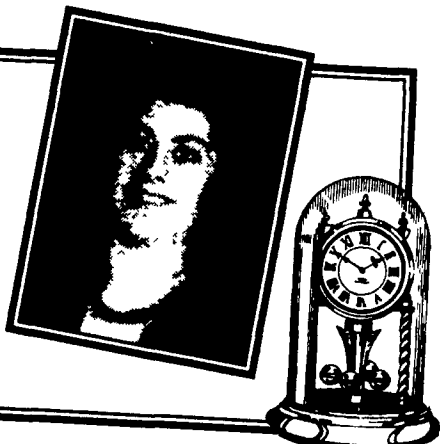


## Taking Time by Rebecca Escott



### Old Dogs Can Learn New Tricks

The '90s might be classified as a decade of information overload, and for older adults this can be frustrating! Just when you think you've adjusted to the "latest innovation," it's gone and another more complicated one has taken its place. But I've been reminded in recent months that older adults can learn new skills and make important adjustments in when necessary.

I guess I've known them for a long time. My grandmother at age 87 set out to learn computer skills (since all her grandchildren and great grandchildren were well-versed in it, she thought she should be too).

This past week, I spent time talking with a senior citizens' group about consumer scams. Although seniors make up only 15 percent of the population in the United States, they are 30 percent of the identified con-

sumer fraud victims. To protect themselves, they must learn "new tricks," sometimes uncomfortable tricks.

Here are a few of the "tricks" that I suggest. Don't be afraid to be abrupt with a telemarketer. Hang up the phone. Interrupt the caller during the first sentence and say, "I'm not interested. Please take me off your calling list." Several participants have decided not to pick up the phone until the fourth or sixth ring. This usually eliminates the nuisance calls.

A second trick I encourage is to double and triple check all bills before paying them. Do you remember placing the order and receiving the product or service described? Are you sure you have not paid the bill previously. It is important NOT to trust that the notice you receive in the mail is accurate and legitimate. Widows and widowers need to be

particularly skeptical. "Obituary ghoul" sometimes read death notices in the paper and send widows bills for non-existent debts. Don't ever pay a bill until you have checked it carefully.

In 1998, Pennsylvania senior citizens who receive food stamps from the government needed to make another difficult adjustment. Their benefits are now sent to them electronically. They must make purchases using a card similar to a MAC card. It's important to know two things about the system. If you are house-bound or uncomfortable using the system, you may name someone else as your authorized representative. That person can use the card to make food purchases for you.

The second thing to be aware of with this new system is that a person needs to access the account at least once every 45 days (even in the dead of winter) in order to keep the account active. If you are a recipient, or if you have a family member who is, be sure to follow these rules, so that you don't lose that important benefit.

Technology is not only changing for us, it's changing for criminals, too. I learned from a recent insurance newsletter that thieves have devices that can decipher the code on a garage door opener which allows them to open your door electronically and slip into your house unnoticed. To protect yourself, unplug

your garage door opener before going on vacation or before going away for the winter, lock your garage door manually.

Some of these changes can be complicated. The good news is in an information age, you do have a lot more resources at your fingertips too—places that you can go to for help. Here are just a sampling of resources that may be of interest:

- American Institute for Cancer Research has a new resource guide. Specialized editions cover topics on breast, prostate, colon and lung cancers. Call 1-800-843-8144, extension 37, to request your copy.

- The Attorney General's Office has an excellent booklet giving more advice about avoid-

ing consumer scams. They also have a hotline - 1-800-441-2555. Your state representative's office may have copies of this booklet on hand.

- AARP has a wealth of information available to its members on managed care, social security, crime prevention, and retirement planning. Call 1-800-424-3410. Call for more information on this organization.

And don't forget the wonderful local resources at your community public library and county Area Agency on Aging Office. There is a lot to absorb. Don't be intimidated by the volume of information. Pick the things that apply to you and challenge yourself to learn a few new tricks to improve your life and security.

## Lycoming County Posts Breed Show Results

**WILLIAMSPORT** (Lycoming Co.) — The Lycoming Colored Breed Dairy Show was conducted in July at the Lycoming County Fairgrounds in Hughesville.

Type judge was Eric Stine, Penna Furnace. Seventy-nine animals were shown.

Ayrshire grand champion and senior champion was shown by Fogleman Farm, Muncy, with their aged cow. Reserve grand champion and reserve senior champion was shown by Fogleman Farm. Junior champion was shown by Van Kuren Farm, Montrose, with their summer yearling. Reserve junior champion was shown by Van Kuren Farm

Brown Swiss grand champion and senior champion was shown by Alicia Wolfe, Northumberland, with her 4-year-old. Reserve grand champion and junior champion was shown by Van Kuren Farm.

Montrose, with their winter calf. Reserve junior champion was shown by Alicia Wolfe, Northumberland, with her spring calf.

Guernsey grand champion and junior champion was shown by Van Kuren Farm, Montrose, with their fall yearling. Reserve grand champion and reserve junior champion was shown by Dayton Berger, Orangeville, with his summer yearling

Jersey grand champion and senior champion was shown by EDN-RU Jerseys, Boalsburg, with their 5-year-old Reserve grand champion and reserve senior champion was shown by EDN-RU Jerseys with their 5-year-old. Junior champion went to EDN-RU Jerseys with their spring yearling. Reserve junior champion went to Julie Groff, Williamsport, with her fall calf

Premier breeder and premier exhibitor went to EDN-RU Jerseys, Boalsburg

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## Senator Noah Wenger



*Respected. Experienced. Effective.*

*My first responsibility is to my constituents, the people of the 36th District to be available to you, to listen to your concerns and to actively represent your interests in the state legislature*

*Noah W Wenger*

Seeking re-election to a fifth term as State Senator, lifelong Lancaster County resident Noah Wenger serves as Majority Caucus Chairman. He is a member of the influential Senate Appropriations Committee and the Labor and Industry, Banking and Insurance and State Government committees. He is also Acting Chairman of the Agriculture Committee

Last year Senator Wenger sponsored a bill to encourage small business growth by improving regulatory process efficiency which was signed into law. He also offered an amendment which became the major component of the 1996 Worker's Compensation Reform Law. Senator Wenger also has supported legislation to reform Pennsylvania's welfare system, crack down on crime, and protect against elder abuse.

Senator Wenger has been consistently at the forefront of efforts to:

- Improve major roadways in the 36th District.
- Increase funding for our libraries.
- Increase education funding for our children. Since 1994, Senator Wenger has played a key role in increasing state allocations for basic education funding by 11.07 percent — an increase of \$356 million.

Looking ahead, Senator Wenger's top priorities include local tax reform, a continued emphasis on small business development, road and bridge improvements, and strengthening the state farmland preservation program

**Re-elect Senator Noah Wenger  
Republican 36th District**

Paid for by Wenger for Senate Committee Reid E. Wissler Treasurer