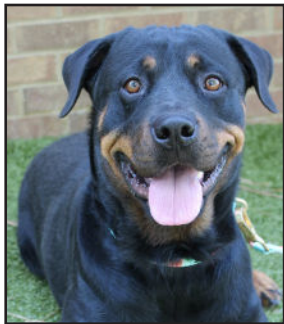




Star Student

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Pet of the Week

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Southwind members

charmed by
border collie

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NeuroSource: Neurofeedback success for PTSD

*Rewiring the brains of
veterans after trauma*

By Linda Bourassa
Special to Germantown News

Dr. Dale Foster with NeuroSource, a functional neuropsychology clinic located in Cordova, works with patients dealing with a range of issues including PTSD, ADHD, brain injury, Autism, addiction, anxiety, depression and memory loss. One of the main areas in recent years has been veterans returning from service in the Middle East.

Founded in 2004, by Dr. Foster and his wife, Lee Ann, NeuroSource focuses on the whole person, not just a symptom or a set of symptoms, and not just a brain. Foster says, “Our goal is to help each client establish, clarify and reach their goals by solving the underlying causes of the problems rather than papering over symptoms. We address each person’s experience with cutting edge neuroscience, functional neuroimaging, epigenetics, and lifestyle coaching. Instead of putting people on drugs, which can become another issue while masking the real problems, we help many people get off drugs.”

PTSD Sample Case History: Many of us have friends or family members who return from combat only to face additional battles at home with Post-Traumatic Stress Disorder (PTSD).

Dr. Foster tells of a veteran who came in with his wife, a registered nurse, who was with him because he was on 24-hour suicide watch. “He was suffering from Post-Traumatic Stress Disorder after having served in Iraq and Afghanistan for several years. He felt so bad he could hardly talk. I assured him he didn’t have to talk and told him about the functional neuroimage I was performing (swLORETA). I showed him his brain map and explained how his trauma had affected his brain causing his symptoms and how we were going to work together to tune his brain back toward optimal function. He knew what it was like to be a peak performer, and he wanted to die because he felt he had lost himself. He didn’t say much but he followed my instructions to ‘just watch the screen.’ I explained that the 19 channel EEG was providing a 3-D neuroimage and the computer screen was showing him every time his brain got better at the rate of 32 times per second and all he had to do was just watch.”

According to Dr. Foster, after eight sessions of neurofeedback, “He came in and looked at me with the expression of a man who had awakened from a long slumber. He was like a new man. He began sleeping at night again; he started running again; he

See PTSD, 11

Teddy bears give smiles to kids, adults all over the world



Photo courtesy Joel Turetzky

Resident Joel Turetzky (right) and another member of the B’nai Brith Lodge #35, an international organization, gives bears to the Child Advocacy Center years ago when the lodge first started its “buddy bears” program. To date, Turetzky estimates they have given thousands of bears to disaster victims, first responders and children with illnesses.

Rebekah Yearout
Germantown News

Joel Turetzky has been member of B’nai Brith Lodge #35 for a long time, and collected many stuffed bears for kids—and adults—in need of fuzzy companionship and a smile.

Turetzky said collecting teddy bears for victims of disasters, such as hurricanes, first responders or kids with illnesses or developmental disabilities, is all part of the B’nai Brith. B’nai Brith is an international organization (<http://www.bnaibrith.org/>) with members throughout approximately 48 countries who work to help communities in humanitarian ways.

In 2004, Turetzky said he was reading an article in the Commercial Appeal about how children at the Child Advocacy Center (CAC) was running low on bears for its annual bear walk event. The CAC provides

support and services for abused and neglected children.

“I wasn’t the first person in B’nai Brith to ever do this, there was a lodge in Atlanta and in their newsletter I read an article about it. I said ‘I think this would be something we ought to consider doing,’” Turetzky said. “We went down to the CAC, and our goal was to collect enough money to go out and buy 300 teddy bears. We ended up with money for about 200.”

And the money was all collected the old-fashioned way: Making phone calls or stopping at a store to ask for donations, as this was long before online donations became an everyday convenience. Walgreens was one donor, Turetzky said, giving about 80 bears to the cause from a single location.

“We picked up the phone and called some of our board members and we set up teams

See BEARS, 11



Germantown Woman’s Club gives to GCT

Photo submitted

As founders of the Germantown Community Theatre, the Germantown Women’s Club is happy to present \$1,000 to the Theatre to help maintain this very special gem in our community. GWC hosted new GCT Executive Director Eric Newsome, and GCT Board President Dr. Bo Adams at their September meeting to hear of the wonderful new plans for our local Theatre. GWC remains committed supporters of GCT through fundraising and volunteerism. PHOTO, Left to Right: Eric Newsome, GCT Executive Director, Teresa Jordan, GWC, Elaine Cates, GWC President, Dr. Bo Adams, GCT Board Director.

GPAC gearing up for Food Truck & Music Festival

Staff Reports
Germantown News

Join us in The Grove at GPAC for great music, local food trucks and family fun! GPAC’s Food Truck and Music Festival is Sunday, October 15, 2017 from noon to 6:30 pm. Singer-songwriter Ashley McBryde headlines the free festival with performances by Soul Remedy, Almost Famous, the Ladies of Seeing Red and School of Rock. Plenty of trucks will be onsite to satisfy every appetite.

We will have a bounce house and other activities for kids, and a beer garden for the adults. Bring your appetites, blankets and folding chairs and enjoy the GPAC Grove all day, but please, no coolers. A \$5 donation is suggested.

What: GPAC Food Truck and Music Festival
When: Sunday, October 15, 2017
Noon to 6:30 PM
Where: The Grove at GPAC
1801 Exeter Road Germantown

Music Schedule:
School of Rock: Noon – 1:00pm
Soul Remedy: 1:00pm – 2:00pm
Almost Famous: 2:30 pm – 4:30pm
Ladies of Seeing Red: 4:30pm – 5:00pm
Ashley McBryde: 5:15pm – 6:30pm

Vendors:
Gus’s, El Mero, Mempops, Say Cheese, Mojo Cafe’, Parker Concessions, Arepa 901, Yippie Trippie & The Porkstar’s, Piece & Love Pie Company and more!

About GPAC
GPAC is located in the heart of Shelby County, serves the greater metro Memphis area of over a million people and is accessible to all members of the community. The GPAC theater is an acoustically perfect, 864 seat venue featuring a sprung pine stage, an intimate black box theatre, an elegant green room, eight spacious dressing rooms and a grand lobby for entertaining and assembling. Ray Charles set the bar high when he opened GPAC in 1994, immediately defining this space as a place where excellence is the norm and where the world would come to perform.

Youth Education Pond ‘O-Fishally’ opening

Staff Reports
Germantown News

It has been a long time coming, but Parks and Recreation is excited to reel in a crowd for the ribbon cutting of the new Youth Education Pond (YEP). The pond is a collaborative effort between the Germantown Rotary Club and the City’s Parks and Recreation department with a mission to connect kids with nature and teach them about fishing. Parks staff will offer programming including sessions on the importance of safety and conservation, clinics on how to tie a knot, other fishing basics and more. The YEP also offers a mentorship program to help teach children how to fish.

The ribbon cutting ceremony and inaugural first cast takes place on Saturday, Oct. 7, from 10 a.m. to 1 p.m. The YEP is located at the Germantown Greenway Trailhead off Wolf River Boulevard near the Texas Gas Transmission Station. If interested in attending, visit www.germantown-tn.gov to register on EventBrite.

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COMMUNITY

Kiwanis recognizes twin Terrific Kids



Photo courtesy Don Eye

Mary Shelly Ritchey hugs her fourth grade twin sons after a Kiwanis Terrific Kids program at Farmington Elementary School. The program recognizes K-5 students demonstrating the qualities of being a good citizen. Jack and Cole were two of 35 Terrific Kids honored for the months of August and September. Sponsored by the Kiwanis Club of Germantown, the program has been in place since 1997. Club president Don Eye says the club TK advisors honor 1,000 K-5 students every year.

State Credit Union system elects new, continuing leadership for 2017-18

ARLINGTON, VA - The National Association of State Credit Union Supervisors (NASCUS) recently empaneled new and continuing leadership during elections for the NASCUS Board and Credit Union Advisory Council.

Members of the NASCUS Credit Union Advisory Council are elected by credit union members of the Council, which are mostly state-chartered credit unions

from across the nation. Jeff Dahlstrom, President of Southeast Financial Credit Union in Franklin, Tennessee, was appointed to a one-year term. The council advises the Regulator Board on issues of importance to credit unions.

The National Association of State Credit Union Supervisors (NASCUS) is the primary resource and voice of the state governmental

agencies that charter, regulate and examine the nation's state-chartered credit unions. NASCUS membership is made up of state-chartered credit unions, state regulators and other supporters of the state credit union system. NASCUS is the only organization dedicated to the defense and promotion of the state credit union charter and the autonomy of state credit union regulatory agencies.

PTSD

From Page 1

began talking to his neighbors, and working in his garden. His wife stopped coming with him since he was no longer in danger of harming himself.

A few sessions later he came in, sat down and started talking. He told me about 10 horror stories of his war experiences, any one of which would have totally devastated most of us. It was

his way of saying, 'I'm OK now.' We looked at his brain map and it was transformed. But most importantly, his life was literally saved."

NeuroSource works with the VA Hospital locally to provide these treatments at no cost to veterans suffering from PTSD. For more information, visit www.neurosource.net.

While PTSD is one area

of treatment, functional neurofeedback has been used successfully with many brain issues including opioid addiction, helping those in recovery STAY in recovery. For a bibliography of published research visit the site of the International Society for Neurofeedback & Research at www.isnr.org.



Photo courtesy Linda Bourassa

Dr. Dale Foster with NeuroSource and his wife, Lee Ann, work to help people with post-traumatic stress disorder (PTSD), anxiety, autism, addiction and other problems using neurofeedback. NeuroSource works with the local VA Hospital to provide services to veterans with PTSD at no charge.

National Federation of Republican Women recognizes local club for achievement

Award bestowed during Biennial Convention

PHILADELPHIA – Republican Women of Purpose, Shelby County, Tennessee won the national Diamond Award for Achievement during the National Federation of Republican Women (NFRW) 39th Biennial Convention held Sept. 14-17 in Philadelphia.

More than 425 awards were given out to clubs that demonstrated excellence in membership development, campaign activities, community relations, programs and club functions over the past two years. Local attendees were Kay Kelsey, President of RWOP; Barbara Trautman, NFRW Committee Chair and TFRW 1st Vice President and Millie Gump, past RWOP President and current area nine Vice President.

The NFRW Achievement Awards program is designed

to enhance teamwork among members of each club, said NFRW Achievement Awards Chair Gwen Ecklund of Iowa. Using the Achievement Awards worksheet as a guide for planning club activities produces a well-balanced club program. It establishes standards of performance for club functions, membership development, programs, campaign activities and community relations.

"An outstanding number of clubs from across the country responded with entries in our biennial achievement awards program," Ecklund said. "It's great to recognize these clubs for their achievements, but it's even more exciting to see the results of their focused programming and outreach in their communities that increase the effectiveness of

women in the cause of good government. Reading the award applications confirms the impact NFRW members have in promoting the principles of freedom, equality and justice upon which our government is founded."

Founded in 1938, the National Federation of Republican Women is the largest and most influential Republican women's group in the nation, proudly representing the party that first made it possible for women to vote in the U.S. The NFRW works to increase the effectiveness and relevance of women in the cause of good government. Our mission remains to recruit and elect Republican candidates, promote the principles of the Republican Party, educate the public, and inform the media.

Winning student addresses Kiwanis



Rasil Khotea spoke to the Kiwanis Club of Germantown at their weekly meeting on Thursday the 31st. Rasil was informing Kiwanians of the Aga Khan Foundation Run/Walk in Collierville on October 22. Rasil is a 5th Grader at Farmington Elementary School and was the Kiwanis LA-MS-TN District speech contest winner in June. He is the son of Shamshuddin Khotea and Rubina Lalani of Germantown.

Bears

From Page 1

and we went 'bear-hunting,'" Turetzky said.

After donating to the CAC, the lodge gave bears to the Harwood Center, an organization for children with developmental disabilities. At the time, he said, the center had a classroom by the Jewish Community Center (JCC).

"We went in and met someone from Harwood there, and we thought, 'Let's expand this,'" Turetzky said. "We checked with the Jewish Family Service (now JCC), and then we went ahead and we found Wing's Cancer Foundation, which is the fundraising operation of West Clinic. So we started providing them with teddy bears, first for the one center in Memphis, and the past few years for all of their locations in the area."

the American Red Cross, flooding victims, hurricane victims, and we also use them for military personnel and their families at the Millington base before they get ready to ship out for training," Turetzky said.

A nonprofit medical mission called Tikkun Olam Nicaragua received some animals, too—400 bears went to that group the first year the local lodge donated, Turetzky said, added he knows they gave at least 800 bears to that cause over the years.

All in all, that's a lot of teddy bears.

"I just added up an estimate, and I know we've crossed 30,000 mark," Turetzky said.

Brith International Diverse Minds program, high school students write and illustrate children's books and the lodge publishes one a year, and donates the books to libraries and schools through Shelby County. The winner receives a \$5,000 scholarship and the runner-up a \$2,000 scholarship, he said.

"Those are really interesting," Turetzky said, adding that locals, such as Harold Steinberg, have sat on the review committee for the Diverse Minds program. "You're talking about really sharp folks who donate their time to do this."

Turetzky said most people appreciate the smaller bears, and recalled a law enforcement officer who rescued children from terrible home environments, such as crack houses. He received a teddy bear, and thanked Turetzky for it with tears in his eyes.

"It's not just the little ones who appreciate it. The police officers, agents like (him), first responders, they have to see this day in and day out and they always appreciate the token," Turetzky said.

B'nai Brith is a staff-directed group made up of men and women and is a mix of Orthodox, Conservative and Reform Jews, Turetzky said.

"You get a good diverse mixture," he said.

B'nai Brith does other good in the community, as well. Through the B'nai

Most of the folks in B'nai Brith who do the bear-hunting are retired, like Turetzky, who was a longtime schoolteacher, although that's not a requirement—it's just because retired folks tend to have more time to embark on such missions.

For victims of disasters, Turetzky said the lodge collects bears and donates them to the American Red Cross to distribute—over the years, they've gone to various places.

The last seven to eight years, the lodge has been able to get bears online and new technologies have helped streamline the purchase and collection process.

A lot of people stay involved in the project and keep it going, and Turetzky said he couldn't take all the credit for the teddy bear program.

"Sometimes, it's the small things that can mean the most," he said.