Amazing Aging!

For Seniors and Those Who Love Them

A free publication of the Jayhawk Area Agency on Aging, Inc. Advocacy, Action and Answers on Aging for Shawnee, Jefferson and Douglas Counties

SUMMER 2023



Our Mission

Jayhawk Area Agency on Aging, Inc. advocates on aging issues, builds community partnerships and implements programs within Shawnee, Jefferson, and Douglas counties to help seniors live independent and dignified lives.

- Is a 501(c)3 non-profit organization
- Is funded by tax-deductible contributions, federal funds, under state general funds and funds through local governments
- Does not discriminate on the basis of race, color, sex, national origin, age, religion, or disability

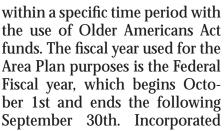


It is rare to find hard-working entrepreneur Monte Gehrke behind the counter of his Countryside Small Engine Service in Lawrence. (Story begins on page 3)

A Message from Susan Harris, JAAA Executive Director

The Older Americans Act (OAA), the first program to focus on community-based services for older persons, was passed in 1965. Each AAA which receives Older Americans Act funds is

required to prepare an Area Plan for its specific planning and service area (PSA). The Area Plan is a document that is prepared every four years and updated annually. It specifies the service objectives and activities that the AAA intends to achieve



within the Area Plan are the various budgets needed to implement the planned services.

The Area Plan serves three main purposes:

Establishes service objec-

tives based on identified need and resources available:

- Provides fiscal budgets necessary for service provision;
- Provides an evaluation/monitoring tool, which measures the Agency's performance.

Every spring Jayhawk Area Agency on Aging goes through a process known as allocations where a team of individuals determine what services and provider agencies will receive funding through the Older

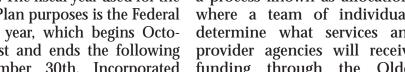
Americans Act to provide services to those age 60 and older. This year, as with many years, it is a difficult process determining what services will be funded with the limited funds received each year. With the increase in the number of people age 60 and older residing in our service area and the growth of funding not following suit, the Allocations Committee members have a tough job of making sure that services and funding are targeted to specific needs that will benefit the communities we serve.

Older Americans Act ser-

vices are not means tested in any way and they are provided on a donation basis, with that being said, donations are vital to the programs funded by the OAA. The donations received are returned back to the specific service as program income allowing for more services to be provided, the more donations received, the more services that can be provided. The allocation dollar and service amounts determined by the Allocations Committee are submitted to Jayhawk Advisory Committee

Older Americans Act Title	Services Provided/Funded by JAAA			
OAA IIIB	☐ Information and Assistance (IIIB			
	□ Outreach (IIIB)			
	☐ Case Management (IIIB)			
	☐ Coordination and Program			
	Development (IIIB)			
	☐ Assessment (IIIB)			
	☐ Transportation			
	☐ Legal Services			
	☐ In-Home Attendant Care and			
	Homemaker Services			
OAA IIIC	☐ Home Delivered Meals			
	☐ Congregate Meals			
	□ CHAMPSS			
OAA IIID	☐ Physical Fitness and Exercise			
	Programs—Tai Chi			
OAA IIIE	☐ Assistance			
	☐ Case Management			
	☐ Bath items			
	☐ Flex-Caregivers			
	☐ Information			
	☐ Support Groups			
	☐ Respite			
	☐ In-Home Attendant Care and			
	Homemaker Services			
	☐ Transportation			

Amazing Aging strives to provide readers with the information they need to live independent and productive lives. We also seek to feature stories of seniors who are active as workers, volunteers or engaged in hobbies. If you know a senior you would like to see featured in a future issue, please contact editor Marsha Henry Goff at mhgink@netscape.net or write to her in care of JAAA, 2910 SW Topeka Boulevard, Topeka, KS 66611.



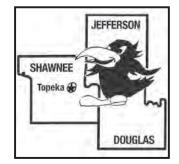
Susan Harris

- Amazing Aging is a publication of Jayhawk Area Agency on Aging, Inc.
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- Copies distributed: 6,000+

You are encouraged to write us at:

Jayhawk Area Agency on Aging, Inc. 2910 SW Topeka Blvd. Topeka, KS 66611-2121 (800) 798-1366 or (785) 235-1367

Marsha Henry Goff, editor



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COUNTRYSIDE SMALL ENGINE SERVICE

Monte Gehrke built his successful business on honesty, skill and a winning personality

By Marsha Henry Goff

"Honesty is the best thing," says Monte Gehrke, owner of Countryside Small Engine Service in Lawrence. Honesty, his mechanical ability (he's been working since he was 15) and a friendly, outgoing personality make up the foundation on which this hard-working entrepreneur has built his successful business repairing lawn mowers, snow blowers, weed eaters and anything else that requires a small engine. That

is also the reason his customers are so loyal they drive from many cities outside Lawrence, including a 102-year-old World War II veteran from Ottawa whose lawn mower he recently repaired.

Monte's father, Bill, was the alignment man for Gregg Tire and from 1971, Monte accompanied his dad to Gregg Tire during the summers to sit on the steps and watch him work. He was doing that in 1975 when the boss asked him if he wanted a job because the other workers



This brick building has been home to Countryside Small Engine Service for 21 years.



Monte holds the sign designating his mower and muffler repair business with his dad (B & M stands for Bill and Monte).

were all out in the field putting tires on tractors. Monte looked at his dad and when he told Monte it was OK if he wanted to try it, Monte said to the boss, "I'm not cleaning toilets."

"I'm not planning on you doing that," the boss said, "I'm going to have you work on some cars." The boss proceeded to test him on using the hoist and tire machine. The boss was surprised that he was proficient at both and Monte assured him, "You don't have to test me on patching tires. I can do that, too."

Monte is proud that at 15 he was the youngest person ever hired by Gregg Tire. "You were supposed to be 18 to work

there.'

He worked there until his dad decided to start his own business, taking Monte and most of the Gregg Tire workers with him to a building near John Deere on 23rd Street. Monte worked for him rebuilding front ends of vehicles and fixing brakes until, "I got mad at Dad. I loved Dad but I just couldn't get along with him."

Actually, a couple of other workers felt one day that his dad was being too hard on Monte and one of them approached John Deere about giving him a job. When he asked if they had any openings, they said they

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were going to have an opening because they were letting go of the man who fixed lawnmowers. John Deere hired Monte and started him at a higher salary than he was making with his dad.

The biggest surprise was getting a raise on his first paycheck. "I saw it was for more than they told me so I went up to the secretary and said, 'You guys made a mistake on my check.' And she said, 'Nope, you got a raise." Monte says it was the "parts guy" at Johns Deere who told him why he got the raise. "You did more in one day than the other guy did in two weeks."

He never told his dad that he was making more at John Deere. He had moved out of his parents' home because, "They wanted me to pay rent and I thought that I could pay rent someplace else and not have all the rules at their house about when I had to be home and that I had to eat dinner at 5:00 o'clock. I had cut ties but I still went back to the farm to help them when they needed help with something."

After almost five years, John Deere had a reduction in force and laid off Monte who went back to work for his dad but told him that if John Deere called him back, he would go because he really preferred working on lawnmowers. "Dad said, 'So you want to work on lawn mowers?" and I said, 'Yes, I do!' and within about five minutes, a sales representative from Gravely mowers walked in and we were in the lawn mower business."

His father later moved his business to 6th and Gateway and when the business in the north end of the building moved, Monte moved into it and worked on mowers and mufflers. "No one could touch me on mufflers. I was doing it cheaper than Midas, I was doing



This attractive but dusty "souped up" bad boy mower won both drag race and circle track race for Monte's son, Whit, in his automotive class at LHS.



The red mower sits atop a lift that Monte made from a metal box used to transport new mowers.

it cheaper than Downtown Muffler and I had tons of business: the Post Office, Southwestern Bell, all the used car lots in town."

In 1997, Monte went into business for himself. He built a house and a Morton building and named his business Countryside Small Engine Service. "But I was too far out in the country," he says, so after a while he relocated to a small unit on 31st Street near the Auto Plaza. In 2001, he bought the large brick building on Four Wheel Drive where he has conducted business the last 21 years.

"I had a big open house the spring of 2002. KLWN was broadcasting from here and former Royals pitcher and KU baseball coach Marty Pattin, my good friend, was frying hamburgers. I had this open house for two days. The *Journal-World* even did a story on a new business in town."

Over the next decade, Monte

built his business. When times were lean, he made items he did not want to spend money to buy including a lift to raise lawnmowers and make repairing easier. He crafted that lift from a metal box used to transport new lawnmowers. Later he bought a lift and still uses both.

As his customer list grew, he learned that sometimes women customers are cautious, worried that a mechanic will take advantage of them by overcharging or putting on a part that isn't necessary. "But that's not me. If it doesn't need it, I'm not putting it on." All of his customers eventually learned they could trust him and that is one of the reasons his business has been so successful.

He had owned the building about ten years when he and his wife divorced and he was forced to sell the building and figured he'd have to go out of business. Then his optometrist

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and customer, Dennis Hoss of Lawrence, came to his rescue, bought the building and rented it to him, saying he did not want to lose him as his lawnmower repairman. "He's a really nice guy who has helped me out a lot," Monte says.

A dusty but attractive black lawn mower sits in the building, a reminder of the years his son Whit took auto mechanics at Lawrence High School where the class had a project to "soup up" lawnmowers for drag racing, circle track racing and tractor pulling. Whit did a lot of the work on it and incorporated several of Monte's ideas as well as his help. He chose to work on it at Countryside because he did not want the other students to know how fast his mower was. Indeed, it would do 25 miles per hour and when the electric overdrive was engaged, it jumped to



This Moog ad featuring Monte's father, Bill Gehrke appeared in five major motor magazines.



Whit's trophy for winning the drag race sits proudly on a shelf at Country-side Small Engine Service.

32 miles per hour.

Whit won the trophy for the drag race and also took first in the circle track racing but the rules said you could only win one trophy. "He took fourth in the tractor-pulling contest but it wasn't made for that," Monte says. Whit's trophy and so much other memorabilia are in the building. A favorite that hangs on a wall is a Moog ad featuring his father that appeared in five major motor magazines. "I got a call from a friend sitting in a Tucson Courthouse and he asked, 'What's this picture of

your dad doing in a magazine?"

In addition to the memorabilia covering horizontal and vertical surfaces, the building is packed with lawn mowers, snow blowers and all kinds of machinery. Weed eaters hang in rows. Parts line the shelves and yet he has no trouble finding them because he has a bin locater on his computer that tells him exactly where they are. He relies on his memory to locate used parts that he keeps in boxes in one of the rooms. A narrow path between lawn-

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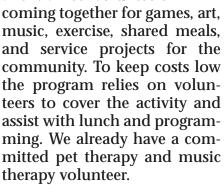
Caregiver Support

Respite for All

Michele Dillon

In 2012, Daphne Johnson launched a respite ministry at First United Methodist Church in Montgomery, AL. The program was launched as a response to a growing community issue which was support needed for those living with dementia, their care partners, and their families. We are excited to bring that program to Lawrence with the help of Grace Presbyterian

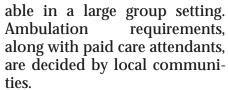
Church. The program will run Tuesdays and Fridays from 10 till 2 but is delaying its start because we have a lack of volunteers at this time. This program is about people living with dementia and trained volunteers

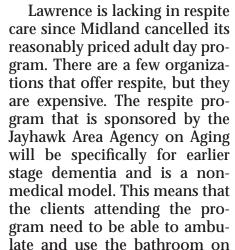


The Respite for All faithbased, volunteer model of care differs from the various forms of current respite models out there because we provide techniques that address isolation, meaning, and purpose in one's life. Our volunteer staff can be comprised of retired teachers, doctors, engineers, homemakers, coaches, and business leaders who have been trained in dementia care and offer mental stimulation and socialization — relationships that fill people up with a sense of well-being. The volunteers provide one-on-one care for four hours a day.

Respite for All programs are based on a social model of care. The volunteer staff will not be responsible for tasks such as cleaning or bathing,

and no medical staff is required because no medical care is given. No medications are passed throughout the day, either. Our friends living with dementia must be able to care for their own restroom needs and be comfort-





CONTINUED ON PAGE SEVEN

JAAA gets around! Look for us!

Caregivers' Support Groups

Shawnee County

First Monday of each month, 2:00 p.m Augest 7 September 4 October 2

Tanala and Sharman Public Library

Topeka and Shawnee Public Library Second Monday of each month, 3:30 p.m

August 14 September 11 October 9

Topeka and Shawnee Public Library Third Thursday of each month, 2:00 p.m August 17 September 21 October 19

Douglas County

Baldwin Methodist Church

708 Grove, Baldwin

1st Wednesday of the month, 1:00 p.m.

August 9 September 6 October 4

First United Methodist Church

946 Vermont Street, Lawrence 2nd Tuesday of the month, 10:00 a.m.

August 8 September 12 October 10

First Southern Baptist Church

4300 W. 6th Street, Lawrence

4th Monday of the month, 3:30 p.m.

August 28 September 25 October 23



Events and Presentations

Grey Wolves in Meriden, United Methodist Church, Third Tuesday of each month, 11 a.m. August 15 September 19 October 17

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Caregiver support

CONTINUED FROM PAGE SIX

their own once directed. The staff of the program will also not be able to provide medications to the participants.

What does a volunteer look like? Anyone, 16 and over, with a heart for seniors. I will train you on the basics of dementia and the program. They need someone to work with them on activities. A one-onone buddy that they can talk to and communicate with. Once a week, once a month, regularly. It doesn't matter. We need folks to help our caregivers and give them a muchneeded rest. According to the WHO, in 2019, dementia cost economies globally 1.3 trillion US dollars, approximately 50% of these costs are attributable to care provided by informal carers (e.g., family members and close friends), who provide on average 5 hours of care and supervision per day. There is a background check to complete.

The Respite Day will consist of socialization, music, crafts, lunch, exercise, and memory games. Any type of craft, music, cooking, etc. skills are needed. If you can't volunteer your time, we would love your supplies. Gift cards, pool noodles, balloons, poker chips, yarn, art supplies are a good start. We would also love for organizations to sign up to sponsor a day and have group volunteers spend time or provide the meal for the day. The sky's the limit.

Email or call me for more information or to get involved. Mdillon@jhawkaaa.org, 785-235-1367.



Shawnee, Jefferson & Douglas Counties

Jayhawk Area Agency on Aging, Inc.

Fiscal Year 2024 OAA Funding Proposal

Service	OAA/State Award	
Assessment	\$ 11,768	
Attendant Care	40,145	
Caregiver Assistance Information	20,382	
Caregiver Public Information Services	38,930	
Caregiver Support Groups	8,000	
Case Management	33,666	
Congregate Meals	511,451	
Coordination	24,000	
Flex and Bath Assistance	-	
Home Delivered Meals	805,565	
Homemaker	50,081	
Information and Assistance	82,161	
Legal Assistance	16,000	
Medication Management	_	
Physical Fitness and Exercise	20,790	
Program Development	10,233	
Respite	28,600	
Transportation	124,985	
Total FY 2024 OAA Allocation	\$ 1,826,757	

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Older Americans Act Allocations for Fiscal Year 2024

Provider	Service		OAA State Award	Total Award	Counties Served	Office Location
East Topeka Senior Center	Transportation		56.700	56,700	SN	SN
Jefferson County Service Organization	Information & Assistance		11,000			
Jefferson County Service Organization	Transportation		35,000	46,000	JF	JF
Kansas Legal Services	Legal Assistance		16,000	16,000	DG JF SN	SN
Lawrence Meals on Wheels	Home Delivered Meals		109,951	109,951	DG	DG
Meals on Wheels of Eastern Kansas	Congregate Meals		351,451			
Meals on Wheels of Eastern Kansas	Home Delivered Meals		620,614	972,065	DG JF SN	SN
Mom's Meals	Home Delivered Meals		75,000	75,000	DG JF SN	Other
Papans Landing Senior Center	Transportation		20,285	20,285	SN	SN
Topeka LULAC Senior Center	Transportation		13,000	13,000	SN	SN
Jayhawk Area Agency on Aging	Assessment Case Management Coordination Program Development Information & Assistance Congregate Meals Physical Fitness & Exercise Medication Management Caregiver Public Info Services Caregiver Assistance Info Caregiver Support Groups		11,768			
			33,666			
			24,000			
			10,233			
			71,161			
			160,000			
			20,790			
			_			
			38,930			
			20,382			
			8,000			
	Flex and Bath Assi	Flex and Bath Assistance		398,930	DG JF SN	All
Customer Choice In Home Assistance	Attendant Care	ATCR	40,145			
Customer Choice In Home Assistance	Homemaker	HMKR	50,081			
Customer Choice In Home Assistance	Respite	RRRR	28,600	118,826	DG JF SN	
Customer Choice Providers:						
Advantaged Home Care	ATCR, HNKR, RRRI	3				
Jefferson Co Health Department	ATCR, HMKR					
Home Instead Senior Care						
Interim Health Care						
KS In-Home Care	ATCR, HMKR, RRRR					
Midland Care Connection	ATCR, HMKR, RRR	R				
Prestige Home Care	ATCR, HMKR, RRRR					
Trinity In-Home Care	ATCR, HMKR, RRRR					
Windsor At-Home Care						

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mowers leads from the front door to a counter, but Monte is rarely there unless he is accepting payment for a bill.

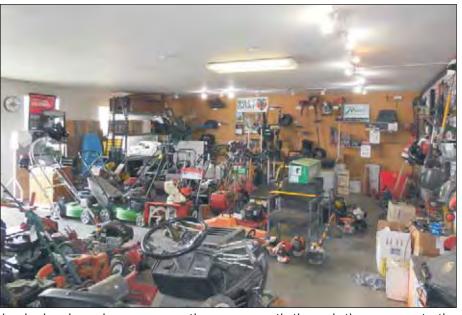
Each morning he opens the big garage door and moves out an abundance of equipment and parks it in front of the building. Before closing, he moves it all back in. That will end in September and, except for what he wants and needs, the rest will be auctioned off as he moves out of the building that has housed his business for 21 years.

When Dr. Hoss decided to sell the building in which Coun-

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Enter this front door at Countryside and you can walk a narrow path through lawn mowers and other machinery to the counter.



Look closely and you can see the narrow path through the mowers to the counter.



Mowers sit on the concrete floor while weedeaters hang above it.



Monte stands amid the mowers he has just brought in before closing. In the morning he will take them out again.



Monte sells things as well as fixes them, everything from mowers and snowblowers to accessories and parts.

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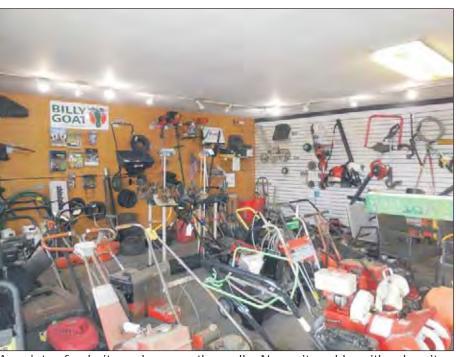
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tryside Small Engine Service is located, he offered it to Monte for exactly what he paid him for it eleven years ago, but it was not possible for Monte to buy it. As an alternative, he is going mobile so instead of his customers coming to him, he will

go to them in a big vehicle he is stocking with everything he needs to continue his business. Same name: Countryside Small Engine Service. Same number: 785-842-8440.

Reflecting back over the years he has owned his business, he names famous people for whom he fixed mowers (and in one case a truck): Hank Booth, radio

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A variety of sale items hang on the walls. Name it and he either has it or can get it.



Any business that fixes engines needs a gas pump for decoration.

Seniors need action on oppressive real estate property taxes

By Marsha Henry Goff

SmartAsset.com is another company that lists the 10 best states for retirees financially. Kansas is not among them, not even close. Florida tops the list with no state tax and no taxes on Social Security and other retirement income. Kansas is one of only 11 states that taxes both Social Security and other retirement income. Any time I mention to a legislator the disparity in what Florida and other states offer retirees that Kansas doesn't, they usually respond, "But Florida has tourism." Yet Iowa is in the top 10 best states for retirees financially and has the same tax benefits for them that Florida does. I can't imagine that Iowa has more tourist attractions than Kansas.

The same thing happens when I mention property taxes to a legislator. Years ago, when I told a local legislator that Douglas County has higher property tax rates than Johnson County, she answered, "But Johnson County is a wealthy county." Why is that? What are their elected officials doing that ours aren't? I suspect it is because Johnson County increases its tax base with business while Douglas County appears to primarily

rely on residential real estate property taxes.

My father was a legislator representing Douglas County in the 1950s. Back then all legislators did their best to ease the tax burden on their constituents. One current legislator of my acquaintance has been working hard on that issue for the last two or three years. I have encouraged — he may think nagged — him to think of seniors who have lived in their homes for decades but can no longer afford the swiftly rising appraised values and the resulting confiscatory taxes that result. My opinion is that seniors should downsize when they wish to, not when they are forced to leave the homes they love.

I do know that many legislators wish to address this problem, put it on the ballot as a Constitutional amendment and allow voters to decide, but they do not yet have a majority and they very well may need a vetoproof majority. Please encourage your legislators to help make the majority required to provide tax relief for seniors. Next year is a must for action or we may all wind up in Florida like the New Yorkers and Californians who are fleeing their respective states' tax burden.

If you would like to place your display ad in the FALL 2023 issue of Amazing Aging, please call Kevin at (785) 841-9417.
The deadline is October 15.

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Anyone can teach someone to read

By Marsha Henry Goff

Back in 1950 in two-thirds of the states the illiteracy rate was 3% or less. In the other third of states, it was 10% or less. Today, the illiteracy rate in the U.S. is 21% and 56% of those who can read are reading at the sixth grade level or below. We're regressing, not progressing. Although I cannot find data to support it, logic says that those who cannot read or are reading below sixth grade level are more likely the young, not the old.

If your grandchildren are not reading at grade level, you can help them. Anyone can teach reading. Our first grandchild is special needs and lives in a group home. One day a substitute caretaker called me and asked excitedly, "Do you know he can *read*? I never worked with a client who could read!"

"Sure," I said, "my mother

taught him."

Special Ed teachers did not attempt to teach B.J. to read so my mother, who looked after him while his father worked, just could not stand the idea of not trying to teach him to read. She made flash cards, used phonics to teach him to sound out words and showed him lip and tongue positions to pronounce words. Once he could read, she taught him to write the alphabet, then to write and spell words. The first two words she taught him to spell were Corvette (his dad had one) and Mississippi. B.J. may never read a college textbook but he certainly enjoys reading about dinosaurs and the weather.

When my mother-in-law's mother died, with whom Jeanetta, her younger sister with Down syndrome lived, my mother- and father-in-law, then empty nesters, built two rooms onto their farmhouse and

invited her to live with them. In the 1920s and 1930s, when Jeanetta was school aged, children with Down syndrome were not allowed to go to school so she had no opportunity to learn. My mother-in-law changed that and taught her to read at the age of 36, as well as to write her name. Jeanetta was capable of learning; she just hadn't had the chance. Fortunately, today children with Down syndrome can go to school and learn as much as their ability allows them.

The amazing thing about my late mother-in-law is that she — as one of the older children in a large family — was forced to quit school in third grade and go to work to help her family. But she was intelligent and an avid reader and self-educated herself.

She often surprised me about how many things she knew about a wide variety of subjects. In her 90s, she kept me busy checking out large-print books from the library. She never lost her love of reading.

Wisevoter says the illiteracy rate in Kansas is 19.3 meaning about one of five people are illiterate. A KU professor recently wrote about some college freshmen not being able to do the work expected of them, so if your young grandchildren are having trouble with reading, you can help them. The joy they will feel when something hard to do becomes easy is wonderful to behold. As an added benefit, it will give you the chance to spend additional time with them and make your relationship even closer.

Susan Harris message

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for review and recommendation to approve and then presented to the JAAA Board of Directors for approval and incorporation into the annual area plan. The table on page two shows the services that are funded by JAAA through the Older Americans Act, as one can see this is a wide range of services targeted to those age 60 and older.

While it may seem early, plan ahead for Medicare Open Enrollment. October 15th starts Medicare Open Enrollment, which runs through December 7th. This is the time that Medicare Beneficiaries are given the opportunity to shop and compare Medicare Part D plans as well as Medicare

Advantage Plans. We encourage all Medicare Beneficiaries to take the opportunity to review their current Medicare Part D plan or Medicare Advantage Plan to see if that plan is going to continue to be the appropriate plan for you with regard to cost and coverage. Plans can change annually what they charge in premium, as well as costs you will pay at the pharmacy counter ... it is in your best interest to review your plan and compare coverage options and make changes if necessary. We have a team of individuals ready and able to help you through this process. We will be opening up appointment times in mid-September. Be sure to call to get your appointment with one of our SHICK counselors.

Two Unlikely Reading Teachers



Christina Goff taught her sister to read.



June Henry taught her greatgrandson to read.

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personality and voice of both the Jayhawks and Chesty Lions; Roy Williams, KU and UNC basketball coach; Danny Manning, KU and LA Clippers basketball

star; and Marty Pattin, Royals pitcher and KU baseball coach. The latter once took Monte and his son to a Royals game, treated them to tail-gating and made sure they each got a special blanket the Royals were giving away that night.

He also tells of the time when

Pattin brought in equipment to be fixed and said he would pick it up the following Monday. But that did not happen because Pattin died in his sleep while visiting friends in another state. While Monte has so many good memories of his interactions with customers, he has a few sad ones, too.

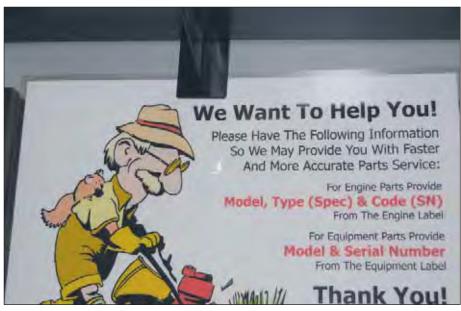
In a few months, look for Monte on the road driving his big trailer emblazoned with Countryside **Engine** Small Repair. You can bet he will be heading somewhere to fix something that needs fixing. That is what he has done professionally since he was 15 years old and he is really GOOD at it!



This sign has clearly been hanging on this wall for a very long time.



Every square inch is used but if Monte needs something, he knows where to find it.



This sign hangs above the counter telling customers how they can help Monte help them.



This big sign decorates a wall above gas cans and oils and cleaners for engines.

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