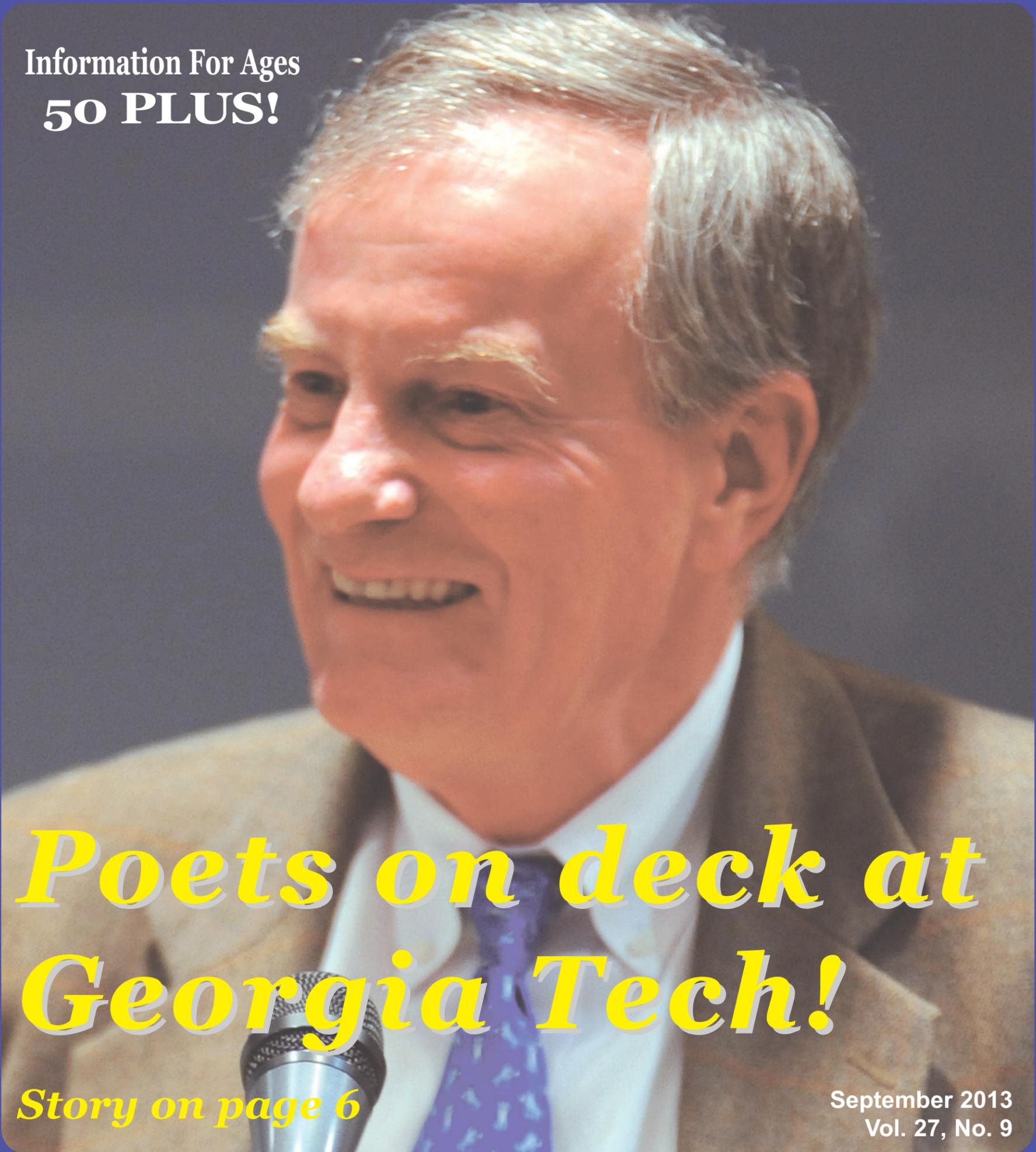


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***Poets on deck at
Georgia Tech!***

Story on page 6

September 2013
Vol. 27, No. 9

Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts)

as space permits.

SO THANKFUL

by Loretta Foster

*I am so thankful
Yes so thankful
For now I see*

*All the wisdom you bestowed unto
me*

*You gave me life
All I desired
You gave me strength
When my limbs grew tired*

*I have had my ups
Suffered my downs
I chose to worry about
The choices I have made*

*You gave me smiles
Ease my frowns
There was pain within
My heart the price I have paid*

*Lord you gave me free will
From the time I was born
As I grew my choices were torn
Some false while others true*

*Each choice made with its own
dues
From the time we are born
Our lives are set in motion
Through your powerful grace*

*Our lives are ordained by
God's notions without knowing
The heart mankind is quick
To judge and ignorant to look*

*For endings before
They start we look past your
wisdom'
We dance
We laugh*

*So we suffer when you have
Laid down our paths
For you have opened our hearts
You alone know where we belong*

*Along this path called life
I am so thankful
So thankful*

Yes, so thankful

GOD SPEAKS

by Kathleen Eidson

*I sat beside a lake at dusk
And heard the voice of God.
It came from skies and birds and
trees,
From flowers, rocks, and sod.*

*The waters told of calmness,
The birds sang of His care.
The trees spoke of their silent trust
With arms aloft in prayer.*

*The rocks proclaimed His
changeless might,
The flowers his beauty knew,
While over all, like spreading love,
His skies stretched wide and blue.*

*If you need strength to bear the
weight
Of coming days and weeks,
Come sit beside a lake with me,
And listen while God speaks.*

THE REASON FOR THE SEASON

by Frankie Lee

*The seasons, they are changing
So very, very fast
It seems like this year's summer
Is almost gone and past*

*Time goes by so quickly
We don't even have a chance to
think
So much is changing
Before our eyes even blink*

*We must make time
And use it smartly
By not just hoping days go by
But making each day very special
Or really, really try*

*If there is one great thing
In each day that we do
If we touch one person's life
Our days wasted are few
If we wake up smiling
And go to bed with prayer
We have had a great day
And made memories too*

*Our life is a gift
Given to us by God
Not to be wasted
In any way
But cherished each hour
Of our precious day*

*The seasons are changing
And so are you
Each day is a gift
Unwrap it slowly in all you
may do
God bless you too*

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The Next Chapter

Book Recommendations by
ANNE B. JONES, PhD

Becoming a Well Woman: Ending the Cycle of Abusive Relationships and Finding True Love, Catherine Fendig, Linkpoint Publishing 2011

Secrets of Meditation: A Practical Guide to Inner Peace and Transformation, davidji, Hay House Inc. 2012

One of our society's puzzles is why some develop the resilience to overcome childhood abuse and become psychologically healthy while others spiral deeper into darkness, becoming abusers themselves. As a teacher, I encountered so many abused and confused children I made it my mission to learn how to help them. The result was an education doctorate with a dissertation on the causes and prevention of violence. Knowing few adults would read my violence prevention curriculum for teens and no one in their right mind would read a 300 page dissertation, I spent years learning how to craft a thriller, putting my theories in *Tides of Fear*. Its setting is my home area, St. Simons and the Georgia coast.

On my last visit to St. Simons,

my husband Sidney and I took Cap Fendig's Dolphin Tour. This miraculous experience brought us many encounters with dolphins, the delight of seeing "Bird Island" and Cap's insightful commentary. Coming from generations of tugboat pilots, he knows the coast like the back of his hand.

During the tour he shared that his wife is a writer. She is also a survivor, an example of strength and resilience who overcame an abusive childhood that bled into her adult years. *Becoming a Well Woman* is a memoir of Catherine Fendig's journey from darkness to light. In the book, she describes her childhood, its affect on her as an adult, and how she found purpose and love. Having overcome so much, she too now has a mission. As an inspirational author and speaker, she tells her story, explaining how she became "whole" and how others can help themselves. Among her topics are breaking free of the cycle of abuse, addiction and despair through personal growth; setting boundaries; overcoming negative patterns; and taking the spiritual path.

Secrets of Meditation: A Practical Guide to Inner Peace and Transformation is a must-have for those who seek serene and reflective lives. And doesn't that apply to all of us? I started meditation last

November, have not missed a day, and the practice has changed my life. Among the results are a reining in of impulsiveness, an increased tendency to think before I speak and a more pervasive sense of calm.

In *Secrets of Meditation*, author davidji tells of his journey to awakening and self-fulfillment as he presents a wide variety of meditation techniques. Among his topics are "The Benefits of Meditation," "Secrets of Body-Mind Meditation," and "Cultivating a Daily Meditation Practice." According to Deepak

Chopra, "davidji's inspiring stories of awakening gently guide the reader through the mystical world of meditation, making it practical and accessible to all who desire more present-moment awareness in their lives." Meditation is found to be an effective tool for defusing stress, quieting the mind, and overcoming Attention Deficit Disorder and memory loss.

You may contact Anne at annebjones@msn.com; annebjones.com.



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Actos	30mg	100 tabs	\$658	\$334	\$109	83%
Advair	250/50	60 doses	\$175	\$110	N/A	39%
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7511 Auden Trail

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Advertising Account Executives

Janet Tassitano

Phone: 770-993-2943

Email: jan@jjmconsulting.com

Linda Conyers

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

Contributing Columnists

Susan Larson

Dr. Bill Baggett

Mary Frances

Lisa M. Petsche

Dr. Anne B. Jones

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CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636

FAX: 478-929-4258

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Senior News & Views of Georgia

Having graphic memories of grade school

by SUSAN LARSON

When I've taken my grandchildren out to buy school supplies, I can't help but think back to growing up in a school system that provided all our supplies.

In first grade, all we had to bring were an empty Vicks jar for paste which we kept in the inkwell hole in our desk and a square of wax paper to wrap around the ball of clay we could play with when we finished our work. We received a box of Crayolas and a fat black crayon to use for writing. Mid-year we graduated to unpainted pencils which were so much fun to sharpen every morning. We also had unlimited access to this really cool one-inch graph paper for making designs with our crayons. My parents really got their tax dollar's worth out of all that paper I consumed!

In fourth grade, we did have to buy a faded blue cloth binder (I think that's all they made back then) and some notebook paper. Our teacher still handed out those unpainted pencils, but this year added dip pens and instead of Vicks jars, those holes were filled with ink.

In fifth grade we graduated to fountain pens, but in early February we made history. While the rest of the nation was celebrating our first space satellite, our teacher informed us that we were the first class ever to

be issues ball point pens.

Decades later I was a little taken aback when I learned I had to buy school supplies for my kids, but I must admit it turned out to be fun. I made sure they had real Crayolas and Fiskar scissors which they kept in a little cigar box in their desks. In later years they started having the students share all their supplies in common bins. I experienced that first hand while doing a long term sub in kindergarten. Yes, some of the kids brought in quality supplies like mine always did, but most kids brought in pencils, crayons and scissors of the dollar store variety. The leads in the pencils were not straight down the middle and were nearly impossible to sharpen. The cheap scissors would hardly cut and the cheap crayons were mostly wax with very little color rubbing off onto the paper.

And that wasn't all that had changed since I was in school. Kids couldn't use clay unsupervised because it might get ground into the carpet. If they finished their work early, they were just given more worksheets to keep them busy.

Since I had such fond memories of that big-squared graph paper in first grade, I created some for the kids thinking they would have fun with it. I was told to remove it because creating designs on graph paper was not part of the Kindergarten curriculum, and even if

it were, it was more of an art activity and only art teachers were allowed to teach art.

Oh, well, it wouldn't have been as much fun with those cheap crayons, anyway. But I do have some stashed in a drawer for when my grandkids visit.

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.

Ms. Senior Georgia follows mother's footsteps

Special to Senior News

Cindy Wood, from Monroe, Georgia, was crowned Ms. Senior Georgia 2013. She also won the Ms. Congeniality trophy. Sixteen years ago, her mother, Jerrye Short from Stone Mountain, won both titles. This is the first time in the pageant's history that a mother and daughter have both been crowned Ms. Senior Georgia.

Wood, age 62 and Short, age 85, like to spread the word that there are many opportunities out there for senior women to stay active and educate other seniors about healthy living.

Spiritual Notes

What would Jesus do?

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

In recent years I have become aware of the lack of civility in our country. We hear snide speech, put downs, experience rudeness in stores and on the roadways. Obviously so many folks have not read the Scriptures or "Miss Manners."

Following is a good illustration of this point:

"A man was being tailgated by a stressed out woman on a busy boulevard. Suddenly, the light turned yellow, just in front of him. He did the right thing, stopping at the crosswalk even though he could have beaten the red light by accelerating through

the intersection. The tailgating woman was furious and honked her horn, screaming in frustration as she missed her chance to get through the intersection, dropping her cell phone and makeup. As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her out of the car with her hands up. He took her to the police station where she was searched, fingerprinted, photographed and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting office was waiting with her personal effects. He said, 'I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the buy in front of you, and cussing a blue streak at him. I noticed the *What Would Jesus Do?* bumper sticker, and chrome-plated Christian fish emblem on the trunk. Naturally, I assumed you had stolen the car.'

My guess is that all of us can identify with this woman. She was

not living up to what she was advertised to be.

Jesus said on a number of occasions (Matthew 7:12, Luke 6:31): "Do to others as you would have them do to you." The Apostle Paul said in Ephesians 4:29: "Do not let any unwholesome talk come out of your mouth, but only what is helpful to building others up according to their needs, that it may benefit those who listen." James 3:9-10 reads: "With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth comes praise and cursing. My brothers this should not be."

It seems that civility is collapsing all around us. But Christ can change hearts by His love and the overflow of that love into our relationships. In even the simplest ways we can do our part to restore civility to our society, one life at a time. Ask yourself, "What Would Jesus Do?"

Dr. Baggett can be reached at Dunwoody Baptist Church, 1445 Mt. Vernon Road, Atlanta, GA 30338; phone 770-280-1200.

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Taking Care

On their own: Helping a relative who is newly alone

by LISA M. PETSCHÉ

When the loved one they have been living with passes away, many older adults face the challenge of learning to live alone, often for the first time.



Lisa Petsche

If there was a division of labor with their partner, they must either learn new life skills – for example, managing the household

finances, maintaining their home's condition inside and out or performing domestic tasks such as cooking, cleaning and doing laundry – or obtain help if feasible. If their spouse was the more physically or mentally able of the pair, living independently may pose special challenges.

If you have a parent or other close relative who is new to living alone, read on for some areas of potential concern and how to help.

Helping Tips

Medication management: Request a medication review by your relative's primary physician to determine if all medications being taken are still necessary. Ask their pharmacist about available aids for organizing and remembering to take medications. Ensure all prescriptions are filled at one pharmacy.

Nutrition: Set up a schedule to take your relative grocery shopping, arrange for a grocery delivery service, stock their freezer with heat-and-serve foods or arrange for "meals on wheels" service. Signing them up for a "Cooking for One" class at an adult education center or community center is another idea. If your relative finds it hard to eat alone, encourage them to tie in mealtime to radio or television programs of interest, look into communal dining programs and regularly have them over for dinner.

Household maintenance: Arrange for regular housecleaning service and, if applicable, yard maintenance service. If your relative has limited income, they may qualify for a subsidized community program. Consult the local office on aging, an excellent source of information on a wide variety of community services.

Transportation: Provide your relative with a bus pass or taxi gift vouchers, or investigate volunteer driver programs for seniors. If necessary, find out about accessible transportation services in their community.

Vision: Ask your relative's doctor for a referral to an ophthalmologist. If nothing can be done to improve their vision, get them a magnifier for reading small print, and other adaptive items such as a large-keypad telephone and a clock with oversized numbers. List important phone numbers on a poster board (use black lettering on white), and place it on the wall by their

phone.

Falls: Perform a safety assessment of your relative's home to identify potential hazards – for example, clutter, poor lighting and lack of proper stair railings – and do what you can to rectify them. Visit a medical supply store and check out the many products that might make daily activities easier and safer. Sign up your relative with a personal emergency response service, whereby they wear a lightweight, waterproof pendant or bracelet that has a button to press if they run into a crisis and need help.

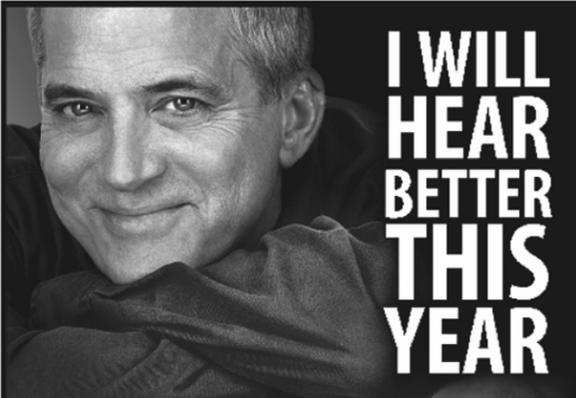
Finances: If money management is an issue, arrange for direct deposit of pension checks and automatic bill payment for your relative's bank account. Assist your relative with contacting a lawyer to assign power of attorney for property to one or more people they trust. If they are experiencing financial hardships without their spouse's income, ensure they apply for all possible government and private benefits, such as survivor's pension and income supplements. If necessary, assist them with moving to a smaller house or apartment suite or applying for rent-geared-to-income housing.

If your relative has cognitive impairment and their partner was compensating, deficits may now be more pronounced or perhaps apparent to you for the first time. If this is the case, arrange through their pri-

mary physician for a geriatric assessment. Research home supports such as telephone reassurance services, therapeutic day care programs and home health services that offer personal care, homemaking, nursing, dietary consultation, physical and occupational therapy and social work. A live-in caregiver is another option if finances permit. If your relative needs more help than community programs can provide and the cost of private-pay services is prohibitive, options include moving them in with you or another family member and finding a residential care setting that meets their needs.

If feelings of isolation and loneliness are the main concern, your relative may wish to consider taking in a boarder, sharing accommodations with a relative or friend, relocating to an active adult community or, if their health is frail, moving into a retirement home. They should not make such a major decision hastily, though – encourage them to carefully consider their options.

Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior issues. She has personal and professional experience with elder care.



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INSIGNIA SENIOR LIVING

On the Cover

Poets on deck at Georgia Tech

by SUSAN LARSON

Photos courtesy of Jenny Rainwater

ON THE COVER

Bruce McEver, endowing of McEver Chair at Georgia Tech

Georgia Tech may not seem a likely place to be promoting poetry, but GT poetry professor, Thomas Lux, says, "Poetry is the most exact, precise kind of writing there is, and it takes a great deal of attention to get more out of fewer words."

Considering how efficiency is an important aspect of engineering, it might just follow that poetry is a matter of engineering words.

Georgia Tech boasts two poetry chairs and not only offers a strong poetry program to its students, but also reaches out to the public with free poetry reading and workshops.

In 1987, the late Henry C.



Thomas Lux holds Bourne Chair in Poetry at Georgia Tech

Bourne and his wife Margaret created the Bourne Chair in Poetry. As an electrical engineer, he was grounded in the belief that there was a strong connection between the sciences and the arts.

Bruce McEver, who graduated from GT as an industrial engineer, credits his then English Professor James Dean Young for his love and understanding of poetry. McEver believes that his understanding of the relationships between the mechanical arts and fine arts formed the foundation of his business acumen and success. He has published three chapbooks and two books of poetry, "Full Horizon" (Jeanne Duval Editions) and "Scaring up the Morning" (C&R Press). His poems have also appeared in many national publications. McEver wanted all Tech students to be able to enhance their lives by integrating the technical aspects of engineering with techniques of poetry, so he endowed the McEver Chair so that the School of Literature, Communication, and Culture of the Ivan Allen College can bring top writers to campus. This year the McEver Chairs are held by David Bottoms, Ginger Murchison, and Travis Denton. They also have two McEver Chairs in Community Outreach, Katie Chaple and Theresa Davis, who will be bringing poetry instruction and arts education to the entire state of Georgia.

Lux currently holds the Bourne Chair and has written 11 books, the latest being "Child Made of Sand: Poems." (Houghlin Mifflin Harcourt.) And with Lux being an engineering term, how interesting that he provides so much enlighten-

ment for the poetry program: "We need poetry now more than ever. Poetry, and all of the arts, can help us cope and understand the world around us. The arts allow us, and allow us access to, human expression, a precious and necessary freedom. Poetry, the act of making or reading a poem, is by nature an affirmative act, an act of creation and possibilities."

Their events for the upcoming year are all free and open to the public at the Kress Auditorium located at 500 Tenth Street, NW. No tickets or reservations are required. And for any readers wanting to express themselves through poetry, *Senior News* welcomes all senior poets to submit their work for publication. As Lux points out, "We need poetry now more than ever."

Upcoming events

- Thursday, Sept. 26, 7:30 p.m.: Bourne Poetry Readings, Terrance Hayes & Afaa Michael Weaver
- Thursday, Nov. 7, 7:30 p.m.: The Adam Stephens Night Out for Poetry, Anne Marie Macari & Stephen Dunn
- Thursday, Feb. 6, 2014, 7:30 p.m.:



Travis Denton is Associate Director of Poetry at Georgia Tech and a McEver Chair.

McEver Poetry Readings, Sandra Meek, Bruce McEver & Rupert Fike

Free poetry workshops are being planned for 2014. For more information, e-mail travis.denton@lcc.gatech.edu or visit www.poetry.gatech.edu.

Retired physician wins Georgia Writing Contest

Special to *Senior News*

The Georgia Writers Museum in Eatonton recently announced the winners of their

first Creative Writers Contest. Entries came from all over the state, with many submissions from seniors.

Winning top prize was retired physician Barry Darugar, with "The Loot Desert." Dr. Darugar graduated Summa Cum Laude from Tehran University School of Medicine in 1959 and among other accomplishments served as Chief Resident of the Surgery Department at Emory University. In his retirement he turned to writing, a field in which he has also become very successful. He has multiple publications in various journals and last year he won first prize from the Georgia Poetry Society.

The Georgia Writers' Museum will honor Georgia's rich literary heritage with permanent exhibits for prominent Georgia authors. The museum will also offer writing workshops, seminars, youth activities, as well as host writers' groups and conferences. The future also includes more writing contests. More information is available on their Facebook page at Georgia Writers Museum.

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Sleep Tight; Don't Let the Bed Bugs Bite!

by **KELVIN COLLINS**
President/CEO, BBB of Central Georgia & the CSRA, Inc.

Squeezing in one more vacation before the summer's out? Make sure it's one to remember... and not because your hotel was infested with bed bugs. In a recent survey, the National Pest Management Association (NPMA), www.pestworld.org, found that 75% of pest control professionals have encountered infestations of bed bugs in hotels and motels. Just because the room looks nice doesn't mean there's not a creepy crawler waiting for you in bed.

Take the time to ensure that your hotel room is bug free before you settle in. BBB and the NPMA recommend the

following tips to avoid bed bugs when traveling:

Inspect the room before settling in. At hotels, pull back the sheets and inspect the mattress seams, particularly at the corners of the mattress, and check the room in its entirety (behind the headboard, sofa, and chairs) before unpacking. If you see any signs of bed bugs, such as small red or reddish brown spots on mattresses, upholstery, or walls, notify management and change rooms/establishments immediately. Check the hotel's refund policy; you may be entitled to a full or partial refund.

If you do need to change rooms, be sure that you do not move to a room adjacent and/or directly above/below the suspected infestation. Bed bugs can easily hitchhike via housekeeping carts, luggage and even through wall sockets. If an infestation is spreading, it typically

does so in the rooms closest to the origin.

Safeguard your belongings. Consider placing your suitcase in a plastic trash bag or protective cover during the duration of your trip to ensure that bed bugs cannot take up residence there prior to departure.

Clean and wash your luggage and clothing immediately upon your return. Remember: bed bugs travel by hitching rides. After your trip, inspect your suitcases before bringing them into the house. Vacuum your suitcase thoroughly before storing away. Consider using a garment hand steamer to steam your luggage, which will kill any bed bugs or eggs that may have hitched a ride home. Wash all of your clothes – even those that have not been worn – in hot water to ensure that any bed bugs that may have made it that far are not placed into

your drawers or closets.

For a closer look at bed bugs, and more ways to protect against them, visit AllThingsBedBugs.org.

For more tips you can trust, visit www.bbb.org.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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Atlanta CALENDAR

Senior Citizen Services

1705 Commerce Drive, NW, Atlanta. For information on programs offered call 404-351-3889.

Cobb Senior Services

• Administrative Office: 1150 Powder Springs St., Suite 100, Marietta, GA 30064, 770-528-5355
• For events & activities: www.cobbse-niors.org

Multipurpose Centers:

(Seniors age 55+)

- East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
- Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
- North Cobb Senior Center: 4100 Old Highway 41, Acworth, GA 30101, 770-975-7740
- West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200

Neighborhood Centers:

(Seniors age 60+)

- Austell Neighborhood Center: 4915 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
- Marietta Neighborhood Center: 1150 Powder Springs St., Marietta, GA 30064, 770-528-2516
- Senior Wellness Center: 1150 Powder Springs St., Suite 100, Marietta, GA 30064
- North Cobb Neighborhood Center: 4100 Old Highway 41, Acworth, GA 30101, 770-974-2984

Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance at 404-613-6000, or visit www.myfultoncounty-ga.us.

Senior Multipurpose Facilities

- Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900. "Council on Aging,"

Mon.-Fri., 8:30 a.m.-5 p.m.

- H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.
- Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.
- Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers

- Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
- Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
- Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
- Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
- Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
- Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
- Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
- Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
- Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
- New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
- Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
- Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
- Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583
- St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
- Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-

4901.

- Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

- Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.
- Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
- Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center

225 Benson Street, Lawrenceville 770-822-5180.

Gwinnett Senior Center

225 Bethesda Church Road, Lawrenceville, 770-822-5147

Bartow County Senior Center

Cassville, 770-383-7383
www.bartowga.org

Fayette Senior Services

4 Center Drive, Fayetteville 770-461-0813. Call for complete details on services offered.

CLUB 55

The Bridge Community Center 225 Willowbend Rd., Peachtree City www.thebridge-cc.org

- Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit www.thewypers@bell-south.net.

Alzheimer's Support Group

On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

Parkinson Disease Support Groups

For information on Parkinson

Disease Support Groups in the metro area, please contact Lynn Ross, LMSW, Coordinator, American Parkinson Disease Association Information & Referral Center, Emory University, at 404-728-6552 or slross@emory.edu.

Multiple Sclerosis Center of Atlanta
Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite

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Creekside Pines

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www.CreeksidePinesSeniorLiving.com

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CALENDAR
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550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.mscaatl.org.

Alzheimer/Caregiver Support Group Meeting

First Mon. each month, 10:30 a.m. Free respite care for your loved one during meeting, must call in advance. Aloha to Aging, Inc. located in the Mt. Bethel Community Center, 4608 Lower Roswell Rd., Marietta. Call 678-439-1177.

Square Dance Class

Singles & couples welcome; free childcare, ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit www.squaredealers.com.

Button Gwinnett Society

Meets quarterly at the 1818 Club for fellowship and interesting speakers. Meetings begin at 6 p.m. For complete details call Elliott at 770-840-1003 or elliott@brack.net.

Greater Atlanta Archaeological Society

Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.

Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-679-1349.

Atlanta History Center

130 W. Paces Ferry Road, NW, Atlanta; 404-814-4033, LMassey@AtlantaHistoryCenter.com

High Museum of Art

1280 Peachtree St., NE, 404-733-4437; www.high.org

Center For The Arts At Georgia Tech

404-895-9600; www.ferstcenter.org

Schwartz Center For Performing Arts, Emory University

1700 N. Decatur Rd; 404-727-5050; www.arts.emory.edu

The Michael C. Carlos Museum

Emory University, 571 Kilgo Circle 404-727-4282; www.carlos.emory.edu

Fernbank Museum of Natural History

767 Clifton Rd., NE. 404-929-6300, www.fernbank.edu/museum

Theatre In The Square

770-422-8369, www.theatreinthesquare.com/library_dragon

Callanwolde Fine Arts Center

980 Briarcliff Rd., NE, Atlanta. For complete events details call 404-872-5338 or visit www.callanwolde.org

Alpharetta Convention & Visitors Bureau Park Plaza

178 South Main St., Suite 200, Alpharetta. Call 678-297-2811.

Georgia Museum of Art

90 Carlton St., University of Georgia, Athens; 706-542-4662; www.uga.edu/gamuseum/press

Alpharetta's Main Street Markets

Third weekend of each month. Call 678-297-6078.

Cumming Fairground Events

Call 770-781-3491 for schedule of events.

Atlanta Artists Center and Gallery

2979 Grandview Ave., 404-237-2324, www.atlantaartistscenter.org

The Breman Museum

For information call 404-575-3767 or visit www.thebreman.org/jgsg.htm.

Balzer Theater at Herren's Luckie Street

www.theatricaloutfit.org 404-577-5257

Rialto Center for the Performing Arts

Georgia State University, 404-651-4727, www.rialtocenter.org

Jimmy Carter Presidential Library

441 Freedom Parkway, 404-865-7100, www.jimmycarterlibrary.org

Center For Southern Literature Margaret Mitchell House & Museum

990 Peachtree St., 770-578-3502. www.gwtw.org

High Museum of Art Folk and Photographer Galleries

133 Peachtree St., 404-577-6940

Spivey Hall, Clayton College & State University

5900 North Lee Street, Morrow 770-961-3498, www.spiveyhall.org

The Atlanta Opera

28 West Peachtree Street, N.W. 404-881-8885/1-800-35.OPERA www.AtlantaOpera.org

The Mable House Arts Center

5239 Floyd Road, Mableton 770-819-3285; cobbcounty.org; mable-house.org

Marietta Museum of History

770-794-5710 or mary@mariettahistory.org

Friends of Smyrna Library

100 Village Green Circle, Smyrna www.friendsofsmyrnalibrary.org 770-436-8062; Third Thursdays

Georgia Center for the Book DeKalb County Public Library

215 Sycamore Street, Decatur 404-370-8450, www.georgiacenterforthe-book.org

Roswell Library

115 Norcross St., Roswell 770-640-3075

East Point Library

2757 Main St., East Point 404-762-2094

Buckhead Library

269 Buckhead Ave., Atlanta

Scott-Candler Library

1917 Candler Rd., Decatur 404-286-6986

Atlanta World War II Round Table

Preserving History. For information call John Kovach at 770-928-4579 or visit our website at <http://atlantawwiiroundtable.org>.

East Cobb AARP

AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Contact Joan Ferrandino at 770-579-5191 or Arlene LeClair at 770-321-9789.

Woodstock AARP Chapter 5173

Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kuzniak at 770-928-5640.

Sandy Springs AARP

Meets the 2nd Tues. of each month at 2:00 p.m. in The Dorothy C. Benson Senior Center, 6500 Vernon Woods Drive, Sandy Springs. Contact Miriam Hahn at 404-252-2989 for information.

PALS Lunch 'n Learn Sessions

For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.

Senior Connections' Adventures In Learning Classes

Mack Love Senior Center, 1340 McConnell Dr., Decatur
Online catalog available at www.senior-connectionsatl.org or call 404-321-6060.

Monthly Sacred Harp Singing

Thurs., Sept. 5, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Awake My Soul*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit www.atlantasacredharp.org.

Monthly Song Circle

Fri., Sept. 27, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, spirituals, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For directions and more information call Bob at 404-378-5424.

Volunteers Needed To Deliver Food

South Fulton Senior Services Inc. (SFSS) is a non-profit agency. Its mission is to provide a range of services and activities which promote wellness, wholeness and self-sufficiency for adults, sixty (60) years of age and older, who reside in South Fulton County.

SFSS has serviced the South Fulton Community for 21 years. In order to enhance the level of support and services, volunteers are needed to help deliver meals on wheels. Service areas include: East Point, Hapeville, College Park, Union City, Fairburn, Rico, Palmetto, and Chattahoochee Hills. If you would like to become a volunteer for meals on wheels, please contact Debra Hood or Adam Surfus at 404-559-0070.

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NOTICE TO ALL VETERANS
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Because of the lack of burial space land devoted to a national cemetery, we at Gwinnett Cemetery Group proudly... have dedicated a Garden of Honor to accommodate honorably discharged Veterans and SPOUSES. As an Honorably Discharged Veteran who does not already own cemetery property, you qualify for a space at NO CHARGE. Payment of endowment care and deed transfer fees required. However, you must register for the space and show proof of an Honorable Discharge Certificate for the space. Spaces will be granted on a first come, first-served basis. To assure a reservation for you and your spouse mail coupon below to:
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CALENDAR

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Get Connected with SeniorNet

at the Marcus Jewish Community Center of Atlanta

SeniorNet is an international, non-profit computer learning program designed to teach adults ages 50 and over computer literacy. The Marcus Jewish Community Center of Atlanta bears the unique distinction as being one of only three SeniorNet learning centers operating in the metro Atlanta area.

The SeniorNet curriculum covers a broad spectrum of computer-related courses including learning beginning, intermediate, and advanced Microsoft Windows applications (word processing, database, spreadsheets), discovering the Internet, how to buy a computer, the ins and out's of email, learning how to use a mouse, basic typing skills, buying and using a digital camera, digital photography and Adobe Photoshop elements, PowerPoint, buying and selling on eBay, designing web pages, and fun with graphics.

SeniorNet programs at the MJCCA are available to both members and non-members. Trained volunteer instructors teach computer classes that are specially designed and paced for older adults. Classes are limited to 12 students each allowing for a meaningful learning experience. All classes are held in the ORT Computer Technology Resource Center at the MJCCA Zaban Park campus.

The Marcus Jewish Community Center of Atlanta (MJCCA), "The Center of the Jewish Community," is committed to strengthening the quality of life in Atlanta, and is recognized as one of the most highly-regarded centers internationally. From preschoolers and children, to teens and singles, to adults and seniors - the MJCCA attracts a diverse audience from the entire community. Visit us on the web at www.atlantajcc.org.

Volunteers Need for Meals on Wheels

Senior Connections needs volunteers to deliver hot, nutri-

tious meals to homebound seniors in your area. Three convenient pickup locations in Chamblee, Decatur and Lithonia. Call 770-455-7602 or register to volunteer online at www.seniorconnectionsatl.org. Call for new class offerings.

New Neighbors League Club

Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

Volunteers Need for Meals on Wheels

Meals on Wheels volunteers needed in DeKalb neighborhoods. Deliver hot, nutritious meals to homebound senior neighbors in your area. Three convenient pickup locations including Chamblee, Scottdale and Lithonia. Call Senior Connections at 770-216-2574.

Congregation Shema Yisrael

4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100. The Open Synagogue holds services every Sat. at 10:15 a.m., Jewish Family and Career Services.

Congregation Beth Shalom

5303 Winters Chapel Rd., Atlanta 770-399-5300; www.bshalom.net

Achva Adult Day Club

The Achva Adult Day Club meets at Ahavath Achim Synagogue on Wednesdays and Fridays, 11 a.m.-3 p.m. Open to the community and provide meaningful activities for those with memory loss or physical challenges. Contact Leah Steiner at 404-603-5756 for information.

VOLUNTEER OPPORTUNITIES FOR 55+

The Metro Atlanta RSVP program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is currently accepting applications for volunteers to help educate older adults about issues that are important for remaining healthy and independent in their communities. Join a force of talented volunteers, age 55 and over, whose members are utilizing their unique life experiences and skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance.

For more information, please call 404-463-3119 or email enaumann@atlantaregional.com.

Alzheimer's Support Group

4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Harbin Rd., Morrow. For details call Gery Saunders at 770-961-2200.

Grandparents on the Move Meeting

Every 3rd Thurs., 10 a.m.-12 noon, Helene Mills Center, 515 John Wesley Dobbs Ave., Atlanta. Everyone invited. For details call 678-938-6649.

N.A.R.F.E.

All federal civilian employees and retirees are invited to join N.A.R.R.E. (National Active and Retired Federal Employees Association). Call T. Jerry Samples at 770-973-2834.

Lifespan Resources, Inc.

3003 Howell Mill Rd., NW
An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call Laurie Stokes, Executive Director, at 404-237-7307 or www.lifespanresources.com.

Volunteers Needed by CASA – Court Appointed

BUSINESS CARD SECTION

For Advertising Information Call
Janet Tassitano at 770-993-2943
or Linda Conyers at 770-924-6905

Special Advocates

Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit www.casacherokee.org.

Newnan-Coweta Habitat for Humanity ReStore

Open Tues.-Sat., 9 a.m.-5 p.m., 150 Pine Rd., Newnan. Donations accepted 9 a.m.-4:30 p.m. Tues.-Sat. Call 770-252-4061.

Atlanta Scrabble Club

Meets the 2nd Sat. each month, 10 a.m.-noon, Centerville Community Center, 3025 Bethany Church Rd., Snellville. Bring Scrabble games and dictionaries. Cost \$1 per person per game (in cash – exact bills, please). For details call 770-557-1343 or email doc2barbara@earthlink.net.

FODAC Needs Donations

4900 Lewis Rd., Stone Mountain. FODAC depends on your financial donations as well as your donations of medical equipment and household goods to our thrift store. You can donate online. You can also donate your used automobile. For complete details call 770-491-9014 or email: fodac@fodac.org.

The Matt Adler Entertainers

"The Matt Adler Entertainers," a Troupe O' Traveli' Seniors offers delightful entertainment for senior groups. One-act plays, skits, mostly comedy. Call Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com.

Care & Share Support Group

2nd Wed. each month, 10:30 a.m., Savannah Court of Marietta, 886 Johnson Ferry Rd., Marietta, 770-977-4420.

Harmony Grove UMC Events

50 Harmony Grove Rd., Lilburn

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CALENDAR
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770-921-7747

Columbia Presbyterian Church
 711 Columbia Dr., Decatur
 404-284-2441

Southern Winds Concert Band Welcomes 50 & Older Musicians
 Members meet together to share their love of music and the joy of playing together. No auditions. Typically, the band plays one concert each month. The band rehearses at Northbrook United Methodist Church, 11225 Crabapple Rd., Roswell, every Thurs., 2:30-5:00 p.m. For complete details contact Dorothy Parker at 770-993-2059 or e-mail arw1935@att.net.

Volunteers Needed
 Court Appointed Special Advocates (CASA) connects qualified, compassionate adults to advocate for children in the foster care system, one child at a time. You will be trained and equipped to advocate for a child's right to be safe, to be treated with dignity and to learn and grow in the security of a loving family. Connect with CASA by calling 770-345-3274, email at info@casacherokee.org or visit www.casacherokee.org.

Gallery at St. Edward's "Eyes and Hands"
 Through September 6th. Nineteen works by Mikki Root Dillon now on display covering her travels from Maine to New Mexico and Japan to Charleston, SC. The Gallery is located in the chapel at St. Edward's Episcopal Church, 737 Moon Rd., Lawrenceville. Free and open to the public. Call 770-963-6128 for complete information.

Fall Festivals – Mark you calendar!

- Sept 21 -Sept 22: JapanFest, 6400 Sugarloaf Parkway, Duluth, GA
- October 5: Union Point Junction Jamboree, Downtown Union Point, Union Point, GA
- October 12: Mule Day Southern Heritage Festival, Callaway Plantation, Washington, GA
- Oct 19 -Oct 20: Hummingbird Festival, Main Street, Hogansville, GA
- Oct 24 -Oct 27: Cowboy Festival & Symposium, 501 Museum Drive, Cartersville, GA
- Oct. 26: Briar Patch Arts Festival, Downtown on Courthouse Square, Eatonton, GA

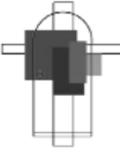
Magnolia Ball 2013
 Sun., Oct. 6, 4-6 p.m., Johnson Ferry Baptist Church, 955 Johnson Ferry Rd., Marietta. For seniors and their caregivers or adult children. MUST register – call 770-794-2968 to RSVP.

Magnolia Sampler Guild at Historic Bulloch Hall
 Sept., 20, 21, 23-28, 10 a.m.-4 p.m.; Sept. 22, 12-4 p.m., 180 Bulloch Ave., Roswell. Exhibit featuring antique samplers, needlework, tools, and embroidered works. Tour of Bulloch Hall included. Call 770-992-1731 for details.

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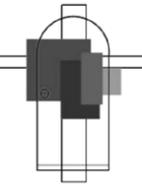
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Attention Advanced Knitters

Special to Senior News

Rosemary (Romi) Hill will be the featured instructor at the Atlanta Knitting Guild's Workshop from October 4-6. The nationally known knitter learned to crochet and bead in preschool. It was love at first stitch. She went on to master knitting and is now one of the world's most renowned experts in the craft. She now designs her own lace patterns and loves sharing her skills with others who love to knit.

All classes will be held at the Southeast Fiber Arts Alliance Center, 1705 Commerce Drive NW, Atlanta

Friday classes include Shapely Shawls and A Touch of Lace. Saturday classes include Beginning Lace Class and Ice Queen Cowl Class, wrapping up on Sunday with Lace Surgery Class, where knitters can learn how to undo a mistake without ripping out the entire project.

For more information about cost, supplies, etc., visit www.atlantaknittingguild.org.

Letter-to-Editors

Editors,

In today's jargon, there are two types of Community Service. One is the service that a person voluntarily performs for the benefit of his or her community. The other is an involuntary community service – a punishment. In this context, it is erroneous to term Community Service as an alternative to judicial punishment.

This reminds one of some judges who used to give convicted individuals a choice – either jail or the Army. The Army, or any other military service, does not need people who do not serve with enthusiasm and perseverance; and, neither do volunteer

organizations.

Involuntary community service, usually performed lackadaisically, should be termed obligatory or punitive public service to differentiate it from those who freely and enthusiastically serve their communities in a community spirited manner. And, non-volunteers should not be commingled with volunteers and given the appearance of being civic-minded individuals.

Involuntary service to the community is just that, and to call it "Community Service" is an affront to those who generously and freely give of their time and labor to their communities.

Sincerely
Jack H. Steed



BPC's Oldest Living Alumnus Visits Gates Hall

MOUNT VERNON's Brewton Parker College's oldest living alumnus, Mrs. Mell Whipple, along with her daughter Annette Ewing, paid a special visit to the college on July 24. During their visit, Whipple shared stories of the past with President Mike Simoneaux (center) and Interim Director of Development Dave Wallace (right). Whipple is the daughter of former BPC President Albert Martin Gates (1922-1941). Not pictured, Annette Ewing. Brewton-Parker College is the only accredited four-year Christian college south of Macon and north of Jacksonville, FL. The mission of Brewton-Parker College, a Georgia Baptist college, is to develop the whole student through the application of Biblically-centered truth to a liberal arts curriculum in a community of shared Christian values. Visit Brewton-Parker College online at www.bpc.edu.

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