



Good News



Your Name Here

Look for these deals in May

Memorial Day weekend at the end of May is a great time for furniture sales.

Look for discounts on housewares and dining and living room furniture at big retailers like Walmart and Home Depot. May is also a great month for active wear discounts.

Here are some other months that are good for sales:

July.

September to October: Summer clothing goes on sale.

September to December: Larger home appliances go on sale the week before Labor Day. By November, you'll find Black Friday sales on high-ticket items like dishwashers and refrigerators.

August to October: Keep a sharp eye out for steeply discounted garden supplies.



Bedding goes on sale again in

Flaco captured the hearts of New Yorkers

When a vandal damaged an exhibit at the Central Park Zoo in 2023, a Eurasian eagle-owl named Flaco escaped and became famous.



The four-pound bird with a six-foot wingspan was born in captivity and was 13 years old when he escaped. Zoo officials doubted he could survive. They were wrong. Flaco was spotted hunting and perching all over Manhattan. Sadly, a year later, Flaco was found dead in 2024 after an apparent crash into a building. New Yorkers mourned.

Older Americans Month focuses on connections

This year, Older Americans Month (OAM) celebrates our social, civic, and family connections.

It's not just about having someone to chat with. The OAM theme is about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. In short, the more connected we are, the better for everyone, including ourselves.

Older Americans Month was established in 1963 and is observed every May. Each year, OAM highlights the contributions of older Americans and reaffirms our community commitment to serving older adults.

To spark more connection, try these strategies:



* Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.

* Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.

* Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

For more information, visit the official OAM website and follow the Administration for Community Living on X, Facebook, and LinkedIn. Join the conversation on social media using the hashtag #OlderAmericansMonth.



Southern Appalachia real estate booms with "half-backs"

So many northern retirees head to Florida these days that snowbirds have become something of a cliché. But some things are changing.

Many retirees, the so-called half-backs, are now stopping at the halfway point in their southern migration, settling in the southern Appalachian Mountains in North Georgia, Virginia, North Carolina, and other states nearby.

For many years, Appalachia ranked among the least developed parts of the United States. Now, the region is being reshaped by a large influx of retirees -- not just Yankees heading south, but even retirees from Florida moving north. Tellingly, the population of southern Appalachian counties with retirement or recreational areas expanded by nearly 4 percent from April 2020 to July 2022, outpacing the national average.

The southern Appalachian Mountains have become a hot spot, thanks to warm summers and mild winters wide-open land, beautiful scenery, and relatively affordable prices. Consider Abingdon, Va., which South-

Across

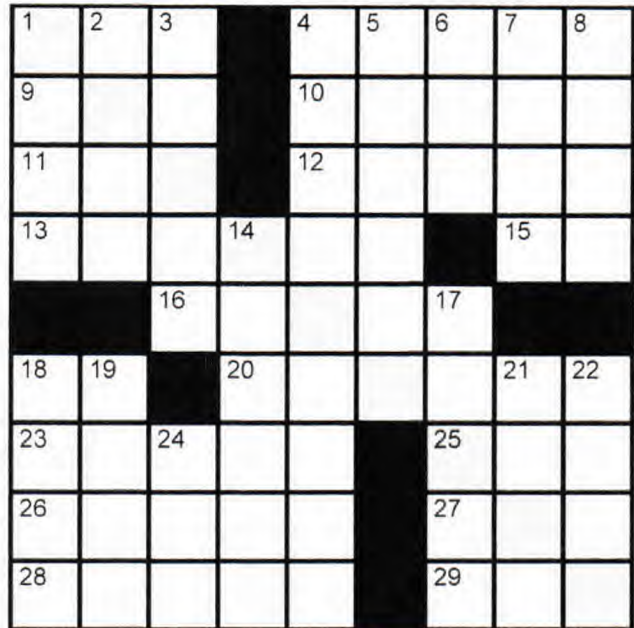
1. Japanese pond carp
4. Receded
9. Nothing
10. Cool
11. Add-on
12. Winner of nine golf majors
13. Place for a lace
15. You and I
16. Cowboy contest
18. Not down
20. Nativity scene
23. Uniform shade
25. Sushi bar order
26. Consumed
27. "Raiders of the Lost ____"
28. About 1.3 cubic yards
29. Discouraging words

Down

1. "Trick" joint
2. Greasy
3. More sick
4. Decongestant ingredient
5. Baby slipper
6. Large
7. Old Testament twin
8. Cub Scout groups
14. Student's hallway hangout
17. Neptune's realm
18. Hawaiian strings
19. Excellent, in modern slang
21. Medal recipient
22. The "E" of B.P.O.E.
24. Ended a fast

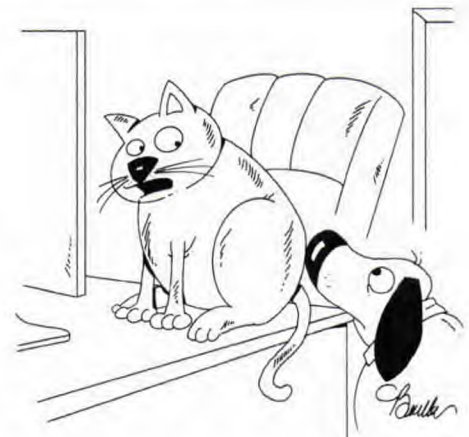
WALKING BIRD

The headline is a clue to the answer in the diagonal.



ern Living recently recognized as one of the best places to retire. Zillow reports that the average value of homes in Abingdon was \$263,000 as of March 2024, compared to \$600,000 in Naples, Fla. In addition to lower property prices, you won't find many gators, hurricanes are distant threats, and most folks won't need to run their air conditioners around the clock.

It's not all good news. In many areas, traffic now overwhelms the often narrow and winding roads. Local economies are getting more expensive.



"I'm not sure if we're named after passwords or vice versa."

Beware these infamous Social Security scams

Social Security fraud is rampant -- and increasing.

The Federal Bureau of Investigation reports that scammers took about \$3 billion from Social Security beneficiaries in 2022. That was a staggering 84 percent higher than the previous year.

Here are some of the most notorious scams. If anyone contacts you in person, by mail, or electronically with messages that follow any of these themes, call the Social Security Administration's fraud prevention and reporting hotline at 800-269-0271.

1. A phone call message from someone who claims to be an SSA employee. Do not respond -- call the fraud hotline.

2. An unexpected demand for money. The scammer says you owe some money as a penalty or due to overpayment of benefits. They may threaten you, but again, do not respond. Call the fraud hotline at 800-269-0271.

3. Someone contacts you to say that your Social Security number has been suspended and you must provide personal information to "reactivate" your number. The SSA never suspends Social Security numbers. Never give your information.

What to expect during a massage

Stiff muscles. Tension. Low back pain. Arthritis pain. Or maybe you just need to feel a soothing touch. Whatever your reason, massage can be helpful.

In fact, while we often see images of full body massage, there are many different kinds of massage, from hand massage to chair massage.

When you make an appointment with a massage therapist, be sure to have an idea of the kind of massage you want. You won't necessarily have to disrobe, for example. But you'll want to wear soft clothing and no jewelry for your appointment.

For a one-hour massage, the massage therapist typically takes you to a private room, gives you a covering and leaves while you undress. You lie down and cover yourself. The therapist comes back when you are ready and begins the massage by uncovering the part (such as your foot) to be worked on first. A professional massage therapist will only uncover the part of your body they're working on, and will recover it before they move on to another area.

But a full-body massage while you lie down isn't your only option. You can get a massage while seated, for example. This might be useful for a person with atrial fibrillation, since completely reclining can sometimes disrupt their heart



rhythm. You also don't have to completely undress for many types of massage. A back massage, for example, can be very helpful for tension and pain and it doesn't require disrobing. Simply tell the therapist what you want to do.

If you are a caregiver for an elderly loved one or someone with dementia, ask the massage therapist if they offer geriatric massage. This specialty service involves specific techniques to build trust with the client and uses gentle techniques.

You can also book shorter 30-minute massage appointments if you don't have time for a full hour or don't want to spend that much.

According to the Mayo Clinic, massage can improve circulation, relieve pain, and help with anxiety, depression, and even insomnia.

May: Stroke Awareness Month

If someone experiences any of these symptoms, don't wait j-- call 911!

* Sudden weakness in the face, arm, or leg, especially on one side.

* Sudden confusion, slurred speech, or difficulty understand-

ing others.

* Sudden change in vision, particularly in one eye.

* Sudden trouble walking or dizziness.

* Sudden severe and unexplained headache.



May 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat



Happy Mother's Day

1
Lei Day,
Hawaii

2

3

4
Kentucky
Derby

5
Be Kind to
Animals

6
Nurses
Week

7

8

9

10

11

12
**MOTHER'S
DAY**

13
Police Week

14

15

16

17

18
Museum
Day

19
Safe Boating

20

21

22
Maritime
Day

23
Fleet Week

24

25

26
Indy 500

27
Memorial
Day

28

29
Armed
Forces Day

30

31





May 2024

LIBERTY PUB
PO BOX 1110
ROGUE RIVER
OR 97537

GOODNEWS.PW

Photo taken in Alaska
in 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lei Day, Hawaii	2	3	4 Kentucky Derby
5 Be Kind to Animals	6 Nurses Week	7	8	9	10	11
12 MOTHER'S DAY	13 Police Week	14	15	16	17	18 Museum Day
19 Safe Boating	20	21	22 Maritime Day	23 Fleet Week	24	25
26 Indy 500	27 Memorial Day	28	29 Armed Forces Day	30	31	



Look!

Here is the third issue of our newsletter. We are trying to include different items hoping some will interest you. We accept advertising costly \$10 for 30 words or one inch.

This newsletter is printed in full color online at www.GoodNews.pw. Also around the 9th of each month www.dangillswabads.com Every issue is also mailed first class to an "in house" list every month.

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LIKE SILVER COINS and MONEY ORDERS? Send LSASE to CHA SERVICE, POB 1980-A ROGUE RIVER OR 9753

More ads on next page. Your full page flyer included in our first class mailings and online for \$30 per issue. Deadline the 9th at 8 am PST



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FREE Distributorship with ANY ORDER! Please check the box for the packages you want to order. *Everyone in Mail Order needs Stamps & Leads! Especially former members of KTCA who are out of business. Every time someone orders stamps or leads using your flyer with your ID# on it you will receive a commission! Receive Residual commissions from all your customers reorders! *Your second customer gets passed up to your Inviter. All your customers but your second, pass up their second customer to you, and those customers do the same, down thru infinity!

***Commissions Paid After Order Fulfilled & Delivered.**

* Buy Stamps for only 9 Cents Each! Must have Internet to Order! Receive Complete Info. Only \$99! Earn \$25 for Every Sale! 200 First Class Stamps \$58. Earn 20 stamps for every sale & re-sale!

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1000 FIRST CLASS FOREVER STAMPS ONLY \$189! (18.9 Cents each)
Every time someone orders this package from your flyer, you will receive a \$50 commission & \$50 residuals from your customers reorders! 1000 Exclusive MLM prospect Leads with phone# only \$100. Earn \$20.

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Every time someone orders this package from your flyer, you will receive a \$100 commission & \$100 residuals from your customers reorders!

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How to order: Fill out the order form with your information. Payment by Money Order / Checks* Please allow bank clearance, Made Payable to: Tim Barnes 412 Dairy Hill Rd. Little Falls, NY. 13365. Phone# 315-570-3721. *For CashApp, send to: \$TimBarnes58. PayPal: barnesgroup01@yahoo.com

Your marketing flyer will be sent immediately. Your stamps & leads will be mailed separately. Please allow up to 15 business days for your stamps to arrive from the date we receive your order.

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Address _____

City/State/ Zip _____ ID# 41056-012323

CASH PAYMENTS Up To \$500!

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The Wealthy Know: It Takes Money To Make Money Invest in Yourself!

When you join, 1,000 flyers will be printed and mailed **for you**, with your name in position 1, and you will also receive stamps & leads (see below)! When you get a new member sign-up, I will print and mail another 1,000 flyers with your name in positions 2 and 3. Position 3 will be your **permanent position**. That means your name will rotate on thousands and thousands of flyers, earning you \$100-\$500 payments (depending on the amount(s) you are eligible to earn) over and over again to infinity. Let's say you get a realistic 1% response from a 1,000 mailing; that is 10 new member sign-ups x \$500 = \$5,000!

**IT'S NOT THE COST OF JOINING - BUT THE COST OF PROMOTING - THAT CAUSES MOST TO FAIL.
THAT DOESN'T HAPPEN HERE!**

\$100

\$250

\$500

\$100 Members (**ORANGE**) are only eligible for payments up to \$100, no matter what level new members join at
\$250 Members (**YELLOW**) are only eligible for payments up to \$250, no matter what level new members join at
\$500 Members (**GREEN**) are eligible for the MAXIMUM amount of \$500

Ex., YOU are joining at **GREEN** (\$500). Tom is an **ORANGE** (\$100) member, and Nancy is a **YELLOW** (\$250 member).
Tom would receive \$100, Nancy would receive \$250, and the **Admin** would receive the flat fee listed below.

Cash or Money Order! No Checks!

To Join, Send \$200 to Admin:

Robert Kirkendall, PO Box 5675, Grand Island, NE 68802

TEXT / CALL: (402) 303-9578 - EMAIL: brodypurkinz@gmail.com

***To upgrade in the future, send the difference to eligible members, plus a one-time \$30 admin fee.

I AM JOINING AT (Check the Correct Box): \$100 \$250 \$500

**Send the Corresponding Amount (\$100, \$250, or \$500) to Each Member Below
(Based on Their Eligibility and the Level You Are Joining At):**

#1 Colleen Kennedy, P.O. Box 1980, Rogue River, OR 97537 - Email: chaleena@msn.com

\$250 Level Member


#2 Cathy Clayton, P.O. Box 602, Moriches, NY 11955 Phone / Text (631) 838-5476

\$500 Level Member

#3 Free Spot - \$100, \$250, or \$500

*****SEND A COPY OF THIS FLYER WITH PAYMENTS TO ADMIN, AND EACH MEMBER ON THE FLYER***
Admin Will Verify All Payments From Members**

You will receive a copy of this flyer with your name in position 1, My Print & Mail Services, Direct Marketing Resources and Tips. You will also get my Rolodex of the Best Leads in the Mail Order Industry. **Lastly, YOU will receive 100/125/250 leads and first class stamps** (depending on the price point you join at) to get you started on your own mailing. I want you to succeed!

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