

# Things in Motion ...

All things are in motion and nothing is at rest...you cannot go into the same (river) twice. --Heraclitus (540?-480?)B.C.

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*Viva Fred!*

AT THE RISK of alienating readers, I am, once again, going to write about the community where I live. So let me first acknowledge that most of our retired citizens are reasonably happy with their choice of homes for the golden years, and my own preference does in no way negate the quality of someone else's home. That being said, I recently discovered an unexpected benefit in my community—a barber who is recently retired, but still likes some income to supplement his pension. I am speaking of Fred, who moved to this community from New York with no plans to continue working as a barber. He has volunteered for a number of functions within the community and has made himself useful to several groups. Recently, Fred was present to assist in the rescue and revival of a senior who had violated the rules by going into a spa alone. While this person was

alone in the spa, he suffered a seizure and passed out—but was seen by Fred and two others who were passing by. Acting together, the three witnesses quickly pulled the victim from the water and began CPR. EMT's arrived quickly and soon the lucky man was again functioning well.

When it became known that Fred was a professional barber, his telephone began to ring as one man after another asked for haircuts. In short order, Fred had all the work he wanted to do. I found out about him by asking one of the Realtors who handle property sales for our Co-operative to recommend a good barber. He said "Call Fred."

Fred charges much less than any barber I know of in this area and in addition to his low fee, he comes to your home to cut your hair---talk about convenience! For those of us who have reached the age when we don't much care to be out and about, such service is wonderful! So I say "Thanks, Fred," and hope that this guy is around for a long, long time!



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