

At an airport in Georgia, a lady witnessed a group of soldiers in uniform. As they headed to their gate, everyone rose to their feet clapping and cheering. A little 6 or 7 year old girl ran up to a young male soldier who knelt down and said, "Hi." The little girl asked him if he would give something to her daddy. He said he would try. The girl grabbed him and gave him a big hug and a kiss on the cheek. The soldier joined his unit, they huddled together, and then he pulled out a walkie-talkie. After 10-15 seconds of talking on it, the young soldier walked back to the little girl. He told her "I spoke to your daddy and he told me to give this to you." He hugged this little girl that he had just met and gave her a kiss on the cheek. He said, "Your daddy told me to tell you that he loves you more than anything and he is coming home very soon." He then stood and saluted. As he headed to his gate, in one last act of selflessness, he turned around and with a tear rolling down his cheek blew a kiss to the little girl. Let's remember to thank past and present soldiers and their families for their sacrifices this 4th of July.

**TIPS FOR BECOMING A
BETTER YOU**

- Remember that your quality of life is determined by the quality of your thoughts.
- Keep the promises you make to others – and to yourself.
- Don't let technology cause you to become inhuman.
- Give others the gift of your attention.
- Every day ask yourself: "How may I best help the most people?"
- Every night ask "What 5 good things happened to me today?"
- Write appreciation letters to your friends and family.
- Keep a journal. Your life story is worth recording.
- Leave every project you work on better than you found it.
- Step out of your comfort zone.
- Be Confident in who you are and what you do.
- Don't forget life is short. You never know when the day before really is the day before.

Avoid Utility Scams

Utilities United Against Scams

Beware if you are called and told you have an outstanding utility bill and are asked to make a payment over the telephone. Scammers can make these requests sound real. If you are contacted by telephone by someone claiming to be with a utility company know and use these tips : 1. If you pay your bills on time, you should be suspicious of any call or email regarding your account. 2. Never give out personal or financial information to someone you don't know, even if they claim to be with a utility company. 3. Call the utility company to verify the status of your account and report the incident. Another utility scam used is to tell the customer that a company representative will be coming to their home to disconnect their power, gas, etc. unless they pay cash or prepaid debit cards when the representative gets there. Utility companies do not work this way. If this happens keep your door locked, call 911 for police assistance and call the appropriate utility company. Be apprehensive of any person that shows up outside of a scheduled appointment. Before letting anyone in your home ask to see their company photo ID and call the utility company to verify their information before letting them in. Call 911 if you believe you're in personal danger.

Beware of Summer Scams

Home Warranty Reviews

The most popular summer scams are the summer rental scams, summer job scams, concert ticket scams and the door-knocker scams.

1. Summer Rental Scam. Scammers steal pictures of properties off social media or actual rental websites and sell them at highly discounted prices on sites like Craigslist. If you can't visit the property in advance, look for reviews about the company online.
2. Summer Job Scams. Students are offered jobs and give their prospective employer their personal information, including their social security number. They never hear back and by the time the potential employee realizes what has happened, the scammer has stolen their identity. It is wise to run a background check on companies before providing any personally identifiable information.
3. Concert Scams. Summer means concerts, and ticket scalpers. In a rush to buy concert tickets, most people forget to check whether or not the vendor is genuine. Phony sellers trick people into wiring money without any intention of sending them tickets. Make sure you buy from a reputable website and licensed broker.
4. Door-knocker Scams. The product offered may be genuine, but the person may not. Door-to-door sales people are required to have a permit, so ask to see it. If they do not have a permit, do not buy. If you do make a purchase pay with a credit card or check, but never in cash.

*"The strength of a nation lies in the homes
of its people"*

BE SAFE IN THE SUMMER SUN

FARMERS ALMANAC

1. Drink more fluids
 - Don't wait until you're thirsty to drink
 - Avoid salt tablets if possible
 - Don't drink liquids with dehydrating caffeine, alcohol or large amounts of sugar
2. Keep your body cool
 - Dress in lightweight, light colored and loose clothing
 - Stay in the shade
 - Never leave anyone in a closed parked vehicle
 - To feel cooler, eat cooler by reducing protein intake
3. Protect yourself from the sun
 - Don't get sunburned as a sunburn makes it hard for your body to dissipate heat
 - Wear sunglasses, a hat and sunscreen
4. Stay alert
 - Be aware of heavy sweating, rapid pulse, and cramps as these could be signs of heat disorder