road conditions spans all seasons. "It could be just as bad in the summer months as in winter.

"In the summer you had to get through muskeg and quagmires and sometimes the only way through was to be pulled through by a 'Cat.' Sometimes when it should've

In the early days, the road out of Valdez was so narrow, truckers nicknamed it the 'Goat Trail'

taken just an hour or two to get somewhere, it might take 12 hours," Unfer winces.

Right-of-way along the Richardson Highway (a 368-mile stretch of road between Fairbanks and Valdez) was strictly observed by the truckers.

Unfer says that southbound traffic always gave way to northbound traffic because northbound trucks hauled the cargo inland from Valdez docks. "It was just a matter of who had the load and who didn't."

His business, the Unfer Brothers, which included his



'We all depended on each other; if someone got stuck along the road, other truckers would come by and pull them out. No one would ever just run by.'

—Bill Unfer

brother Vic and a few others, ran a smaller freight operation than other lines.

"The big guys then were the Alaska Freight Lines. They had a 24-hour longshoreman loading cargo and some guys jockeying trailers.

"Our guys did our own loading at dock. We had to go down to the docks, organize cargo, load up and then drive. Sometimes we had to do our own longshore work, too," Unfer adds. "It was a lot of work."

Now it all goes faster, he says, thanks to forklifts, better roads and clock-work organization.

"The Richardson Highway was just a gravel and dirt road in '49. To go from Valdez to Copper Center (about 100 miles north) took six to eight hours on a good day, 15 hours to Fairbanks.

Unfer's biggest trek came during the winter of 1954-55 when he joined a 32-truck

expedition to the shores of the Arctic Ocean to deliver supplies for the new Distant Early Warning (DEW) radar screen installation.

"Al Ghezzi, head of Alaska Freight Lines, made a deal with military officials to haul 500 tons of freight from Fairbanks to places in the arctic."

Ghezzi's ambitious plan called for the construction by truckers of a 400-mile "highway" with caterpillar tractors and a gigantic 24-wheel "Snowtrain" made for arctic construction ventures.

"Vic and I joined Alaska Freight Lines for the job. We started from Fairbanks, crossed the Yukon River, wound across country and made it all the way to Shingle Point on the Beaufort Sea."

The convoy was stranded in a blizzard for four days and the entire operation fell behind schedule.

"It was a day-and-night operation; we had to keep the

engines running 24 hours a day to prevent them from freezing in the 68-below temperatures," Unfer recalls.

"Because of conditions, we got back a month later than we'd planned. I lost a steady hauling job because of it. The road was built, but that trip really overextended Alaska Freight Lines. Things weren't the same after that. Ghezzi finally sold out the business to Sea-Land in the early 60s."

Unfer gazes at a detailed oil painting of his truck created by his sister-in-law, Clara Unfer.

"She did that from a photo of mine taken in winter along the Haines Highway."

It's a lonely picture — one truck, one trucker in a snow-filled valley ringed by mountains.

Unfer sighs.

"Yeah, it was hard sometimes, but I sure did see some great country out there."

ALZHEIMER'S DISEASE

How we can help

Anchorage Senior Center

Wednesday, August 7, 8:30 am - 3:00 pm

Guest Speaker

JUDY GELLATLY, M.S.W.

Gerontologist, Geriatric Counselor, Seattle, WA

Focus

- Problems resulting from the disease
- How to cope with the changing behaviors
- Preserving the dignity of the victim
- Available resources in our state

No Charge

- Registration - 8:00 a.m. - 8:45 a.m.
- Guest Speaker - 9:00 a.m.
- Statewide teleconference: 9:00 - 10:30 a.m. of Mrs. Gellatly

CEU Credit offered - \$35

Sponsored by Senator Vic Fischer • Alzheimer's Support Group - 344-6706 • Daybreak - Adult Center - 346-2234

Longs Drugs

Where Everybody Saves

Bag your hunting supplies at
Longs



Longs, where everybody saves!

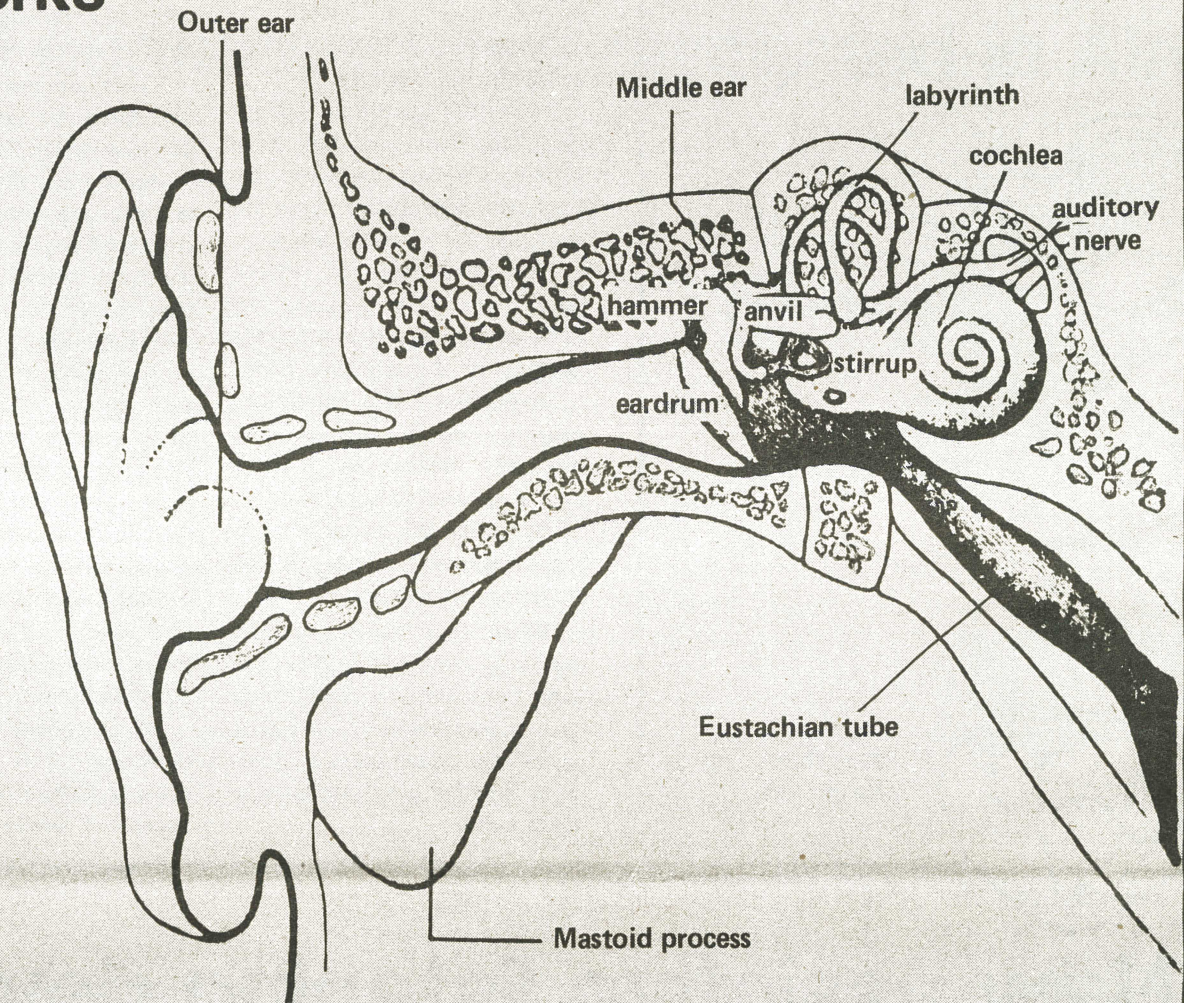
200 E. Northern Lights Blvd.
601 E. Dimond Blvd.

Tuning in to better

HEARING

How the ear works

A sound starts as a disturbance of the air, which produces sound waves. The outer ear, visible to us, helps channel these waves down the ear canal so that they strike the eardrum and make it vibrate. These vibrations then pass through the ear bones — the hammer, anvil, stirrup and oval window — into the fluid in the cochlea, the winding cavity of the inner ear. Tiny hairs in the cochlea change the vibrations in the fluid into nerve impulses, which are then transmitted to the brain along the auditory nerve.



Adapted from: *The American Medical Association Family Medical Guide, Random House, New York, 1982; page 328.*

by Rebecca Goodman

While waiting in line for a dinner concert a few weeks ago, I overheard a young woman eagerly ask her companion, "Is the food here great stuff?"

Her companion hesitated, then replied, "I think it starts at 7:30."

"No, Dad," the young woman tugged on his sleeve and raised her voice, "I asked you about THE FOOD HERE."

Her father nodded, "Sure, you know Fred's okay; we just left him at the house."

Bystanders began chuckling at this pathetic miscommunication and the young woman sighed in exasperation.

"I've told him over and over that he needs to have his hearing checked, but he just won't admit anything's wrong," she explained to no one in particular.

Her father isn't alone in his predicament or his stubbornness.

Hearing loss is the least admitted ailment in the U.S. It is a silent epidemic.

According to reports from the National Institute of Health (NIH), more people suffer from hearing loss than heart disease, cancer, blindness, venereal disease, multiple sclerosis and kidney disease combined.

No matter what you blame for the

high rate of hearing loss — noise pollution, hereditary conditions, drugs, aging — it's an ignored epidemic that is yearly growing worse.

No statistics exist for hearing loss problems in Alaska, but if national statistics are any indicator, at least 40,000 Alaskans suffer some hearing impairment.

Hearing loss is the least admitted ailment in the U.S., yet more people suffer from hearing loss than heart disease, cancer, blindness, venereal disease, multiple sclerosis and kidney disease combined.

The NIH has estimated that one in ten persons in the U.S. is affected by hearing impairments and at least 50 percent of those afflicted are over 65.

Why do people ignore their hearing losses?

Is it because the gradual decline in hearing abilities is so subtle, so painless, so invisible that people simply don't recognize it?

No one knows for sure, but psychiatrists and gerontologists insist that our tendency to ignore hearing loss is due to the negative images it brings to mind.

Deafness often is equated with images of old age, loss of control, even feeble-mindedness.

Whatever the reasons behind our unenlightened thinking, sufferers can take heart in the fact that they can do something to improve their hearing if they really want to.

If you do have impaired hearing you should first try to find out what type of hearing loss you have.

There are two kinds of hearing loss:

1. **conductive loss** — can be caused by wax, infection, punctured eardrums or inability of the tiny bones in the middle ear to move properly. This sort of loss occurs in the outer or middle ear and can be treated medically or surgically.

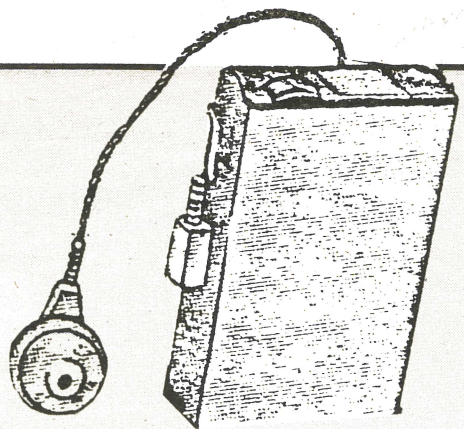
2. **sensorineural loss** — can be caused by noise, drugs, high fever, head injuries, birth defects or aging. This loss, commonly called "nerve loss," occurs in

Continued on page 14

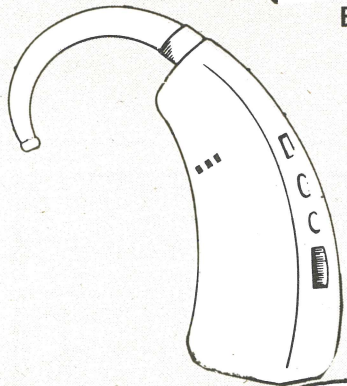
INSIDE: Hearing aids — Assistive devices — Alaskan resources

Hearing loss and hearing aids

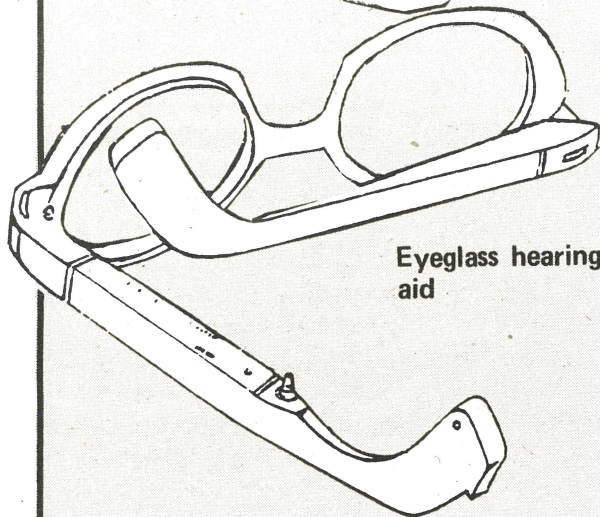
What's available, who needs them?



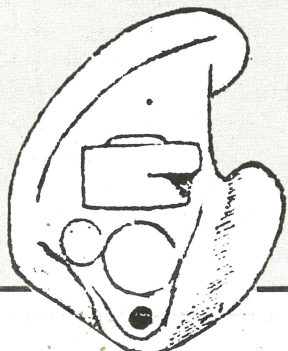
Body hearing aid



Behind-the-ear hearing aid



Eyeglass hearing aid



All-in-the-ear hearing aid

Not everyone with a hearing problem needs a hearing aid.

Hearing problems differ and a person's need for a hearing aid depends on several conditions.

In general, there are two kinds of hearing loss, conductive and sensorineural.

According to the American Speech, Language and Hearing Association (ASHA), conductive hearing loss is caused by a mechanical failure that keeps sound from reaching the inner ear.

Sensorineural hearing loss is caused by nerve failure.

With this condition, sounds reach the inner ear, but those sounds are not perceived because the appropriate nerve impulses do not reach the brain.

The usual cause of sensorineural loss — particularly for older persons — is damage to the cochlea or the auditory nerve.

Sometimes, the conditions causing hearing loss can be medically treated and hearing can be restored to normal.

But often the causes of hearing impairment cannot be corrected by a physician.

When that happens, audiologists — trained professionals who hold either a master's degree or doctoral degree in audiology — are called upon to determine whether a hearing impairment exists.

Audiologists specialize in the identification and prevention of hearing problems and in the medical rehabilitation of those who have hearing problems.

Through a battery of tests and evaluations, audiologists can determine whether a hearing aid might be helpful for a particular hearing problem.

And if a hearing aid can help, the next step is to dispense the appropriate hearing aid.

Finding the right hearing aid and obtaining an aid that fits well and provides appropriate amplification is no easy task.

There are many factors that can affect the success or failure of a hearing aid fitting.

Aside from the cost, cosmetic factors, health problems and stigma of wearing a hearing aid, another critical factor is the appropriateness of the hearing aid fitting itself.

According to Dr. L.E. Marston, professor of audiology at the University of Kansas, the dispenser's knowledge and experience in selecting the proper aid is of basic importance.

"Experience has shown that a careful clinical evaluation is helpful in separating poor hearing aid candidates from potential candidates."

If a patient is not highly motivated or if the interest in using a hearing aid comes only because a family member urges

it, adjustment to the aid will probably be difficult, audiologists report.

The problem is that too many consumers expect to walk out of a clinic with a hearing aid and be able to hear in the same way they heard in the past.

"It's important that consumers realize that hearing aids cannot restore hearing to normal," explained Jeri Powers, audiologist with the Alaska Treatment Center in Anchorage.

"Hearing aids always require a period of adjustment."

The successful hearing aid user, Powers added, is an individual who has been counseled about what can and cannot be expected from a hearing aid.

All hearing aids work about the same way. Each aid has a microphone to pick up sound, an amplifier to make the sound louder, and a miniature loudspeaker to deliver the louder sound into the ear.

There are four basic styles of hearing aids:

- body-worn aids: the amplifier and battery are housed in a larger plastic case worn on the body. They are connected to the earphone by a thin plastic wire.

- behind-the-ear aid: the microphone-amplifier and tiny battery are contained in a small, light plastic case worn behind

Continued on page 14

New assistive listening devices add 'some'

by Jeri Powers, MS audiologist

Approximately 20 million Americans suffer from some degree of hearing loss.

For those who seek help, personal hearing aids are offered as the best devices to assist in everyday listening environments. The majority are satisfied with their aids.

However, even satisfied users sometimes wish their aids had "a little something extra" for those difficult listening situations.

Unwanted background noise is the biggest obstacle to hearing clearly. Background noise interferes with the enjoyment of television or radio; it hinders understanding at business meetings; and it diminishes the joy of religious services.

Manufacturers are aware of these special needs of the hearing impaired, and they have started to do something about it.

Assistive listening devices (ALDs) are now available for hearing aid users and non-users alike. They greatly reduce the amount of background noise, delivering a clearer sound to the listener.

The following is meant to be an overview to ALDs, and not necessarily an endorsement of any product.

The first major category of ALDs is called "direct audio input." This consists of a hearing aid, a length of cord, and a microphone. The microphone is positioned near the television or radio, or the speaker at a meeting.

The cord runs from the microphone and attaches to the hearing aid via a special "boot."

The advantages to this system are that it delivers good sound quality directly to the hearing aid user and it is inexpensive (generally less than \$100). It is a simple system to use, requiring no special training, and it is dependable.

One disadvantage to this system is its incompatibility between manufacturers. For example manufacturer Y hearing aids will not work with manufacturer S direct audio input systems. Also, one's movement within the room is restricted to the length of the cord.

The second major category of ALDs is called an "FM system." Basically, this system consists of a wireless microphone/transmitter, a receiver, and a hearing aid.

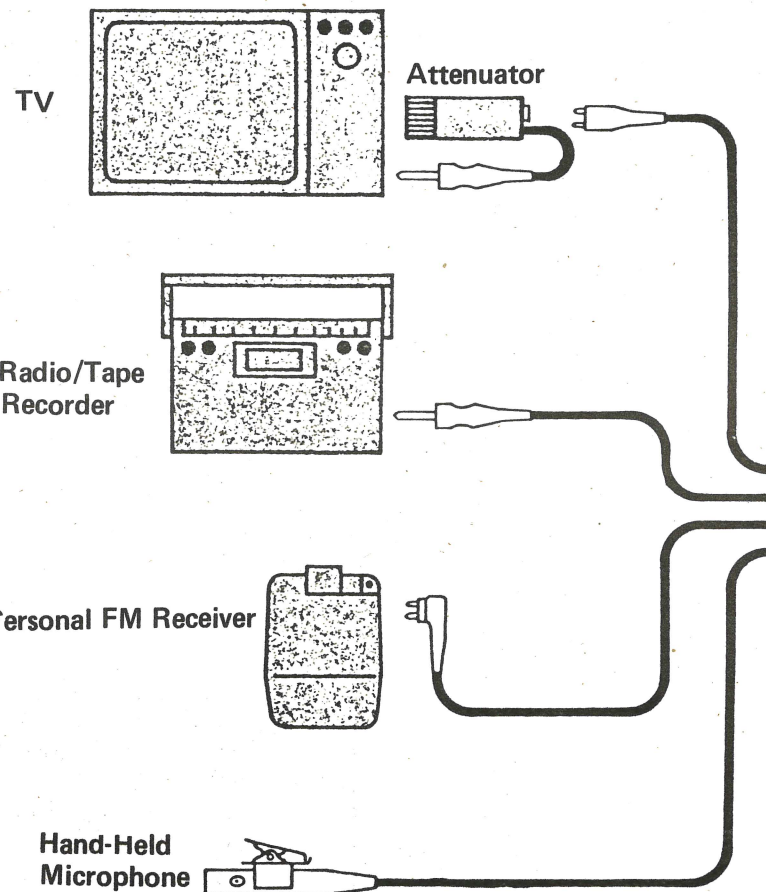
The microphone is hung around the neck or clipped to the garment of the speaker. The microphone/transmitter converts the speaker's message to an FM signal which is broadcast into the room.

The hearing aid user wears the receiver, which converts the FM signal back into speech which is then delivered to the hearing aid.

An advantage to this system is that no cord limits the movement of the hearing aid.

In fact, the user can be up to 300 feet away from the speaker and still receive a strong signal. This system delivers excellent sound quality. And,

Examples of Audio in-put assistive listening devices for use with hearing aids.



Even with these situations, assistive listening devices may be helpful.

Typical costs of hearing aids

If you're in the market for a hearing aid, it pays to shop around and ask questions.

"There is an enormous mark-up on hearing aids," said Dave Canterbury, chief of communicative disorders for the Division of Public Health within the Department of Health and Social Services.

"No hearing aid should ever cost more than \$700. I've seen some dealers try to sell them for \$1,200 apiece. That's ridiculous. Something that might sell at a dealer's for

over \$1,000 probably cost less than \$200 wholesale."

Following is a price range for evaluations and hearing aids offered at the Alaska Treatment Center, a non-profit health organization in Anchorage. According to a survey of certified audiologists, these prices are fairly standard across the state of Alaska.

1. Behind-the-ear hearing aid, including a hearing evaluation, hearing aid examination, earmold, hearing aid and one-year follow-up services: \$506, monaural; \$845, binaural.

2. In-the-ear hearing aid, including all services mentioned above: \$506, monaural; \$845, binaural.

3. Canal aids, including all services mentioned above: \$635, monaural; \$1,200, binaural.

4. CROS and BiCROS hearing aids, \$635, monaural only.

CROS and BiCROS are acronyms for contralateral routing of signals. What this means is that the aid picks up sound on one side of the head and crosses it, usually through eyeglass frames, to the opposite side of the head.

by
**Rebecca
Goodman**

Hearing aid consumers not protected in Alaska

Quackery plays a big role in the retailing of hearing aids.

Many hearing aid dealers try to convey the impression that they have special scientific or medical competence. They don't.

Of course, not all hearing aid dealers are out for a fast buck, but in Alaska, it's easy for unscrupulous hearing aid dealers to make a living from selling worthless hearing aids marked up 200 to 300 percent above list prices.

One reason it's so easy for unscrupulous dealers to thrive in the state is because no training, credentials or licenses, except for a business license, are required to sell hearing

aids. Anyone can sell hearing aids in Alaska.

No one knows for certain how many of the state's

*Consumer alert:
If you or someone you know has been the victim of hearing aid sales fraud, the Senior Ombudsman and the Alaska Communicative Disorders program staff want to hear about your experiences to document the need for stronger legislation. Call 279-2232 or 276-7570 to report complaints.*

older consumers have been victimized by hearing aid sellers. However, officials say that the

fraud is widespread and results from sales conducted by both door-to-door peddlers and established hearing aid businesses in larger communities.

"It's a big problem in Alaska," said Dr. David Canterbury, chief of communicative disorders with the state's Department of Health and Social Services.

Canterbury said that consumers are "often lured by hearing aid dealers' promises of free hearing tests," then told that they need a particular brand of expensive hearing aid sold only by that dealer.

"Certainly, not all dealers do that. There is a place for hearing aid dealers in the scheme of things, too. But

consumers have to be careful."

The free hearing tests offered by some dealers are only "superficial screenings," Canterbury said. And those screenings are not designed to determine the type or extent of hearing loss.

The free tests are completely legal, but they tend to mislead many consumers who undergo the exams believing that they are receiving a thorough medical check by a competently trained specialist.

Hearing aid dealers have no training in evaluating hearing.

Evaluating hearing is the job of audiologists who have professional training in the prevention, identification and assessment of hearing impairment.

Currently, some 39 states have strong licensing legislation that defines the role and responsibility of hearing aid sellers and audiologists.

Alaska soon may have stronger laws, too.

Last session Rep. Mike Navarre (D-Kenai) introduced HB 430 that would regulate the dispensing of hearing aids and establish procedures to ensure more consumer protection.

The bill was introduced late in the session and never moved out of the Labor and Commerce Committee. However, Canterbury and other audiologists have expressed hope that it will receive stronger backing next session.

"One thing we need to get this bill supported and passed is more documentation on the abuse of hearing aid sales and dispensing," Canterbury said. "We need letters and personal comments from older consumers."

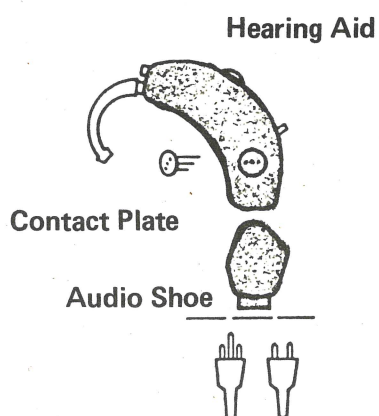
Anyone with complaints about hearing aid sales transactions should write or call Canterbury at the Communicative Disorders Program, 1231 Gambell Street, Anchorage, Alaska 99501-4627 or phone 276-7570.

Canterbury warns consumers to be wary.

"If you're in the market for a hearing aid, you should check the credentials of the person selling or recommending one to you. Don't be fooled by titles."

...hing extra' to aid hearing

...aids, some listening
...blesome. Assistive
...at deliver the speech
...he ear of the listener



any hearing aid can be used with the system as long as the aid has a "T" switch.

The disadvantages are that it is expensive (generally more than \$500) and requires professional assistance to set it up.

However, many churches and theaters are recognizing the usefulness of this system for large audiences. Many meeting places are installing this equipment and "loaning" receivers during the meeting or performance.

When one amplification system can serve many people, the cost becomes very economical. Check around your community to see if your favorite gathering place has an FM amplification system. If they do not, ask them to investigate.

The third major category is **television amplification devices**. There are two different kinds.

The first is a wireless "telemagnetic loop" system for use with a hearing aid. A little control box sits alongside or on top of the television. The microphone is positioned near the TV speaker. A cord, attached to the box, is run under the carpet or along the baseboard of the room.

The television is adjusted so that it is comfortable for the non-hearing impaired family members.

The hearing aid user switches his or her aid to "T" and can enjoy the television at a comfortable level without bothering others.

This system is moderately priced (\$100-\$200) and can be used with any

hearing aid that has a "T" switch. Since nothing attaches to the aid the user can move freely around the room.

The second television amplifier is an "infrared" system for the non-hearing aid user. A transmitter is placed on top of the TV and projects sound into the room via an infrared light.

The receiver (worn under the chin) receives the beam, converts it into sound, and delivers it to the listener's ears.

This system is moderately priced (\$200-\$300) and affords the user full mobility about the room.

The disadvantage to this system is that the invisible beam of light can be broken, thereby momentarily losing transmission of sound.

When the obstacle is removed the beam is restored and the user will receive the sound once again.

Each assistive listening device is designed to work under certain conditions.

If you are interested in hearing aids or assistive listening devices, give careful thought to your specific needs.

Question your hearing health care provider regarding realistic performance of various systems.

If an assistive listening device is chosen wisely, you will receive many years of trouble-free listening.

Jeri Powers is the staff audiologist for the Alaska Treatment Center in Anchorage.

Where to find audiological services

Ideally, the wisest course to follow if you suspect that you have a hearing loss is to obtain a medical evaluation from a doctor or ear specialist.

That may be relatively easy to do in the urban areas in Alaska, but if you live in rural Alaska, finding a physician may not be easy.

According to Dr. David Canterbury, chief of communicative disorders program for the state's Department of Health and Social Services, the "first line of contact" for many rural Alaskans with hearing impairments is the public health nurse program.

"The 68 public health nurses in the field are trained on how to do hearing tests and are all equipped with audiometers," Canterbury said.

"Usually, the initial threshold tests and screenings are done by those nurses."

Public health nurses who do detect hearing problems then make referrals to physicians or to audiologists located in larger communities.

Audiologists are university-trained professionals who will evaluate your hearing loss, test you with various types of hearing aids and recommend the type of aid which will provide the most benefit to you.

Audiologists also advise patients on where and how to buy a hearing aid and can provide information on financial assistance if you're eligible.

If the use of a hearing aid is not recommended, an audiologist can help you obtain hearing therapy or speechreading.

Statewide, there are 17 trained audiologists in public and private practice.

Six of those audiologists work within the state's communicative disorders program and are located in Anchorage, Fairbanks, Sitka, Nome and Bethel.

Not surprisingly, many of the

state-sponsored audiologists cover vast amounts of territory in their service area.

Audiologist Tom McCarty, for example, services patients in the Aleutian Chain, as well as further north in Glennallen and McGrath.

"Our audiologist in Southeast Alaska, Susan Bunting, is stationed in Sitka and makes monthly trips to Juneau and Ketchikan," Canterbury added.

In Anchorage, the state offers a communicative disorders clinic. However, that clinic serves only those 21 years of age and under.

"Any adults who come to our state clinic are referred to the non-profit clinic at the Alaska Treatment Center in Anchorage," Canterbury said.

Following is a list of Alaskan audiologists and their locations:

ANCHORAGE AND SOUTHCENTRAL ALASKA

- Jeri Powers, M.A., CCC-A**; Alaska Treatment Center, 3710 E. 20th Avenue, Anchorage, Alaska 99504; 272-0586.

- Tom McCarty, M.A., CCC-A**; Communicative Disorders Program, 1231 Gambell Street, Anchorage, Alaska 99501-4627; 276-5354.

- David R. Canterbury, M.A., Ed.D., CCC-A**; Chief, Communicative Disorders Program, 1231 Gambell Street, Anchorage, Alaska 99501-4627; 276-7570.

- Bob Wyatt, M.A.*; Whaley Center, 2220 Nichols Street, Anchorage, Alaska 99504; 274-4582.

- Joyce Sexton, M.A., CCC-A**; Whaley Center, 2220 Nichols Street, Anchorage, Alaska 99504; 274-4582.

- Sue Lelevier, M.A.*; Alaska State Program for the Deaf; Russian Jack Elementary School, 4420 E. 20th Avenue, Anchorage, Alaska 99504; 333-5536.

- Betty Sherman, M.A., CCC-A**; Alver Rongstad, M.S.P.A.,

- Alaska 99701; 452-3380.

NOME AND KOTZEBUE

- Beverly Short, M.A., CCC-A*; P.O. Box 966, Norton Sound Hospital, Nome, Alaska 99762; 443-5411.

SOUTHEAST ALASKA

- Susan Bunting, M.A., CCC-A**; Communicative Disorders Program, Audiology Unit, 1 South, P.O. Box 4577, Sitka, Alaska 99835; 966-8320.

BETHEL

- Michael Lopez, M.A., CCC-A**; Communicative Disorders Program, P.O. Box 1048, Bethel, Alaska 99559; 543-2251, ext. 110.

VALDEZ

- John Devons, Ph.D.; P.O. Box 590, Valdez, Alaska 99686; 835-2539.

*M.A. or M.S. indicates Master Degree level training.

**CCC-A indicates the Certificate of Clinical Competence from the American Speech and Hearing Association.

What's available in hearing aids

Continued from page 12

"Many patients request all-in-the-ear aids, especially since President Reagan was fitted with one awhile ago," Powers said.

"But these aids aren't for everyone. Some people don't have large enough ear canals. Not only that, but these aids are certainly not the most sturdy ones available, either."

As costly as they are, however, Powers said that consumers seem to prefer them because they're smaller and give the illusion that they're completely concealed from sight.

"Of course, they are still visible, but consumers like to believe that these aids are more cosmetically appealing than the other aids on the market."

● **eyeglass aids:** another type of behind-the-ear aids that are inserted into the temple piece of eyeglasses.

● **all-in-the-ear aids:** this smallest aid is contained almost entirely inside an earmold. All-in-the-ear aids are the only ones that utilize the natural sound collection facilities of the outer ear structure. Despite their popularity, however, current all-in-the-ear aids are prone to feedback squeal problems, expensive to buy and repair.

Tune in for better hearing

Continued from page 11

the inner ear. Sensorineural loss cannot be corrected surgically or medically, but often can be improved with sound amplification devices better known as hearing aids.

Of the approximately 15 million persons afflicted with hearing loss, most suffer from the second kind described, sensorineural loss.

And for a majority of these people, hearing aids offer the best solution to their hearing loss problem.

If you suspect that you have a hearing problem, the most important thing to do is admit it and take steps to do something about it.

The National Association of Hearing and Speech Action recommends that you:

1. Have your hearing checked regularly by an ear specialist at least once every two years.

2. Do not go to a hearing aid dealer for a hearing examination. First see an ear specialist to test your hearing. Con-

sumers are often lured to hearing aid dealers by ads offering "free hearing tests." These free tests are generally superficial and often result in a hearing aid sale whether or not the consumer needs one.

A hearing test by a competent physician or ear specialist will determine whether your hearing loss is a conductive loss or sensorineural loss and indicate whether you would benefit with use of a hearing aid.

So in your next conversation, stop and consider — Do the voices seem as loud as ever, but unclear? Does everyone seem to be mumbling? Do you feel tense trying to follow group conversations? Do you misunderstand 50 for 15 or 60 for 16? Do you find yourself saying "What?" frequently?

If your answer to these questions is "yes," then a hearing test with an ear specialist or physician may be in order.

Above all, do something about it. Don't become part of the silent epidemic.

Earful of references

- *Facts about Hearing Aids.* Discusses the full range of facts about hearing aids including types of hearing loss, evaluations by a doctor or audiologist, types of hearing aids, and the adjustment period. Also mentions contracts and warranties. Write to: Council of Better Business Bureaus, Inc.; 1515 Wilson Boulevard; Arlington, Virginia 22209.

- *Facts about Hearing and Hearing Aids.* Covers all aspects of hearing impairments and hearing aids. Explains how hearing aids work and how to select and care for a hearing aid. Lists other sources of information. Single copy: \$1.75. Write to: Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Request stock number SN 003-003-02024-9.

- *Nerve Deafness and You.* Explains nerve deafness, a common cause of hearing problems, and describes the help that is available through hearing aids. Write to: Better Hearing Institute; 1430 K Street, N.W., Suite 600; Washington, D.C. 20005.

No bonus for 478 seniors; some complain

by Rita R. Robison

Loss of the Longevity Bonus for 478 seniors who reside in nursing homes and nursing wings of the state Pioneers' Homes has caused a stir among Pioneers' Homes' residents.

If loss of the bonus drops a resident's income so low they can't pay the Pioneers' Home resident fees, they won't be kicked out of the home, officials have promised.

And each resident is guaranteed at least \$100 for personal use, no matter what their income.

But some residents are upset because they are unable to pay all or part of their Pioneers' Home bill of \$525 a month, now that they no longer have the \$250 monthly bonus income.

"People felt they were paying their own way and they feel bad about it (not being able to pay the monthly fee)," said Joyce Munson, director of the state's Division of Pioneers' Benefits.

Other seniors who can pay the \$525 fee, but don't have much income beyond that, are disappointed their incomes have dropped due to loss of the bonus, Munson said.

One example is the reduction of income for a spouse of a nursing wing resident.

The couple was able to pay the \$525 monthly fee and with the bonuses, the spouse living at home had an income of about \$500. Now her income is \$250.

"A lot of people were very unhappy about losing the bonus," Munson said.

Here's how Pioneers' Home charges work:

- Each resident is charged a monthly fee of \$525.

- Income received by residents must be applied to the monthly bill. Before the bonus was canceled for nursing wings residents, these seniors could add the \$250 monthly bonus payments to a modest \$300 Social Security payment and still pay the bill of \$525. He or she would have \$25 left over.

- Each resident is entitled to \$100 a month in spending money. If income can cover only part of the \$525, the resident receives a stipend of \$100 a month from the state. If some money is left over from the resident's income after the monthly bill is paid, that amount is deducted from the \$100 stipend amount. For example, a resident with \$25 left over after paying the Pioneers' Home bill would get a stipend of \$75 from the state.

- The \$525 monthly fee pays only part of the state's cost for Pioneers' Home residents; the state pays the rest. For a resident of a nursing wing, the average monthly cost is \$3,800 per month.

Residents are not eligible for Medicaid, a program funded 50 percent by the state and 50 percent by the federal government.

Loss of the bonus hit 273 Pioneers' Home nursing wing residents on July 1.

While some Pioneers' Home residents are upset about losing the bonus, a state official said he has not heard from the 205 seniors in private nursing homes who have lost the bonus.

"I have not received any complaints," said Rod Betit, chief of medical assistance for the state.

For private nursing home residents, Betit calls the loss of the bonus a "wash" because in the past the bonus was folded into their bill for care and it was not

available for them to spend.

Here's how the Medicaid nursing home program operates:

- A person may not have more than \$975 in monthly income. Sources of income usually

has a spouse, up to \$516 of his or her income can be designated for care of the spouse. If the resident has additional income, it is applied to the nursing home bill, except for \$70.

- The \$70 retained in income can be spent any way the nursing home resident desires. However, if it is used to accumulate assets like stock or diamonds worth over \$2,000, the person will be ineligible for the Medicaid nursing home program.

- If a person has no income, he or she receives \$25 in Supplemental Security Income and \$45 in Old Age Assistance for a total of \$70.

Bonus payments ended July 1 for nursing home residents and Pioneers' Home nursing wing residents soon after a bonus law passed by this year's legislature went into effect.

The law included a provision excluding them from the bonus. The exclusion was necessary, lawmakers said, to protect more valuable Medicaid benefits.

About 33 elderly nursing home residents were in danger of losing their Medicaid benefits because a federal ruling has required the Longevity Bonus to be counted as income for certain seniors.

Although these 33 nursing home residents have lost \$250 a month bonus payments, they will not lose Medicaid, which pays \$4,000 to \$5,000 a month for nursing home care.

The affected seniors qualified for the bonus under a law passed last year that requires only one year of state residency.

The Alaska Supreme Court declared the original Longevity Bonus program unconstitutional because of its 25-year residency requirement.

Lawmakers included Pioneers' Home nursing wing residents in the bonus exclusion along with private nursing home residents because federal officials said unequal treatment would be challenged, according to state officials.

"A lot of people were unhappy about losing the bonus."

include Social Security and pensions.

- If a nursing home resident has no spouse, all but \$70 of his or her income applies to his or her bill.

- If a nursing home resident

Free Food Entertainment Pop Corn

GOVERNORS

Sunday, August 25, 1985
1:00 pm ~ 6:00 pm

ANNUAL PICNIC
Anchorage, Alaska

Free food and fun for Everyone!!

Along the Park Strip
~ Between I and L on 9th Avenue ~

Come and Enjoy — Hot Air Balloons Music Dances

Bottom Landry

Blanket Toss Demonstration

Soda





Where do I get information on renters rebates?

**Older Persons Action Group
Information and Referral**
325 East Third Ave
Anchorage, Alaska 99501
276-1059

We can help you find the answer!

Chugiak's planting bears summer fruit

by Marjorie Cochrane

Ignoring the drizzle that was falling on a summer morning at the Chugiak Senior Center, Clarice Wertz filled empty tires with a rich mixture of earth and lime and fertilizer, ready for planting.

Bea Bemis planted comfrey, an herb with medicinal values sometimes used for tea, in a nearby raised bed.

At the edge of the lawn, her husband George patted soil around the petunias and lobelias he was setting out, plants

gardening could provide still another outlet for keeping seniors active and involved.

It's done that for Wertz and the Bemises. Although all have had a long-time interest in plants, none had professional experience. Their backgrounds are as varied as what they grow.

Wertz managed a fabric store, Bea Bemis had a rare books business and George Bemis is a former professor of political science who set up schools in public administration in Brazil and Iran.

The Bemises moved to Eagle River from California six months ago to be near their daughter and son-in-law and eight grandchildren.

They've rented an apartment in Eagle River and three days a



Clarice Wertz, the sparkplug who heads greenhouse volunteers at the Chugiak Senior Center, has been so successful in gardening efforts that plants already bear ripe tomatoes. Wertz picked part of the crop to make the tray of tomato-apple jam she holds. The jam, like many bedding plants volunteers have raised, is for sale at the center.

(Chugiak Eagle River Star photos by Marjorie Cochrane)

Wertz is proud of the fact that in the first six weeks of plant sales, volunteers have paid off all their expenses and turned over \$700 to the center

raised in the center's greenhouse that is turning out seedlings by the dozen in the first season of operation.

Wertz, with the help of the Bemises and other volunteers like Eleanor Steele, who makes sure greenhouse plants are watered on schedule, has almost singlehandedly brought about the flowering not only of plants themselves, but of the greenhouse project.

Its long-range goal is to provide increasing operating dollars for the center to replace declining state funds, and Wertz is proud of the fact that in the first six weeks of plant sales, volunteers have paid off all their expenses and have turned over \$700 to the center.

"Sales," however, is a misnomer. Because the center is nonprofit, the dollars come in a roundabout fashion. The gardeners gave 77 flats of bedding flowers and vegetables to Jones Tool Rental in May, and Jones in turn donated the funds representing the cost of the plants to the center, Wertz explained.

While funds to keep the senior center going is the long-range goal, it's not the only reason for the greenhouse project.

Administrators hoped that



Rainshowers didn't keep Clarice Wertz from getting tires ready for planting with strawberries on the patio at the Chugiak Senior Center where she is a resident volunteer.

week they catch the People Mover to Chugiak to spend long hours gardening.

Both are impressed with the Chugiak center.

Bea Bemis was chairman two years ago of a 57-member committee that did a study of nurs-

unteer programs in general need to study. Seniors need something useful. It gives seniors a sense of their own worth when they do something that is real."

Although two eye operations this spring have hampered her volunteer efforts, Bemis hopes soon to be able to resume volunteering at the Chugiak-Eagle River library, along with continuing to work in the senior center gardens. Gardening and books, she says, are her real interest.

Bemis has found the Chugiak center to be "the best I've ever seen. There's nothing like it in central California. There are so many things for seniors to do and the staff is so warm and appreciative."

George Bemis ("he's had lovely gardens all his life," his wife interjects) is continuing his interest in political science and is currently undertaking a study of the state's new legislative redistricting.

It is Wertz, however, who is largely responsible for the ambitious landscaping project now in progress and for the operation of the greenhouse. She and her husband Kenneth, who built the planter boxes, live at the center, but Clarice's involvement in gardening is something vol-

Continued on page 17

If you like to see things grow, then all it takes to garden is a little common sense --- Clarice Wertz

ing homes in central California.

In virtually all the homes they visited, Bemis said, they found one major fault: "There was the tendency to do the thinking for people who needed something to keep themselves alive as individuals."

Too often, she points out, persons with good intentions look at failing bodies "and don't realize the valuable things that are left inside."

The garden emphasizes her belief that seniors need "real things to do instead of time-killing skills. It's something vol-

National meet explores health policy, care quality

Washington, D.C. — National health care planning and policy-making leaders will gather at Alexandria, Virginia, November 12-13, 1985, for a conference entitled, "Health Policy and Quality of Care for Older Americans."

The conference is planned as a forum for discussing the challenges that will arise as the na-

tion tries to assure a continued level of high quality health care to America's increasing elderly population in the face of financial constraint.

The American Association of Retired Persons (AARP), the American Medical Association, the American Hospital Association and the American Nurses Association are the co-sponsors.

• What is needed to assure quality health care for older Americans?

• What is the outlook for quality health care under cost-containment pressures?

Three major areas to be addressed at the conference are:

• How can we assure a continuum of high quality care for

older Americans?

The conference is directed toward decision-makers in health organizations and government, as well as others who are interested in policy issues pertaining to quality care of older Americans.

Two primary objectives of the meeting are to build a better understanding of the is-

ues in health care that arise from resource and technology development, inflation and financial pressures, and the evolution of an increasingly aged population; and to assess the role of the government, private sector, health care institutions, professionals and consumers in addressing these issues in the years ahead.

Wertz: not a green thumb - green paw

Continued from page 16

dening has meant "that it's practically like being married to it." Kenneth, she said, complains that he has to visit the greenhouse to see his wife.

Clarice has always loved plants. "And if you like to see things grow, then all it takes to garden is a little common sense."

The greenhouse was built adjoining the south-facing dining room at the center a year ago and in February volunteers began building shelves to hold flats of seeds. By the time planting season arrived, the shelves held almost 150 flats, with 72 plants per flat.

Along with a selection of bedding plants that are for sale by "contribution," the greenhouse now holds corn that's well past the "knee high by the Fourth of July" stage. Fist-size tomatoes are ripening and cucumbers are ready to pick.

The gardens, however, can't supply enough produce to feed the center's residents, "You'd need fields to do that," says Wertz. Her search for unique ways to market what she raises led her to an old cookbook she received as a wedding gift.

It contained a recipe for tomato-apple jam. Wertz whipped up a batch that was so delicious she has canned it in four-ounce jars.

Another senior has made ruffled dust-caps for the jars and the jam is for sale at \$1.50 for each four-ounce container.

It's the kind of project sen-

iors hope to encourage in their move toward becoming financially self-sufficient. Already some bakery products from the center's kitchen generate income, and seniors, Wertz notes, hope to obtain either the Melba Pippel home or an historic Anchorage house which they can relocate at the center as a gift

It's an ambitious landscaping project but seniors have no doubt that it will succeed.

shop. Art classes at the center have attracted a number of seniors, Wertz says, and the gift shop could provide an outlet for the sale of paintings.

She envisions the greenhouse as a first step to that goal. But it's a valuable resource for the center, too, providing plants for landscaping the grounds.

Beyond the greenhouses, the garden's focal point will be a bed centered by a sculpture of an eagle. Surrounding the eagle will be an herb garden, separated by a circular gravel path from flower beds.

It's an ambitious landscaping project for a small group of volunteers. But seniors have no doubt that it will succeed.

As one resident noted, Wertz doesn't have just a green thumb. She has a whole green paw!

Story and photos courtesy of Chugiak Eagle River Star.



The corn growing in the new Chugiak Senior Center greenhouse is taller than knee-high, volunteer Bea Bemis indicates. Bemis and her husband George are among seniors who have donated time to a successful plant-raising and landscaping project at the center.

More visitors attracted to parks

Alaska's national parks are attracting more visitors to the state every year.

Alaska's national parks, preserves, and monuments registered 780,887 recreational visits in 1984. That's an increase of 18 percent over 1983, according to Roger Contor, regional director of the National Park Service.

Most park visitors still focus on two or three of Alaska's older parks. Denali National Park and Preserve is the main attraction. Over half of the 1984 visitation to Alaska's national parks, 395,099, is attributed to Denali.

Glacier Bay and Sitka run second and a close third at 108,297 and 108,046 recreational visits, respectively.

While recreational visitation is relatively lower at the newer, less known, or less accessible parks, that's also where the most dramatic growth in visitation is occurring. According to Contor, Katmai National Park and Preserve had an 80 percent increase in recreational visits in 1984 over 1983, and Noatak National Preserve had a 70 percent increase.

The statistics for Alaska are exceptional when compared to the other nine regions of the country, none of which came close to Alaska's 18 percent increase. Nationwide park visitation increased 2 percent in 1984.

Only two areas in Alaska experienced decreases in recreational visits last year: Cape Krusenstern National Monument, down 5 percent, and Kobuk Valley National Park, down 54 percent.

ALASKA LEGAL SERVICES CORPORATION

Legal services for seniors

(60 and older)

Assistance available with

- housing
- government benefits
- health care
- wills
- other legal problems


This OAC - funded service is available in:

Anchorage 272-9431

Fairbanks 452-5181

Preference for seniors in social & economic need

PAY N SAVE



JOIN OUR

60

PLUS

CLUB

receive 10% off any prescription
no charge for membership
11 Alaskan Stores

Anchorage ● Northway Mall ● Northern Lights Center ● Downtown Gambell St. ● University Center ● Boniface Mall ● Dimond Center Fairbanks ● Bentley Mall ● University Center Soldotna ● Peninsula Center Mall Wasilla ● Cottonwood Creek Mall ● Eagle River Valley River Mall

We have JOBS for seniors

Older Persons Action Group has a number of job listings for the older worker. Recent listings include ones for housekeepers, retail clerks, babysitters, receptionists and telephone sales people.

276-1059

325 E. Third Ave. ● Mail: P.O. Box 102240 ● Anchorage 99510

Gleaners harvest more than food

by Mauree Jane Perry

When Rex Mainord was forced to retire at age 65 four years ago, he didn't know what he was going to do with his time. His career was over. His children were grown. He and his wife didn't need or want to move.

In fact, Porterville, California, a friendly town of 19,000 in the heart of fertile central California where he lived, had become somewhat of a popular retirement community. With almost 3,400 other residents 60 or older, he certainly didn't feel alone. But what could he do?

As a volunteer member of the mayor's senior activities committee, Mainord was asked to consider organizing other seniors to help themselves help each other.

It was just the outlet he needed. His talent started to flow. A sense of purpose, focus and friendship followed. With associates Jack Anklin and Ed Hall, Mainord started the Porterville "Senior Gleaners," a somewhat biblical reference to a rather earthy endeavor.

COMING OF AGE

Similar to other groups in California, "Gleaners" go into nearby agricultural fields and, with the farmers' permission, glean or gather up the unharvested fruit and vegetables. Then they bag, distribute and share among themselves, as well as the needy, the fruits (and vegetables) of their labor.

What began as a dream of three men has since become a reality for more than 1,200 men and women. Those who are able work the fields; others help with the telephones or bag or distribute or do office work. Last year, they distributed almost 300 tons of food. That's 500 pounds a person.

Mainord says it's a labor of love.

"You do it because you like serving others and it helps on so many levels. No other group is more strapped financially than seniors," Mainord says. "The way health costs keep rising, one stay in the hospital can vir-

tually wipe out your nest egg and even your home.

"I would say the majority of seniors here have about \$10,000 to \$12,000 a year coming in, but after rent, groceries and medicine, there's not much left. Especially since Medicare only pays about 40 percent of your medical needs and extra insurance is so expensive.

The gleaners' fresh food helps fill a financial vacuum, he believes. Their work also fills other vacuums in a senior's life, that of having a purpose and camaraderie.

"Moving from an active work life to a retired life can be traumatic," Mainord says.

"After the initial visitings are over, and you deal with practical issues such as how much money you have or don't have left, then sometimes this fear of not being needed and of being bored sets in. It's at this point that it's good to be able to get away from the home and have a purpose."

Partly for this insight, Mainord and other friends decided to form an umbrella organization that would go beyond Porterville and coordinate all the seniors in the area, including the Gleaners.

Called the Porterville Senior Citizens Council, more than 3,500 members actively work together. In addition to gleaning the fields, they feed the needy, visit the homebound, call the old, supply the sick, and when necessary they even trim the hedges for members who are too frail to cut it themselves.

"There is no greater reward than the satisfaction that comes from benefiting both yourself and others," says Mainord, "whether you're gleaning fields or serving meals or driving a truck or calling those who live alone to make sure they're all right."

With this philosophy, the Porterville Senior Citizens Council is expanding its efforts to in-



clude medical care and other services for seniors.

For example, they've organized a Neighborhood Watch to protect themselves from crime. A mailbox watch lets them report to post office and local police authorities anytime they notice a member's mailbox is not being emptied. In such an event, authorities can check on the member's condition.

They formed a burial assistance club that has about 700 members. If someone dies, then the other members chip in a dollar each for help with funeral costs.

Collecting discarded sick room supplies such as wheelchairs, walkers and hospital beds, they created a lending library of such aids.

Recently they started a fund-raising coupon club. If a person buys a \$1.50 coupon, he or she then has the right to purchase supplies that the club buys from surplus dealers at reduced rates. Everything from ice cream to clothing is available at different times. "It just depends on the deals we can get," Mainord says.

With these funds, the council organizes activities and services

for the seniors as well as pays for its own expenses.

"There are no payrolls and no expense accounts anywhere in the organization," Mainord says. Everything is on a volunteer basis.

They also help the town itself whenever they can. And not with money alone.

"We have so many talented people here. When we found out the community hall needed a new roof, we organized our architects and carpenters, held some fund-raisers, and within the year the town had its roof. When the community college needed its grounds groomed, we trimmed the hedges and hauled all the branches away."

Mainord doesn't think the seniors in Porterville are doing anything that others couldn't also do. "Any community can organize," he says. "We just decided what our concerns were and that we wanted to serve."

Mauree Jane Perry has been writing about the joys and pains of growing older since 1973. Her column, which also appears in the Sacramento Bee, Fresno Bee, and the Oakland Tribune, is a regular feature of Senior Voice.

Tired of watching the Soaps?

Tune in to RSVP

Tired of staying home or watching the soaps? RSVP offers an alternative to anyone in Anchorage over the age of 60.

RSVP salutes

Mary Chamberlain

Volunteer of the Month of June

Kay Greer

Volunteer of the Month of July

RSVP has something for you to do if you wish to stay active in your community. Give us a call and we'll get the ball rolling.

Call us at 264-6720 or visit us on the third floor at 825 "L" Street.

Municipality of Anchorage
Tony Knowles, Mayor

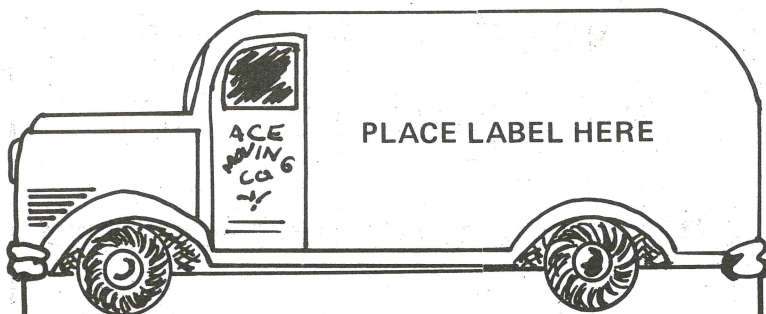


Pension benefits up for retirees

About 6,000 former state employees and teachers began receiving increased retirement benefits July 1.

The increase, a post-retirement pension adjustment authorized by law under certain conditions, is based on a measurement of inflation in Anchorage during the 12 months ending May, 1985. That figure was 2.3 percent.

In review of the Teachers' Retirement System and the Public Employees' Retirement System by the Department of Administration actuarial consultant has shown that the costs of the increase will be small and can be absorbed by the two systems, according to Gov. Bill Sheffield, who announced the increase June 27.



MOVING?

Please inform us of any changes in your mailing information in the space below.

Name _____
New Address _____
City _____ State _____ Zip Code _____

Mail to OPAG Circulation Manager, P.O. Box 102240, Anchorage, AK 99510. If local, call 276-1059.

GENEVA WOODS PHARMACY INC.

562-2468

3730 RHONE CIR.

ANCHORAGE, AK 99508

OPEN 9-5:30 WEEKDAYS

SAT. 9-12:30

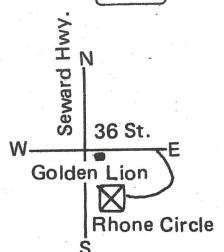
PRESCRIPTIONS

PRESCRIPTION DELIVERY

Sales & Rentals

- Wheel chairs - custom designed - electric or manual
- Bathroom safety aids
- Walking aids
- Hospital beds
- Physical therapy equipment
- T.N.S.
- Ostomy and surgical supplies

10% Senior Citizen Discount



Mobile home dwellers get aid

by Rita R. Robison

If you live in an Anchorage mobile home and hear a tap on the door, it could be someone to help you learn about ways to cut your energy bills.

Older Persons Action Group (OPAG) has received a \$10,000 state grant to assist elderly, low-income mobile home owners and renters reduce energy expenditures.

Energy Outreach Worker Blanche Metts will visit about

300 Anchorage mobile home residents. She'll show them energy conservation techniques and tell them about energy programs like no-cost weatherization and grants to pay energy bills.

"Some people don't realize they are eligible for energy assistance," Metts said.

And many people aren't aware mobile homes can be weatherized with substantial cost savings on energy bills.

"Many older people live in dis-

comfort due to lack of knowledge of energy assistance programs," Metts said.

About 600 elderly people in the Municipality of Anchorage live in mobile homes, according to Planning Department figures.

Of these, 122 are 75 to 80, 194 are 70 to 74, and 279 are 65 to 69.

The OPAG grant was awarded by the Department of Community and Regional Affairs' Di-

vision of Community Development.

Fifteen of the 45 projects applying for the Energy Information Mini-Grants received funding.

In awarding the grants, the department called for proposals that are "innovative, locally designed and locally appropriate."

Mobile home residents who want information on OPAG's mobile home energy program can call 276-1059.

Voice assigns Juneau reporter

A move that started out as a distressing breakup of *Senior Voice* staff now looks to become a positive experience for the newspaper, according to its editor.

Associate Editor Rebecca Goodman leaves the Anchorage office of Older Persons Action Group (OPAG) and *Senior Voice* in August to relocate in Juneau where husband Dave Sterritt will attend the University of Alaska Juneau's marine biology graduate studies program.

Instead of leaving the staff completely, however, Goodman will become a one-person Southeast Alaska office for OPAG and *Senior Voice*, explained Editor Dave Herndon.

"The continued association will mean expanded *Senior Voice* coverage of Southeast senior activities and 'live' coverage of legislative and governmental news," Herndon said.

Goodman will continue to write, edit and photograph news and feature stories. And her award-winning features on health topics such as feet, teeth and diabetes will continue, Herndon explained.

Goodman joined the staff of *Senior Voice* in the fall of 1981. She has bachelor's and master's degrees in gerontology and consumer economics, in addition to her journalism training.

At *Senior Voice* press time no telephone number had been assigned to Goodman in Juneau.

4-H members host horse show, fair

August is 4-H fair time in Anchorage, and planners promise this year's event will be bigger and better than ever before both for observers and participants.

Exhibits, a horse show, commercial booths, demonstrations, a dance, safety mini-fair, pet show will highlight the 31st annual Anchorage District 4-H and Open Fair August 2-4 at the Section 16 Equestrian Cen-

ter in South Anchorage.

Seniors and other adults and children will participate in open class exhibits, while 4-H members enter their own competition.

"Pre-entering your exhibits is advisable, but entries will be taken until 6 p.m. on August 2 at the center," said fair spokeswoman Laurie Hakes.

Open classes include small animals, painting, crafts, creative writing, ceramics, photography, foods, canned goods, clothing, gardening, vegetables, flower arranging and a talent show.

The Equestrian Center is located on Abbott Road east of Lake Otis Parkway. For more information and to obtain entry books, call Hakes at 786-1080.

Grandparents' medication poisons kids

Washington, D.C. — Thirty-six percent of all prescription drugs swallowed by children under five involve grandparents' medication, according to a U.S. Consumer Product Safety Commission study.

Many children gain access to grandparents' medication during visits, either at the grandparents' house or in the child's home, said Terrence Scanlon, chairman of the U.S. Consumer Product Safety Commission (CPSC). The commission conducted the study in cooperation with the Poison Information Center at the Children's Hospital of Birmingham, Alabama.

"Grandparents should use child-resistant bottle-top closures whenever children are around," Scanlon said. "I know that these tops are difficult to use, but the inconvenience is worth the trouble. It may save a child's life."

Alaska farm products guide now available

The Alaska 1985 Food and Farm Products Directory is now available.

It lists 164 farm and related businesses in 29 cities throughout Alaska. Listings include all types of Alaska-produced farm products, supplies, and services as well as meat, eggs, milk, vegetables, berries and other specialties that sell to Alaska consumers, wholesalers and retailers.

For a copy of the free directory, contact the Division of Agriculture, P.O. Box 949, Palmer, Alaska 99645 or call 745-7200.

START YOUR OWN BUSINESS ON A SHOESTRING

Work your own hours. No Investment! No Risk!
Join thousands of people just like you who make \$200-\$400-\$600—even \$900 or more each month selling Mason Shoes.

It's easy! Your profit on every pair of Mason Shoes you sell is \$3.00 to \$18.50 depending on which style your friends and neighbors select. We will send you a free full color catalog. You get your commission on-the-spot...the cash deposit is your profit!

You get the handsome catalog and other sales tools FREE—no investment now or ever. The catalog has 400

up-to-date styles of quality Mason Shoes—men's and women's dress, work and casual shoes in sizes 4-16, widths AA-EEEE.

If you are serious about earning extra money—this is your chance to have your own business, work your own hours and earn extra money along with exciting Prizes and Bonuses! Send for your FREE Catalog and other sales tools today!



MASONSHOEMFG.CO.
Chippewa Falls, WI 54774

FREE STARTING KIT



MASON SHOE MFG. CO. DEPT. F-674
Chippewa Falls, WI 54774

Rush Free Catalog and Other Sales Tools to:

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

Have you

SUBSCRIBED?

Older Persons Action Group, publisher of *Senior Voice*, needs paid subscriptions to continue publication.

Yes, I wish to help as checked below:

I support Older Persons Action Group and wish to become a member.

Individual membership, \$2 a year

Couple membership, \$4 a year

I wish to subscribe to *Senior Voice* at \$10 a year

I am a low income senior and cannot afford

OPAG membership dues

SENIOR VOICE subscription

I add a tax deduction donation of \$_____ to OPAG for free subscriptions for low income seniors and other worthy OPAG projects.

Name _____ Phone _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

Thank you for your concern and contribution! Please mail your check to Older Persons Action Group, Inc., P.O. Box 10-2240, Anchorage, AK 99510

All subscriptions outside Alaska are \$20. Subscriptions to those under age 55 are \$15.

Mail today to Older Persons Action Group, P.O. Box 102240, Anchorage, AK 99510

When you shop-- tell our advertisers you saw their ad in **The Senior Voice**

Need a Dentist? A—BAR—O Discount Dental Services

20-50% Discount 562-7735

for Senior Citizens
"Emphasis" on Dentures

Dr. L.O. Barrow, DDS
3606 Rhone Circle
Anchorage, AK 99508
1 Block East of New Seward Hwy.

More ads coming our way aimed at seniors

Don't be surprised if you soon begin to see more advertising aimed at older consumers.

The latest word from New York's marketing and advertising mecca is: Senior buying power is hot and growing hotter.

The foremost marketing specialists in the country — the Conference Board, a New York-based management information service for top business executives — released a study last month announcing new trends in buying power in the U.S.

Senior consumers, 50 and older, have become "a potent \$800 billion market with far greater buying power than younger households," according to the study, *Midlife and Beyond*.

It's a buying power most advertisers and businesspeople across the country have ignored so far, the study reported.

"The marketing community persist in a blinkered view of the old, a mind-set of a past reality," said Fabian Linden, executive director of the Conference Board's research center and author of the new study.

"While young consumers are diligently pursued, the no-longer young are largely ignored — a most dubious marketing strategy," he warned.

Gleaned from official data

produced by the U.S. Bureau of the Census, the study indicates that "over-50 households now account for more than 42 percent of all consumer demand in this country."

Over-50 households have fully half of this country's discretionary income -- money left after buying necessities . . .

The study also reported:

- Older households, including those who are retired, have a higher average income and strikingly higher per capita income than the young. The average household income of those aged 50 to 65 is about \$30,000, 20 percent higher than the national average;

- Households between 65 and 75 have more income per person than those under age 45;

- Financial assets of households headed by those 65 to 75 average \$65,000, over twice the national average. And 77 percent

of all financial assets held by households belong to those 50 and older.

"With decreasing needs, but fairly sturdy income, older consumers represent a promising market for many luxury goods and services and quality merchandise, generally," Linden said.

Marketing studies in recent years have shown that older consumers exceed national per capita expenditures for home and lawn services; mobile homes; bank certificates of deposit; gift purchases; newspaper subscriptions; travel; and cigar and pipe tobacco.

Older consumers also account

for 25 percent of domestic car purchases; 25 percent of cosmetic and bath product sales; 40 percent of women's beauty parlor and hair services; 30 percent of home food sales; and 25 percent of alcoholic beverage sales.

Reviewing the study's findings, Linden added: "Today's older population is markedly different from any preceding generation.

"Only in recent times has it been possible for a significant segment of the population to accumulate sufficient resources during their working lives to make a reasonable degree of security during retirement."

The Conference Board director acknowledged that many older consumers — particularly women living alone — do live in precarious financial circumstances.

But, he said, the financial worries plaguing many elderly households are not necessarily the result of aging.

"Today's old poor were yesterday's young poor," Linden said.

Copies of the study — sponsored by CBS Broadcasting, Magazines and Economics — are available from the Conference Board, 845 Third Avenue, New York, New York 10022.

DIRECTORY

½ acre building lot in Wasilla. Birch Hills Estates, near Settlers Bay. \$10,000. No brokers. Phone 561-6678 evenings.

FOR SALE: G.E. refrigerator, excellent condition. Three drawers. Make offer. 276-1059, ext. 14 mornings or 561-3282 after 4.

FOR SALE: Plymouth Champ, 1981. Low mileage, excellent condition, asking under Blue Book, \$3,000. 279-3864.

FOR SALE Hospital bed, \$700; bath bench, \$35; walker, \$20; electric lift chair, \$900; commode, \$50; tub handrail, \$15. All items less than 1 year old. Call 333-8216 or 345-5793.

Advanced Styling
502 West Fireweed Lane
Anchorage, Alaska 99503
276-6062
Men, Women Teens, Children
10% Senior Discount

FOR INSURANCE OF NOTE
SEE PFEIFER
9 to 6
Plus
Sometimes
Saturday
274-9577

Chuck's Camera Clinic
Repair for Cameras - Binoculars - Video
Seniors
20% Discount
344-6554
Service Calls for Shut-ins
1131 E. 76th, Suite 102 - Anchorage, Alaska 99502

FREE Senior Voice classified ads

If you're a Senior Voice subscriber, you can publish your own free classified ad of 20 words or less to run in our monthly ad directory. Just fill out and mail in the coupon below . . .

Send to: Senior Voice Classifieds, P.O. Box 102240, Anchorage, AK 99510.

Name _____

Address _____

Phone _____ Date _____

Message (20 words or less): _____

Only senior individuals may take advantage of the free ad offer. No businesses, please. Deadline is the 10th of the month.

20 Senior Voice, August 1985



Old-timers love a salmon bake, so Tom Biss, co-owner of the Old Anchorage Salmon Bake, invited area seniors to enjoy a complimentary grilled salmon, reindeer sausage and steak lunch at his open-air restaurant. Over 365 seniors turned up for the Pioneers Day event. (Photo by Rita R. Robison)

Tax reform may boost seniors' tax

WASHINGTON, D. C. — Middle income older persons may see their taxes increased by up to 40 percent under the Treasury Department's tax reform proposal, according to the American Association of Retired Persons (AARP).

Testifying before the House Ways and Means Committee, AARP Executive Director Cyril

F. Brickfield expressed concern about the impact of the Treasury plan on middle income older persons as he cited case studies of the plan's effect as prepared by AARP.

"The good news about the Treasury Department's plan is that it generally treats lower income older persons better than the current law. However, it is

difficult to label a plan as fair when it provides an extensive tax break to the highest income group, while forcing many middle income elderly taxpayers to pay more in taxes," Brickfield said.

Kenai hosts AARP meet

A new national representative will be welcomed when the State Legislative Committee of the American Association of Retired Persons (AARP) meets in Kenai in August.

Lynn T. Boyd, a representative from AARP's new Area X headquarters in Seattle, will attend the meeting, according to committee chairperson Jane

Windsor. Boyd replaces Don Daughette at the regional post.

The meeting is scheduled in the Kenai Senior Center August 19-21, beginning at 1 p.m.

The Legislative Committee is charged with studying legislative issues and formulating positions for the state's 1,500 AARP members.

COLAs restored to budget

Continued from page 1
attention to the proposed cuts in the Medicare program included in the Senate's budget proposal.

"A major part of the income protection on which older people depend comes from Medicare assistance," Hutton added. "This protection has been eroding

steadily under the Reagan Administration, and will erode even further if Senate Medicare cuts are approved."

House and Senate budget negotiations are expected to conclude within the next few weeks, according to congressional leaders.

"Older Persons Action Show"
Reminder
6:00 pm

August 1985

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Membership Meeting
Call 276-1059
Anchorage Senior Center
1300 E. 19th

Truckers dub racer 'Electric Lady'

by Liz Lauzen

By the end of the Midnight Sun Wheelchair Marathon from Fairbanks to Anchorage, Leanore Smith-Miller's face was blistered and swollen from too much sun, and the mosquitos had feasted on her flesh.

But she'd also had a terrific time and been "adopted" by a group of truckers who dubbed her the "Electric Lady."

Smith-Miller, the oldest participant, at age 55, the only woman in a field of six racers and the only racer with a battery-powered chair, came in sixth in the 367-mile race along the Parks Highway.

Vince Burns, a 29-year-old college student from Bozeman, Montana, finished first in the nine-day endurance test, the longest wheelchair race in the country. The

race ended June 29 when all six racers crossed the finish line.

"You think of a race, you think of slitting someone's throat to get there first," Smith-Miller mused after the race. "But this was not that kind of race."

"Everyone was racing against themselves. Everybody cared about everyone else. When someone's axle broke, when I had a flat tire — everyone helped."

The race, in its second year, is a fund-raiser for Better Options for Living Today, a Fairbanks nonprofit organization that buys recreational equipment for disabled persons.

Traffic, mosquitos and battery troubles were the worst part of the race, Smith-Miller said.

"But there were butterflies

'Electric Lady'
Leanore Smith-Miller



and bees, and you could hear the birds. A Dall sheep with full curl jumped out in back of me, and a moose ran out in front of me. And the view — it was like a giant movie screen, a panorama. I felt a real kinship with nature, with God," she explained.

During the first two days of the trip her batteries — guaranteed to last 30 hours on a charge — ran out of juice after only five hours. Smith-Miller's son James Miller gets the credit for changing

those batteries so often, she says.

Another anticipated problem — the swooshing draft of huge tractor-trailer rigs traveling one of the state's busiest long hauls — didn't materialize. In fact, the truckers even helped her out.

Talking back and forth on their CB radios, truckers relayed the news that she was having battery troubles.

"One of them drove past me, parked his truck, then ran back and gave me \$60.

He said, 'Electric Lady, go buy a new battery.'"

Smith-Miller's knees and hands are affected by rheumatoid arthritis, which stiffens the joints and prohibits walking and manual wheelchair maneuvering.

Smith-Miller hopes her role in the race will encourage other paraplegics to take on new challenges. And women, too.

"Almost every other car that went by was beeping. And cars with teenage girls drove by with everyone waving and honking. Seeing a woman out there really inspired them."

And does it matter what place you come in when you travel the 367-mile Midnight Sun Wheelchair Marathon?

Not at all, opined fellow racer Larry Hughes.

"I don't care if I come in first or dead last," he explained after a day on the road.

"Everyone who finishes this race will be a winner."

Hearing dogs pioneer new role

Keen-eared and ever-alert, Herman, Hans, Lobo and R.C.A. are pioneers-in-training for a new Alaskan program.

All four are part of the "hearing dog" program sponsored by the Alaska Society for the Prevention of Cruelty to Animals (ASPCA).

According to Sandie Nason, public information officer for the ASPCA, the hearing dog program offers hearing impaired persons more personal safety, mobility and independence.

Started in 1976 by the Denver Humane Society, the program has since placed some 3,000 hearing dogs with deaf and hearing impaired persons of all ages.

Nason said that in Alaska the hearing dog program plans to establish a center for the education of trainers of hearing dogs.

Currently only one person, John Ledum, is qualified to train the dogs and teach the new owner how to work with a hearing dog. Ledum completed extensive training at Bryant Hill Farms Hearing Dog International School in Jefferson, Massachusetts.

To qualify for a hearing dog, persons must have a severe hearing loss and be able to assume total responsibility for a dog. Nason said that applicants must have a sincere desire for the dog and dog's abilities.

Hearing dogs may be any size or breed and are trained for home survival sound responses such as door bells, door knocks, telephone (TTY), smoke alarm, alarm clock, baby's cry or additional sounds a specific applicant may request.

Dogs in training at the Alaska center on Tudor Road in Anchorage include Herman, a male collie mix; Hans, a male husky; Lobo, a male German Shepherd mix; and R.C.A., a female pit bull. Each of the dogs was chosen for its alertness to sound and willingness to learn.

"We feel that there is a need for both trainers and hearing dogs," Nason added.

For further information about the program contact Nason at 563-1766 or 561-1508.

Health care 'fraud squad' offers tips to seniors

When a few people try to beat the system by doctoring doctor bills, the cost of health care increases for all of us.

That's a message Aetna Life Insurance Co., one of the nation's largest private group health insurers, wants to convey to everyone.

Many patients — especially older people who are frequent users of health care — are unaware of the ways in which health insurance fraud occurs and can become its unwitting victims.

To stem the tide of health insurance fraud, Aetna has established a nationwide "Fraud Squad." This unit spotted more than 1,056 fraudulent claims last year. In all, the squad identified \$12.1 million in preventable losses.

Aetna's Fraud Squad offers a few tips to those who want

to protect themselves against health insurance fraud:

- Examine your medical bills and the payment explanations you receive from your insurer.
- Check the dates of services billed against personal records.
- If your doctor asks you to sign blank claim forms to speed up the paperwork, date your signature so it can only be used to reflect services for that date.
- A stolen health insurance card, like a credit card, may lead to fraud. Don't lend it and always report a lost or stolen card to your health benefit officer or personnel office.

Aetna offers a free brochure, "Who's Ripping Off Who?" To receive a copy write: Aetna Life and Casualty, P.R. Resources, DA 21, 151 Framington Ave., Hartford, Conn., 06156.

Roy's Roy's Roy's Roy's Roy's Roy's Roy's

Seniors save 10% on all supplements

Roy's HEALTH FOODS

COMPARE AND SAVE

Across from Sears Mall
501 E. Northern Lights Blvd. **277-3226**

"Same location for 16 years"

Roy's Roy's Roy's Roy's Roy's Roy's Roy's

EVERGREEN MEMORIAL CHAPEL Eighth And E Street

"Informed People Make Wise Decisions"

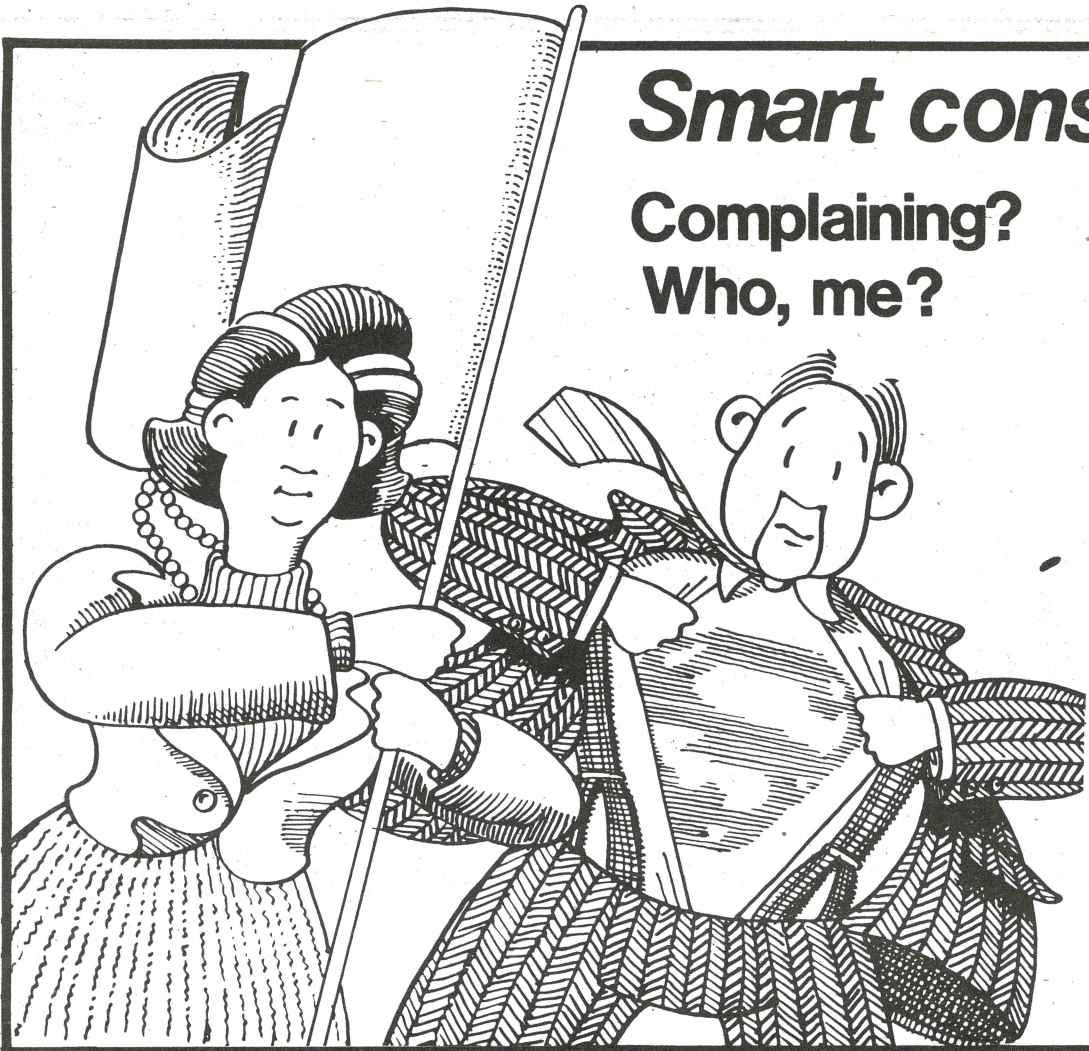
"Our Twenty-fifth Year"

NATIONAL SELECTED MORTICIANS

R. J. FRANKE ELEANOR FRANKE RICHARD ROME

DALE ROSENBERG CHARLES HOLMQUIST

LEE MOEGLEIN GREGORY JERICH HENRY KOLBINGER



Smart consumers to rescue

Complaining? Who, me?

There was a time when shoppers knew nearly everyone they did business with.

Not anymore.

Today, most business is conducted with strangers. And when problems come up, older people are less likely to complain than other, younger consumers.

"Those of us who are over 50 tend to complain less than any other group of consumers," say the American Association of Retired Persons (AARP) and the Federal Trade Commission (FTC).

"Some of us are embarrassed to admit that we've been 'taken.' We may think that we're 'old enough' to know better. We may blame ourselves for getting poor service or a shoddy product."

In the booklet entitled "How to Write a Wrong," AARP and the FTC give the basics on how

to complain effectively.

The booklet tells where to find the information you will need to pursue a complaint, how to complain to company executives, where to find an executive's name, the company address, and its toll-free number, if it has one.

"How to Write a Wrong" can also help you discover who is out there to help you when complaining on your own doesn't do the trick.

For a free copy of the publication, write: American Association of Retired Persons, Consumer Affairs Section, 1909 K St., N.W., Washington, D.C. 20049 or Federal Trade Commission, Office of Consumer and Business Education, Bureau of Consumer Protection, Washington, D.C. 20580.

Fairbanks, Anchorage launch auto inspections

Air pollution is a killer.

It can cause the premature death of people with respiratory or heart disease. And it can even shorten the life of a healthy individual.

The air circulating around Anchorage and Fairbanks — especially in winter when extreme temperature inversions aggravate

the problem — is a health hazard, too.

For example, Anchorage exceeded the federal standards for carbon monoxide (CO) 39 times during 1984. And Fairbanks' air quality during the same period exceeded CO standards 36 times.

Because of these conditions,

the federal government stepped in last year to issue "clean up or else" mandates to both the Municipality of Anchorage and the Fairbanks North Star Borough.

Faced with losing their funding for federal highway maintenance, both communities launched vehicle inspection programs in July to cut down the CO levels in the air.

Briefly, here's how the program works in each community:

Fairbanks — if vehicles are due for inspection, owners will be notified by the Department of Motor Vehicles (DMV) during the normal re-registration cycle.

All 1975 model year and newer cars, trucks and school buses will need a certificate of inspection in order to be registered.

However, waivers can be obtained for vehicles not operated in the borough from November 1 through March 31, and for diesel-powered vehicles.

Motorcycles, snow machines, all-terrain vehicles (ATVs) and certain other vehicle classes are exempt.

Vehicles can only be inspected at certified Inspection/Maintenance (I/M) stations.

Service stations are certified as I/M stations only if they hire certified mechanics to perform the inspection, install the specialized equipment needed for inspection and follow the program guidelines.

Mechanics can be certified if they undergo specialized training and pass a test.

Inspection procedures include a visual and mechanical inspection for signs of excess pollution.

This includes observation of missing, modified, disconnected or defective pollution control equipment.

By using computerized, tamper-proof automatic test equipment, the certified I/M mechanic will test emissions levels.

The computer, not the in-

Free inspection at U.S. Tire

It pays to shop around if you're looking for an inexpensive place to obtain a vehicle emissions inspection test.

If you're 62 or older, you can get free tests at both the Anchorage and Fairbanks stations of U.S. Tire Co.

Ray Babcock, owner of the two businesses, said, "We're doing this primarily because we want to thank our senior customers for their many years of patronage in Anchorage and Fairbanks."

"So many seniors have limited incomes after they retire,

we decided that this would be a good way to help."

The free offer includes auto inspections only and does not include repairs that may be necessary to bring the vehicle into compliance with standards.

In Anchorage, U.S. Tire Co. is located at 4831 Old Seward Highway. To arrange an inspection, call Babcock at 562-3464.

In Fairbanks, the U.S. Tire Co. station is located at 1189 Van Horn Road. Call manager Randy Schaal at 451-7307 to schedule a visit.

However, all vehicles 15 years old or newer registered in Anchorage for street-use, are subject to inspections.

Exempted vehicles include diesel-powered vehicles (but owner must submit affidavit), vehicles more than 15 years old, motorcycles and ATVs.

Inspections in Anchorage are handled as in Fairbanks. Vehicles that pass get a certificate of inspection, which is returned to the DMV with the vehicle registration form.

The DMV will not renew registration without a certificate or waiver.

Costs for Anchorage's inspection program are higher than Fairbanks; however, program officials expect competition to bring down prices.

Anchorage's program has set a maximum cost of \$40 for inspections. A certificate of inspection adds another \$10.

Like Fairbanks, the repair cost ceiling — which applies only if repairs are done at a certified facility — is \$150 per year.

For more information about Anchorage's I/M program call 264-4975.

For more information about Anchorage's I/M program call 264-4975.

How to pay medical bills when Medicare isn't enough.

More senior citizens are turning to New York Life's new Medicare Supplement Policy because it is designed to help pay what Medicare doesn't.

No medical examination to take; renewable for life; and adjustments are guaranteed if Medicare changes.

I'll be glad to give you more details.

Christopher J. Cote

New York Life Insurance Company
510 L Street, Suite 500
Anchorage, Alaska 99501
Bus. (907) 279-6471



"ASK ME."

SENIOR CITIZENS

If you are 60 or older and have
a problem you can't solve,

CALL
279-2232

**Alaska Senior
Citizen Ombudsman**

**Collect calls accepted
from seniors**

Funded by the Older Alaskans Commission

OMBUDESMAN

Holy Cross meeting draws 48 delegates

Excitement ran high during the Denakkanaaga elders' conference held in Holy Cross in late May. As the chartered DC-3 touched down on the gravel airstrip, village residents awaited the passengers to see if they would recognize old acquaintances and meet new people.

The conference "was a huge success," said Al Grant, coordinator of the conference for the Tanana Chiefs Conference, Inc.

"We were able to get 48 elder delegates to the conference and back," Grant added. "They asked for increased involvement at the village level and the opportunity to start a job skills list."

Next year's Denakkanaaga will be hosted by Fort Yukon elders.

(Photo by Don Shircel, courtesy of The Council, Tanana Chiefs Conference, Inc.)



Discount travel options open to seniors

In 1984, a 73-year-old man and his 61-year-old wife visited four foreign countries and 25 states.

True, the Reagans had a large budget and an ample planning staff.

But few people, no matter what their age, have the means or inclination to travel as much as the first family does.

Nonetheless, with a little investigation of the current discounts and special programs available to older travelers, America's other seniors can enjoy an entire world of new experiences.

Veteran travel writer Rosalind Massow has discovered one great travel option for older Americans on a budget, the "learning vacation."

Both the American Association of Retired Persons and the Elderhostel program offer "mini-courses" in universities throughout the U.S. and abroad.

With no educational prerequisites, participants are free to study anything from languages, computers, and handicrafts to plant life, cowboy art, and Victorian furniture.

Costs are low: vacationers

live in dormitories and eat in school cafeterias.

The Evergreen Club offers another unique vacation opportunity to travelers over 50.

For an annual fee of \$20, members may stay in bed-and-breakfast houses throughout the U.S. at a nightly rate of about \$15 per couple.

In return, travelers must be willing to open their homes to vacationing seniors for three consecutive months.

Other vacation spots offer discounts to senior sightseers.

September is Senior Time in Williamsburg, Virginia.

While visiting the colonial city, tourists are eligible for cut rates in hotels, restaurants, museums. Travelers over 65 can find reduced prices in central Florida from mid-September through mid-December.

En route costs can now be kept at a minimum.

Eastern Airlines provides passengers over 65 with a year-long unlimited travel pass.

For approximately \$1,000 passengers can travel anywhere in the U.S. and Puerto Rico, and can buy the same type of pass for a younger companion.

Senior travelers can also re-

duce their expenses while traveling abroad.

Most European countries charge half-fare for rail passengers over 65.

Yugoslavia offers a variety of discounts to attract older travelers.

Switzerland celebrates a nationwide season for seniors: museums, restaurants, hotels, transportation, and entertainment are all available at reduced rates.

Limited funds no longer mean limited travel. But older vacationers often have other concerns.

For those with special health or dietary needs, author Rosalind Massow recommends stocking up on prescribed medicines shortly before departing; notifying trains, planes, ships and hotels of dietary requirements several days in advance.

Massow's new book, *Travel Easy*, includes chapters by both a doctor and a dentist, who provide expert advice for keeping

healthy while away from home.

Details of discount packages for older Americans can be obtained by writing to AARP Travel Service, 5855 Green Valley Circle, Culver City, California

90230; September Days Club, 2751 Buford Highway, N.E., Atlanta, Georgia 30324; or by consulting the new AARP book by Massow available in local bookstores.

Anchorage campers go to Kushtaka

Campers at the Anchorage Senior Center have been looking forward to the Camp Kushtaka trip all year.

This summer's camp session is August 12 to 15 and is available on a space-available basis only. Space is limited.

Located on Kenai Lake, the camp offers fishing, canoeing, kayaking, arts and crafts, campfire singalongs, wildflower and forest walks, and lakeside recreation.

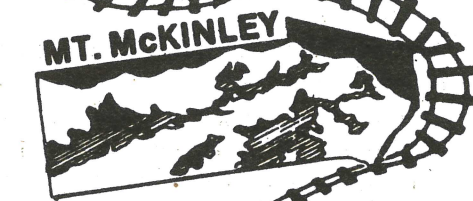
Cost of the trip is about \$65.

For last-minute sign-up information, call Lynn Sulley at the center, 338-7823.

In other Anchorage news, the center is again offering limited foot care services. Cost is \$12 for a half-hour session.

Call the center to arrange an appointment.

THE TRIP YOU SHOULD TAKE...



SUMMER RAILROAD SCHEDULE

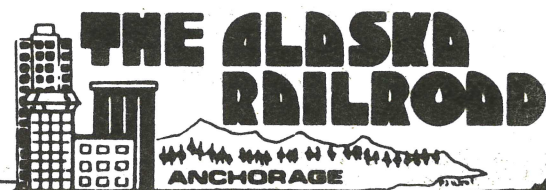
Anchorage to Fairbanks	Daily Departures 8:30 a.m.	Arrivals 6 p.m.
Fairbanks to Anchorage	10:30 a.m.	8 p.m.

Anchorage to Whittier
Mon-Fri departs 11 a.m.
Sat-Sun departs 6 a.m.

* Additional schedules available

WE GO RIGHT INTO IT.
IT'S JUST LIKE IT USED TO BE.
THAT'S THE BEAUTY OF IT.

Pouch 7-2111
Anchorage, Alaska 99510
Telephone (907) 265-2494



Our Salute to Seniors!

Now available — our new "Senior Fare" between Anchorage and Honolulu. To qualify you must be 65 or older and purchase tickets from our office or at our counter. Senior fares are:

High season (Dec. 1 - April 30) -- \$449 plus tax
Low season (all other months) -- \$399 plus tax

563-4644

SOUTH PACIFIC ISLAND AIRWAYS
Serving the Islands of the Pacific for 10 Years.

2960 "C" St., Anchorage 99503

REFUNDS.

Government Mandated Deregulation, ATU and YOU: No. 2 in a series

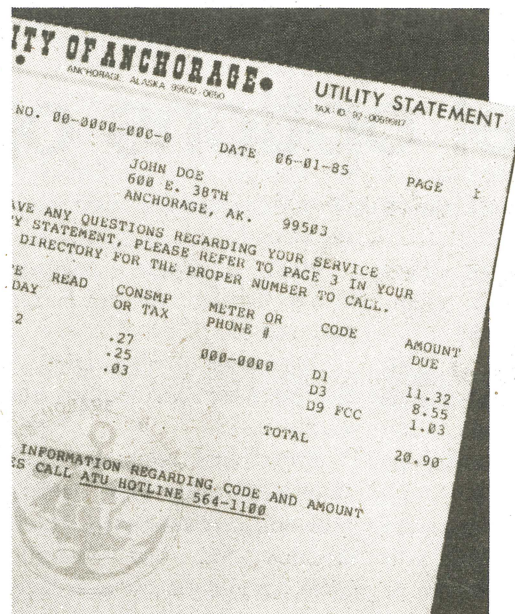
Who Is Eligible?

If you are a single line business or residential customer, and you owned your own phone at any time between January 1, 1983 and May 31, 1985; you may be eligible for a refund from ATU.

This refund credit applies to only those customers who did not have any ATU leased telephones. If you used a combination of ATU and non-ATU phones during the same period, you are not eligible for the refund.

How Will Credits Be Issued?

If you are eligible for a refund, it will be issued in the form of a credit reflected on your monthly



telephone bill. If the credit exceeds the amount billed for services rendered, the remainder of the credit will be brought forward as a credit balance on your following statement.

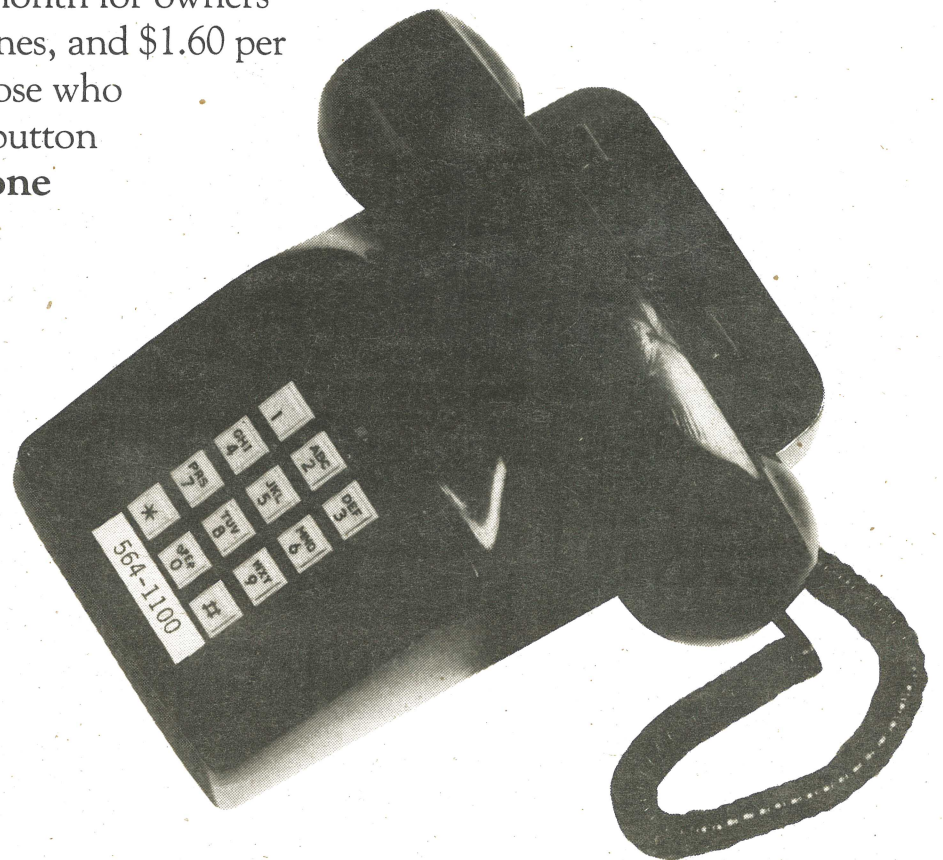
Credits are computed on the basis of \$1.10 per month for owners of rotary phones, and \$1.60 per month for those who owned push button phones; **for one phone only.**

When Will Credits Be Issued?

Those entitled to a refund credit will receive that credit prior to August 29, 1985. If you think you may be eligible, watch for the credit on your next monthly telephone bill; or call the ATU Hotline to see if you qualify.

For more information on refunds and deregulation, watch this continuing series, or call the ATU Hotline at 564-1100.

Your telephone utility has the answers.



For more information, call our Hotline at 564-1100; and watch for more information in this continuing series.

Your telephone utility has the answers.

