



The 2016 Miss Gastonia Scholarship Pageant winners are Miss Gastonia's Outstanding Teen Ashlyn Glass, Miss Gastonia Jordan Adcox, Miss Gaston County Jasmine Isaac, and Miss Gaston County's Outstanding Teen Marissa Garrison (left to right).

Busy year ahead for pageant winners

Four young women have a busy year ahead of them after winning crowns at the 2016 Miss Gastonia Scholarship Pageant.

The Gaston region's newest beauty queens are Miss Gastonia Jordan Adcox, Miss Gastonia's Outstanding Teen Ashlyn Glass, Miss Gaston County Jasmine Isaac, and Miss Gaston County's Outstanding Teen Marissa Garrison.

Over the next year, they will make public appearances, be involved in community service, and go on to compete in Raleigh at the Miss North Carolina Scholarship Pageant.

Below is information about each winner:

■ Jordan Adcox, Miss Gastonia 2016

Adcox is the 17-year-old daughter of Jeanne Adcox of Mooresboro. A senior at Chase High School, she was Miss Gastonia's Outstanding Teen in 2014. For the talent competition, Adcox performed a jazz dance to "Shut Up and Dance." She also won the swimsuit competition. She plans to attend Clemson University and major in pre-law. Her community service program promotes the importance of volunteerism.

■ Ashlyn Glass, Miss Gastonia's Outstanding Teen 2016

Glass is the 15-year-old daughter of Devon and Jennifer Glass of Mount Holly.

She is a student at Stuart W. Cramer High School. For the talent competition, she sang "Defying Gravity" from the Broadway musical, "Wicked." Her community service program raises awareness about cyberbullying.

■ Jasmine Isaac, Miss Gaston County 2016

Isaac is the 20-year-old daughter of Errol and Tonya Isaac of Fayetteville. She is a student at UNC-Charlotte where she is majoring in biology and Spanish. She won the pageant's talent competition with her performance of "My Heart Will Go On" on the piano. Her community service program is titled "Let's Move - Raising a Healthier Generation

of Children."

■ Marissa Garrison, Miss Gaston County's Outstanding Teen 2016

Garrison is the 14-year-old daughter of Phillip and Barbie Garrison of Mount Holly. She is a student at Stuart W. Cramer High School. She performed a musical theater dance to "I Want the Good Times Back" to win the talent competition. Her community service program promotes the Dance Abilities Academy.

Other awards were presented to Abbey Collins, who was named the first runner-up, and Mary Scott Norris, who was named the second runner-up. Makayla Wykle received the Etha

Hawkins Bumgardner Congeniality Award, and Chania Thompson, a student at East Gaston High School, was the runner-up in the Outstanding Teen competition.

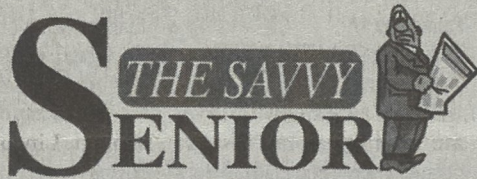
The pageant held Saturday, July 25 at Stuart W. Cramer High School featured 14 contestants competing in interview, talent, swimsuit/fitness and evening wear categories. Young women ages 13-24 years who live, work or attend school within a 100-mile radius of Gastonia were eligible to enter the pageant.

More than \$59,000 in cash and in-kind scholarships were made available to the contestants. Belmont

Abbey College, Cleveland Community College, Gardner-Webb University, Gaston College and Paul Mitchell - The School in Gastonia provided in-kind scholarships again this year.

The new Miss Gastonia, Miss Gaston County and Outstanding Teens are available for public appearances. Upcoming appearances include the Lincoln County Apple Festival, Cotton Ginning Days Festival, Cleveland County Fair and Gastonia Christmas parade.

For more information about the pageant or to schedule an appearance, visit www.missgastonia-pageant.com or call (704) 827-7277.



By JIM MILLER
Editor



How to Reduce Your Medication Costs

Dear Savvy Senior,
Can you recommend any tips to help me save on my medication costs? I currently take five different prescription medications that are very expensive even with insurance.
Searching Susan

Dear Susan,

There are actually a variety ways you can reduce your out-of-pocket medication expenses without sacrificing quality. Here are a few strategies that can help, whether you are covered by employer-based health insurance, a health plan on the individual marketplace, or a private Medicare Part D drug policy.

Know your insurance formulary rules: Most drug plans today have formularies (a list of medications they cover) that place drugs into different "tiers." Drugs in each tier have a different cost. A drug in a lower tier will generally cost you less than a drug in a higher tier, and higher tier drugs may require you to get permission or try another medication first before you can use it.

To get a copy of your plan's formulary, visit your drug plan's website or call

the 800 number on the back of your insurance card. Once you have this information, share it with your doctor so, if possible, he or she can prescribe you medications in the lower-cost tiers. Or, they can help you get coverage approval from your insurer if you need a more expensive drug.

You also need to find out if your drug plan offers preferred pharmacies or offers a mail-order service. Buying your meds from these sources can save you some money too.

Switch to generics: Ask your doctor or pharmacist if the medications you're taking are available in a generic form or a less expensive brand-name drug. About 75 percent of all premium drugs on the market today have a lower-cost alternative. Switching could save you between 20 and 90 percent.

Pay for generics yourself: Most generic medications cost less if you don't use your insurance. For example, chains like Target and Walmart offer discount-drug programs (these programs will not work in conjunction with your insurance) that sell generics for as little as \$4 for a 30-

day supply and \$10 for a 90-day supply, while some insurance companies charge a \$10 copayment for a 30-day supply.

Ask your pharmacy if they offer a discount-drug program and compare costs with your insurance plan. You can also find free drug discount cards online at sites like NeedyMeds.org, which can be used at most U.S. pharmacies.

Split your pills: Ask your doctor if the pills you're taking can be cut in half. Pill splitting allows you to get two months worth of medicine for the price of one. If you do this, you'll need to get a prescription from your doctor for twice the dosage you need.

Try over-the-counter drugs: Ask your doctor if a nonprescription medication could work as effectively as a more expensive prescription drug. Many over-the-counter drugs for common conditions such as pain-relievers, allergy medications, anti-fungals and cold-and-cough medicines were once prescription only. But be aware that if you have a flexible spending account or a health savings account, you'll need to get a doctor's prescription for the over-

the-counter drugs (except insulin) to get reimbursed.

Shop around: Drug prices can vary widely from drugstore to drugstore, so it's definitely worth your time to compare prices at different pharmacies. To do this use GoodRX.com, a Web tool that lets you can find prices on all brand name and generic drugs at virtually every U.S. pharmacy.

Search for drug assistance programs: If your income is limited, you can probably get help through drug assistance programs offered through pharmaceutical companies, government agencies and charitable organizations. To find these types of programs use BenefitsCheckUp.org, a comprehensive website that lets you locate the programs you're eligible for, and will show you how to apply.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

General and Non-Emergency Transportation



CAROLINA SPECIALTY TRANSPORT

What Else Do We Offer?

- Weekend & Day Trips
- Restaurant Visits & Shopping
- Out Of Town & Out Of State Trips

Member



704.824.2455

Serving the Metrolina Region of North & South Carolina

www.carolinaspecialtytransport.com



Carolina Specialty Transport provides professional transportation services when transportation by automobile is not an option and the high cost of an ambulance is not warranted. Our vehicles are equipped with portable ramps.