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EDITOR'S PEN

Gary Barg, Editor-in-Chief

A Fearless Fourth

It may not be too shocking of an admission to make, but I have always loved the Fourth of July holiday. I love the fireworks, spending time with friends and loved ones (usually at the beach), eating corn on the cob and hotdogs, and feeling tremendously patriotic. ...[more](#)

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FEATURED ARTICLE

Multiple Sclerosis: Understanding and Living with the Disease

By Sandra Ray, Staff Writer

Multiple sclerosis (MS) is one of the most baffling and debilitating neurological diseases. About 500,000 people in the United States are afflicted with it. Worldwide there are more than 2.5 million persons who live with MS each day. MS strikes young people between the ages of 18 and 35, and more women are affected than men. MS is a form of an autoimmune disease, meaning that the body begins to attack itself over a period of time. [...more](#)

GUEST ARTICLE

Sibling Conflict

By Anna Walters, RN

In times of stress, even the best of families have difficulty agreeing on what to do with Mom and Dad. But not many of us come from the best of families. Most of us come from normal families with lots of history, past disagreements, and maybe even feelings of resentment or bitterness. These issues make reaching an agreement on a very difficult situation almost impossible. Here are a few suggestions which may help make this easier. [...more](#)

CARETIPS

Hyperthermia: Too Hot For Your Health

During the summer, it is important for everyone, especially older adults and people with chronic medical conditions, to be aware of the dangers of hyperthermia. Hyperthermia is an abnormally high body temperature caused by a failure of the heat-regulating mechanisms in the body to deal with the heat coming from the environment. Heat stroke, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat fatigue are common forms of hyperthermia. People can be at increased risk for these conditions, depending on the combination of outside temperature, their general health and individual lifestyle. ...more

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CAREVERSES

The Soldier Who Wore Gray

*In memory of George Edward Hargenrader
by Janice Tindle*

The soldier who wore gray
Lay still in front of me,
There was no reason for him to stay.
The color in him had ceased to be,
And the only thing left was a shadow of gray.
For many years he carried me,
Through trial and storms and agony,
For many years I carried him completely,
Though he never realized my sustainability.
But from down the aisle, to down the block,
We had walked together in quiet harmony,
And though he thought he was our rock,
He was nothing short of constant calamity.
From the Solomon Islands, to the shores of home,

He kept his distance from the setting sun,
From the time I was born he was never alone,
But now in gray, his life was done.
He was frail and chiseled, his bones shone through,
A regalness I witnessed upon his face,
I was paralyzed with grief, there was nothing left to do,
But to bury the soldier in gray that time would never erase.
My father had Parkinson's, a stroke, Lewy body dementia, dementia, and a
brain tumor. He died from a seizure after brain surgery. My mother and I took
care of him for seven years. It was an honor.
In memory of George Edward Hargenrader.

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