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# Choice

The Newsletter Of AARP Chapter 1952  
 Warner Robins, Georgia  
 "To Serve - Not To Be Served"  
[www.Choice1952.com](http://www.Choice1952.com)

May 2014  
 Volume 18 - 5  
 Monthly



Meeting Dates/Time: **Wednesday, May 28<sup>th</sup>** (10:00 A.M.) and **Wednesday, June 25<sup>th</sup>** (10:00 A.M.)  
 Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

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[Birthdays For May](#)

Carl Willingham 22<sup>nd</sup> Jeanine Frey 27<sup>th</sup> John Echols 28<sup>th</sup>

[Birthdays For June](#)

Ruth Davis 26<sup>th</sup> **\*\* Nonagenarian! \*\***

[WE CARE](#)

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).** "Blessed are those who mourn, For they shall be comforted." **Matthew 5:4 NKJV** We wish health/wellness to all past/current members! ggd@

[Highlights From April's Meeting:](#) "Uncle" Ned Sanders shared his views on a broad-spectrum of topics that included earth day, conservation, clean air/ environmental protection issues, governmental affairs, Robins Air Force Base's "Base Realignment and Closure" (BRAC) concerns, politics and more! "Uncle" Ned's insightful **history** lessons "clarifies" how our lives today have been shaped by the actions and decisions of famous (and infamous) global people/influences ... China, Genghis Khan, Alexander The Great, England, Spain, France, Africa, (1265) Magna Charter, (1775-1783) Revolutionary War, (1783-1789) Constitution Development - Judicial, Legislative, Executive government branches ... WHEW!



"Uncle" Ned - the Past Chairman (Houston County Board Of Commissioners) - is still "sharp as a tack" and I encourage anyone to engage him in conversation ... you'll be pleasantly surprised at his wealth of knowledge! Thanks "Uncle" Ned ... I/we enjoyed it!

[Worth Repeating:](#) Some of use had **too much** fun at "Senior Springo 2014!" (Our) Christa Stone (Marketing Director/Antebellum Grove) sent us this (scanned) card of thanks!



Dear AARP Chapter 1952 members,  
 Thank you so much for coming out and supporting Antebellum Grove's annual Springo! We are blessed every year to be able to offer this event to our community. Again, thank you for your support and remember we are here for you if you ever need help or volunteer help.  
 Warm regards,  
 Christa Stone  
 ☺



Business Spotlight: Jim's Quick Lube!

**Wrong!** The U.S. Food and Drug Administration (FDA) doesn't approve cosmetics before they are sold. The agency is supposed to be policing product claims, says **John Bailey**, a biochemist and chief scientist at the industry-funded **Personal Care Product Council**. However, the products aren't a public health issue, and the "FDA will tolerate a certain amount of ... puffery," says **Bailey**, a former head of the FDA's cosmetics office.

Whether a cream or lotion can help to reduce puffiness and dark circles under your eyes is an area of debate among dermatologists. But consumers have clear preferences.

In future issues we'll explore [skin care recommendations from dermatologists](#) ... **Stay Tuned!** ggd ☺



Did you know that **CHICKENS** are the only animals you eat before they are born and after they are dead!

## Our June 25, 2014 Meeting Will Be Our "Summer Picnic!"

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## Our June 25, 2014 Meeting Will Be Our "Summer Picnic!"



**Editor's Notes:** **Members:** Please UPDATE your local (Chapter 1952) membership ... still a "bargain" at only \$5.00/Year! **Advertisers/Sponsors:** Your support of our newsletter is an exceptional value **STILL** at only \$4.00 (or \$8.00)/Month [**\$48.00 (or \$96.00)/Year - Prorated**] and helps tremendously to offset printing/production costs. **\*\*\* Special Rates Available As Well \*\*\* Thank You ... Thank You ... Thank You!**

**ALL:** 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 - collectively - we'll get/keep advertisers/sponsors!

Sincerely,

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

I can be reached at **478/318-0471** and/or via e-mail at **gdavismail@gmail.com!**

### Younger Looking Skin Without Surgery

Skin care products: What works ... what doesn't

"Most people don't realize how old I am," says **Norma Sue Scher**, of St. Louis. "When something comes up about being 73, they say, 'I thought you were in your 50s!'" Scher uses anti-aging lotions and cleansers every day, and she regularly gets chemical fillers and peels from her dermatologist.



It's not that she wants to look 20, she says. But she wants to look her best, for her husband and for herself. Your reflection in the mirror "has to say, 'Hey you're OK,'" she says. Keeping your skin looking as young as possible requires Scher's multi-pronged approach, dermatologists say.

As we age, skin can become dull, large-pored and flaky, says **Neal Schultz**, coauthor of the book *It's Not Just About Wrinkles*. "Three-fourths of what you see in the mirror is really issues of color and texture," he says.

Darker skin is less prone to wrinkling, and more prone to color changes from too much pigment.

About 80 percent of the transition from smooth-as-a-grape to rough-as-a-corn-flake is due to sun damage, says Scher's doctor **Lawrence Samuels**, chief of dermatology at St. Luke's Hospital in St. Louis. (If you doubt him, take a look at the skin on your bottom.)

What can you do to get back at the sun — and old man time?

**No- or low-cost tips:** Dermatologists have many products and procedures, but their cost can make a big wrinkle in your budget. So let's start with the less expensive options. First, use a good sunblock to protect your skin and help prevent wrinkles. Then, watch how you sleep. You've heard of laugh lines, right? Well, sleeping with your face squished into the pillow also promotes lines, so try sleeping on your back. Eating a healthy diet and exercising help your skin as well, although dermatologists disagree over the value of vitamins in skin care products.

You don't need to spend a lot of money to get good cleansers or moisturizers, dermatologists say. Most people's skin gets drier with age, so use a moisturizing cleanser. Moisturizers don't prevent or stop wrinkles, but they do temporarily fill in lines. If you have to wait longer than a minute or two for a skin care product to dry, you're using too much, Schultz says. Even though most of our sun damage occurs before we are old enough to vote, we still need to use sunscreen to prevent further damage from the sun, dermatologists say.

**Check the ingredients in your sunscreen:** Block-out ingredients to look for: avobenzone, zinc oxide and titanium dioxide, or Mexoryl, which nab more UVA and UVB rays, says **Linda Rhein**, a biochemist with Bayer HealthCare Pharmaceuticals and editor of the book *Ageing Skin: Current and Future Therapeutic Strategies*. The **Environmental Working Group** warns against using products with vitamin A derivatives, such as retinyl palmitate, on skin that is exposed to the sun, as studies suggest that these common ingredients may pose a cancer risk.

"Go for a glycerin moisturizer," says **Rhein**, "It really moisturizes very well, holds the moisture in the skin," she says. Since it seals in moisture, it's good to use right after a bath or shower. It's unclear whether other additives to moisturizers — such as antioxidants, vitamin A (retinol), CoQ10 and vitamin C derivatives —



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reduce wrinkles or improve the look of skin, dermatologists say. Though studies show why they could help, there aren't long-term studies showing they do, says Rhein.

**Money doesn't buy better results for your skin:** "Many cosmetic products are expensive and their price in the store has no relation to their content" states **Johann Wiechers**, a cosmetic scientist and founder of JW Solutions, an independent cosmetic science consultancy.

**Watch out for anti-aging skin products that don't work:** But if products don't work, they can't be sold, right?