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Making Memories a Sure Bet!

by SUSAN LARSON

When June first caught Jerry's eye back in 1989, his son and a friend bet Jerry a dollar that he couldn't get a date with her. Jerry won the bet. But it was more than just his charm that won June over. She actually fell for his car.

Little did anyone know that June had been a car buff all her life. While other little girls were playing with dolls, June was helping her dad fix cars in the back yard.

"I always dated the guys with the hot rods," June said. "I went to drag strips and races in Atlanta."

That car that won June's heart was a '57 Chevy that Jerry had been working on for 14 years. Of course she was obviously pretty fond of Jerry, too. They became Mr. and Mrs. Smith on January 1, 1990, three months after their first date.

Unfortunately, they started out encountering a roadblock. The trucking company for which Jerry did contract work went bankrupt and could not pay the money they owed him. It was depressing, of course, but according to June, Jerry is never lacking in confidence. In 1991 he geared up and put their mutual love of cars to work for them and started buying old cars and fixing them up to resell.

Then a new job requiring him

to travel building and maintaining trucking terminals opened up a whole new car market for him. He soon got to the point where he could afford to keep the cars he liked. He and June now travel all over the country to car shows and auctions

adding to their collection of over 150 classic cars, all American made, and 20 motorcycles.

"You work hard and you can make it." Jerry said.

continued on page 7



**Jerry and
June Smith**

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Taking Care

Housebound? 16 Survival Tips.

by LISA M. PETSCHÉ

When someone is sidelined due to convalescence from an illness, recovery from surgery, or a major chronic illness or disability, their world shrinks considerably. It is all too easy to become disconnected from others and the world in general.



Lisa Petsche

If you, or someone close to you, find yourself confined to home for a significant period or time, try not to despair. There are many things you can do to remain involved

in life. Sixteen ideas are included below.

1. Make it a point to stay connected to important people in your life. Call friends up and invite them over regularly. It is worth the time and energy.
2. Cultivate relationships with people who listen attentively, demonstrate compassion, and provide encouragement. Do be careful not to make your health problems, and any related frustrations, the focus of every conversation. Perpetual frustration or self-pity will only alienate others.
3. Seek help from your primary physician if you continually feel sad,

angry, overwhelmed or unmotivated. There is no need suffer, because depression is treatable.

4. Practice self-care by eating nutritiously, exercising (if appropriate), getting adequate rest, and avoiding unnecessary stress. Ensuring you are in the best possible health will help to maximize your quality of life.

5. Accept help. Be prepared when friends and neighbors ask if there is any kind of practical assistance the can offer. Perhaps it is dusting and vacuuming, doing laundry, running errands, sweeping the walk or taking out the garbage. If necessary, ask for help rather than struggle alone.

People in your life will likely be only too happy to provide assistance. They just need to know what your need.

6. Research and take advantage of businesses that offer home delivery for example, grocery stores, drug stores, and dry cleaners, as well as personal concierge services. Do likewise regarding mobile services in your area, such as hairstyling, nail care, dental hygiene services, and dog grooming.

7. Purchase a treat by mail order now and then. You will have something to look forward to while it is en route. The gift to yourself might be a book, movie, music CD, or seasonal décor item, for example. If you have limited income, find out if the public library has an outreach service.

8. Make the effort to feel good about your appearance. Paint your nails, have a friend set your hair, or order a new accessory. Put together a pamper kit of items to give you a lift when you are feeling down for example, a relaxation CD containing soothing sounds of nature, scented candles, fragrant body lotion, or gourmet coffee or tea.

9. Cultivate some solitary pastimes – such as taking up word puzzles or jigsaw puzzles, writing, sketching, a handcraft, or playing a musical instrument – that bring pleasure or fulfillment and enable you to enjoy your own company.

10. Facilitate connections to the outside world by asking after family and friends and following current events. Arrange a subscription to a newspaper or newsmagazine if finances permit.

11. Get a computer and learn how to use it. Internet access can help you stay connected to loved ones, keep up with local and world news, shop, and gather health-related information, among other things. You can also take online education courses, play games like chess and bridge, and connect with other in a similar situation through Internet message boards and chat rooms.

12. Call the local volunteer office, or a non-profit organization that resonates with you, and find out if there is anything you can do from home to

assist them in their work. For example, you might volunteer with a telephone reassurance program that serves isolated seniors, or, if applicable, co-ordinate a prayer chain within your faith community.

13. If mobility issues prevent you from accessing the community, rent or purchase a walker, electric scooter, or wheelchair. Register with the local accessible transportation service if appropriate.

14. If you need an escort for outing and finances permit, hire a companion so you can regularly get out. Let loved ones know that a gift certificate to the home healthcare agency or your choice would be welcomed for special occasions.

15. Get information about community resources, such as meal delivery, friendly visiting, volunteer driver programs, and suitable leisure programs. Information can be obtained from the local office on aging.

16. If design issues make it hard to get in and out or around your home, and your physical challenges will be ongoing, consider renovations if they are feasible, or move to a more accessible setting.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior health matters. She has personal and professional experience with elder care.



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Watching Tech-nology slide into the future

by SUSAN LARSON

When my husband enrolled at Georgia Tech in 1962, all an aspiring engineer needed was a decent slide rule. The only thing they had to stress out over was whether to buy a Post, Pickett or K & E, each running about \$30, which was ten times the price of the plastic ones they sold at Woolworth's.

When our son enrolled at Tech in 1999, each student was required to own his own computer. That August, along with thousands of other families, I attended freshman orientation for parents where we sat through an hour-long session on mandatory computer ownership.

"Is there really so much computer work that roommates can't share a computer?" a parent asked. The computer guy explained, "It's not just a technological tool. It's a communication tool. Each student has to have an e-mail address for getting grades and a secret password to access confidential information like the status of their Buzz credit card account. And with kids being so busy, if they can't e-mail you, you'll probably never hear from them again."

The computer guy did his pitch for Tech's custom-made computers, but said we could buy any computer we wanted, no matter how cheap, as long as it met their minimum stan-

dards.

We poured over their literature and went comparison-shopping. We're not talking \$30 here. Minimum standards included Pentium II class, 128MB of memory, 4GB hard drive, CD-ROM, sound card, speakers and 10Base-T Ethernet port, plus a DVD card. We checked out all the discounts, rebates, package deals and steals on suitable models and consulted with professionals in the field. After hours of calculating, correlating and comparing, we figured out the best bargain came in at just under \$900.

Fifteen years later, almost everything on that list of requirements is obsolete. Kids entering Tech today don't even recognize half the words. As for what is needed for 2015 admission, it is clearly posted on the Tech Web site with a link to a 14 page document that describes all the details with links to additional websites for further clarification.

I can't even imagine the requirements in 2033 when our grandson, Magnus, is old enough to follow in his dad's and grandfather's footsteps and enroll at Tech. Laptop computers will probably be collectors' items and that 14 page document will most likely read like Sanskrit.

On the other hand, if that magnetic pole shift the doomsayers are predicting really does come about and wipe out all our computers, our grandson will still be good. Because sitting

on the top shelf of his grandfather's side of the closet is a K & E slide rule just waiting for him if he ever needs it.

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.



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Senior News & Views of Georgia

Poets' Corner

KATIE HAD A DREAM

by Ralph C. Prescott, Sr.

*Katie had a dream,
A dream to share
A dream to care
A dream to plant a seed,
A good seed,
Planted in fertile soil,
That it may spring up and grow,
That many, many souls would be
blessed,
In a way that only my Lord,
Can render, in such
A tender, tender, loving kind way,
Katie had a dream, and*

*Katie's dream cam true today.
Grandpa, said a prayer,
For only Katie's ear to hear,
Lord, my Katie is dear to me,
I place her in your keeping,
She is very special you see,
For katie is part of me.*

WHAT ARE YOUR TO BE'S?

by Allie Morris

*My to be's are:
To be the best mother I can be,
To be the best grandmother I*

*can be,
To be the best sister I can be,
To be the best aunt I can be,
To be the best friend I can be,
To be the best listener I can be,
To be the best giver I can be,
To be the best reader I can be,
To be the best praise and
worshipper I can be,
Last, but not least, to be the best
woman of God I can be.
So, go out and be the best that
you can be,
Those are my to BE'S!
What are your to BE'S?*

Brain Health & Memory Study

Are you over the age of 65 and have difficulty walking a few blocks? Are you worried about falling or concerned with your brain health and memory? Emory University and the Department of Veterans Affairs are working jointly to study non-pharmacological interventions aimed at improving physical and cognitive health in adults aged 65 and over.



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Department of Veterans Affairs

If you are interested in hearing more about participating in this study, please contact **Holly Hudson** at **(404) 321-6111 ext. 7099**.

“Spiritual Snipers”

by DANIEL W. GATLYN, USN Ret. Minister/Journalist

It has been my recent privilege to visit the grave site of Chris Kyle in Austin, Texas; renown Military Sniper for hostilities in the Middle East! While Americans should never gloat over successes in this arena, we do recognize that such service has become a necessity in the preservation of life and liberty! We all cringe at the sad ending for Kyle, and his teammate! While armed warfare covers many dimensions, the role of a sniper differs greatly from those involved in massive attacks! The main force generally takes credit for the progress in battle; but do keep in mind that their advancement has been made possible by the efforts and expertise of a sniper hidden from sight or presence while covertly eliminating obstacles to overall success!

There exists some exceptional, and often overlooked, conditions with the sniper – for their work is accomplished from a great distance, usually alone, unnoticed, and always at extreme peril! All victorious parties in Armed conflict owe their survival to those special “agents” behind the scenes! The past wars of America would spin a much different historical account were it not for those who were trained and dispatched (and who often paid with their lives) to remote sectors, for Missions which were never made public! They are heroes in every respect!

There is a glaring analogy of Military snipers in the Spiritual aspects of life! While the Theological Organizations, and the visible church, always constitutes

the main body, every citizen should know that behind all progress in Christianity are faithful individuals who, without regard for personal safety, infiltrates the rugged terrain of territories claimed by Satanic forces – and delivers a crushing blow!

It may well be said that the Missionary leads the attack against immoralities of the planet – yet there are untold individuals of perseverance and faith, both at home and abroad, who constantly bombard the enemy's positions with prayer, with decree, with efforts far above and beyond the “average Sunday attendance to the sanctuary!” Many are the Ambassadors for Christ, emissaries of

the highest calling, operating discreetly “behind the lines” – mounting moments of support through encouragement... rendering time, talent, and resource... standing firm in commitments to the cause... and, routing the enemy of our souls! Only eternity (and maybe not even then) will reveal the individuals who were determining factors for multitudes who “made it in” – spiritual snipers who plied their moral trade to make a difference!

There are multitudes who frequent the mainstream of Christianity... who vocally sign in with an appearance... who contribute with melodies and monies (some who vie for the spotlight); and, we

commend participation. But, let us never count as common the unseen parties who seal the surrender of sinful forces... an innumerable host of “spiritual snipers” who will never be known by name!

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Out & About

Pull the plug on utility bill collection scams

by **KELVIN COLLINS**
President/CEO, BBB of Central Georgia & the CSRA, Inc.

Have you paid your utility bill? Chances are that you have but that isn't stopping scammers from taking advantage of businesses and consumers by impersonating electric and gas company employees looking to deactivate for nonpayment. Utility companies across the nation are warning their customers of this scam. Scammers will impersonate utility company employees with threats of deactivation of service... unless they pay up immediately.

Victims report receiving calls where the person on the line identifies themselves as a representative from your local electric or gas company deactivation team. He or she tells you that you are late on your bill and you need to pay immediately, or your utilities will be shut off.

However, instead of accepting payment by credit card or check, the caller wants you to pay by using a prepaid debit card. The scammer instructs you to obtain one and call them back. This is a huge warning sign. Prepaid debit cards are like cash. Once you transfer the money, you will be unable to retrieve it.

Prepaid debit cards are becoming an increasingly popular method of payment for scammers. Wire transfer services have tightened their security, so crooks have turned to these prepaid cards instead. The cards are difficult to trace, and you do not need photo identification to collect or spend the money. Be sure you treat a prepaid debit card like cash and remember that transactions cannot be reversed.

Scammers are also using other ways to prey on utility customers. Some will claim that the electric meter is not working properly and must be immediately replaced – at the customer's expense – or the electricity will be shut off. Other scammers are using email and door to door visits to reach customers. Watch out for emails disguised as overdue notices from your utility company. Clicking on a link or attachment will load malware onto your computer.

Tips for Spotting a Utility Scam:

- Because local utility companies do sometimes contact their customers by phone, it can be difficult to tell a scammer from a real agent. Here are some tips:
- Prepaid debit cards are a red flag: If a caller specifically asks you to pay by prepaid debit card or wire transfer, this is a huge warning sign. Your utility company will accept a check or credit card and will usually direct you to one of their payment locations.
- Don't cave to pressure to pay

immediately: If you feel pressured for immediate payment or personal information, hang up the phone and call the customer service number on your utility bill. This will ensure you are speaking to a real representative.

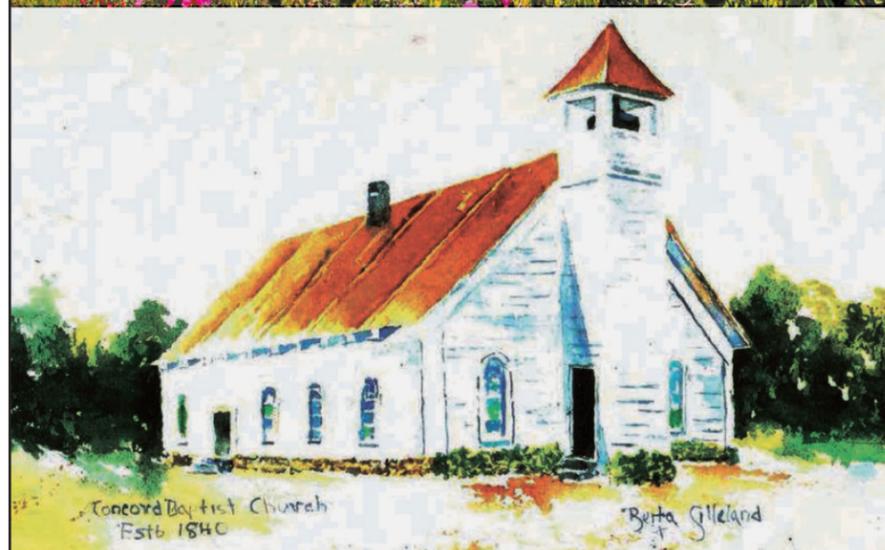
- Remember that electrical meters are the property of the utility company and would be the responsibility of the utility to replace or repair.
- Never allow anyone into your home to check electrical wiring, natural gas pipes or appliances unless you have scheduled an appointment or reported a problem. Also, don't get lured outside to view broken meters or point out property lines. Always ask utility employees for proper identification.

There is never a shortage of ways for scam artists to try to separate you from your money but with a little knowledge and a few questions, you might just be the one that gets away.

For more consumer tips you can trust, visit www.bbb.org.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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Tommy Washburn and Chuck Sapper, volunteer guides from Elks Lodge # 2849 standing ready to show visitors around Memory Lane.



Jerry's mother, Virginia Smith, reflects on her youth next to a 1928 Chevrolet Model AB National Imperial.

Making Memories from page 1

But after you make it, where do you put it? In a museum, of course!

Their newly opened Memory Lane Classic Cars in Eatonton features keepers like a '57 Chevy (of course,) and a '57 Ford Thunderbird interspersed with some celebrity surprises like the '48 Ford from "Karate Kid," Alice Cooper's fire truck and cars driven by NASCAR stars.

Visitors reminisce about their own first car and kids and teenagers are awed by the wide array of shapes and colors.

"We've met some of the nicest people. They keep coming back and they bring their families. We love to hear their stories about their cars," June said.

But it's not just about the cars. Even for those who don't know a Beetle from a Bmer, the memorabilia is worth the trip. Over 200 license plates dating back to 1913 lining the walls along with green dinosaurs and flying red horses get lots of good mileage in bringing back memories. Total strangers from New Mexico to New

Hampshire stroll around together sharing their stories.

With an admission fee of only \$5 for visitors ages 10 and older, the trip down Memory Lane is quite affordable. Volunteers from the the Eatonton Elks Lodge #2849 serve as guides. And with 100% of the proceeds going to local charities, it's a pretty sure bet that knowing their money is going to a worthy cause will create a pleasant new memory for any visitor.

Info: 706-991-1835 or visit memory lane classic cars on Facebook.



Jerry Smith poses among some of his motoring memorabilia.



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Out & About

The Next Chapter

Recommendations by
ANNE B. JONES, PhD

• *XO*; Jeffery Deaver, Simon & Schuster, 2012

Occasionally I come across a hidden treasure, a book a few years old, an inexpensive read for those on budgets. I happened upon *XO* while looking for a thriller by well-known authors. I found it entertaining and well-written with unexpected twists.

Penned by international best-selling author Jeffrey Deaver, the story revolves around a country-rock star named Kayleigh Towne. Groomed by her country-singer father whose glory is fading, Kayleigh has been coerced into the spotlight where her talent belies hidden heartache.

The story begins with letters supposedly exchanged between Kayleigh and her most ardent fan Edwin Sharp. With an approaching concert looming, frightening events occur involving break-ins, stalking and murder. Clues appear, apparently based on lyrics from one of Kayleigh's songs and pointing toward Sharp as the perpetrator.

Many readers enjoy solving crimes on their own and predicting the guilty. This work may thwart the most adept as it is punctuated with red herrings. Deaver leads us down several false paths before resolution unfolds, than unfolds again. As an added bonus, he includes a collection of his own original songs. The red herrings, the way Deaver's songs are intertwined into the story and his char-

acter development all make this a worthy read. In addition, there is information about the current state of the music industry woven into the plot. The work highlights one of Deaver readers' favorite protagonists, Kathryn Dance, with "cameos" by Lincoln Rhyme and Amelia Sachs of *The Bone Collector* blockbuster fame.

I met Jeffrey Deaver at a Sleuthfest writing conference in Florida just after his original release of *Praying for Sleep*. I bought his book simply because he was nice. The book was good, but his recent works are incomparable. It is fun to watch authors grow and develop, to continue to expand their craft and become successful. Of course in the case of Deaver, success may have been destined. He is one of the most eclectic writers in the thriller genre. A former journalist, folksinger and attorney, he has written novels, short stories and a nonfiction law book. His awards are too numerous to list.

On a personal note, last year I starting going through our home, throwing out non-essentials and attempting to simplify. Co-incidentally, I lost weight! Hmmm...

I have just received *The Life-Changing Magic of Tidying Up: The Japanese art of Decluttering and Organizing*, a book based on a course by the same name. Within the first few pages I was startled to come across outrageous testimonials attesting to positive results from this cleaning process. Among them were "Your course taught me to see what I really need and what I don't. So I got a divorce. Now I feel much happier" to "I finally lost ten

pounds."

Since I plan to stay happily married, I was particularly interested in the latter. Can it happen again? If I discard more items, will I lose even more weight? I plan to take the challenge, read the book, attempt to purge the house while losing pounds and report back in

October! Emails of encouragement appreciated!

You may contact Anne at annebjones@msn.com... (*Tides of Fear*, *Gold Thunder*, *A Light on Peachtree*, *All Around the Track*, *Brave at Heart*).

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Ms. Senior Georgia 2015 Queen with her Court (Left to Right): Ms. Congeniality, Barbara Barnes – Doraville; 4th Runner Up, Margaret Lawrence – Crandall; 1st Runner Up, Jacqueline Dale – Atlanta/Chamblee; Ms. Senior Georgia, Kristine Johnson; 3rd Runner Up, Cheryl Willoughby – Silver Creek/ Rome; and, 2nd Runner Up, Lydia Moss – Atlanta.

Is Travel Insurance right for you?

by **KELVIN COLLINS**
President/CEO, BBB of Central
Georgia & the CSRA, Inc.

Before you finalize your travel plans, be sure you have given careful thought to whether you need to purchase travel insurance. There are circumstances that could cause you to cancel your trip, return home early or force you to seek emergency medical treatment while traveling. Travel insurance may provide the extra protection you need. Better Business Bureau is advising travelers to weigh the pros and cons of travel insurance before going on an extensive trip.

Before you purchase coverage, check your homeowner's or medical insurance policies to avoid any overlap. For instance, expensive items such as your camcorder, laptop computer or jewelry may be covered by your homeowner's insurance should they be stolen while you are traveling. If the airline loses your checked luggage, they are required to reimburse you for your bags (up to a certain dollar amount). Or, if you become sick or injured while traveling, your personal medical insurance may pick up the cost of your medical bills.

Some of the different types of insurance available include:

Trip Cancellation/Interruption (TCI)

If your plans suddenly change and you have to cancel or end your trip early, TCI will cover you for this. But it will only reimburse you for reasons on the insurer's acceptable list, such as injury, sickness, or death of yourself, a family member, traveling companion or business partner. Some policies will cover only medical reasons and some will not cover pre-existing medical conditions. It's important to read the fine print.

Emergency Medical Evacuation

If you are going on an adventure vacation or to an area that is far from modern medical facilities, it may be a good idea to buy this coverage. If adequate treatment is not available at a local hospital, you would be transferred to the nearest acceptable medical facility.

Baggage Loss

This coverage reimburses you for lost, stolen or damaged bags. As you are packing, make a list of everything you are taking with you. If your bag is lost, you may be reimbursed for some contents, but not all. Baggage-loss protection is only necessary if you are carrying more than \$2,500 worth of items in your bags. Be sure to check your homeowner's policy.

BBB recommends travelers take the following into consideration:

- Read the fine print. Know exactly what coverage you are getting and what is covered. Policies and insurance firms differ in what they cover.

- You may not need to buy it right away. Travel insurance can be purchased days before your trip. Check to see if the policy you are considering requires you to purchase within a set time period after you've booked your travel. For trip cancellation insurance, you won't be covered if you buy the policy after you've become ill or natural disaster has wiped out your vacation destination.

- Not every trip needs travel insurance. If your total trip is a couple hundred dollars in airfare, travel insurance probably isn't worth it. But if you're taking the trip of a lifetime and spending thousands, travel insurance is a good consideration.

- Don't fall for high pressure sales tactics. Don't let someone pressure you into buying travel insurance right away. You are the only one who can decide if you truly need it.

- Pay with a credit card. Protect yourself further by paying for travel related expenditures, including insurance, with a credit card. Ask your credit card issuer if there are additional protections that come with your credit card. Some travel

insurance may be built in to your credit purchases.

For more tips you can trust, visit bbb.org.

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Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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continued on page 11



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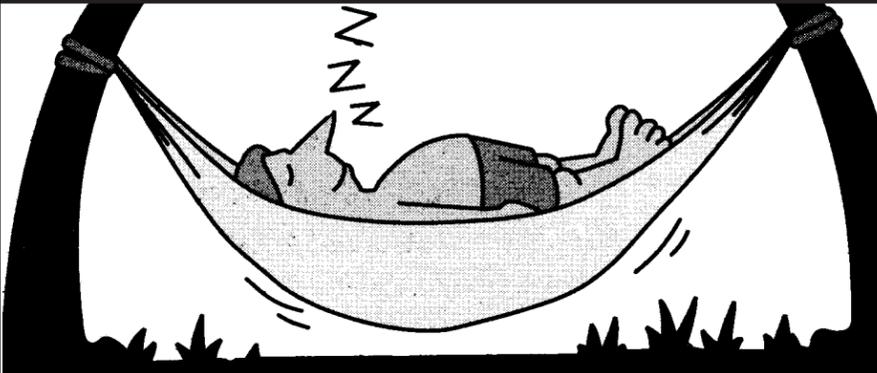
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NOTICES from page 10

patients and their families. Volunteer selection begins with an application and an interview in which potential volunteers may express their personal goals, availability, interests and talents. Our volunteers are carefully screened through a criminal background check, motor vehicle report, and personal references. Volunteer training give volunteers an opportunity to learn new skills and become aware of skills they already possess. Volunteering for hospice can enrich your life by enriching the lives of others. If you are ready to make a commitment to caring for others, we would love to hear from you. Please email Janice Danford at jdanford@seasons.org or call 404-250-4950.

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For additional information, contact Susan Rowe, Director of Christian Education, at 770-339-9801, ext. 26 or facilitators, Jay & Nancy Rowland, at 678-618-8735 or nancy.m.rowland@gmail.com.

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Keep your home safe while you are away

by **KELVIN COLLINS**
President/CEO, BBB of Central Georgia & the CSRA, Inc.

With an estimated 136 million Americans going on at least one vacation this summer, safety and security precautions are a must. Proactive measures can help consumers keep their home safe from fire, carbon monoxide, and the threat of burglary while they are away.

The Better Business Bureau is offering the following safety tips for homeowners during the summer season:

Be careful about the vacation details you share via social media. Burglars can use posts on Twitter or Facebook to determine when you'll be away. In recent polls, more than one third (35%) of Americans said they believed their home is too ordinary and would not interest a burglar. However, a vacant home could be enough to attract unwanted attention, so be careful about broadcasting your travel plans.

Lock your doors even when you're gone for a brief amount of time. Two thirds (67%) of Americans surveyed agree they do more to protect their homes when they are going away for a night than when they are just leaving for a few hours. But, according to the FBI, more than half (53%) of home burglaries happen during the day, so homeowners should secure doors and windows every time they leave their home.

Keep an inventory. Take the time to go through your house and make a detailed inventory of your belongings. Your inventory could be a paper list, pictures, video or a combination but be sure to notate the serial numbers or any blemishes that would make your property easily identifiable. For electronics, such as televisions, DVD players and game consoles, use a black marker to write your name, address, phone number and maybe your driver's license number on the back or bottom of the unit. This writing won't be noticed by a thief trying to get out of your home quickly but it will be noticed by the pawn shop during their inspection or the police once the criminal is caught.

Check your smoke alarms and carbon monoxide detectors every month. Summer marks the beginning of hurricane season, and if a generator needs to be used in a power outage, a quick test of your monitored life safety devices can help keep your family safe from potentially dangerous fumes.

Keep hedges and bushes around your home trimmed, so burglars don't have places to hide and ask neighbors to pick up your paper and remove the trashcan from the road.

If you want to relax on vacation, make sure your vacation planning includes securing your home while you are gone. If you choose to contract with a security company, find trustworthy companies and check out their BBB Business Review first at bbb.org.

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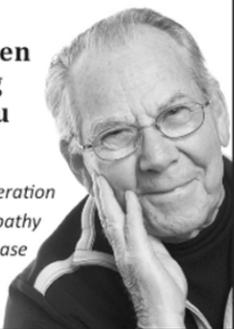
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