

HYDRATE (Continued)

One caveat, which is very unlikely to impact most of us: You might actually need to replace sodium lost during sweating if you are engaging in extremely strenuous exercise. In extremely rare cases, people who have exercised strenuously for extended periods (running a marathon, for example) while consuming only water have suffered from **hyponatremia**, which is essentially a sodium deficiency in bodily fluids.

How much should you drink? Some serious fitness buffs strive for total hydration — for example, sipping so much water throughout the day and during exercise that the color of their urine is always clear. You don't need to be that extreme, although dark yellow urine can be a sign of potential dehydration.

The Mayo Clinic recommends around eight cups a day for most adults, plus another two to three cups for short bouts of exercise. Increase that amount in high heat and/or humidity. Drink a little water before working out, then take small sips during exercise, if possible. Happy hydrating! [ggd ☺](#)

Think About It. Why did Bernie Madoff go to prison? To make it simple, he talked people into investing with him. Trouble was, he didn't invest their money. As time rolled on, he simply took the money from the new investors to pay off the old investors.

Finally, there were too many old investors and not enough money from new investors coming in to keep the payments going. Next thing you know, **Madoff** is one of the most hated men in America and he is off to jail. Too few people realize this, but Madoff did to his investors what the government has been doing to recipients of **Social Security**.

When benefits for older investors become due the politicians pay them with money taken from younger and newer wage earners to pay the "old geezers." There is no meaningful difference between the two schemes, except that one was operated by a private individual who is now in jail, and the other is operated by politicians who enjoy perks, privileges and status in spite of their actions. **SEE PREVIOUS ARTICLE ABOUT SOCIAL SECURITY.**



One day the old man's wife looked at him and said **"Honey, you're getting fat!"** Stunned ... the old man couldn't believe what he just heard and said **"I'd like to get a second opinion."** She said **"Step on the damn scale."** [ggd ☺](#)



This Month's Guest Speaker Will Be **Mr. Ed Grisamore**
Columnist - The Macon Telegraph

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Choice

August 2010
Volume 14 - 8
Monthly

The Newsletter Of AARP Chapter 1952

Warner Robins, Georgia
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Meeting Dates/Time: **Wednesday, August 25th** (10:00 A.M.) and **Wednesday, September 15th** (10:00 A.M.)
Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

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Birthdays For August

Clyde Mathe	5 th	Vi Hanson	9 th	James Strawn	12 th	Jean Hendry	13 th
Leon Leonard	15 th						

Birthdays For September

Greg Davis	1 st	Mary Lappano	1 st	Agnes Partlow	6 th	Phyllis Blount	8 th
Ivis Bedrick	15 th	Harris McMillan	16 th				

WE CARE

Allison Caruso - In-patient at **Doctor's Hospital of Augusta** (3651 Wheeler Road | Augusta, GA 30909 | Tel: 706/651-3232. Calls/Correspondence: **"Beverly Andrews."** *For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. **Ralph Waldo Emerson (1803-1882)** In Sympathy: Ms. Hattie Nash (June 2010) "Blessed are those who mourn, For they shall be comforted." **Matthew 5:4***



Highlights From July's Meeting: In addition to "normal" chapter business **Dr. James R. Hines, Jr.** - Superintendent | Houston County Schools - gave a very informative presentation on Houston County's "award-winning" school system! In spite of budget cuts and economic challenges, Houston County consistently excels in **ALL** areas of educational metrics! The **Houston County School System** ... where **"Failure is Not An Option!"** To learn more about "The Houston County Way" please visit www.HCBE.net for additional information! [ggd ☺](#)



REPEAT - Do You Need Transportation To/From Our Meetings? Can You Provide Transportation To/From Our Meetings? Please Contact President Trudy Deep (478/953-3297) Or Vice President Jeanine Frey (478/922-5489).

Upcoming Dates/Events:
September 6, 2010 (Labor Day)
September 12, 2010 (Grandparents Day)
September 14, 2010 (Volunteer Service Day)
September 22-25, 2010 (Georgia Golden Olympics)
Contact: Joyce Hutcherson @ 478/929-6960

Editor's Notes: UPDATE YOUR LOCAL (Chapter 1952) MEMBERSHIP - STILL A "BARGAIN" AT \$5.00/YEAR!

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As **your** Editor I'm open to suggestions for our newsletter! So please, keep your membership status/information current, get your newsworthy information and/or photographs to me as soon as possible and help me (us) get (and keep) new advertisers/sponsors! Please welcome our newest advertiser - **Bill Waldorf (478/954-5665)**!

Please contact me at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com**!

Sincerely,

Greg (Formerly Known As "Da Baby") Davis ggd ☺

Social Security



For years, **Social Security** has been a sacred promise to millions of Americans, a safety net in even the toughest times. It helps older Americans afford medication and stay in their homes, and puts food on the table for families of disabled workers. And for too many seniors, it's the only income they can count on.

Too often it feels like Social Security is just another number to policymakers in Washington. That's why it's important to let lawmakers/representatives know how you (the people who MOST depend on Social Security) feel about those laws and their affects!

Let your representatives know how you feel! Visit

http://action.aarp.org/site/PageNavigator/SocialSecurityAnniversary_eCard ggd ☺

Breast Cancer

Study Suggests A New Way To Predict Whether Breast Cancer Will Return. A protein that regulates iron may be a new key, but more research is needed. **Source: AARP Bulletin - August 17, 2010.**

Women with breast cancer eventually may be spared from having to undergo toxic treatments thanks to new research that shows levels of **ferroportin** - a protein that regulates iron in cells - may predict whether the cancer will be aggressive or recurring.

Researchers at **Wake Forest University Baptist Medical Center** made several discoveries based on

experiments using breast cancer cells and tissue.

- Breast cancer cells have more iron than normal cells and thrive with lower levels of **ferroportin**.
- When **ferroportin** levels in cancer cells were increased, the cancer's growth slowed.
- An analysis of tissue taken from women with breast cancer found that the most aggressive areas of cancer had the lowest levels of **ferroportin**.
- Finally, a review of previously published data on more than 800 women with breast cancer who were followed from for up to 10 years diagnosis, showed that **ferroportin** levels may indicate not only the prognosis of the cancer but also the risk of recurrence.



The study appeared online in the August 4, 2010 issue of **Science Translational Medicine**. Moreover, researchers will also be looking at whether **ferroportin** levels can be manipulated in order to change the course of the disease.

Additionally, the findings have nothing to do with dietary iron. It is suggested that a woman should stay on whatever iron supplementation or iron-containing diet that her doctor recommends.

Further research on a larger, more varied group of women is needed before a test for **ferroportin** becomes available. **"This is very preliminary work,"** says Susan Love, M.D., a breast cancer expert and the president of the **Dr. Susan Love Research Foundation**. **"I would file this as interesting and potentially effective, but needs a lot more work before it has any relevance to the public."**

Dr. Susan Love is a leader in breast cancer research, but she is frustrated by the lack of progress in searching for its cause. With nearly **seventy percent** of cases occurring in women with no apparent risk factors, Love knew it was time to enlist help in finding its cause - and a cure. To learn more about Dr. Love's efforts you can view a short video profile at

<http://link.brightcove.com/services/player/bcpid67524056001?bctid=70296071001>

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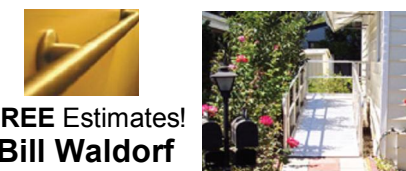
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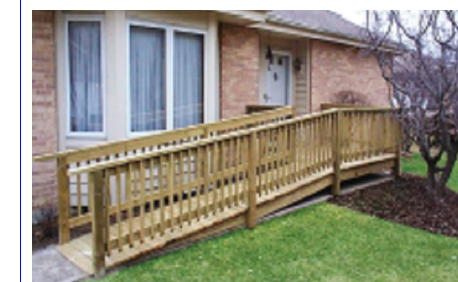
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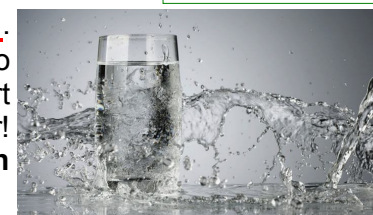
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Health/Fitness.

What's the best way to rehydrate? Skip the sport drinks and reach for water! **Source: AARP Bulletin (July 2010).**



Much is made of hydrating before, during and after exercise. But depending on the duration and intensity of your activity, you might not need to carry a water bottle throughout your workout. For most of us, a good rule is to drink when you're thirsty. If you are engaging in intense exercise (a multi-hour race, for example) or will be out all day — say, on a long hike — you should try to take fluids even before you feel thirsty.

But what to drink?

Water. It's essential for life, unlike soft drinks, beer and many other beverages. Fruit juice may have vitamins and minerals, but it also contains sugar (and calories), thereby making it harder for you to lose weight. And because your body has to process that sugar, you may feel a temporary energy lag if you drink sugary beverages immediately before or during exercise.

Besides, you can get those vitamins and minerals in a purer form simply by including fruit in your diet.

What about the much-hyped and heavily advertised **sports drinks**? Aren't those made for everyone who exercises? Not necessarily.

As many experts point out, sports drinks can help maintain and restore your electrolyte balance if you're exercising strenuously for an extended period of time in warm temperatures. But some sports drinks have high sodium content, which is something to avoid for anyone who takes medication that raises or lowers blood pressure. Excess sodium can cause a spike in blood pressure.

You could try a sports drink with a low sodium content. But why bother? Water is that rare thing that does exactly what it's supposed to do — rehydrate the body — without any extra calories, needless sugar or added coloring. It's refreshing. It's plentiful. And it's free (although if you don't trust your municipal water supply, you might need a water purification filter).

One caveat, which is very ...

SEE HYDRATE >>>