

Senior News

A woman with short dark hair and glasses is smiling while holding two young children. She is wearing a red cardigan with white polka dots over a white shirt. The child on the left is a girl with dark hair wearing a green and white patterned dress over a red top. The child on the right is a boy with light hair wearing a blue and white striped long-sleeved shirt. They are in a room with wooden shelves filled with various toys and storage bins in the background.

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On the Cover

***High achievement
runs in the family!***

Story on Page 2

May 2009
Vol. 23, No. 5

On the Cover

High achievement runs in the family



Gittings leading her children in motorskill activities.



Gittings being filmed by PBS for a documentary on her Childcare Worker of the Year Award.

by SUSAN LARSON

ON THE COVER: Gittings with two of the children she so enjoys caring for.

Kimberly Gittings, Miss Georgia USA 2009, is an ROTC cadet majoring in medicine and speech communication at UGA. From playing the harp to holding a prestigious high school internship at Eastside Endocrinology in Snellville, her skills and talents run the gamut. And for this, she credits her mother.

"I have an Asian mother and Asian mothers tend to push their children to do their best."

Her mother, Young Shin Gittings doesn't argue with this.

"Korean mothers are willing to sacrifice to provide the best things for their children, encouraging them to pursue excellence in all they do," said Gittings.

Neighbors noticed the outstanding parenting skills Gittings displayed with her daughters Kimberly and Kristen two decades ago when they were living in Valdosta.

"I was approached by several friends in the possibility of providing child care for them while they worked. Knowing how much I love being around children, I agreed and soon after I became a certified family child care provider for the state of Georgia."

This was more than just a way for Gittings, the wife of an Air Force officer, to make a little extra money at home. She took classes and kept abreast on teaching methods and the latest childcare trends.

"I teach children respect for their elders and to help out by fixing meals, serving and cleaning up. They learn it and it becomes a habit. I think parents recognized and appreciate those things I teach their children."

The whole community took notice of Gittings' outstanding child care services and in 1998 nominated her for the Georgia Child Care Professional of the Year Award. She placed in the top five, and then in 1999 captured the title. "I was ecstatic when I won and was presented the award by the former First Lady of Georgia, Mrs. Roy Barnes."

That year, her family moved to Lilburn and Gittings had to start from scratch finding children to care for in her home. But it didn't take long. She's spent the last ten years caring for the children of teachers, principals, doctors and attorneys and has a stack of thank you notes and reference letters as testimonials for her wonderful work. And once again, her children's parents nominated her for an award, this time at the national level. On May 7, just before Mother's Day, Gittings will travel to Washington D.C. where a Georgia senator will proclaim her the 2008 Outstanding Childcare Provider of the Year.

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Agent Orange exposure increases veterans' risk of aggressive recurrence of prostate cancer

by Dr. Martha Terris
Chief of Urology at the Charlie
Norwood VA Medical Center in
Augusta and professor of Urology
at the Medical College of Georgia
School of Medicine

Veterans exposed to Agent Orange are at increased risk of aggressive recurrence of prostate cancer, researchers report.

A study of 1,495 veterans who underwent radical prostatectomy to remove their cancerous prostates showed that the 206 exposed to Agent Orange had nearly a 50 percent increased risk of their cancer recurring despite the fact that their cancer seemed relatively nonaggressive at the time of surgery. And, their cancer came back with a vengeance: the time it took the prostate specific antigen, or PSA, level to double - an indicator of aggressiveness - was eight months versus more than 18 months in non-exposed veterans.

"There is something about the biology of these cancers that are associated with prior Agent Orange exposure that is causing them to be more aggressive. We need to get the word out," says Dr. Martha Terris, chief of urology at the Charlie Norwood VA Medical Center in Augusta and professor of urology at the Medical College of Georgia School of Medicine.

Dr. Terris, corresponding author on the study published in the May issue of *British Journal of Urology International*, says she wants her colleagues following prostate cancer patients with Agent Orange exposure to know those patients may need more meticulous scrutiny and so-called salvage therapy quickly if their prostate cancer returns. "Not only are their recurrence rates higher but their cancers are coming back and growing much faster when they do come back," the Georgia Cancer Coalition Distinguished Scholar says.

The PSA of prostate cancer patients is typically measured every three months for two years after surgery then every six months for life. After surgery to remove the diseased prostate, the PSA should be zero, but any prostate cancer cells left behind continue to make PSA, a red flag of recurrence, Dr. Terris says. The PSA often "percolates along" so physicians tend to watch it for a while to determine if additional therapy is needed. However in patients with Agent Orange exposure, radiation or hormone therapy to kill remaining cells may need to be done sooner rather than later, she says.

Increasing evidence is emerging that exposure to Agent Orange, a herbicide and defoliant used during the Vietnam War, increases risk for a variety of health problems, including prostate cancer, although the exact mechanism is unclear. Dioxin, its known carcinogen, also is found in herbicides and pesticides used by U.S. farmers, forestry and chemical plant workers who studies have shown to have an increased cancer risk. Scientists suspect dioxin activates regulatory regions of genes to enable the uncontrolled cell division that is a cancer hallmark.

Dr. Terris led a separate study of 1,653 veterans at VA medical centers in five cities between 1990 and 2006 that also showed recurrence rates were higher and recurring cancers were more aggressive with Agent Orange exposure. Dr. Sagar R. Shah, MCG urology resident, presented the findings at the 2007 annual meeting of the American Urological Association.

This new study - which includes the VA Medical Center in Augusta, Veterans

Affairs Greater Los Angeles Healthcare System, Veterans Affairs Palo Alto Healthcare System and six affiliated medical schools - included new patients as well as longer follow up on many of the original study patients. As with the previous study, prostate cancer seemed to have a similar course in blacks and whites, but Agent Orange exposure was more common in blacks, who were more likely to be ground troops in Vietnam.

Plenty of questions remain, such as what happens to patients whose primary treatment is standard radiation or brachytherapy, where rice-size radiation pellets are implanted in the prostate, rather than surgery, Dr. Terris says.

She also wants to know whether the veterans' degree of exposure is related to the severity of their cancer. Everyone has some dioxin exposure; "Even if you never set foot in Vietnam or outside the United States," she says. So she is now measuring levels in the body fat - which is like a repository for what the body has been exposed to - to determine how levels correlate to their cancer severity.

Prostate cancer is the most common

cancer in men and trails lung cancer as the second leading cause of cancer death.

The study was funded by the Department of Veterans Affairs, the National Institutes of Health, the Georgia Cancer Coalition, the Department of Defense Prostate Cancer Research Program and the American Urological Association/Astellas Rising

Star in Urology Award.

The Medical College of Georgia is the state's health sciences university and includes the Schools of Allied Health Sciences, Dentistry, Graduate Studies, Medicine and Nursing. MCG is a unit of the University System of Georgia and an equal opportunity institution; www.mcg.edu.



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Atlanta Manager/Editor

Ann Tunali

Phone: 770-698-0031

Fax: 770-395-7271

Email: seniornews@msn.com

SENIOR NEWS

5579 Chamblee-Dunwoody Rd.

Suite 478

Atlanta, GA 30338

Advertising Account Executives

Janet Tassitano

Phone: 770-993-2943

Fax: 770-992-0210

Email: jantas@bellsouth.net

Linda Conyers

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

Copy Editor

Faye Jones

email: byronfaye1@aol.com

Writers

Dolores Irvin - Columnist

Susan Larson - Columnist

Faye Jones - Columnist

Contributing Writers

Dr. Bill Baggett

Mary Frances

Dorothy O'Sayer

Lisa M. Petsche

Published monthly. Business Office is located at 115 Bingham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 15,000; Macon/Central Georgia, 8,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

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Editorial information you would like considered for publication should be mailed to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636; 800-752-5037

FAX: 478-929-4258

E-mail: Seniornews@cox.net

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

We all have crosses to bear; some mental, some physical, some financial, for some it's a bit of all combined. Life, as beautiful as it is, isn't always easy. Getting old is not a cake walk. I don't know what I expected as a young girl but I took too much for granted.

Having always been healthy and robust and having spent most of my life digging in the dirt, it's a bitter pill to swallow when it comes time to hang up the shovel and the hoe and pay others to do work I have always loved. But the years rolled by faster than I reckoned they would and I find myself spending more time looking than doing.

As you dear readers know I have had surgery on my eyes and spine and was waiting for a date to replace my right knee when I learned I had breast cancer.

Cancer. That is a word no one wants to hear. So what do you do? First you cry. Then you sit alone at night and wonder

what you did to get it. Was it food, chemicals – what? You wonder. But answers do not come.

Then you pray. That's what I did. Being a believer is the first step to healing, I feel. God and I talked long into that first night. Next day I found a peace I have felt only a few times in my life. It was as though God had said "You go girl, we can handle this." And handle it He did!

After two surgeries, ten radiation treatments and upcoming medication from the chemo-oncologist, I am on my way to good health once again. Doctors have been astounded at my progress and my surgeon could not believe I had suffered no pain, no radiation burn nor blisters on my skin. Bet if he talked to God about it God would tell him how it was done!

So many of my family members have been lost to cancer and I have always been there for them. When it came my turn, I was surprised by the mountain of cards and letters from strangers; dear readers who have never met me in person. I have received flowers and gifts from

people I never dreamed would remember me. I feel so humble and ashamed because I have not always done all I could for those I knew were suffering.

From this day on, I shall never take a Relay For Life for granted. I will be there in the survivors walk. If you have never attended a Relay, please try to go and support these women by your presence. The walk will bring tears to your eyes and your heart will break and sing at the same time. It is quite an emotional experience.

On the last day of my radiation treatment (which was administered by two physicists, Mo and Steve), I lay on the hard table looking up at a single red light flashing intermittently. The room was dark and I was alone. I closed my eyes and as I listened to the sound of the machine that was putting death into my breast to give me life, I asked God to bless each person who had a part in the miraculous advances that have been made in riding the world of cancer. I prayed for my doctors, the nurses who are truly angels of mercy, and especially for Mo and Steve as I put my life in their capable hands.

Eight minutes passed fast. The door opened and the lights came on in the radiation room just as a beautiful male voice sang, "I'm so glad we had this time together. Just to have a laugh and sing a song. Seems we just got started and before you know it, comes the time for us to say – so long."

Tears rolled down my cheeks as Steve came over, caressed my hand and removed the apparatus from my chest. The week had flown so quickly and there is the possibility I will never see any of those wonderful angels again. But I shall not forget.

Never again will I let a friend lie ill without my help. One of my doctors said that a positive, happy attitude was three-fourths of our healing and love gives us life. How wise he is.

There are no tears now; only praise to the Great Physician who is always on call. Beating this disease is truly like walking on sunshine. I am blessed indeed!

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Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

Spiritual Notes

Watch Your Diet

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Our country is convulsing from economic woes and uncertainties that we fear may confront us in the days ahead. We have a new administration in Washington and it seems that policies which we don't understand are being developed and implemented every day. Many senior adults are skeptical of what tomorrow may bring that would alter their secure lifestyles. These new issues combined with already existing health and aging problems certainly complicate our existence.

Because of these ever present concerns we often forget to celebrate and place our faith in God's promises. He has promised to be with us through "thick and thin."

Dr. Walter Shurden's Preaching Journal carried a story by Dr. Stanley Lott which forced me to do some abusive introspection. I have a yearning to live a God centered life but, in reality,

was I living up to what I desired? I cite the story verbatim.

"One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, 'My son, the battle is between two wolves inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.' The grandson thought about it for a minute and then asked his grandfather: 'Which wolf wins?' The old Cherokee replies, 'The one you feed.'"

The Lesson is obvious! What we put inside will dictate who we are; our personality, temperament, and yes, our spirituality.

Check you diet!

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

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Poets' Corner

My Son - The Teacher By Charlotte O. Phillips

I saw him walk across the stage
A diploma clutched in his hand.
He bent a little forward, he was not
a young man.
A mortarboard covered the bald

spot on his head.
I had thanked God when I heard his
name read.
This husband, father and
grandfather, too.
I had lived to see his dream come
true.
My Son - The Teacher!

Springtime's Grace By Henry Newton Goldman

The flowers appear on the earth;
the time
Of the singing of birds is come, and
The voice of the turtle is heard in
our land; Sol. 2:12

Not mine, the blooming flower to
keep,
Nor budding leaf to steal.
Not mine, the warming winds to
hold,
Nor sun's bright rays to shield.
This season that in spring renews
All its vows with life anew....

But mine's the grace He gives to
see,

The glorious coming forth of these;
And feel the sun's bright glowing
touch,
The soothing of spring's warming
breeze.

These gifts He only lets me share,
With all His earthly creatures here.

Watchman - Watchman By Bill Larmore

Watchman, do you guard our birth;
That first assault of choking air.
Expulsion into sentient worth...
While fetal warmth and peace
forbear?

Watchman, do you guard our
morn?
When all our wonder world is
young.
We live as Lazarus reborn;
The stars but jewels to dream
among.

Watchman, do you guard our day?
How read the shadows on time's
dial?
Gray age-hounds on our life trails
bay
And closer bound with every trial.

Watchman, do you guard our night?
It comes with stealthy urgent tread
A subtle dimming of the light;
Soft wistful whisperings from the
dead!

Watchman, do you guard our death?
Stern ceasing of our will to be.
A precious last-drawn taste of
breath;
One final reaching out to thee!

Watchman, you do guard the whole!
God, Master, Triune without end,
Eternal Craftsman of our soul
Whom none but YOU may
comprehend!

Watchman, you do guard our flight,
As wounded children to your care,
Where heaven glories in your light,
While we find HOME forever there!

A Time of Gold and Gray By Carolyn Warlick

The earth and sky are resting,
Bridging the dark and the light.
The moon is pale and fading,
The stars not quite so bright.
There, in this time of quiet,
This time of almost day,
There comes a time of shadow;
A time of gold and gray.

A soft, a clinging wispiess,
A scent of dew and flower,
Wafted by a silken breeze
Of soft and tender power.
There, rested but not wakened,
The world awaits the day,
In a gentle time of shadow;
A time of gold and gray.



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Village of Stone Mountain looking for artists

Special to Senior News

If you are an artist, musician, film maker, photographer, dancer, crafter, quilter, carver, instrument maker or have any other brand of artistic talent or product, Stone Mountain's Mayor Gary Peet wants to tell you about an opportunity.

On May 6th from 10:00 a.m. until noon, any and all artists are invited to a "Creative Economies Convocation" at ARTStation on Manor Drive in the Village. Jack Sartain, founder of the DeKalb Council for the Arts, Inc. and facilitator of the project will describe how the Arts Incubator works and the financial and other benefits and advantages to the artists who participate. Additionally, the artists will be asked how they perceive the best way to proceed and what they really need to be successful small businesses. They artists will help plan the

incubator.

"Working with the Downtown Development Authority and Mainstreet Program, we are going to generate an economic development program featuring arts and artists of all kinds to fill the empty stores and bring the tourists and visitors, even our own residents, back to Main Street," said Sartain.

"We have support for this idea from many quarters from private foundations, state, local and city government to the Stone Mountain Woman's Club. The reception of the idea when presented to a "Steering Force" of 27 arts and economic development leaders on April 2nd was overwhelming," said Mayor Peet.

Any artist or crafter who wishes to attend the "Creative Economies Convocation" should RSVP to jbs5951@aol.com or call 770-856-1377 so all attendees might be comfortably accommodated.



Laura Luca's "team" participated in the MS Walk held April 18th on the Marietta Square to raise money for MS support and research. Laura is in the lower left corner of top photo. At left is Laura with team member Stacy Korosec, her caregiver and a business partner of SYNERGY HomeCare®.



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C'mon, let's eat

by FAYE JONES

At *Senior News* we are always happy to have interchange with our readers. We love sharing their poems, stories and especially their recipes. This month a dear reader has contributed the following three recipes for your collection. Thank you Vestie Powell for your contribution to our culinary enjoyment!

ENGLISH PEA DUMPLINGS

1 16-oz package frozen English peas
4 cups milk
4 Tbsps butter or margarine
1 can biscuits (10 count)
Salt and pepper to taste

In a large heavy saucepan, combine peas, milk and butter. Heat to almost boiling. Stir often with wooden spoon as milk scorches easily. Cut biscuits into 4 pieces for "dumplings." Drop dumplings into mixture. Season. Reduce heat to medium-low heat and cook 35 - 40 minutes, stirring very often.

CHI-GHETTI

1 5-pound hen
1/3 cup chopped onions
2 cups chopped celery
1/3 cup chopped green pepper
1 16-oz package spaghetti
1 2-oz jar pimentos
1 4-oz can mushrooms
1 pound Velveeta, cut in small pieces
Salt and pepper to taste
Shredded Cheddar cheese for topping

Boil hen until it falls off bone;; remove meat. Reserve broth. Cook onion, celery and peppers in broth. Strain and set vegetables aside, reserving broth. Cook spaghetti in flavored broth and remove

after 10 minutes, again reserving broth. Combine vegetables, pimento, mushrooms with juice and enough chicken broth to make a soupy mixture. Stir in chicken and Velveeta cheese. Season to taste. Put into a large casserole dish and top with cheddar cheese. Bake at 400 degrees until mixture is completely heated through and cheese melts. This can be assembled in advance and cooked when needed. It can also be divided into two dishes to eat now and freeze the other for later.

CHEWY CAKES

1/2 cup butter, softened
1 1-pound box light brown sugar
3 eggs
2 cups nuts, chopped finely
2 cups self-rising flour
1 tsp vanilla

Combine butter and sugar. Add eggs. Roll nuts in small amount of flour. Add remaining flour to butter and sugar mixture, blending well. Add nuts and vanilla stirring thoroughly. Pour into a 9 x 13 x 2-inch baking pan. Bake 40 minutes at 325 degrees. Let cool in pan. Cut into squares.

Do you good cooks out there remember the Blueberry Cake that became such a rage about 10 years ago? In case you have forgotten, here is the recipe for your collection. It calls for cake mix, but we know our readers do not use cake mix, don't we? Just kidding! But try it with your favorite layer cake recipe. Oh, so good!

BLUEBERRY CAKE

1 Duncan Hines yellow cake mix
1 cup buttermilk
1 stick margarine
1/2 cup sugar
4 eggs

Mix all ingredients and pour into 3

layer cake pans. Bake at 350 degrees for 25 - 30 minutes. Cool.

CREAM CHEESE FROSTING

8 oz. cream cheese, softened
1 box powdered sugar
1/2 stick margarine
1 tsp vanilla

Whip all ingredients together until smooth. Set aside.

TOPPING

2 Cups blueberries
3/4 cup sugar
1 small can crushed pineapple
2 1/2 tsp cornstarch

Make the topping first so it can cool

before spreading on the cake. Spread cream cheese frosting on bottom layer of cake, top with blueberries; 2nd layer cream cheese frosting then blueberry mixture. On top layer put cream cheese frosting around edges and sides of cake, leaving a spot on top about the size of a softball. Put blueberry mixture in that space. Keep cake refrigerate until ready to serve. Enjoy! ©4/25/09

EDITORS NOTE: If you have a favorite recipe, please share with us!

Faye Jones is a syndicated writer and columnist and can be reached at byron-faye1@aol.com.

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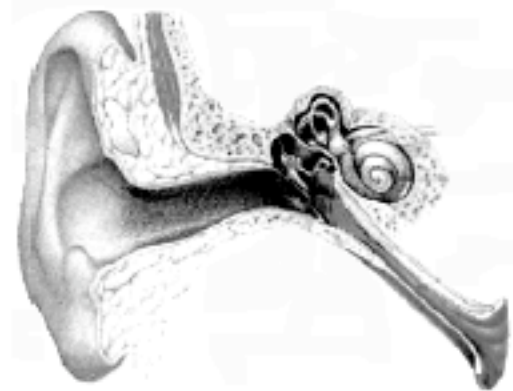

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Folk Art Thrives!

by MARY FRANCES

The Slotin Folk Art Auction catalogue listed 960 works of art for their auction which was held Saturday, March 28th, and that's how many were sold. Steve and Amy Slotin hosted thousands of participants in a 6,000-square-foot converted grocery store in downtown Buford, Georgia.

For the two days prior perspective buyers strolled through the colorful wares which hung on pegboard walls. One lady took notes, a man in a denim jacket stroked his beard, and a couple consulted each other while examining a wrought iron sconce.

The auction began Saturday at 10:00 am and lasted all day through

lunch, supper, and a threatening rain storm outside into dusk. Hundreds of spectators wearing plaid shirts and jeans perched on folding chairs with their backs to the entrance, faced the lectern, and listened to auctioneer Larry Troutman rattle off bids like a racehorse at Belmont.

The item being auctioned was held at the lectern while a photograph of the piece was projected on an enormous screen above the crowd. On either side of the lectern long white tables manned by twenty-four workers holding receivers responded to bidders around the world through an internet hookup. A raised hand and a loud "Hep" from an assistant told the auctioneer that a caller had bid.

Charles Dowey from Austell says he comes back to this auction because

"the prices are good. Don't have to worry about reproductions."

Throughout the day, hands went up holding yellow cards with large black numbers to identify each bidder. Wooden hammers, ceramic jugs with faces, tables, memory chest, a hand-carved African American bed frame, quilts, tattoo flash art, home-made statue of liberty, as well as conventional two dimensional art works on wood planks were auctioned. The bids ranged from \$35,200 to \$0.

Attendees enjoyed an all-you-can-eat buffet of salad, meats, side dishes, and gooey chocolate dessert. The bar provided everything from bottled water to bloody Marys.

As each buyer paid for his precious acquisition he brought it over to a table where Terry G. had three four-foot high wheels of bubble wrap and clear plastic tape to encase the rustic art with travel protection. The endless food, snacks, and wrapping were provided by Slotin free of charge.

In an interview with the AJC, Steve Slotin refers to his auction as "the Hosca Williams of folk art."

"I call it exciting," said Leda Serf of Duluth, a first-timer who came with her husband to bid for her son



Home Boy by Roy Ferdinand.

who lives in New York City. "He's a fan of Howard Finster and can't get Finster in New York. These are our son's birthday presents," the Serfs said.

"Steve and Amy Slotin made Atlanta the folk art capital of America," said Chuck Rosenak in a recent interview and author of Contemporary American Folk Art: A Collector's Guide, 1996 – an early folk art encyclopedia.

Visit Slotin Folk Art on its web site www.slotinfoolkart.com or use one of two phone numbers, 770-532-115 or 404-403-4244. Amy and Steve Slotin may also be reached by e-mail at auction@slotinfoolkart.com. The next auction is scheduled for November 2009.



Crowd attending the auction.

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IN YOUR LIFE. OFF YOUR MIND.®

Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

by ELENA LOMBARDI
Atlanta, Georgia -



Just because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Biopic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help

meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of biopic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. "These biopic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with my biopic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and

some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about biopic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

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Taking Care

Variety abounds in retirement home market

by LISA M. PETSCHE



Lisa Petsche

Retirement homes are private pay, wellness-oriented settings that enable active seniors to maintain or improve their independence and overall health. They provide security, convenience, companionship and the opportunity to engage in a wide range of enriching activities.

The following are some amenities they may have to offer.

Accommodations

- A variety of suite sizes;
- Choice of furnished and unfurnished suites;
- Option of a kitchenette or full kitchen;
- In-suite bath equipped with grab bars, raised toilet and emergency call bell;
- Individual temperature controls (heating and air conditioning);
- Private patio or balcony;
- Cable, phone and Internet hook-up.

Medical and personal care

- Professional nursing staff on duty around the clock;
- Weekly assistance with a bath or shower;
- Regular wellness assessments (and care conferences, where applicable);
- Pharmacy service, medical room and onsite capability for x-rays and lab work;
- Visiting healthcare professionals such as a podiatrist, optometrist and dentist;
- Convalescent care (during acute illness or recovery from surgery);
- Enhanced service packages that can be purchased on a long-term basis.

Food services

- Daily breakfast, lunch and dinner included in accommodation fee;
- Self-serve snack station offering fresh fruit, various snacks, juice and hot beverages throughout the day;
- Accommodation for special dietary needs;
- Visitor meal program;
- Tray service to room if unwell.

Personal services

- Housekeeping, linen, towel and personal laundry service;
- Resident laundry facilities (for washing and ironing special care items);
- Full-service beauty salon for men and women;
- Pet care and valet services for an extra fee;
- Transportation to appointments and shopping;
- Management on-site 24-hours a day.

Other amenities

- Private mailboxes;
- Resident storage facilities;
- Small pets allowed;
- Tuck-shop or gift shop;
- Cafe for residents and guests;
- Private dining room for family gatherings and community room for small group meetings;
- Reserved parking for residents,

availability of sheltered parking and ample space for visitors to park;

- Guest suites;
- Services provided in multiple languages;
- Community amenities such as a variety store, drug store, community or seniors' center, park and public transit within walking distance;
- Part of a multi-phase community designed to meet a continuum of needs.

Recreation and leisure

- A wide range of life-enhancing activities, coordinated by a trained professional, including: cultural events, leisure programs, educational programs, fitness programs and social events both in-house and in the community;
- A variety of areas for recreation and socializing, such as: TV lounges, activity rooms, workshop, craft room, horticultural center, hobby kitchen, games room, computer room and library;
- Fitness center and swimming pool;
- Regular schedule of worship services and a dedicated chapel.

Premises

- All accommodations and common areas are on one or two levels;
- Fully wheelchair accessible;
- Fully climate controlled;
- Tasteful, well-maintained furnishings and décor;
- Pleasant places to sit quietly or in a group;
- Landscaped grounds that include paved pathways, benches, a sheltered patio, gardens and perhaps also water features.

Safety and security

- 24-hour monitored emergency response system in-suite and a mobile pendant or bracelet;
- Smoke detectors and sprinkler system throughout the building;
- Round-the-clock security staff and video surveillance cameras.

Financial considerations

- All-inclusive monthly rate, including utilities and parking;
- Monthly credit if meals or housekeeping and linen services are not taken;
- Trial-stay plan.

Retirement homes vary considerably in terms of monthly cost, size, amenities and services, which can make choosing one difficult. If you have a relative who is in the market for one, it's important to go beyond location, curb appeal and advertisements and take personal tours. Plan to visit several places together. Prepare questions in advance and photocopy the list so you can take a fresh one on each tour and make notes.

Insist on a thorough viewing of the

facilities – ask to see areas such as the kitchen and laundry room if they're not part of the standard tour. Talk to residents to find out how long they have been there and what they like and dislike. Stay long enough to get a feel for the place. Many residences advertise a complimentary lunch or dinner – take them up on it.

Immediately following a visit, make detailed notes. Keep them in a folder, together with brochures, business cards and other relevant paperwork.

Before making a decision, your relative may wish to consider a trial stay at the place that holds the most appeal.

Lisa M. Petsche is a clinical social worker and freelance writer specializing in boomer and senior issues.

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Out & About

Dawsonville Spring Fling Festival slated for May 2 & 3

Special to Senior News

The Spring Fling festival in Dawsonville combines art show, musical entertainment, road races, kid activities, beauty of the mountains and more. The Dawson County Arts Council knows how to throw a party. On May 2 and 3, the Council will hold its annual Spring Fling

in downtown Dawsonville and the Dawsonville Middle School. A juried art show, quilt exhibit, Mountain Art Bike Ride and Thunder Road 5 10K Road Race, musical entertainment and performances-including the 40-member strong Chorale and the Sawnee Community Band from Cumming-doggie fashion show and "Cruise In" car show, are all part of the festival fun. The festival is

free and so is the parking. Visit www.dawsonarts.org/festival.htm to see all the events.

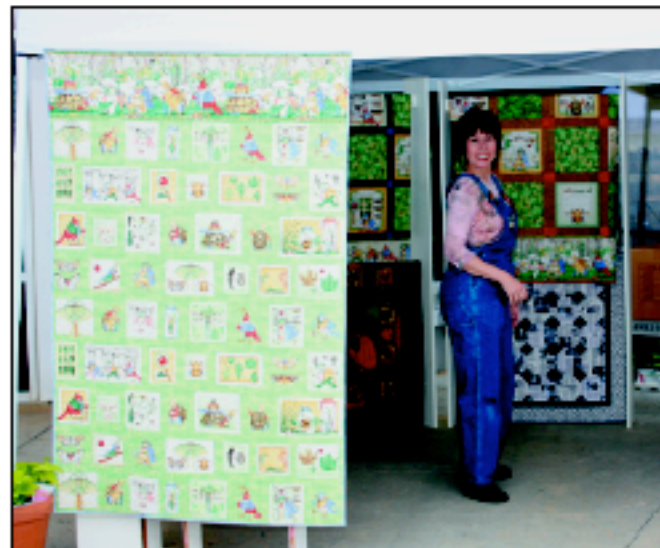
May in the mountains is a beautiful time to visit: the mountain laurel and rhododendron are in bloom, the mountain landscape is

full of color that rivals autumn's burnished palette and spring is in the air. For those who want to attend the festival and make a weekend of it in Dawsonville, it is the perfect time to enjoy nature by hiking, biking, fishing or taking out canoes or kayaks and paddling down the river amidst the flora-lined riverbanks.

Located in the foothills of the North Georgia Mountains, Dawsonville is just 50 minutes north of Atlanta and edges Lake Lanier and the Appalachian Trail. Plenty of outdoor activities, the highest falls east of the Mississippi at Amicalola Falls and the largest kangaroo conservation habitat outside

Australia-even outlet shopping-keep things hopping. Lodging choices include full-service mountain resorts and brand name chain hotels.

For more details, contact the Dawson County Convention Visitors Bureau by calling toll-free 1-877-302-92711 or visiting www.dawsoncounty.org.



Quilts and other authentic mountain crafts are the heart of the Spring Fling art show. Photo Credit: Dawson County Convention & Visitors Bureau, John Seibel.

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Out & About

Forsyth County Senior Services and AgeWell Forsyth host Spring Dance



Mary Camacho poses for a photo while dancing with Captain Jason Shivers of the Forsyth County Fire Department.



Corrine Blanck enjoys a dance with Sergeant Allan Frampton of the Forsyth County Sheriff's Office.

Submitted by Jodi B. Gardner
Director of Communications
Forsyth County

The Forsyth County Senior Services, along with AgeWell Forsyth, hosted the 4th Annual Spring Dance on Saturday, April 18, from 2 to 5 p. m. at the Senior Services Center at Charles Place. The theme for this year's event was CASABLANCA and featured the New Horizons Swing Band as entertainment. Approximately 70 people attended the afternoon dance, and enjoyed the music,

Matt Adler Entertainers looking for actors

Special to Senior News

Seniors who love theater and acting are invited to join a recently formed group. The purpose is to put together a show made up of humorous short skits, one act plays, music, etc., to take to other senior groups, retirement centers, and assisted living centers.

The director, Alice Rhodes Adler, is a former teacher, principal, professional puppeteer, and former director of the "Funtastics." Regency House Retirement Center, 341 Winn Way, Decatur, is graciously offering rehearsal space.

Meeting time: Most Fridays at 1:00 p. m. Membership is free in the group known as, "The Matt Adler Entertainers," named in honor of Alice's late husband. For further information, call Alice at 404-296-7288 or email her at alicerhodes357@mindspring.com.

fellowship and food.

Volunteers from the Forsyth County Fire Department and Forsyth County Sheriff's Office were onsite as "official dance partners." The Senior Services Department extends thanks to all of the volunteers and sponsors who made the dance such a great event.

About Forsyth County Senior Services

The Center at Charles Place serves citizens age 60+ and offers exercise, activities, day trips and a nutritious hot lunch daily. The Hearthstone Lodge Community Center serves active adults age 50+ and includes a fitness room and aquatic center

with indoor heated pool.
Currently over 442 participants

combined are served in center events and activities.

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Atlanta CALENDAR

Senior Citizen Services

1705 Commerce Drive, NW, Atlanta. For information on programs offered call 404-351-3889.

Cobb Senior Services

• Administrative Office: 32 N. Fairground Street, Marietta, GA 30060, 770-528-5355
• For events & activities: www.cobbseiors.org

Multipurpose Centers

(Seniors age 55+)
• East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
• Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740
• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
• Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320
• Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

Neighborhood Centers

(Seniors age 60+)
• Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
• Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984
• Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance Hotline at 404-730-6000, or visit www.myfultoncountyga.us.

• Offering "At Your Service," a transportation program that is available to anyone 60+ or disabled living in North Fulton. Will transport an individual from their home. For complete details on distances, charges, etc., call 770-993-1906.

Senior Multipurpose Facilities

• Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900.
• H.J.C. Bowden Senior Multipurpose Facility:

2885 Church Street, East Point, 404-762-4821.

• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.

Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers

• Alpharetta Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
• Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
• Camp Truitt Neighborhood Senior Center, 4320 Henschel Road, College Park, 404-762-4802.
• Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
• Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
• Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
• Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
• Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
• New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
• Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
• Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.
• Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
• Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in

advance to play, 770-641-3950.

Lawrenceville Senior Center

225 Benson Street, Lawrenceville

For information on afternoon classes for seniors call 770-822-5180.

Gwinnett Senior Center

225 Bethesda Church Road, Lawrenceville, 770-822-5147

Bartow County Senior Center

Cassville, 770-383-7383

www.bartowga.org

Fayette Senior Services

4 Center Drive, Fayetteville
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OFFERINGS INCLUDE: Ballroom Dance; Line Dance; Chair Yoga; Senior Fitness & Fun; Paint, Paper, Canvas; Greeting Card Class; Beginning Calligraphy; Beginning Watercolor; Open Art Studio; Beginning Sewing Class; Quilting; Knitting; Crochet; Games; Piano Lessons; Family History Basics, Genealogy; Conversation Corner; Communication Styles; Personal Journaling; Public Speaking 101;

continued on page 17

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To advertise on either station, contact Jeff Davis at 404-784-3226.



Important information about legal issues affecting seniors on **ELDER TALK WITH ATTORNEY MILES HURLEY** Saturdays at Noon on Business Radio 1160
More info at: www.hurleyclaw.com



Mark Lloyd & Brian Byars help optimize your retirement plans on **FOCUS ON YOUR RETIREMENT** Saturdays at 1pm on Business Radio 1160
More info at: www.estateplannersofgeorgia.com

General Business Directory For Seniors



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CALENDAR

from page 16

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CLUB 55

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• Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit www.thewypers@bellsouth.net.

Alzheimer's Support Group

On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

Parkinson Support Group

Meets second Thursday of every month, 1-2:30 p.m., Mount Pisgah United Methodist Church in Alpharetta and the Prime Time Ministry will host a North Atlanta/North Fulton support group for Parkinson's Disease patients and their caregivers. Call 770-772-0591 or 770-442-2281, ext. 139.

Multiple Sclerosis Center of Atlanta

Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.mscaatl.org.

Alzheimer/Caregiver Support Group

First Mon. each month, 10:30 a.m., Mt. Bethel UMC, Older Adult Center, 4608 Lower Roswell Rd., Marietta. Care is provided for your loved one while we meet. Call 770-579-9224.

Dance'n Singles Square Dance Club

Mainstream lessons every Sunday, 3-5 p.m. Church Street Senior Center, 884 Church St., Smyrna. Call Sharyn Frear at 770-988-0429 or John Pardue at 404-876-2155.

Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-294-1789.

Atlanta World War II Round Table

First organized in 1986 with 29 members, the "Round Table" has now grown to over 254 active members. Meets the 3rd Thursday of the month (Sept-June), 11:30 a.m., at the Petite Auberge Restaurant located in Toco Hills Shopping Center, corner of North Druid Hills Road and LaVista Road in Northeast Atlanta. \$15 luncheon admission requirement. Reservations not required. For additional information call John Davis at 770-493-4745 or Ann Villwock at 404-377-3082.

East Cobb AARP

AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Contact Joan Ferrandino at 770-579-5191 or Arlene LeClair at 770-321-9789.

Woodstock AARP Chapter 5173

Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kazniak at 770-928-5640.

Sandy Springs AARP

Meets the 2nd Tues. of each month at 2:00 p.m. in The Dorothy C. Benson Senior Center, 6500 Vernon Woods Drive, Sandy Springs. Contact Miriam Hahn at 404-252-2989 for information.

continued on page 18

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CALENDAR

from page 17

Decatur Monthly Sacred Harp Singing
Thurs., May 7, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Cold Mountain*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit www.atlantasacredharp.org.

Monthly Singalong
Sat., May 23, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

South Cobb Yellow Rocks Square Dance Club
Dances on the second and fourth Saturday nights, 8-10:30 p.m., each month at the South Cobb Community Center, 620 Lions Club Dr., Mableton. Call Marshall/Edna Vix at 770-941-3632 or Ronald/Kathy Bickers at 678-838-8198.

Newnan-Coweta Habitat for Humanity Sales
Every Sat., 8 a.m.-5 p.m., 1082 East Highway 16, Newnan. Call Glenn at 770-252-4061.

Volunteers Needed
Senior Connections is looking for volunteers to participate in delivering meals to home-bound seniors, Adopt-a-Senior, and Adopt-a-Yard. For more information visit www.srconn.org or call 770-455-7602.

Volunteers Needed To Deliver Food
South Fulton Senior Services Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your warm and friendly face can brighten up a senior's day. Only takes 1 to 1 1/2 hours to collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

Self Help for Hard of Hearing People
Hearing loss resource group meets the 3rd Wed. of each month at 10 a.m. at the Woodstock Public Library. For information email: woodstockshhinfo@phydeaux.org or call 678-438-9135.

Volunteers Need for Meals on Wheels
Help deliver meals to homebound elderly residents of North Fulton County. You choose the day, you choose the route - Alpharetta, Roswell or Sandy Springs. Routes take approximately 2 hours, start to finish; start time between 10-11 a.m. Volunteer one morning or a month or more, if you choose. The choice is yours! Call Kimberly Whitten at 770-993-1906.

Grief and Loss Networking Group
First and third Monday, 11 a.m.-12:30 p.m., The Wellness Community - Atlanta Northside, 5775 Peachtree Dunwoody Road, Suite C-225. Free. Call 404-843-1880.

Volunteers Need for Meals on Wheels
Meals on Wheels volunteers needed in DeKalb neighborhoods. Deliver hot, nutritious meals to homebound senior neighbors in your area. Three convenient pickup locations including Chamblee, Scottdale and Lithonia. Call Senior Connections at 770-216-2574.

Your Help Is Needed
LIFESPAN, a station of the metro Atlanta RSVP program needs volunteers 55+ to help older adults in your community live healthy, independent lives. Share your skills and talents by: Teaching older adults how to use the computer and/or become more computer literate; Become a friend to a senior by visiting regularly and/or providing transportation to important medical appointments. Educate older adults on important topics such as: How to avoid becoming a victim of Consumer/Medicare Fraud; The Importance of Preventive Health Services; Disaster

continued on page 19

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CALENDAR

from page 18

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Alzheimer's Support Group

4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Harbin Rd., Morrow. For details call Gery Saunders at 770-961-2200.

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Grandparents on the Move Meeting

Every 3rd Thurs., 10 a.m.-12 noon, Helene Mills Center, 515 John Wesley Dobbs Ave., Atlanta. Everyone invited. For details call 678-938-6649.

WBO Newnan Networkers Meeting

Third Mon. each month, 11:30 a.m.-1 p.m., O'Charley's in Newnan. Call Gazelle Simmons at 678-423-3187 or email: gazelle@womenbizowners.org.

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Metro Atlanta RSVP Needs Volunteers 55+

To help educate older adults on topics important to helping them live independent healthy lifestyles. For complete details call 404-463-3119 or email: enaumann@atlantaregional.com.

Lifespan Resources, Inc.

An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call Laurie Stokes at 404-237-7307 or lifespanresources@bellsouth.net.

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BBB warns that Cash Gifting Pyramid Schemes are flourishing online

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

Online promotions promising easy wealth by joining a cash gifting program or gifting club are flourishing on the Internet. With many families struggling to make ends meet in the current economy, Better Business Bureau warns that cash gifting is not a legitimate way to make a few extra dollars, and in fact, is nothing more than a pyramid scheme.

Like most pyramid schemes of the past, cash gifting operations are targeting people with some form of an affinity – such as women's clubs, community groups, church congregations, social clubs and special interest groups. But in keeping with the digital age, schemers have moved operations to the Internet and are now marketing their programs as easy ways to make money in a tough economy through videos on YouTube, paid ads

on Google and attractive Web sites that engage victims.

According to TubeMogul, an online video analytics company, currently there are 22,974 "cash gifting" videos on YouTube, adding up to an astounding 59,192,963 views. While the creators of the videos vary, the content is usually the same. Typically, the person in the video explains—in vague terms—that they've discovered a new program to help people make money through cash leveraging or cash gifting and might even open a FedEx envelope with cash inside to prove the effectiveness of the program.

Bernie Madoff isn't the only guy with a ponzi scheme; money-making opportunities promising big returns for little work are all over the Internet and are extremely enticing to millions of people struggling with today's economy. Anyone tempted by slick cash gifting marketing appeals should run in the opposite direction, or they run the risk of being the next person ripped off by a pyramid scheme.

Some cash gifting schemes are touted as fundraisers for a good cause or as an empowerment program to help people help themselves. In order to take part, the participant must pay anywhere from \$150-\$5,000. After making the contribution, which is funneled to people farther up the pyramid, the participant must then convince more people to join in order to start making money themselves.

Recruiters may claim that the operation is legal and often allude to IRS laws regarding gifting. However, almost every state has laws prohibiting pyramid schemes and/or assesses penalties on those who participate, and the Federal Trade Commission and many State Attorneys General have issued warnings about cash gifting clubs.

BBB advises people to ask themselves three questions in order to evaluate dubious money-making opportunities:

- Do I have to make an "investment" or give money to obtain the right to recruit others into the pro-

gram?

- When I recruit another person into the program, will I receive what the law calls "consideration" (that usually means money) as a result?

- Will the person I recruit have to make an "investment" or give money to obtain the right to recruit and receive "consideration" for getting other people to join?

If the answers are "yes," BBB warns people to steer clear of the scheme, don't give in to tempting claims online and never buckle under to high-pressure sales pitches, even when they come from the mouth of a trusted friend, co-worker, neighbor or church member.

For more guidance from your BBB on avoiding scams and other money making scams, go to 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 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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