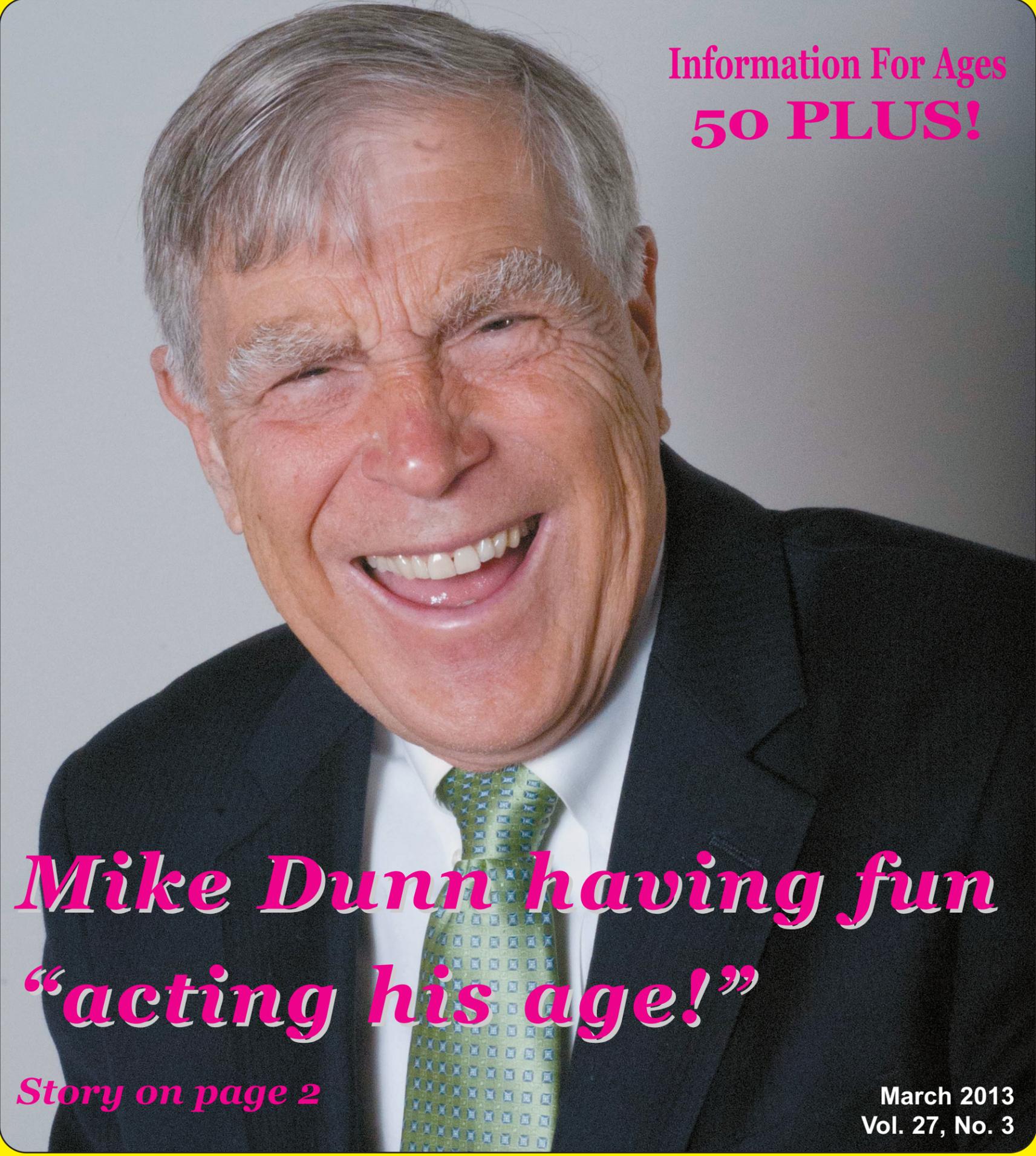


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*Mike Dunn having fun  
“acting his age!”*

*Story on page 2*

March 2013  
Vol. 27, No. 3

## On the Cover

# Mike Dunn having fun “acting his age”

by SUSAN LARSON

### ON THE COVER Mike Dunn

Atlanta native Mike Dunn had always been a pretty active guy, even running marathons. But then he started to let things slide and before



Mike Dunn posing as the “distinguished elderly gentleman” he is, both onscreen and in real life.

he knew it he was tipping the scale at 247 pounds.

“I felt lousy and lethargic,” Dunn said.

He signed up for a half marathon near Seattle where he was working at the time just to see if he could still do it.

“I made it but I came in dead last,” Dunn said.

He then went for a check-up and the doctor recommended he lose 20 pounds.

“I lost 20 pounds in 60 day,” Dunn said. “And then I figured if I could do that, I could lose another 20 pounds in another 60 days.”

He trimmed down to a healthy 172 pounds, perfect for his height. But it wasn't only about his health. Dunn was about to retire and return to Atlanta.

“I didn't want my old friends seeing me looking like a slob,” he said.

He continued to run marathons, with as many as 13 events in 2012. He's now set a goal of running a marathon in every state. At age 74, he has fewer than a half dozen to go and he still takes on a sentimental favorite now and then like

the St. Patrick's Day Marathon in Atlanta where he can run past his alma mater, Bass High School.

Running was fun, but Dunn was looking to see what else he could do in his retirement. He heard they were making a movie in Macon and on a whim checked into a few Web sites to see about being an “extra.” In July of 2012 landed a role as an usher in “42,” a movie about Jackie Robinson. A few months later, in “Identity Theft” he doesn't actually appear on screen, but there is a shadow looming in the background that he knows is his. So far, his biggest role is as

Michael Douglas's best friend in “Last Vegas. His character dies at the beginning of the movie and his first real acting experience involved holding his breath for 30 seconds while lying in a casket. But it's one more item on his resume and he has already been typecast in the files as “a distinguished elderly gentleman.” Obviously a role he is not going to outgrow. And his his wife, Carol, made her acting debut as one of the mourners at his funeral!

Dunn offers practical advice for seniors wanting to get paid to act their age. First, he said, “Never give your credit card number to anyone and never pay any kind of fee. The legitimate companies pay you.”

Once chosen to be on camera, don't be discouraged if you don't actually end up in the movie. You get paid the same \$8 an hour just for being there.

Be prepared to be patient and come with tough skin. Dunn said when you see movies about directors



Mike Dunn running one of the marathons on his agenda to run in all 50 states.

and how they yell at people demanding perfection, that's really the way it is. They do yell and it can take as long as 10 hours to perfect the scene to their satisfaction.

To help advance your career, Dunn said to hang around the assistant directors. When they need someone, they will grab whoever is near them and it could result in an upgraded role.

Although the pay is paltry, the food is fantastic. All actors have all day access to a buffet table that Dunn says rivals anything at the Ritz Carlton.

Once you've broken into the business, so to speak, Dunn advises that you do not list “extra” on your resume. Be specific about each role, even if you are just a shadow of the character in which you've been cast!

To get get your film career rolling, visit [tammysmithcasting.com](http://tammysmithcasting.com) [hiltoncasting.com](http://hiltoncasting.com) or [clcasting.blogspot.com](http://clcasting.blogspot.com) or [marinellacasting.com](http://marinellacasting.com).

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# The Next Chapter

## Book Recommendations by ANNE B. JONES, PhD

*Spirit Horses*, Alan S. Evans, Oceanview Publishing 2009  
*The Trouble With Charlie*, Merry Jones, Oceanview Publishing 2013  
*The Devil's Madonna*, Sharon Potts, Oceanview Publishing 2012

This month, Senior News is spotlighting Oceanview Publishing. This publishing house drew my attention when I read praise for *Spirit Horses*. The book was so appealing I chose it as the March selection for my local book-club.

As a reviewer, I wondered why I had not previously come across Oceanview. Suddenly, I felt instant identification. As a regional author, I face an uphill battle against the best-selling author-giants. I feel like David in Goliath's territory. On the national average, ninety percent of the money for book promotion goes to the top ten percent of authors. Anyone not a John Grisham, Tom Clancy or James Patterson can face marketing problems.

Like authors, independent publishers also have a difficult road. Most of us know the big publishing houses as well as we know the Grishams and Pattersons. Some of the best books, and publishers, can be overlooked in the shadows of the giants.

According to its website, Oceanview focuses on "works that exhibit a strong sense of place and setting; compelling protagonists and supporting characters; tension that builds throughout a book's narrative; seamless, gripping, and suspenseful story lines; and authenticity." This proves true with *Spirit Horses*. An unusual work, it provides a ride through an inspiring story of resilience and triumph.

The setting begins in Tennessee where Shane Carson, a nationally-recognized horse trainer finds a wild mustang on his farm. Identifying the horse by its brand, Carson realizes the creature is a "spirit horse," somehow separated from the herd that runs free on a Wyoming Shoshone reservation. Mythically linked to the afterlife, the horse's unexplained presence is startling.

When tragedy strikes, Carson becomes determined to honor a promise

to his son and return the horse to its home. His saga is filled with vivid descriptions, suspense, and insight into native-American culture.

Local reader Brenda Bozeman describes the book as emotional from beginning to end. "What Carson learns on his journey changes him. He learns lessons in dealing with loss and finding purpose. It's as vivid as a movie and the author is a master of imagery."

The following are other books from Oceanview:

*The Trouble With Charlie* by Merry Jones, is a mystery in which a woman trying to cope with the ending of her marriage discovers her husband dead on her couch. Her pain intensifies with his death. At the same time, she's seen as a suspect. This entertaining story involves the supernatural, the bonds of friendship, and the solving of murder.

Do we really want to know our family history? *The Devil's Madonna* by Sharon Potts is the story of what happens when a young woman seeks answers in a determined quest for truth. Her obsession with uncovering her grandmother's secrets leads to discover-

ies that are not only unexpected but may prove deadly.

\*\*\*\*\*

You may contact Anne at [annebjones@msn.com](mailto:annebjones@msn.com); [annebjones.com](http://annebjones.com).

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## Gwinnett Library offers altered way of page turning

by SUSAN LARSON

The Gwinnett County Library is always coming up with ways for people to enrich their lives with books. Authors' visits, the Gwinnett Reads and Fall into the Arts programs, children's story times, the list goes on. But in 2009 they came up with a new way to stimulate the mind with books: The Altered Book Contest. The contest was so popular, the library has sponsored it every year since!

In this contest, co-sponsored by the GCPL and Hudgens Art Center, artists of any skill level are invited to take an old book and use unlimited imagination and unlimited recyclable materials to turn their book into a work of art. Participants may submit an "Altered Book" entry to any of the county's fifteen branches throughout the month of April.

If you're feeling unsure of what possibilities your book can open up to you, the library and Hudgens will be offering free workshops to introduce altered book art techniques at the Hudgens on Saturday, March 9th. Two

sessions will be offered, one for youth, (grades 6 through 12), from 10 am to 12 pm and one for adults, (ages 18 and up), from 1 pm to 3 pm. To reserve a seat in the workshop, please email [info@thehudgens.org](mailto:info@thehudgens.org) to RSVP by March 6th.

Judging for the contest will take place in May, and select entries will be exhibited at the Hudgens Center for the Arts from June 8th through September 7th. The opening reception for the exhibit will take place on Friday, June 14th at 4 pm.

Last year the Altered Books Contest received over 40 entries. Submissions from 2009-2012 can be viewed online at [gwinnettpl.org](http://gwinnettpl.org).

This jointly sponsored contest has captured the eye of the entire art community and won Honorable Mention for Arts Partnership by Artworks! Gwinnett for their collaboration on the 2011 Altered Books contest and Pulp Fashion exhibit.

For more information about turning your pages into Altered Books, or other library programs, please visit [www.gwinnettpl.org](http://www.gwinnettpl.org), find GwinnettLibrary on Facebook,

Google+, and Pinterest, or call (770)-978-5154.

\*\*\*\*\*

Susan Larson is a writer from Lilburn. E-mail her at [susanlsarson79@gmail.com](mailto:susanlsarson79@gmail.com).

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Senior News & Views of Georgia

## Real answers to Heart and Artery Disease

by William Richardson, MD, MSPH  
Medical Director of the  
American Clinics for Preventive  
Medicine, Inc., www.acpm.net

**O**ne early morning in the winter of 1980, I served as an intern assistant to a surgeon during emergency replacement of a patient's main artery, the aorta. The aorta loops up from the heart towards the neck and then runs through the chest into and through the abdomen supplying oxygen and nourishment throughout the body. Often times, because of hardening of the arteries (atherosclerosis), the portion of the aorta running through the abdomen leaks or ruptures necessitating emergency surgical repair. I found myself witnessing such an occurrence.

During the emergency surgery, I observed that the inside of our patient's aorta was consumed with loads of fatty, greasy, gristle-like material. This experience was so amazing to me that the next day, I conducted library research and checked out a bunch of books to find out what causes this disease that affects 85% of Americans over 40 to 50 years of age. It must be noted that

hospitals and other medical institutions did not, and still do not, effectively stress the prevention of "atherosclerosis." I have been on a campaign against heart & artery disease ever since.

- Athero – Artery
- Sclero – Hardening
- Osis – Too Much Of

For the most part, atherosclerosis is caused by fatty deposits, cigarette smoking and uncontrolled chronic diseases such as high cholesterol, diabetes and hypertension. Examples of the disease causing foods include most animal products like cheeseburgers, fried chicken and fatty meat cuts, as well as refined grain products. This disease has been proven to be reversed and prevented by controlling high cholesterol, hypertension and diabetes and also smoking cessation, eating whole foods and a more plant based diet. The great thing is that significant reduction in atherosclerosis can be accomplished without drugs.

There is a new weapon against atherosclerosis and the heart & artery diseases it causes. The treatment is called IV-Chelation (pro-

nounced "key la tin") Therapy. During this therapy, a vitamin mineral laden intravenous bag with a man made amino acid called EDTA (ethylene diamine tetraacetic acid), is slowly infused (3 hours) into the patient. Recent studies i.e. Chelation Therapy Assessment by NIH (National Institute of Health) show some benefit to patients with heart disease and even more benefit to those with diabetes.

In our own experience, when chelation is combined with a disease reversal program (involving strong detoxification and other diseases reversing methods), the clinical improvements in patients with heart and artery diseases (clogged arteries-coronary artery disease, high blood pressure, high cholesterol, etc.) is truly awesome. For more information on this subject and more in the field of preventive medicine visit www.acpm.net or call 770-419-4471.

If you have a specific question or want more information on disease reversal treatment for heart & artery disease, on chelation therapy, etc., please email me at drwrich@att.net

Look for our upcoming article on "Why heart & artery disease treatments don't work well."

## Spiritual Notes

### Called to Discipleship

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

**O**n March 17th many Americans will celebrate St. Patrick's Day. St. Patrick is the Catholic Patron Saint of Ireland. Historians tell us that he was an Englishman who became a missionary to the people of Ireland.

There are many legends attributed to the saint. One of the tales was that St. Patrick drove all the snakes out of Ireland; when, in reality, there were no snakes in Ireland. There are other symbols that have

emerged around this celebration. The Shamrock is used to explain the Holy Trinity. The leprechauns, dressed in green, are tiny creatures with magical powers for good and evil. Popular food for this day is corn beef and cabbage as well as the green beverages.

Cities and towns around the world have created their own ways of celebrating this holiday. Rivers and streams are turned green, religious services are held by many faith groups, and numerous other activities are reported each year. St. Patrick's Day Parades are held in numerous cities, the first one in New York City on March 17, 1762.

While all the celebrative events and symbols are significant to the Irish and to descendants of Ireland worldwide, we should not forget Patrick's calling. His reason for being in Ireland was to convert pagans to Christianity. His sacrificial and selfless ministry was the reason for his ultimate Sainthood.

In the book of Matthew 28: 19-20, Jesus instructed His disciples to: "Go and make disciples of all nations, baptizing them in the name of the Father and the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

I believe Patrick understood these words of our Lord and followed His command. There are many present day disciples, like St. Patrick, who are called to be missionaries in foreign lands. Obviously, we are not all commissioned into foreign service; however, we are called to be disciples of Christ. A disciple is defined as "One who subscribes to the teaching of a master and assists in spreading his teaching."

Enjoy Saint Patrick's Day and give thought and prayer to your personal discipleship.

\*\*\*\*\*

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 Attitude is everything as we age

by LISA M. PETSCHÉ

**T**here is no shortage of information in the media about how to improve your health



**Lisa Petsche**

through positive lifestyle changes such as eating more nutritiously, exercising and not smoking. Did you know, though, that changing your mental attitude can go a long way toward improving your well being?

Even if you do not consider yourself a naysayer, make it a point over the next few days to scrutinize everything you think and say; you might be surprised.

For instance, how much of your self-talk and communication with others contains the words “can’t,” “don’t,” “shouldn’t,” “couldn’t” and “never?” Do you frequently start sentences with “if only,” “I cannot believe” or “I hate it when?” And do you use phrases such as, “it’s impossible,” “I have not choice,” “that’s terrible” and “why me?”

Unfortunately, it is much easier to be pessimistic and critical of yourself, others and the world in general than to be optimistic and enthusiastic.

It does not help that the mass media thrive on disaster, failure and discord. All this publicity not only perpetuates the negativity but also creates more. And it is true that misery loves company: when we complain aloud, other people usually join in, reinforcing the gloom.

Negative thinking takes many insidious forms: doubt, worry, catastrophizing (magnifying the importance of upsetting events), focusing on our own shortcomings or those of others, seeing only the flaws in proposed plans, dwelling on what we perceive to be lacking in our lives, approaching life from the perspective of entitlement (believing that we are owed certain things), denial, inflexibility, hopelessness, and regarding the world as an uncaring, even hostile place.

By-products of such thinking include self-absorption, depression, defensiveness, self-criticism, destructive criticism of others, sarcasm, distrust, blame, jealousy, bitterness, self-pity, avoidance, indecision, chronic complaining, low self-esteem, resistance to change, helplessness and passivity.

Negativity is harmful not only to your physical and mental health – generating stress that can lead to illness – but also to your spiritual well-being and the well-being of people around you.

Here are some ways to accentuate the positive instead:

- Limit your exposure to the news
- Use positive self-talk. Emphasize phrases such as “I can,” “I will,” “I choose.”
- Be generous with praise and encouragement and cautious with criticism (giving only the constructive type)
- Cultivate a healthy sense of humor.
- Accept realities you cannot change and focus instead on those you can influence.
- Seek out inspirational stories of people who have beat the odds.
- Trust that there is a valuable lesson in every type of adversity. And remember that no matter what happens, you always have a choice about how to respond.
- Stay connected to people who care. Minimize contact with those who are negative or self-centered.
- Find an outlet for expressing your thoughts and feelings, such as talking with a friend or keeping a journal.
- Pick your battles; do not make a major issue out of every concern.
- Do not dwell on past mistakes, hurts or other unpleasant events.
- Look for the good in people and situations. Demonstrate empathy; give others the benefit of the doubt and practice forgiveness.
- Do something you enjoy each day; read, listen to music or take up a hobby.
- Identify sources of stress in your life then eliminate as many as possible and learn to manage the rest. Practice relaxation techniques, such as deep breathing.
- Seek help from your primary physician or a counselor if you continually feel sad, angry or overwhelmed. Depression is treatable.
- Let go of the need for perfection and be flexible about plans and expectations. Take things one day at a time.
- Be receptive to learning new ways of doing things and try new activities.
- Practice random acts of kindness.
- Set aside some quiet time each day; it nurtures your spirituality and helps to keep you grounded.
- Finally focus on the good things in your life, such as supportive relationships, and seek beauty and tranquility through appreciation of various kinds of art as well as nature. Be sure to count your blessing and learn to live in the moment, enjoying life’s simpler pleasures. It makes for a happier and healthier you.

\*\*\*\*\*

*Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior issues.*

**Accentuate the positive**

# 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.

\*\*\*\*\*

## NOBODY KNOWS by Minnie Pearl Ellis

Nobody knows what the Lord has for you.  
You just have to wait and see.  
You have to open up your heart.  
In order for the Lord to help you.  
You just have to wait and see.

My life was in a real mess.  
He came along one day and surprised me.  
He filled my heart full of joy,  
And saved my soul.  
That's what the Lord did for me that day.

Nobody knows.  
\*\*\*\*\*

## HOW QUICKLY TIME GOES BY by Frankie Lee

Times passes much to fast  
It seems so unreal  
You're young and energetic and having fun  
You think it will stand still

But soon the journey begins to happen  
And much to quickly too  
And you celebrate your 50th birthday  
Where did the time go by?

You never even though time goes away  
You only had fun and used to play  
The future, My God, seems so far away  
You really felt that time was on your side  
Until this very day

A birthday and a card from AARP  
You look in the mirror  
And say, This can't be me?  
Where did it go, and how so fast  
I thought this youth  
Would last and last

And suddenly, here I am  
Feeling fine and well until  
I look out of my eyes  
And the mirror did tell

I am older not old, just older that's all  
I am wiser not shorter and just as tall  
I think I look fine  
Different as I used to be  
But still the same person  
In the mirror looks back at me

It's funny we seem the same  
But know deep inside that we aren't  
We are now older and things have

changed

Another birthday  
I should be glad  
But in reality  
I am a little sad

I wanted this life to last and last  
And now it goes by  
Not slowly but so FAST

I want my youth back  
And how it used to be  
And then I thank God  
For just being me  
\*\*\*\*\*

## HOMEWARD BOUND by Vera King

"Welcome to my world" and  
The elderly masses of Medicare  
To the ramps and slopes for sliding  
On the slippery ice of age  
Like toddlers taking careful steps  
With approval hanging in the balance

Welcome to our wealth of wisdom  
Once sought by schools of knowledge  
And now ignored for almost naught  
By well-meaning family members  
And high priced places of placement  
"While the days dwindle down"  
To the end of our days and nights  
For a far better place to abide

And the Welcome Mat waits  
To welcome us back Home.  
\*\*\*\*\*

## ON GOD'S HEALING BALM WE CALL by Henry N. Goldman

When illness our frail form over takes,  
These mortals, some unknown sickness rakes,  
And no cure be found to heal our soul;  
Then to God we turn to make us whole.

Is this His way of testing us,  
To see if we in Him do trust?  
Or, is it some forgotten pledge,

Makes Him, remove from us His hedge?

If it be, Lord, I've failed some task,  
Then Your forgiveness I ask.  
Whatever the reason my illness be,  
I pray Your healing hand on me.

Only You can heal this weakened soul,  
May Your sweet balm this frame enfold.  
Give me strength and renewed health,  
Restore me Lord to my normal self.

And when Your healing is complete,  
And I'm once more upon my feet,  
I'll not forget Your lifting me,  
With all my heart I will praise Thee.

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# Nifty Nineties

by MARY FRANCES

Mount Vernon Towers hosted the ninth annual “Nifty 90’s Party” sponsored by the National Charity League (NCL) of Dunwoody on Sunday, January 27, 2013. Young ladies dressed in characters from the Alice in Wonderland novel and seniors donning their most fantastic bonnets, joined in the Towers dining room for this once-a-year celebration. A delicious buffet meal was served and festive music and lots of balloons enhanced the party atmosphere.

Seventh grader, Molly, dressed as Alice, graciously served dainty

sandwiches and a cupcake to 96-year-old Ruth. Molly was assisted by Emma, dressed as the Mad Hatter. The three of them enjoyed chatting together. Ruth says she loves being at Mt. Vernon Towers.

“This is so much fun,” said Felicia Borreson, Chair of the 2013 Mother-Daughter Tea. “Everyone has gathered to participate--so much laughing and talking. We’re having a great time. This is a very important date.”

Julie Moyers, President of the group, was dressed in her own flamboyant hat and described her mother-daughter organization to the noisy guests. “For more than 50 years, the NCL has thrived as one of the

nation’s most distinctive and well-respected non-profit mother-daughter membership organizations. NCL is dedicated to volunteerism and supporting philanthropies through hands-on service to communities. Currently, NCL has more than 45,000 members and thrives through nearly 200 Chapters in 19 states. Annually, NCL members from coast to coast volunteer approximately one million hands-on hours. “Today it is our pleasure to hold our Mad Hatter Tea Party for Mount Vernon Towers’ ninety-year-old residents,” Moyers concluded.

Mount Vernon Towers is a senior independent living community in the heart of Sandy Springs. It offers a variety of activities and social events, dining and 24-hour security,

with a 26-bed personal care - Assisted Living wing. You can get information about Mount Vernon Towers on their website: [www.MountVernonTowers.com](http://www.MountVernonTowers.com) or call them at 404-255-3534.

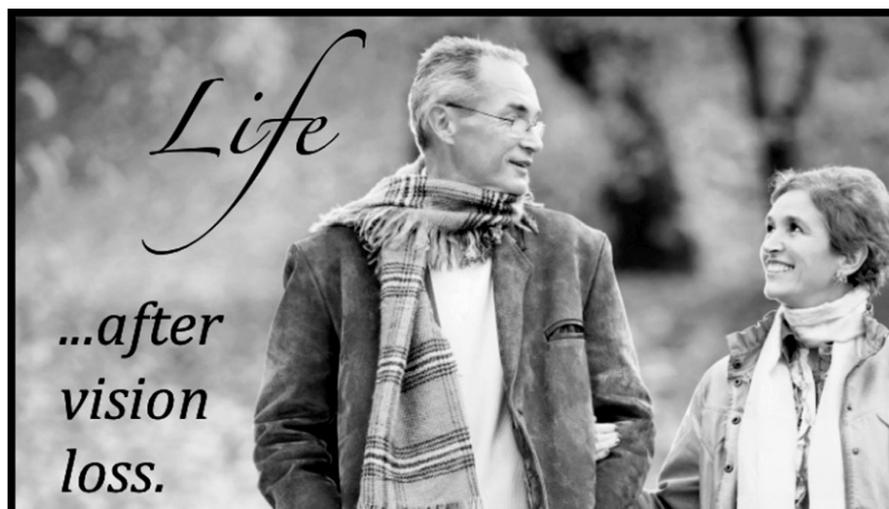
For more information about the National Charity League, Inc. contact Louise Plonowski 678-492-9956 or e-mail her at: [louise@gilbertshepard.com](mailto:louise@gilbertshepard.com).



A Hat of Beauty Worn by Marilyn Hendix



The Mad Hatters Party



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Ruth with the two of Clubs worn by Kenna Bouknight and the five of Hearts worn by Abigail Quidley.

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## Southern Strategy of American Revolution highlighted in February meeting of Philadelphia Will Chapter NSDAR

Submitted by **DEBBIE HOUSTON**  
Media Chair, Philadelphia Winn  
Chapter NSDAR, Lawrenceville

In honor of Georgia Day on February 12, Historian, Author Robert M. ("Skeet") Willingham, Jr., spoke on the topic, "The Southern Strategy in the Revolutionary War," at the February meeting of the Philadelphia Winn Chapter National Society Daughters of the American Revolution.

Willingham began by stating that the British created their "Southern Strategy" during the latter years of the Revolutionary War. During the early period, battles raged in Northern cities – Boston, New York, and Philadelphia. Later, though, the British designed a plan to crush and separate the four most Southern colonies from the remaining nine, a strategy fittingly called "Separating the Four from the Nine."

The British soon learned, however, that Southern Patriots were not easily intimidated. Willingham used the Battle of Kettle Creek as an example. On Valentine's Day, 1779, a Loyalist militia found itself sur-

rounded by a militia of Patriots on an isolated hill outside Washington, Georgia. From the woods, the Patriots sprang and defeated the Loyalists.

Willingham described this method of coming out of nowhere to fight a surprised foe as guerrilla warfare. The British, however, fought in a more traditional way – marching in open formation as if war were a kind of "gentleman's sport." Willingham said the movie "The Patriot," starring Mel Gibson, portrayed the American technique of modern warfare in a correct way.

The Battle of Kettle Creek proved that Southern Patriots would indeed fight and protect their families and neighbors, many of whom were new "upcountry" settlers. Security for them meant the region could expand and grow.

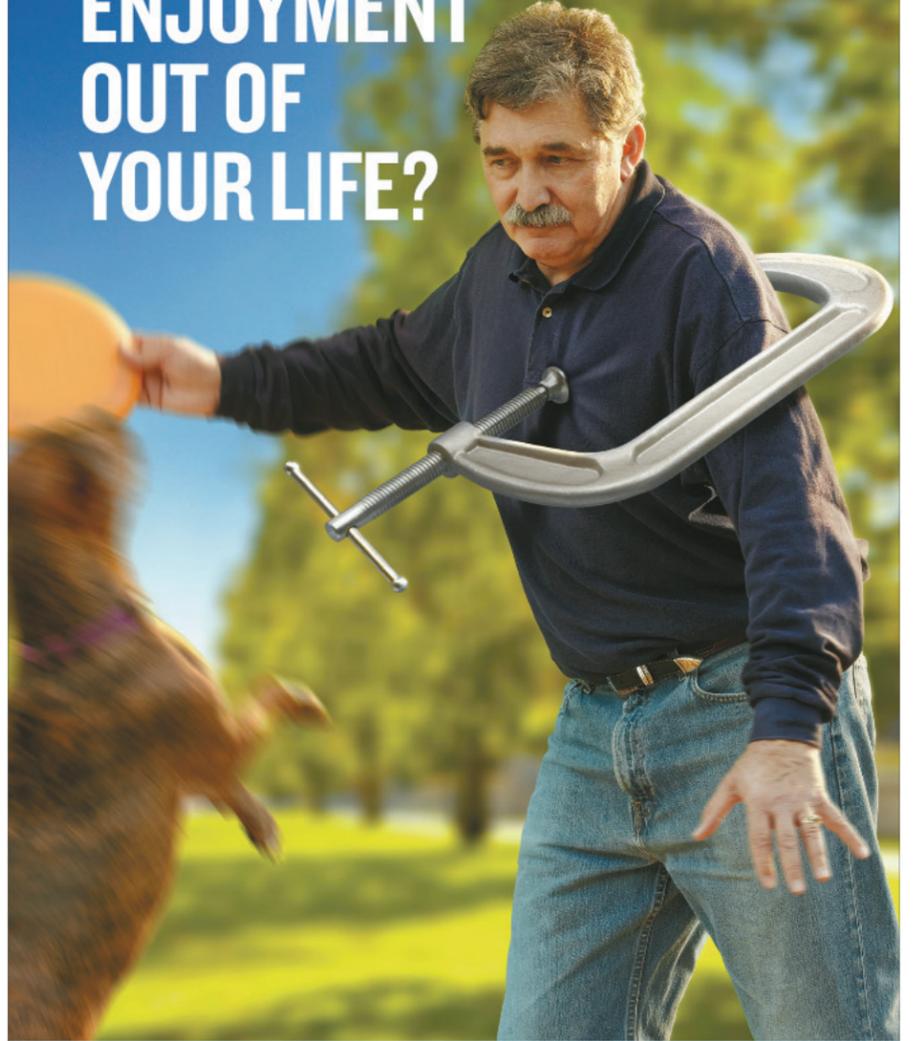
Willingham is a native of Washington, Georgia, and has authored more than fifteen books, including "History of Wilkes County, Georgia" and "Deadly Trust: The Mysterious Disappearance of the Nelms Sisters."

If you would like to join the Philadelphia Winn Chapter NSDAR, please email [philwinndar@gmail.com](mailto:philwinndar@gmail.com).



Historian, Author Robert M. ("Skeet") Willingham

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Each individual must be 21 or older, and will be evaluated to determine his or her eligibility. Qualified participants will receive either the investigational therapy or placebo, or continue with current approved angina treatment options, providing researchers with a standard comparison to the investigational therapy. All participants will receive study-related medical exams and lab tests at no charge. Compensation for time and travel may be available.

To find out if you may qualify, visit [RENEWstudy.com](http://RENEWstudy.com) and call the area doctor below.

Contact: Amr Mohamed  
Arshed A. Quyyumi, MD  
1364 Clifton Road NE  
Atlanta, GA 30322  
770-686-8175

 **RENEW**study

# Out & About

## Jerry's Habima Theatre celebrates 20 Years of Excellence

Special to Senior News

**M**JCCA'S Jerry's Habima Theatre Celebrates 20 Years of Extraordinary Theater With the Lively Musical, *Grease: The School Version*. Jerry's Habima Theatre, Georgia's



Josh Howland as "Danny" and Bess Winebarger as "Sandy." Photo courtesy of www.PeachtreePix.com.

only theatrical company directed and produced by professionals, featuring actors with developmental disabilities, will celebrate its 20th anniversary season with the 50's-style musical *Grease: The School Version*. Jerry's Habima Theatre, recently featured in *American Theatre Magazine*, was the 2007 recipient of the *Spirit of Suzi Bass Award* for its long-term and consistent contribution to professionalism in Atlanta theater. All productions are held at the MJCCA's beautiful Morris & Rae Frank Theater, 5342 Tilly Mill Road, Dunwoody. Visit us online at [www.atlantajcc.org](http://www.atlantajcc.org).

Saba Silverman, Founding Chair explains, "Unless you have been a part of this remarkable theater over the past 20 years, it is hard to understand the magnitude of emotions that are felt by the actors, their families, and the audiences. Twenty years ago, I had to beg my friends to come and donate some money to support the show, and now Habima is a nationally-acclaimed, annual event that is a 'go-to' for Atlanta audiences. It has gone beyond my wildest dreams, and I am so amazed and awed each time I see a performance. I leave every show with a huge smile on my face."

Mark Benator, Habima actor said, "I've been involved with Habima since it started. It has meant so much to me, and to the other actors with disabilities, since there's not another theater like this in town." Benator continues, "We started with just a handful of people, and now we have

almost 40 actors, and sold-out performances, with audiences who are not only our family and friends."

Jerry's Habima Theatre, a program of the Marcus Jewish Community Center of Atlanta (MJCCA), is produced under the auspices of the MJCCA's Blonder Family Department for Developmental Disabilities, and the MJCCA's Department of Arts & Culture. Each year, together with local professional actors from the community, Jerry's Habima Theatre performers (ages 18+) present a Broadway musical. The Blonder Family Department is co-chaired by Ina Enoch and Lowell Fine. This year, Jerry's Habima Theatre's 20th Anniversary is co-chaired by Laura Dinerman, Saba Silverman, and Faye Siegel.

Lois Blonder, benefactor of Jerry's Habima Theatre in loving memory of her husband, Jerry Blonder, said, "Grease definitely is 'the one that I want' to showcase the 20th season of Jerry's Habima Theatre." It gives me such joy to see how far this theater has come in 20 years, and to witness all of the lives that have been deeply touched by it. From the dedicated actors that pour their hearts into each production, to the inspired audiences who can't help but respond with standing ovations; all are overcome with the enormous impact of these performances."

Professionally directed by Dina Shadwell, the productions also feature local theater artists, as well as interns from the MJCCA's theater company, Company

J. The participants of this special theater company achieve new levels of self-confidence, motivation, and socialization from the intensive three-month process of rehearsals and performances. This unique program provides a wonderful opportunity for developing new skills through a meaningful theater experience.

Ms. Silverman said, "Habima makes people want to look at their own lives and remember what is truly important – community and supporting one another regardless of differences. And the great music from *Grease* is just the way to celebrate!"

Ms. Blonder adds, "What makes me so proud of Jerry's Habima Theatre is that it provides a safe place for self-expression, allowing people to be themselves and come alive on stage, without the fear of not being accepted."

**Grease: The School Version:**

**Performances:** Thurs., March 7, 7:30 pm; Sat., March 9, 8:30 pm; Sun., March 10, 3:00 pm; Thurs., March 14, 7:30 pm; Sat., March 16, 8:30 pm; and, Sun., March 17, 3:00 pm.

**Ticket Prices:** General admission: \$35; Children 12 and under: \$15; MJCCA Members: \$25; Children 12 and under: \$10.

For additional information or to purchase tickets, call the MJCCA's Box Office at 678-812-4002, or visit on-line at [www.atlantajcc.org/boxoffice](http://www.atlantajcc.org/boxoffice).

# Out & About

## 51 Reasons to Visit Columbus, Georgia!

Special to Senior News

**F**or a while now, we've been sharing with you the 51 reasons to visit Columbus, GA—from history, arts, theatre, to great food, geocaching, and biking...to name just a few. Well, that list is about to get even longer. Columbus, GA is getting ready to introduce the longest urban whitewater course in the world!

With the release of the City Mills and Eagle & Phenix Dams, the natural flow of the Chattahoochee River through Uptown Columbus, GA has

been restored to its awesome beauty, which provides an outdoor experience you won't find anywhere else on the planet. Opening June 2013, you're able to kayak, raft or paddleboard this 2.5-mile long course. Whether you're an avid whitewater enthusiast or just discovering a new hobby, you'll be in good hands with experienced outfitters who'll make sure your ride down the river is safe and a whole lot of fun. There's also plenty to explore about river conservation and restoration—from spider lilies and shoal bass to eagles and egrets.

Other one-of-a-kind experiences

include the National Civil War Naval Museum at Port Columbus—the only museum in the country dedicated to taking a look at this fascinating aspect of the Civil War. There's the new National Infantry Museum where you can traverse the "Last 100 Yards Ramp," where battles from each of the Infantry's major conflicts over the years are depicted in striking realism, then amble through interactive galleries tracing Infantry history from colonial times to the present and the training of today's Soldier.

More unique activities include a stroll through the Original Columbus Historic District and discovering a secret about Coca-Cola; venture to Mars at the Coca-Cola Space Science Center; and the Columbus Museum—the second largest art museum in Georgia, with a hands-on gallery that kids of all ages will enjoy!

Columbus is also home to the

Springer Opera House, The State Theatre of Georgia. This is one of America's most vibrant professional theatre companies, complete with a popular Mainstage Series, an innovative second-space series called Studio II, and a ten-state regional touring program called Springer Theatre On Tour.

For more entertainment options, there's RiverCenter for the Performing Arts, one of the crown jewels in the entertainment district, with three acoustically superb performance halls that host artists and touring shows of international renown.

There is a world of adventure waiting to be discovered in Columbus, GA. Come experience for yourself this one of a kind city and her true Southern hospitality. "51 Reasons"...and that's just the start!

Go to [www.visitcolumbusga.com](http://www.visitcolumbusga.com) or call us at 800.999.1613 for more information.

## Georgia Women of Achievement recognizes Lollie Belle Wylie

Special to Senior News

**T**his year, Lollie Belle Wylie (1858-1923) is one of three women to be recognized by the Georgia Women of Achievement. The women chosen for this annual honor are either native to the state or clearly identified with Georgia and have made extraordinary contributions within their chosen field, inspiring future generations to excel in their own talents.

Though born near Mobile, Ala., writer and musician Lollie Belle Wylie lived most of her life in Atlanta. She married her husband, Hart Wylie, when she was 19 years old, and the couple had two daughters, Augusta and Hart. Sadly, Wylie was widowed at the age of 27 and found herself tasked with supporting her two children. She turned to writing.

In 1887 she published her first book, "Legend of the Cherokee Rose and Other Poems." The book sold well and, shortly thereafter, The Atlanta Journal offered Wylie a position as the newspaper's society editor. She became the first salaried female newspaper reporter in the state, a position she held for three years.

In 1890, Wylie became an organizer and the first vice president of the Woman Press Club of Georgia and later was named president of the Atlanta Writers' Club. She was involved in numerous other organizations throughout her lifetime, including the Atlanta Woman's Club, the Woman's Pioneer Society, Daughters of the Confederacy, Daughters of the American Revolution and the Georgia Forestry Commission, among others.

Wylie published another book of verses, "The Arcades," in 1916. Some of her other works include "Ashes of Love," and "Memoirs of Judge Richard H. Clark." She also wrote the music for the song "Georgia" in 1922, which became the state's official song.

Throughout her literary career, Wylie remained passionately devoted to her children. When asked to name her most noteworthy achievement, she replied, "The success I have in developing the spiritual, mental, moral and physical growth of my little girls, Augusta and Hart."

Wylie also was dedicated to mentoring young female journalists, and she made a point of honoring fellow writers, too, through tree-planting ceremonies, which she organized. In 1926, three years after her passing, the Atlanta Press Club planted a tree honoring Wylie for her contributions as a "Georgia poet, journalist, historian and clubwoman."

Wylie and two other inspirational women will be honored during the Georgia Women of Achievement's annual induction ceremony and luncheon, starting at 11:00 a.m., Thursday, March 14, at Wesleyan College in Macon, Ga. They will join the 74 other exceptional women who have been honored by the Georgia Women of Achievement.

Professional golfer and Georgia native Hollis Stacy is the keynote speaker for the event. She was inducted into the World Golf Hall of Fame in 2012. For more, visit [www.georgia-women.org](http://www.georgia-women.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: 32 N. Fairground Street, Marietta, GA 30060, 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 Highway 293, Acworth, GA 30101, 770-975-7740
  - West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
  - Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320
  - Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

## Neighborhood Centers:

- (Seniors age 60+)
- Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
  - Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516
  - North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984
  - Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

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## 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.myfultoncountyga.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.

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## 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

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## 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@bellsouth.net.

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## 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 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.

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continued on page 13

## "The Bible," a new mini-series begins March 3rd

Special to Senior News

**"T**he Bible" is an epic five-week, 10-hour television mini-series premiering March 3, 2013 on the History Channel from Emmy-Award winning husband and wife team, Mark Burnett and Roma Downey. For two hours each Sunday night, millions of viewers will see the Bible come to life in a way never before seen. The final episode of the series will air on Easter Sunday (March 31) and will feature the death and resurrection of Jesus. To help ensure the accuracy of the miniseries, many Christian scholars served as advisors and hundreds of Christian leaders have given their endorsement.

"In terms of importance, nothing we've ever done, not *Touched By An Angel*, not *Survivor*, not *The Voice*, not *The Apprentice*, none of this could possibly compare to 'The Bible,'" Burnett says. "This is not a TV show to us. It's images, sound and sacred text that people will still

watch, way after our grandchildren are old people."

Famed television producer Mark Burnett tackles his projects with passion, but "The Bible" is a special labor of love.

The 10-hour, five-part docudrama will span the Bible from Genesis to Revelation, presenting some of its best-known stories, including Noah's Ark, the Exodus, Daniel in the lions' den and the crucifixion and resurrection of Jesus.

Former *Touched By An Angel* star Roma Downey, Burnett's wife and fellow executive producer, heads a large international cast in the role of Mother Mary. Keith David, an Emmy winner for voice-over performances, will narrate with a musical score by Oscar-and-Grammy-winning composer Hans Zimmer.

Since the entire Bible can't be covered in 10 hours, the miniseries, which was filmed in Morocco, focuses on a select group of stories and features such compelling figures as Abraham, Moses and David. Some stories had to be compressed for artistic purposes.

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# CALENDAR

from page 12

## Square Dance Class

Singles & couples welcome; free childcare, ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit [www.squaredealers.com](http://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](mailto: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.

## Friends of Smyrna Library

100 Village Green Circle, Smyrna [www.friendsofsmyrnalibrary.org](http://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](http://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

## 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.seniorconnectionsatl.org](http://www.seniorconnectionsatl.org) or call 404-321-6060.

## Monthly Sacred Harp Singing

Thurs., March 7, 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](http://www.atlantasacredharp.org).

## Monthly Song Circle

Fri., March 22, 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.

## Volunteers Need for Meals on Wheels

Senior Connections needs volunteers to deliver hot, nutritious 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](http://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](http://www.bshalom.net)

## 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](mailto:enaumann@atlantaregional.com).

## Alzheimer's Support Group

4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake

continued on page 14

### NOTICE TO ALL VETERANS

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**CALENDAR**  
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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.

\*\*\*\*\*

**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 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.

\*\*\*\*\*

**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  
 770-921-7747  
 • XYZ (Extra Year of Zest) Day: March 19, 8:45 a.m.  
 • Easter Egg Hunt & More: March 30, 10 a.m.

\*\*\*\*\*

**Columbia Presbyterian Church**  
 711 Columbia Dr., Decatur  
 404-284-2441  
 • Sun., March 24: Palm Sunday, Special Service at 11 a.m.  
 • Wed., March 27: Seder Meal at 6:30 p.m.  
 • Thurs., March 28: Maundy Thursday at 6:30 p.m.  
 • Fri., March 29: Service of Remembrance at noon. Good Friday Service at 6:30 p.m.  
 • Sat., March 30: Holy Saturday at 8 p.m. Great Vigil Service  
 • Sun., March 31: Easter Sunday Service at 11 a.m. A very special and joyful service.

\*\*\*\*\*

**Southern Winds Concert Band Welcomes 50 & Older Musicians**  
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continued on page 15

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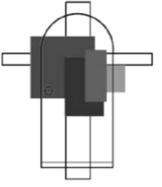
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**CALENDAR**  
from page 14

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](http://www.casacherokee.org).

**"Boots on the Ground" America Remembers Traveling Memorial**  
Walk or drive along 1.5 miles of "Boots on the Ground" stretching from the corner of historic downtown Fernandina Beach to the Atlantic Ocean. Memorial to include over 7,000 boots, photos, and flags honoring post 9-11 fallen oif-oef U.S. Service Members and the brave firefighters and police officers of 9-11. Sponsored by "Mothers of America's Fallen, Spc. Kelly J. Mixon Foundation." For addition information concerning the event and your participation, contact Julie Mixon Barger on at 904-468-0733 or at juliebarger@mothersofamf.com.

**Callanwolde Presents A Fun Family Day - "Eggstravaganza" Egg Hunt**  
Sat., March 30, 10 a.m.-12 noon, 404-872-5338.

**Saint Patrick's Day Observance**  
Sun., March 17, 3 p.m., Canton First United Methodist Church, 930 Lower Scott Mill Rd. Continuing its exciting 25th year, this observance is presented by the Cherokee Chorale with a Spring Concert entitled "The Enchanted Isle: Celebrating Ireland." The Chorale will be joined in this concert by the East Cobb New Horizons Wind Ensemble and the Buddy O'Reilly Irish Band and Dancers. For tickets and additional information call 678-439-8625 or visit [www.CherokeeChorale.org](http://www.CherokeeChorale.org).

**Georgia Iris Society Meeting**  
Sat., March 9, 2 p.m., Northlake-Barbara Loar Library, 3772 La Vista Rd., Tucker, 404-679-4408. "Trees of Our Lives: Small Native Trees for the Landscape" presentation by speaker Dawn Hines, a DeKalb Master Gardener. For additional information call Diana Wright at 770-621-3864.

**Inaugural 2013 Chastain Chase 6K Run**  
Sun., April 21. Includes Tot Trot for kids under 5. Proceeds benefits the Cancer Support Community, Northside Hospital. For information visit [www.cscatlanta.kintera.org/chastainchase](http://www.cscatlanta.kintera.org/chastainchase).

**High Museum of Art**  
1280 Peachtree St., NE, 404-733-4437; [www.high.org](http://www.high.org)

**Fernbank Museum of Natural History**  
767 Clifton Rd., NE, 404-929-6300, [www.fernbank.edu/museum](http://www.fernbank.edu/museum)

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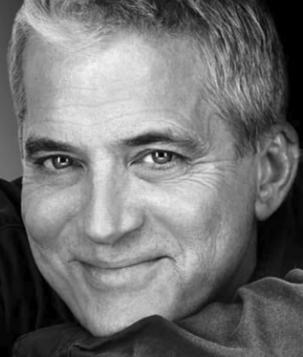
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## Literacy Volunteers of Metropolitan Atlanta Helps People Learn to Read

Submitted by **DEBBIE HOUSTON**  
Media Chair, Philadelphia Winn  
Chapter NSDAR, Lawrenceville

**L**awrenceville, January 29, 2013 – Some 28% of Atlantans cannot read on a 5th grade level, according to Literacy Volunteers of Metropolitan Atlanta Executive Director Victoria Kingsland who spoke at the Philadelphia Winn Chapter National Society Daughters of the American Revolution monthly meeting on January 20.

“Don’t assume the 28% is made up of immigrants,” Victoria said. “Most are native Atlantans who for one reason or another never learned to read.”

The immigrant LVMA student population is growing and range from adults who are not literate in their own language to adults with a

PhD. All come to LVMA to learn English language skills.

“People want to be literate to have a job or read to their children,” she said. “Many of them have a high school education, but can’t read past the fifth grade level.”

She described how LVMA enhances the lives of families, workers, and communities through the power of literacy facilitated by volunteer tutors. “If you teach one person in a family to read,” she noted, “you affect that family for generations to come.”

LVMA has over 1200 volunteers working in Metro Atlanta. One of those is Philadelphia Winn Daughter Mary Lou Godbey, who chairs the chapter’s Literacy Promotion Committee. Like all LVMA tutors, she attended an orientation followed by scheduled training sessions. She then prepared lessons and met with her student one on one. A volunteer

must commit to tutor an adult student at least two hours a week for one year.

It is a big commitment, but worth the effort. As Victoria pointed out, “No one can ever take a good

education away from you.”

For more information about LVMA, email [www.lvama.org](http://www.lvama.org). For more information about Philadelphia Winn NSDAR, please email [philwinndar@gmail.com](mailto:philwinndar@gmail.com).



Literacy Volunteers of Metropolitan Atlanta Executive Director Victoria Kingsland.

## Artists wanted for “Dolls in the City” Exhibit

Special to Senior News

**L**ocal artists are invited to submit entries to “Dolls in the City,” an art exhibit that protests sex trafficking. Spurred by statistics that place Atlanta as the number one hub for human trafficking, a groundswell of citizens have expressed concern.

Women's Caucus for Art of Georgia, WCAGA, with Loretta Paraguassu as chairperson, is sponsoring an exhibition and schedule of events at 2 Rules Fine Art. The gallery is just off the town square at 85 Church Street, Marietta.

The opening reception – with refreshments – will be held Friday, May 3, 6-9 p.m., and the exhibit will be up until June 29. A schedule of events has not yet been released, but

panel discussions and activities are planned.

Artists interested in participating in the exhibit must be members of WCAGA. Information on how to join can be found at <http://www.wcaga.org/page/membership-1>.

To locate more detail about submitting entries, go to <http://www.wcaga.org/page/opportunities>.

“Raising the consciousness of the problem is our major goal. If anything, people think that sex trafficking is limited to the City of Atlanta. Not true. It is flourishing in the suburbs, following the money,” according to Loretta Paraguassu. She advises googling “sex trafficking Atlanta” to get a better idea of what is going on.

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