



“Be Educated and Active Together”

## January 2010



### January Program

For our January program we have scheduled “**An Hour with the Doctor.**”

**Wayne Carlsen, DO, FACOI,**  
**Department Chair of Geriatric Medicine,**  
has agreed to spend an hour with us to answer our health-related questions. He has only one hour due to his teaching schedule, so it might be most helpful if everyone would have his or her questions in writing to facilitate the process.

We will collect your questions at the door and we will read them to assure everyone hears both the questions and the answers.

Flu vaccines, blood pressure, arthritis, osteoporosis, heart and cancer are some topics to help you formulate your questions. These are suggestions only!

Mark your calendars for this informative and fun program on **Thursday, January 21, at 2 p.m. at O’Bleness, Lower Level Room 010.**

### December Program

**Jean Andrews** presented our December program on Thursday, December 17. Jean presented a short film about Ora “Andy” Anderson, a long-time friend of SeniorBEAT and our featured holiday speaker a number of times. The film, *Ora*

*Anderson: The Soul of the Woods*, was produced by Jean and showcased Ora and his passion for the forests and nature.

If you are interested in donating to the Ora E. Anderson Conservation Fund for Appalachian Ohio, please visit [www.andersonconvervationfund.com](http://www.andersonconvervationfund.com).



*Jean Andrews speaks with the SeniorBEAT audience.*

### Lunch Program

For our **Friday, February 25** lunch program we will meet at **Lui Lui’s** on Station Street. They offer a variety of dishes, soups, salads, seafood, pastas and even pizzas at reasonable lunch prices.

Join us at **11:30 a.m.** for a fun and relaxing lunch at Lui Lui’s!

### History Group

Our February history group features attorney Bob Toy who will tell us about some of the sensational trials that have taken place in Athens County during the second century.

Toy authored a lengthy presentation on the trials in Athens County, *The Second Century, 1905 – 2005*, published by Gary Hunter. He will share the information with us.

The meeting will be on **Thursday, February 11, at 1 p.m., in Lower Level Room 008 at O’Bleness.** Remember the Gifford Murder, or the University Professor

who murdered his wife and placed her body in a barrel and dumped her into Dow Lake? These trials and more in February!

### **Dr. Dru Riley Evarts December History Group Presentation**

Dr. Dru Riley Evarts talked to Senior-BEAT's history group Thursday, December 10, discussing the history of the Chief Justices and her experience as a surveyor of the press corps in the Supreme Court.

Evarts, professor emeritus at Ohio University, was the first woman professor to have tenure in the E.W. Scripps School of Journalism. During a sabbatical from 1996 until 1998, Evarts spent her time in Washington D.C. researching and observing the press corps in the Supreme Court.

During Evarts' two-term stay, she sat with the press corps during court hearings, conducted research on the reporters and wrote articles based on that research.



***Dru Evarts speaks with SeniorBEAT's history group.***

Because of Evarts' desire to publish accurate reports, she was able to exercise some influence when it came to transcripts of court hearings. Evarts' curiosity prompted her to ask a public information officer why the justices' names were not mentioned in the transcripts in relation to what they said. Later, the names were added to each transcript in order to offer more accurate information to the public.

Evarts gave a brief history of each of the 17 chief justices of the Supreme Court for the SeniorBEAT group. She discussed characteristics and famous cases that each chief justice had to oversee during his term, beginning from 1798 until the present.

### **Book Club**

Our February book club selection is **Mary Todd Lincoln: A biography by Jean H. Baker**. This is a really interesting, non-fiction that covers Mrs. Lincoln's life in detail. She was a troubled yet fascinating person who endured many hardships as the result of the political whims ?????????????? as well as her own making.

We will discuss this book on **Monday, February 14, at 10 a.m.** in the **WillowView Café**.

#### **Book Club List**

March

***We Are Welcome Here:*** by Elizabeth Berg

April

***The Help:*** by Kathryn Stockett

May

***The Little Book:*** by Selden Edwards

### **Athens Takes It OFF**

We have a team entered in the community-wide competition to get fit in January, February and March. We are "The SeniorBEATERS" and we plan to finish in much better shape than we are right now. We will keep you updated on our progress.

### **Program Cancellations**

It is wintertime again and we usually have weather-related cancellations, which may have different effects on our programming.

If school is cancelled, then we will not be playing chair volleyball. If other

programs are cancelled, it will be announced on **WATH AM 970** on your radio dial. You can also call **Peggy Irwin** at **(740) 592-2871**. The hospital switchboard will also be notified of cancellations. Please do not venture out when it's not safe!

### SeniorBEAT Programs

- SeniorBEAT Speaker Meeting – third Thursday at 2 p.m. (O'Bleness Lower Level)
- Arthritis Foundation Exercise Program– (weekly)  
Tues. – Comm. Center 12:30-1:30 p.m.  
Wed. – Plains United Methodist Church, 10-11 a.m.  
Sat. – O'Bleness Lower Level Room 010, 9:45-10:45 a.m.
- Book Club – second Monday at 10 a.m. (O'Bleness WillowView Café)
- History Group – second Thursday, 1 p.m. (O'Bleness Lower Level Room 008)
- Chair Volleyball – Tuesday and Thursdays from 8:30 to 10 a.m. (Market on State)
- Singing Group – third Friday at 1 p.m. (Comm. Center)
- Lunch Program – fourth Friday 11:30 a.m. (Area restaurants as announced)

### Announcements

The Ohio Bureau of Motor Vehicles (BMV) has created an emergency contact database. Ohio citizens with a valid driver's license or state identification card can voluntarily provide emergency contact information that can be obtained and used in case of a car accident. Anyone interested in utilizing this service should visit the BMV website, [www.bmv.ohio.gov/](http://www.bmv.ohio.gov/).

SeniorBEAT newsletters and calendars are now online at under Services, SeniorBEAT.

Anyone who would like to receive program reminders by e-mail may send e-mail to: [baum@ohio.edu](mailto:baum@ohio.edu) to join the e-mail list.

Photos and/or videos may be taken during SeniorBEAT activities. If you do not wish to be photographed please notify **Peggy Irwin**, SeniorBEAT coordinator at **(740) 592-2871**.

**Happy New Year!**