

Senior News

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*A Day to
Remember...
A Visit to
Colonial Times!*

Story on page 5

October 2018
Vol. 32, No. 10

Taking Care

When Cancer Hits Close to Home... Help for Caregivers to Manage the Stress

by LISA M. PETSCHKE

A diagnosis of cancer is life-changing for the diagnosed person and those close to them. Not only does it cause anxiety and fear, but it also launches them into a whole new world of medical information and procedures. Life suddenly revolves around consultations, tests and treatments, and the outcome is uncertain.

If the diagnosed person has pre-existing health conditions, such as dementia, their care needs are multiplied.

If you are caring for a relative with cancer, the following are some things you can do to help manage the stress.

Accept

Accept the reality of the illness. Let go of any bitterness resulting from interrupted plans and dreams so you can channel your energy in constructive ways.

Allow yourself to experience all emotions that surface.

Bear in mind that cancer affects people physically, mentally, emotionally and spiritually and that, although there may be similarities, no two people will experience it the same way.

Accept that how your relative feels and what they can do may fluctuate. Be flexible about plans and expectations.

Learn

Educate yourself about your relative's type of cancer. Share the information with family and friends to help them understand.

Research community services that can help. The local Cancer Society branch and office on aging are good resources.

Communicate

Allow yourself time to adjust to your relative's illness and the changes it necessitates. Your relative will also need time to adapt. Be patient and keep communication lines open.

Allow your relative to express any and all emotions. Don't try to talk them out of their feelings, discourage

tears or change the subject because of your discomfort.

Involve your relative (if able) and other family members in decision-making as much as possible. Don't shoulder all of the responsibility.

Ask questions and express concerns when meeting with health professionals. Bring a notebook to appointments.

Keep loved ones informed of changes in your relative's treatment plan and health status, but only tell them what your relative is comfortable sharing. A valuable resource from the American Cancer Society (ACS) is called MyLifeLine and can be found at www.mylifeline.org; it's a free social network for cancer patients and caregivers that "connects them to their community of family and friends, allowing them to share their cancer journey, get support, and focus on healing."

Prepare

Find out what to expect in terms of caregiving skills, medical equipment and community supports likely to be needed.

Talk with your relative about their wishes. Discuss living arrangements, outside help, surrogate decision-making, medical intervention and end-of-life care, and funeral arrangements. Be careful not to make promises you may not be able to keep.

Help your relative complete legal paperwork such as advance directives, powers of attorney and a will.

Simplify

Eliminate as many sources of stress in your life as possible. Set priorities, streamline tasks and learn to settle for less than perfection.

Take things one day at a time so you don't become overwhelmed.

Learn to live in the moment and focus on life's simpler pleasures.

Practice Self-Care

Set aside quiet time each day, to nurture your spirituality and help keep you grounded.

Do something that provides you with meaning and purpose outside of the caregiving role, such as scrapbooking or researching your family tree.

Look after your health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

Find something relaxing you can do every day – perhaps reading or listening to music.

Schedule regular breaks. Take a couple of hours, a day or an overnight. By being kind to yourself this way, you'll be more effective when you resume your caregiving tasks.

Connect

Stay connected to your friends.

Find a person you can talk to openly – someone who will listen and empathize. It's important to express your thoughts and feelings.

Talk with other caregivers. Join a support group in your community or online.

Get Help

Accept offers of help. Ask other family members to pitch in and be specific about what you need.

Take advantage of outpatient and home care services in your community. For referrals to programs and resources (as well as cancer information), call the ACS Helpline at 1-800-227-2345 or go online to www.cancer.org and use the Live Chat feature.

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

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ENOPION to present: A Nativity Story

Special to Senior News

Each year at Christmas, Arthur and Gladys Templeton place their Nativity Scene in front of the fireplace. It is a complete set with Mary, Joseph, the baby Jesus, wise men, shepherds, an angel and animals. But this year the set is a little different. The angel doesn't quite look the same, some of the sheep are not there, a couple of figures have been replaced with "Non-Nativity" characters. But, the most precious figure of all in the set, is missing!

This one hour musical production is a wonderful story for the entire family. It will touch your heart this Christmas and remind you that Jesus is the reason for the Season.

Show Dates:

- Friday, November 30th: 7 p.m.
- Saturday, December 1st: 2 p.m. and 4:30 p.m.
- Thursday, December 6th: 7 p.m.
- Friday, December 7th: 5 p.m. and 7:30 p.m.
- Thursday, December 13th: 7 p.m.
- Saturday, December 15th: 4 p.m. and 6:30 p.m.
- Saturday, December 22nd: 1 p.m. and 3:30 p.m.

Tickets: \$10 adult and \$5 children. Our brand new Ivory Box Theatre seats 45. To reserve the full room for your group the rate is \$360.

Tickets will be on sale October 29th, 2018.

For more information, contact us at 706-771-7777.

Agency Alert

Are you sure you are taking your medications correctly?

KATHLEEN ERNCE
Executive Director, The Senior
Citizens Council Augusta, Georgia
kernce@seniorcouncil.org

According to the Food and Drug Administration, the over 65 population in America purchases and consumes more medications than any other age group, more than 30 percent of all prescription medication and more than 40 percent of over the counter (OTC) medicines. Estimates are that as many as 90 percent of seniors use either herbal remedies or vitamins.



Kathleen Ernce

Interactions

Experts estimate that seniors take an average of four to five medications on a daily basis. If physicians

aren't aware of all medications a senior is taking, there is the potential for dangerous drug interactions.

To guard against an interaction, make a list of all medications, vitamins and herbal remedies that you or your loved one is taking. Beside each medication, write the physician who prescribed the medicine, why you or your loved ones was prescribed that medication, and what pharmacy you use for ALL medications. Take this list to each doctor appointment and be sure that it is kept current.

Avoid Poly-Pharmacy (Pharmacy Shopping)

With the rising cost of medications, many people choose to shop for the cheapest price without realizing the benefits of staying with one pharmacy is often a source of confusion and drug interactions. Pharmacists can often spot drug interactions, possible problems, and can possibly recommend OTC medications that can safely be taken with prescription medicines. When doctors call in a prescription, make sure that they use the same pharmacy each time.

Throw Away Outdated Medicines

Don't keep medications longer to save money on prescription costs because medicines degrade over time with exposure to light and heat. Plus, you may need a different medicine the next time. If you rely on medications you have at home instead of advice from your physician, you could be headed for trouble. Be sure to call your physician before using medication that you have at home.

Antibiotics are meant to be taken in their entirety when they are prescribed. Saving some for the next infection may cause serious health problems. Bacteria may become resistant to antibiotics and need even stronger medication the next time, and a different class of antibiotics may be used in order to prevent resistance build-up.

Watch for Side Effects

Ask your doctor about possible side effects of the medication and how it may react with other medicines that you are

currently taking. Read the leaflets with information about drug side effects and when to contact the doctor.

Borrowing or Lending Medicine

Prescription medication should never be taken by anyone else than for whom it was intended, this is a dangerous practice.

What if medication is left over and you want to donate it? Most places can't accept medication donations and will only have to dispose of the medicine after you leave. If you think they may be able to use it, call ahead to find out. There are some outreach projects that are able to accept donated medications, providing that specific instructions are followed.

Skiping Doses

Take each medicine as prescribed and don't skip doses to make the medication stretch further. Skipping doses can cause problems later when your condition isn't managed properly. If you need help paying for medications, there are more than 40 patient assistance programs available depending on your situation and the program's guidelines.

Most medications are listed with NeedyMeds.com You can look up the name with either the name brand or generic name. In addition, it is possible to print the forms online and take them to your doctor's office for helping filling them out. These programs generally ask for financial information to be sure you meet income criteria and a physician's signature. Some companies will ship

medications directly to you while others require that medicines be sent to your doctor's office.

Check, Check, and Recheck:

Before you take any medication do these steps:

- Double-check the label to be sure that you are taking it according to your doctor's instructions.

- Make sure of the correct dosage. (If there are instructions for "weaning" off a medication, be sure to follow these exactly. Medications like oral steroids may have serious side effects if not taken correctly when you are trying to stop a medication that may have been taken long-term.)

- Are you taking the medication correctly? Is it an oral medicine or is it an injectable medicine? An oral medicine that is accidentally injected could have painful, if not lethal consequences.

- Finally, are you taking the medicine at the right time. Although, there is generally a two hour window of time that a medicine can be taken. To be sure that the window of time applies to your situation, check with your doctor or pharmacist.

Taken properly, all medications have their purpose. Determining the best way for you or your loved one to take medicines may take some work and documentation on your part in order to develop the right management system for your household and comfort level. Be sure to check with your loved one's physician and pharmacist if you suspect a problem or need additional information.

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Sources of Facilitated Learning: Positive and Negative Leisure

by MARTY TURCIOS, MS
Executive Director
Marty Turcios' Therapeutic Golf

In my last article, I introduced the meaning of leisure as independent thought. My friend Jim provided a perfect example of the power of the leisure frame-of-mind. An individual diagnosed with ALS can increase his quality of life through the will to play golf, and therefore far exceed his expected life span; A positive outcome from a positive leisure frame-of-mind.

If a positive outcome is produced by positive thinking, then negative thinking will produce negative outcomes. It is important to understand that negative thinking is still part of the leisure frame-of-mind! If a golf program is developed to serve persons with disabilities, then only disabled can attend; disabled individuals can only learn golf in such programs; one can only participate if given permission and is supervised! These are examples of negative thinking that often originate in facilitated learning.

First, let's identify sources of facility learning and how they may impact ones thinking. Facilitated learning will obviously begin in the family structure. The social environment in which one grows up often dictates his/hers lifelong thinking. Those with developmental di-

abilities often come from dysfunctional family backgrounds in the first place. Research proves that such disabilities are often caused by pre-natal birth defects caused by alcohol and drug use. Furthermore, research also shows that both the elderly and disabled are often victims of abuse primarily by family members. It has been my experience both personally and professionally that family members of persons with disabilities are just as or more dysfunctional as the disabled individuals themselves. So many persons born with disabilities not only grow up in a dysfunctional environment, they receive the guilt of the dysfunction. I wonder why families are considered victims rather than children who have to grow up with disabilities. The conformed attitude of society allows sympathy for families and contempt for those with disabilities. Now this may sound like I'm complaining or fighting back (layman's term for advocacy!), if so, there are reasons why.

If leisure is to imply independent thought and happiness, and one grows up learning to conform to the needs and values of others while being taught to reject their own, what type of leisure frame-of-mind develops? most likely negative and dependent. This will impact development of instincts, confidence, sexuality, and many basic needs of normal growth and sur-

vival! As an individual with a disability, being pushed into and told I had to be independent, is difficult when the rules constantly change for the benefit of others!

A golfer at any level takes lessons from a PGA pro to learn proper techniques of the game. The techniques are developed through practice, independent of the PGA professional.

Taking a lesson provides information, practicing independently puts information into development of the individual. Lessons are facilitated learning, while practice is self-directed activity. It is through self-directed activity that the leisure frame-of-mind develops positively and the individual gains higher learning and self-actualization. Golf provides a perfect example of how intellectual growth and mastery are parallel when one is self-directed. Unfortunately, those with disabilities are often more likely to automatically conform to facilitated learning as appropriate behavior, not experiencing higher self-actualization.

Marty Turcios of Marty Turcios Therapeutic Golf which provides therapeutic at Wedges & Woods in Augusta, Georgia. Marty Turcios provides free therapeutic recreation to anyone with disabilities. Call (706) 854-0360 today and get out and play.

Health, Aging, and Spirituality Annual Conference

Submitted by
JEANETTE CUMMINGS
Director, Area Agency on Aging
A Division of the CSRA Regional
Development Center

The CSRA Regional Commission Area Agency on Aging will host the Health, Aging,



Jeanette Cummings

and Spirituality Conference on September 27th from 8:00 a.m. until 3:00 p.m. at the DoubleTree Hotel, 2651 Perimeter Parkway, Augusta, 30909. This

annual training conference provides valuable information for seniors, caregivers, volunteers, first responders, law enforcement, elected officials, faith-based groups/ministries and professionals on the latest trends in health, aging and spirituality resources for seniors and persons with disabilities.

The theme is "Mental Health and Aging: Innovations & Community Resources." The conference speakers are: Dr. Eve Byrd, from the Carter Center, "Meeting the Mental Health Needs of Older Adults;" Jill Johns, from Jill Johns International, "Mindfulness: Incorporating Mindfulness into Health, Aging and Spirituality;" Jocelyn Chen Wise, Emory Fuqua Center for Late Life Depression, "

Innovations in Mental Health and Aging" and final presentations by clinical professionals on mental health community resources.

Registration is \$35.00 for caregivers, students, and retirees and \$65.00 general registration. The conference is approved for four hours CEUs by National Association of Social Workers Georgia Chapter. A plated luncheon is included as well as morning snacks.

For more information contact Jeanette Cummings at 706-210-2013 or jcummings@csrarc.ga.gov.

Checks should be made payable to CSRA Regional Commission and mailed to: Dina Conklin, 3626 Walton Way Extension, Suite 300, Augusta, Ga 30909.

On the Cover

A Day to Remember... A Visit to Colonial Times!

by CAROLYN BRENNEMAN

Photos used with permission

Each year, Olde Towne sponsors Colonial Times: A Day To Remember, a two-day event that is attended by thousands including our esteemed retired citizens around the area, several families with young children, and people from all over the Southeast and beyond to experience these remarkable times and days of the early 1700s.

This October 20th and 21st, The Living History Park in North Augusta will present the 27th Annual Colonial Times event, A Day to Remember. Mark your calendars for this thrilling and educational event! What is remarkable about Colonial Times, is that it offers us the chance to experience and see exactly how daily life was

like for our early settlers through demonstrations and live exhibits! Each colonial character uses precise detail, including language and dress, for the reenactment, and the details of all of the mannerisms is precise and deliberate. All ages will enjoy every exhibit, demonstration and can participate in Colonial dancing. Come dressed in your favorite colonial costume.

Featured attractions include pottery, a tomahawk throw, butter churning, bread making, weaving and spinning, quilting, candle making, scrimshaw, pewterer, musket firing demonstrations, calligraphy, gunsmithing, blacksmithing, woodworking, and meat smoking and curing. There are special guest lecturers, demonstrations, exhibits and colonial dancing. Learn how to do the Hole in the Wall, the Duke of Kent Waltz and other dances!

This year we can expect to see

Ben and Deborah Franklin, Punch and Judy Puppet Show, Faire Wynds Historical Entertainment, George and Martha Washington, dance master Dana Cheney, the Olde Towne Militia as well as many others.

The reputation of Olde Towne re-enactments and living exhibits has spread beyond the limits of Aiken County. Members have participated in many varied events. This yearly event is educational, entertaining and for everyone in the family. Mark your calendars and plan on attending October 20th and 21st. For more information on the Living



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Live demonstration of musket firings (top)

Tim Nealeigh, of Arrogant Frenchman Productions (right)



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BBB study shows how fake check scams bait consumers

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

An in-depth study by the Better Business Bureau finds that, while consumers may write fewer checks in this era of electronic financial transactions, fake check scams are on the rise. Fake checks are used in a variety of frauds, from employment scams to prize and sweepstakes fraud. In all cases, victims deposit the check and send money back to scammers. BBB warns consumers to be on guard against these serious and pervasive frauds and their perpetrators.

The investigative study – “Don’t Cash That Check: Better Business Bureau Study Shows How Fake Check Scams Bait Consumers” – looks at how fake checks dupe consumers. It digs into the scope of the problem, who is behind it, and the need for law enforcement and consumer education to address the issue. Read the complete report at <https://go.bbb.org/2PH97UK>.

Scammers often succeed because consumers don’t realize:

1. Crediting a bank account does not mean the cashed check is valid.

Federal banking rules require that when someone deposits a check into an account, the bank must make the funds available right away – within a day or two. Even when a check is credited to an account, it does not mean the check is good. A week or so later, if the check bounces, the bank will want the

money back. Consumers, not the fraudsters, will be on the hook for the funds.

2. Cashier’s checks and postal money orders can be forged. A cashier’s check is a check guaranteed by a bank, drawn on the bank’s own funds and signed by a cashier. If a person deposits a cashier’s check, the person’s bank must credit the account by the next day. The same holds true for postal money orders. Scammers use cashier’s checks and postal money orders because many people don’t realize they can be forged.

Fake check fraud is a huge problem, with complaints to regulatory agencies and consumer watchdog groups doubling over the last three years. Fraud employing fake checks is rapidly growing and costing billions of dollars. Fake checks were involved in seven percent of all complaints filed with BBB’s Scam Tracker. The number of complaints received by the Federal Trade Commission’s Consumer Sentinel database and the Internet Fraud Complaint Center more than doubled between 2014 and 2017.

Based on complaint data trends, the study suggests that there may be over 500,000 victims of counterfeit checks in 2017. The study found the fraud affects victims of all ages and income levels, but consumers between 20-29 reported being victimized by the scam more than consumers of any other age range.

One college student lost hundreds of dollars in a mystery shopper scam using a fake check. After responding to a very professional-

looking online job listing for a mystery shopper, he was sent a cashier’s check for almost \$2,000. Per instructions, he deposited the check, “mystery shopped” several businesses, and sent \$885 to two addresses. His bank informed him later that the check was not valid, and he would have to repay the \$885 he sent. Although he was able to set up a payment plan to repay it, the loss has been difficult for the student.

The National Consumers League, which also receives complaints from fraud victims at fraud.org, found that fake check complaints in 2017 were up 12% and was the second most common type of complaint over all, after online order issues. Nigerian gangs appear to be behind most of this fraud, often using romance fraud victims and other “money mules” to receive money from victims. Many fake checks and money orders are

shipped to the U.S. from Nigeria.

For more tips on avoiding these types of scams, visit BBB.org/avoidscams.

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. 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.

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Opinion... How to Live Longer!

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

It seems obvious that not everybody on planet earth is interested in a lengthy tenure; for a host of practicalities are summarily discarded, resulting in an early demise for many. I mean when you read the obits, and realize that ages for the departed are 26-36-46, even those without a diploma are aware that "something is not only wrong in Denmark... but Peoria as well." But for those who are seriously concerned about an extended life, attention to details can make it so! I am approaching eighty nine... so some of what I say is credible.

First of all, one needs to

acknowledge that the Creator has first (and last) say! He "runs the program," and it's schedule! Defy (or ignore) that and you are half way to an early sepulchre.

Secondly, you have been entrusted with a body – the condition of which is greatly up to you. We are talking personal care; such as intake, conduct, and outlook.

When they say "eat your peas," the message is consume a sensible array (and not the entire garden). It can be done with wisdom, or "garbage in... garbage out." Constant Gourmet and chocolate is for those with a weak will and big bottom.

Next, an exercise pattern of some kind is necessity. Walking, running, swimming are of great benefit.

Statistics indicates that one half

(round figures) of all fatalities are from Heart Disease or Cancer. Credible life pursuits of diet, exercise, and approved/precautionary pharmaceuticals can deter a large portion of adverse physical problems... and add years to your life.

"Sipping and sniffing" will not aid the matter. Opioids can (and does) lead to last rites. Accidents (traffic, home, job, sports) also account for a telling percentage of early death. This crazy world demands that you face each day, and situation, alert and equipped to cope with every circumstance. This calls for honoring proper sleep habits, speed limits, and safety devices. (Slow down and fasten that seat belt!)

While homicide is not an accident, some 40,000 are victims each

year in America. Much of this could be prevented by avoiding dangerous areas and hours. Be realistic, bars and desolate streets at 3 a.m. are fertile ground for assault and mayhem; and, illegal activities only amplifies the scenario.

A solid contributing factor to extended years is the social-mental-psychological dimension. You may never know the exact benefits derived from an optimistic spirit, a virtuous mannerism, and a determination to abide by a commendable moral standard. Faith and confidence play an important part of survival. Thousands die of depression and anger.

Stand tall and live extra days. The admonition is not a shallow one... you can actually chart a successful destiny!

Poets' Corner

THERE'S A WORSE PLACE
by Mrs. Mildred Carter

*Oh, You and I need to know and
always remember that there's a
Place that is worse than any
Prison or any Jail.
And, that Particular Place is
called*

*Eternal Hell.
And, dear friend, someone's soul
burns for ever and ever in Hell.*

OCTOBER SKIES
by Sherry Johnson

*A swaying pine against a clear
blue sky,
Majestically, a cloud rides high
above,
The wind so softly blows it seems
to sigh,*

*And tells us of our father's endless
love.*

LATIN LOVE

by Joanne Kenzy
August 30, 2018

www.thepoetqueen.com

*Lost in the sounds of time
Through the blue smoke, rhythms
and rhyme
Mingling with the stars up above
Come binding sounds, chords that
we love*

*Classical ribbons creating hues
Like an angel kissing the strings
Samba rhythms born in Brazil
Epitomes of words that are with
us still*

Magical music painted on silence

*Inexpressible voices of silk
Two gods blending in harmony
Unwrapping love for the world
to see*

*Through quiet nights of the uni-
verse
The Latin love springs forth
Quiet nights, like when we dream
Is sung by Sinatra and Antonio
Jobim*

TUNNEL VISION
by Sydney M. Carter, Sr.

*The world has accepted Satan's
offer of money, greed, and lust;
and, has completely abandoned
the divine principle of "In God
We Trust."*

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Don't get soaked buying a flood-damaged car

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

Recent flooding from Hurricane Florence has damaged a multitude of automobiles. If you are in the market for a used car, the Better Business Bureau cautions you to watch out for flood-damaged vehicles that will soon begin to pop up in our area. Unsuspecting consumers, particularly those living in regions of the country unaffected by hurricanes or flooding, are led astray by fresh upholstery, new carpeting and bargain prices.

After a vehicle has incurred flood damage, the insurance company may declare it a total loss. When a car is declared a total loss, it should be sent to the junk yard. However, many of these cars are often sold at auction as 'salvage' vehicles. Then, they may end up for sale on used car lots, in classified ads, or online on Craigslist.

After a thorough cleaning, new

carpet and floor mats, these cars may look just as good as any other car on the surface. Buying a car that has been exposed to flood waters can have hidden problems including mold and mildew, rusty wiring, computer malfunctions, airbags that don't inflate and much more.

BBB has 10 tips to help you spot these former flooded vehicles, which could be sold as "good clean used cars:"

- Ask to see the title of a used car. Check the date and place of transfer to see if the car came from a flood-damaged area and if the title is stamped 'salvage'.
- Check all gauges on the dashboard to make sure they are accurate, and look for signs of moisture.
- Test the equipment including lights, windshield wipers, turn signals, cigarette lighter, sound system, heater and air conditioner several times to make sure they work.
- Flex some wires under the dash

to see if they bend or crack, since wet wires become brittle upon drying and can crack or fail at any time.

- Check the hard to reach interior of the trunk and glove compartment, and beneath the seats and dashboard for signs of mud, rust or water damage.
- Look for discolored, faded or stained upholstery and carpeting. Carpeting that has been replaced may fit too loosely or may not match the interior color.
- Check for a well-defined line, or 'watermark', and for musty odors resulting from mildew.
- Check the car dealer's BBB review to see if they have a history of complaints.
- Ask the dealer directly if the car has been damaged by floodwater.
- Get a vehicle history report based on its VIN number.

Before you buy any used car, you should always get a pre-purchase inspection by a trusted

mechanic of "your" choosing, not a referral from the seller. The extra cost now may save you thousands of dollars in the long run if major problems are discovered.

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

Kelvin Collins is President-CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. 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.

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