

Senior News

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Information For Ages 50 PLUS!

Kevin Horgan pays tribute to Veterans!

by SUSAN LARSON

Kevin Horgan served as an infantry officer in the USMC from 1979 to 1984. He also trained as a Scout Sniper instructor; served with 2nd Battalion, 5th Marines, First Marine Division in Camp Pendleton; and, was deployed to Okinawa, Thailand, and the Philippines. On returning stateside he served at the recruit depot in San Diego as a Series Commander, rounding out quite an impressive military career.

"But," he insists, "I am not special. Like 98% of my peers and contemporaries, I was never shot at."

Even though Horgan has never engaged in a military battle, he has taken on a mission of his own to support military veterans, not by the sword, but by the pen.

"I have always wanted to write a book, but I needed the right subject matter, one that I either experienced or could study with gusto. The Civil War has always intrigued me, as it does most Americans, I think. I have searched passively for the right inspiration over the years, and at the turn of the year of 2012 I was reading Bruce Catton's iconic narrative non-fiction "A Stillness at Appomattox." Catton devoted three pages to the 18th Veterans Reserve Corps. I was thunderstruck! I knew I could do something with this material, something new and fresh and untapped."

In his first book, "The March of the 18th," Horgan documents stories of crippled soldiers who wanted to continue to

continued on page 7



Taking Care

Holiday Hints for Alzheimer's Caregivers

by LISA M. PETSCHÉ

Many people consider the holiday season a hectic time, due to the preparation and festivities that typically take place. Staying sane, not to mention enjoying the special time of the year, is even more of a challenge when you are caring for someone with Alzheimer's disease or some other type of cognitive impairment.



Lisa Petsche

If you are relatively new to this role, or your relative has changed significantly over the past year, you may be particularly uneasy about the approaching holidays.

Follow these suggestions to help keep stress manageable for everyone in your household.

Gifts

- Shop by mail order or buy gift cards
- Use decorative bags and boxes to streamline wrapping and make it easy for your relative to participate.
- Keep presents stored away until it is time to exchange them.
- Be prepared when friends ask for suitable gift ideas for your relative. Suggestions should take into account cognitive deficits and any physical limitations.

Decorating

- Do not decorate too far in advance.
- Keep decorations minimal and out of reach as much as possible. Do not display anything that is valuable or fragile.
- Avoid lights that flash or play music, as well as sound or motion-activated items that can startle.
- Do not keep food out in the open – for example, a gingerbread house or dish of candy.
- Do not let extension cords dangle or run across walkways.
- Do not rearrange furniture (consider a tabletop tree if necessary) or allow decorations to block pathways.
- Ensure your Christmas tree has a sturdy base so it cannot easily be tipped.
- Steer clear of holiday decorations that could be harmful if ingested.

Entertaining

- Whenever possible, entertain at home rather than take your relative to an unfamiliar place.
- Prepare guests for your relative's cognitive and physical functioning, general mood and any uncharacteristic behaviors.
- Enlist a friend to supervise and, if necessary, occupy your relative while you are engaged in hosting duties.
- Forego mood lighting in favor of well lit rooms, since shadows may cause confusion and fear. Avoid can-

dles.

- Keep music soft and familiar.
- Keep gatherings small. Otherwise, situate your relative in a quiet spot and have guest visit one or two at a time.
- Instruct guest to introduce themselves to your relative by name and relationship – for example, "I am Mary, your brother John's wife."
- Place guests' coats and handbags in a secure area if your relative is prone to rummaging.
- Clean up immediately after entertaining before your relative has a chance to consume anything that might make them ill.
- Before inviting overnight guests, consider how disruptive this might be to your relative's routines.

Outings

- If you accept a holiday invitation, do so on the condition that you may back out at the last minute if your relative is having a bad day. Limit the time and ensure there is a quiet place your relative can retreat to if they cannot handle the stimulation.
- Take along medications, adapted dishes and utensils, a bib, extra briefs and a change of clothes as applicable, depending on the timing and duration of outings.
- For dinner invitations, bring your relative's preferred foods and beverages if you are not sure what is on the menu. Recognize that they may not eat as well as they normally do, because of anxiety or distractions.

- Attend an event without your relative, if it is not feasible to take them with you. Do not feel guilty; you need and deserve a break.

Further Tips

- Let family and friends know your needs and limitations.
- Keep holiday plans simple and do not overload your relative with details.
- Include your relative in preparations to the best of their ability. This will orient them to the season and make them feel valued.
- Share holiday memories. Bring out photo albums or home movies and play favorite seasonal music.
- Schedule holiday activities during your relative's best time of the day. Space them out and stick to routines as much as possible.
- Be prepared for challenging behaviors and have a plan in place to deal with them.
- Do not pressure your relative to participate in festivities. Previously enjoyed events may now cause distress if they do not understand what is going on or no longer recognize family or friends.
- Last, but not least, find something relaxing you can do to give yourself a mini break each day. And do treat yourself to a special gift.

Lisa M. Petsche is a social worker with many years of experience in grief counseling.

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*Amount of federal rent assistance varies. Must meet age and income qualifications set by the Department of Housing and Urban Development (HUD). Assets are not considered income, but can be used to pay for supportive services. Call 404.751.2255 for details.



Substitute teaching helps shave off cost of entertainment

by SUSAN LARSON

With the cost of movie tickets these days, sometimes entertainment just gets cut from the budget, especially when one is living on Social Security. But here's where I get a break. I'm a substitute teacher. I get free entertainment just by showing up for work. And sometimes I can even give – and learn – real life lessons that help bridge the generation gap. And that usually provides even more entertainment.

For example, a middle school class was studying the Russian Revolution. The plans included reading from a book about Anastasia, Grand Duchess of Russia.

I held the book up high so everyone could see the pictures as I read. I turned to a picture of Anastasia and her three sisters in their bathing suits, which had bloomers with ruffles below their knees.

"Did women just shave their legs up to their knees back then?" a young lady asked.

"Women didn't shave at all back then," I told her.

They all gasped in disbelief.

"My mother never shaved her legs," I told them. "In fact, she was horrified when she found out I was

shaving my legs in high school. She told me only prostitutes shaved their legs, which was pretty much true when she was growing up in the early 1900's. She just couldn't accept that times had changed."

"I relate to that, Mrs. Larson," a young man piped in. "My mother really lost it when she found out I was shaving my legs. She just couldn't understand that if you want to make serious time on swim team, you have to shave your legs."

With that, all the male swimmers started volunteering stories about their families' reactions to their shaving habits.

"OK, back to the book," I said, figuring we'd learned all we needed to know about the history of shaving in America. I turned the page to a photograph of Anastasia's mother in her Victorian wedding gown.

"All wedding dresses must have had long sleeves back then," a young man observed.

"Why's that?" I asked.

"Just think. If the Tsar saw her coming down the aisle with hair coming out of her armpits, he never would have married her and we wouldn't be sitting here talking about Anastasia."

Yes, I had to laugh at that. And also take delight in knowing that not only was all of this entertainment

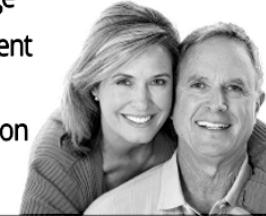
free, but that I actually got paid to take part in it!

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

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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.

A FRIEND

by Sandra Moore (Oct. 1980)

*A friendly face, a warm hello,
Just the right word will let you
know,*

*Someone's there to understand
Your moods and needs, or lend
a hand.*

*A listening ear when your day
is blue,
Someone to share your fun
things too.*

*Where can we find this wonderful
blend?*

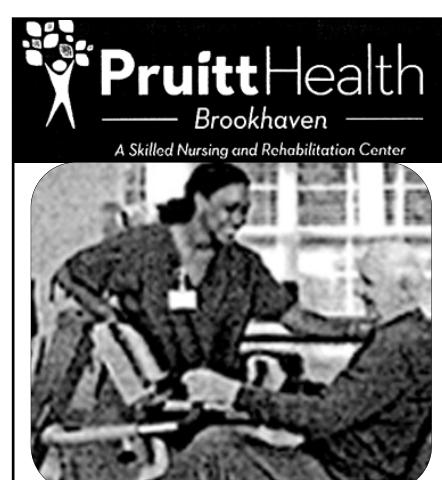
*In that special someone we call
a friend.*

PAIN

by Gerry Noel

*The doctor said I should exercise
But how can I with this pain in
my back
Every time I bend over
I feel like I am being hacked*

*I am seventy-six years old
Everyday it's a new pain*



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*First the knees, then the hip
My body parts are driving me
insane*

*I think the pains in the hand are
the worst
It has a crippling effect
I remember the days
When I could stand erect*

*Everyday I thank the Lord
It's good to be alive
With pain in the back, hips, hands
and knees
I really can say I will survive*

WEEPING WILLOW

by Henry Newton Goldman

*A place of beauty and solitude,
This corner of the public park.
A garden surrounded by weeping
willows,
A statue graced the center – it's
heart.*

*Around the statue at its base,
Beautiful flowers covered the
ground.*

*Blooms of many varieties were
there,
Grown tall at the pedestal's
mound.*

*Many agreed, the willows were
too thick,
The statue was obscured by the
shade.
The flowers hid the plaque at
it's base,
Some changes needed to be made.*

*The beautiful willows were felled
and removed,
The flowers were thinned, so to
please.*

*The plaque could now be read –
and revealed,
*The honored soldier and poet
of "Trees."
(*Sgt. Joyce Kilmer, A.E.F.
Killed in action near Ourcy, July
30, 1918)*

AARP Foundation Tax-Aide seeks Georgia volunteers for 2016 season

Special to Senior News

AARP Foundation Tax-Aide, the nation's largest free, volunteer-run tax preparation and assistance service, is now seeking volunteers across Georgia to help taxpayers who are seeking assistance preparing and filing their 2015 tax returns.

If you have ever prepared a tax return, even your own, and if you can volunteer during the day, during the week, you might be able to help taxpayers prepare their returns.

Qualified AARP Foundation Tax-Aide volunteers receive free tax training and are reimbursed on a limited basis for qualified program-related expenses. They help taxpayers at sites around the state, learning

new skills while giving back to countless communities. While some tax preparation and computer experience are needed to prepare tax returns, other positions are available which do not require this experience.

"Last year, nationally, our 35,000 volunteers assisted 2.6 million people in preparing and filing their tax returns," said Georgia Recruitment Specialist Helen Lowenthal. "We could not do it without our volunteers, who make an indelible mark on the communities they help."

For more information on how you can join the AARP Foundation Tax-Aide team, visit our Web site at www.aarp.org/taxvolunteer. AARP Foundation Tax-Aide is offered in conjunction with the IRS.

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Gwinnett County Police Officers honored

Submitted by Lee Schermerhorn
Chairman, Philadelphia Winn
Chapter, Publicity and Media

Four of Gwinnett County's finest police officers, Sergeant Roger Bell, Police Officer Senior Daniel Bennett, Police Officer Senior Victor Cortez and Police Officer Senior Austin York were honored at the October 18th meeting of the Philadelphia Winn Chapter, National Society Daughters of the American Revolution. On the morning of June 9, 2015, one of our members suffered a violent home invasion. Thanks to the brave and valiant intervention of these officers, her life was saved. The Philadelphia Winn Chapter



Maj. Jesse Jones and Regent Lydia McGill

acknowledges and thanks the Gwinnett County police officers for their heroic acts of service.

Officer Aaren Dieffenbacher, Gwinnett County Police, Special Operations/Crime Prevention Coordinator, was the speaker for the Sunday, October 18th meeting. Officer Dieffenbacher spoke to the chapter about personal safety.

Major Jesse Jones, Precinct Commander, South Precinct, Gwinnett County Police Department, attended and spoke to the chapter about his officers' courageous actions. He was presented a DAR Certificate of Appreciation for Outstanding Service to the Community. Each of the officers being honored was given a DAR Certificate, Challenge



(l - r) Officer Senior Austin York, Officer Senior Daniel Bennett, Sergeant Roger Bell. Not pictured Officer Senior Victor Cortez.

Coin and card from the Chapter.

We honor, support and thank all of our police officers!

For more information regarding

the Philadelphia Winn Chapter of the NSDAR, please visit our website at: <http://philadelphiawinn.georgiastdar.org>.



Officer Aaren Dieffenbacher



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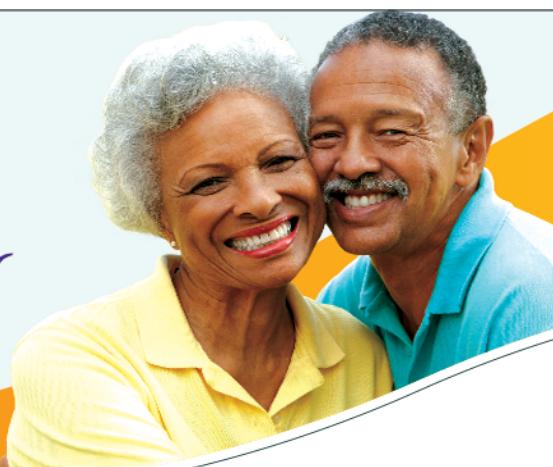
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Out & About

Honoring First Responders —

Submitted by Lee Schermerhorn
Chairman, Philadelphia Winn
Chapter, Publicity and Media

The First Responders at Fire Station #17 in Gwinnett County were pleasantly surprised when Ann Story dropped by recently with sandwiches and cookies to thank them for their service to the community.

The Michael O'Neal Singers present



Ann is Second Vice Regent of the Philadelphia Winn Chapter, Daughters of the American Revolution, in Lawrenceville.

After her DAR sisters saw the picture of Ann with the handsome First Responders, they all decided that they needed to drop by their local fire stations as well!

The National Society Daughters of the American Revolution is actively involved in community service across the nation. The NSDAR celebrated 125 years of service on October 11, 2015!

For more information about Philadelphia Winn Chapter please contact:
<http://philadelphiawinn.georgias-dar.org>.



Pictured (l to r) are Nick Savadelis, Todd Davis, Ann Story, Brian Caudle, and Matt Bowen.

Take a ride into history!

Southeastern Railway Museum
Georgia's Official Transportation History Museum

The holidays are coming!

• Nov 7 & 8 – Model Railroad Days
The museum will be a stop on the Piedmont Pilgrimage, the Piedmont Division NMRA annual tour of model railroads.

• Nov. 21 – Santa Arrives
We've called Santa and he's going to be at the museum. There will be refreshments as Santa arrives aboard the train between 1-1:30 p.m. Crafts/letters to Santa, Cocoa and Koolaid & Cookies will be available from 11 a.m.-3 p.m.

• Nov. 28, Dec. 5, 12, 19 – Day With Santa

• Tickets available at the museum or on the Events page of our website.

770-476-2013
www.SoutheasternRailwayMuseum.org
3595 Buford Hwy., Duluth, Georgia

Author of "Forrest Gump" to speak in Norcross

Submitted by SUSAN LARSON

In his powerful new book "The Generals," celebrated historian Winston Groom tells the intertwined and uniquely American tales of George Patton, Douglas MacArthur, and George Marshall – from the World War I battle that shaped them to their greatest victory: leading the allies to victory in World War II. The efforts of these three remarkable men revealed to the world the grit and determination that would become synonymous with America in the post-war years.

Best known for his book "Forrest Gump," American novelist and Vietnam War veteran, Winston Groom, will appear at a free event courtesy of Gwinnett County Library on November 16 at 7:30pm at the Norcross Cultural Arts and Community Center, 10 College Street, Norcross 30071. Books will be available for purchase and signing provided by Eagle Eye Book Shop.

For more information, please call 770-978-5154 or visit www.gwinnettpl.org. Find us on Facebook at <https://www.facebook.com/GwinnettLibrary> and on Twitter at <https://twitter.com/GwinnettLibrary>.

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HORGAN

from page 1

serve even after suffering injuries. So the Veterans' Reserve Corps was created to allow invalid soldiers to serve effectively, freeing up able bodied soldiers for combat. His second book, "The March of the Orphans and the Battle of Stones River," brings to life the bloodiest battle of the Civil War.

Both books pay tribute to veterans yesterday and today who continued to love and serve their country despite their injuries.

But Horgan does more than pay tribute to these soldiers. His books have opened up a whole new theater for helping those who have battled for our freedom. He gives 50% of his royalties to help wounded veterans. All his 501c3 charities are "grass-roots" and are listed on his

Web site along with current accounts of the thousands of dollars he has given.

"My logo is 'Memento Lapsos Bellator,' Latin for 'Remember the Fallen Warrior,'" Horgan said; but also noted, "I love writing, but have found a real niche doing talks and lectures. It's fun. I like people. Many people buy the book just for the donation piece. Many people even read the book!"

His next book signings are November 7th, Hiram Bookstore, 5077 Jimmy Lee Smith Parkway, #109, Hiram, from 4:00 pm - 8:00 pm.; November 14th, Barnes & Noble, Mall of Georgia, from 11:00 am - 3:00 pm.; and, November 21st, Barnes & Noble, Prado Marietta, 50 Barrett Parkway, from 11:00 am to 3:00 pm.

Books are also available on his Website at www.kevinhorganbooks.com



Kevin Horgan presents check to Mike Pirnat, Deputy Director of Fundraising at the American Legion National Convention.

Philadelphia Winn Chapter made a SPLASH at Lilburn Daze

**Submitted by Lee Schermerhorn
Chairman, Philadelphia Winn Chapter, Publicity and Media**

Article and photo contributed by Debra Houston.

Philadelphia Winn Chapter NSDAR made a huge SPLASH at Lilburn Daze Arts and Crafts Festival! The festival was on October 10 and Murphy of Murphy's Law showed up in the form of a driving rain that left us ankle deep in mud puddles. Yet nothing could dampen the spirit of Philadelphia Winn Chapter Daughters!

Rain or shine, this was a celebration of the 125th year of the founding of the DAR and our mission was to provide community services at the festi-

tival and to hand out information on the community services that the DAR provides.

The Literacy Promotion Committee appreciates everyone who donated children's books. We gave away 144 books with 51 books left over. These books will be donated to "Fiesta de Libros."

Volunteers provided information and referrals to people who have contact with low literacy adults and those who might benefit from "English as a Second Language" classes offered by churches and organizations in the Atlanta area.

Our Literacy Promotion Committee was joined by PW members who promoted the American History Essay Contests, NSDAR Scholarships, Special Project Grants, DAR as a community service organization, and membership.



Pictured (l-r): Second Vice Regent Ann Story; Sara Rawlins; Literacy Chair Mary Lou Godbey; and, Librarian Randi Minor.

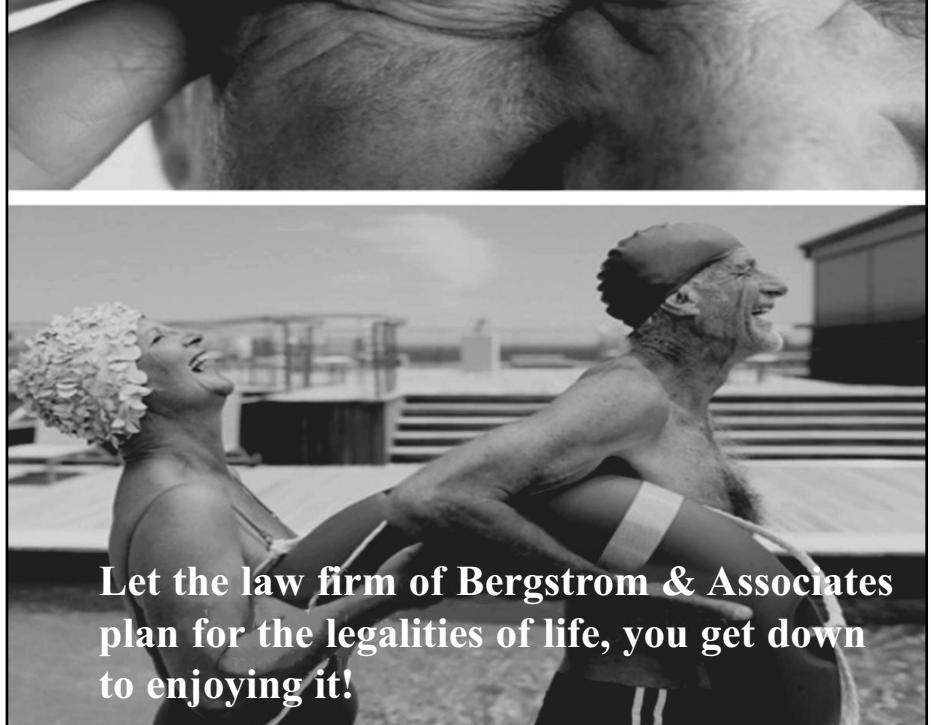
In addition to free books, members handed out patriotic literature, flags, patriotic children's activity booklets, American History Essay Contest guidelines, NSDAR Scholarship information, Special Projects Grants brochures, and DAR membership brochures. Twenty-four women expressed interest in joining the DAR.

Wet and wonderful volunteers were Ann Story, Mary Lou Godbey,

Debbie Houston, HODAR Steve Godbey, HODAR Eddie Houston, Sara Rawlins, Bobbie Tkacik, Randi Minor, Cynthia Davis, Ruby Craft, Helen Dalton, Vanessa Wynn, Lizzie Jaeger, and Kitty Watters.

For more information regarding the Philadelphia Winn Chapter of the NSDAR, please visit our website at: www.philadelphiawinn.georgias-dar.org.

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Christmas at Callanwolde

Special to Senior News

The joy of the holiday season begins again at Callanwolde Fine Arts Center with Christmas at Callanwolde, an Atlanta Family Tradition for over 40 years known as Atlanta's Designer Showroom and Christmas Destination. During this 16-day holiday celebration, visitors will enjoy the entire 27,000-square-foot Candler Mansion decorated by professional interior and floral designers. There are rooms themed especially for children with a LEGOLAND Discovery Center Room, a Coca-Cola Company Room with Haddon Sunblom's original paintings of Santa and other Coca-Cola memorabilia. There are gingerbread houses for sale including one designed by award-winning celebrity cake designer Karen Portaleo. Taking place both weekends are the Teddy Bear Tea and the LEGOLAND Breakfast with Santa. These events give kids the chance to meet Santa and share their holiday wish lists.

The Callanwolde Holiday Gala is an evening of holiday magic at the Mansion. Live entertainment will be provided by The Atlanta Pops Orchestra, John Driskell Hopkins of the Zac Brown Band, American Idol Celebrities Ace Young and Diana DeGarmo, and Michelle Malone. The Gala is fully catered and valeted with an open wine and beer bar for all partygoers. Dress in your festive holiday attire and bid on some very exciting items at our Holiday Silent Auction such as celebrity signed guitars, a gingerbread house designed by celebrity cake designer Karen Portaleo, and more items throughout the evening.

The Callanwolde Artisan Market is open daily in the mansion so visitors can shop for

handmade gifts from Callanwolde's instructors and students. The Holiday Flower Inspiration Demo and Workshop, presented by Faith Flowers <<http://callanwolde.org/event/holiday-flower-demo-and-workshop-presented-by-faith-flowers/>> with professional artist Laura Iarocci, is available so you can bring home your creations to enjoy with the family.

With everything that Callanwolde has to offer this holiday season, your whole family can share in the magic of Christmas at Callanwolde. Events and tours of the estate are happening every day, so there is always something to delight and entertain at Atlanta's Christmas Destination.

Highlights Include:

- LEGOLAND room for kids – every day
- Coca-Cola room with original paintings of Haddon Sunblom – every day
- Callanwolde Holiday Gala – Thursday, Dec. 3
- Holiday Flower Inspiration: Demo and Workshop Presented by Faith Flowers – Friday, Dec. 4
- LEGOLAND Breakfast with Santa – Saturday, Dec. 5 and 12 Sunday, Dec. 6 and 13
- Teddy Bear Tea – Sunday, Dec. 6 and 13
- Atlanta Film Festival's Family Movie Night – Friday, Dec. 11
- Callanwolde Artisan Market – every day

Christmas at Callanwolde Hours: November 30 through December 15, 2015 – Weekdays: 11am – 7pm; Saturdays: 9am – 4pm; Sundays: 9am – 4pm. General Admission Tickets: \$20 per person; \$15 for groups of 20 or more. Please call in advance to reserve: 404-872-5338. Tickets may be purchased at www.callanwolde.org or at the door.



(l-r) Jayne Miller Barker, Ms. Senior Georgia 2002; Mary Virginia Tuinstra of Texas, Ms. Senior America 2002; and, Jerre Barker Saint, who was crowned Ms. Senior Georgia on August 9th.

Mother/Daughter win Ms. Senior Georgia of America "2002 and August 9, 2015"

For the second time in thirty-five years, a mother/daughter win Ms. Senior Georgia Pageant.

Ms. Jerre Barker Saint was crowned Ms. Senior Georgia of America at the Georgia State Pageant held at the Benson Center in Sandy Springs on August 9th. She traveled to Atlantic City, New Jersey, to compete for the national title of Ms. Senior America on October 22nd. Jerre is the daughter of "Coach" David Barker and Jayne Miller Barker, who was crowned Ms. Senior Georgia 2002, of Warner Robins, Georgia.

Jerre resides in Roswell, Georgia with her husband Ron Saint, three daughters, and a granddaughter.

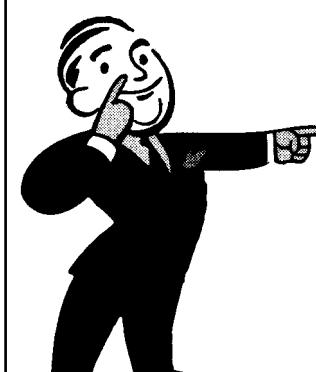
Tired of Retirement?

A black and white cartoon illustration of a person sleeping peacefully in a hammock. The person is curled up, and there are small 'Z' marks above them indicating they are sleeping. The hammock is suspended between two trees.

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The Next Chapter

**Recommendations by
ANNE B. JONES, PhD**

- *The Hummingbird*; Stephen P. Kiernan, William Morrow, 2015
- *Tears of an Innocent God*; Elias Marechal, Paulist Press, 2015
- *Sacred Enticement: A Skeptic's Journey to Faith*; Greta Reed, 2015

Compelling novels filled with well-developed characters who provide perception into the human condition carry us beyond shallow entertainment. They give us something to take with us, something through which we grow. Described as a story of compassion, courage, and redemption, Stephen P. Kiernan's *The Hummingbird* is a grand example. Masterfully written, the work engages readers from the first page, presenting excellent dialogue and demonstrating the author's masterful grasp of character description, word choice and pacing.

This work is timely in its dealing with issues related to Post Traumatic Stress Disorder and unique in its connection of two distant wars. The main character is Deborah Birch, an experienced hospice nurse who is bright and resourceful with a keen awareness of her patients' needs. By coincidence, she is assigned to Barclay Reed, a dying and recalcitrant World War II veteran, at the same time her husband returns from his third tour in Iraq. She is challenged by her husband's anger at home and her patient's bitterness and rage at work.

Earning Barclay's trust, she is asked to read to him from his unfinished manuscript, a story from WW II. As Deborah bonds with her patient in a growing relationship, she gains insight into how to help her husband and nurture their damaged and deteriorating relationship. Award-winning author and journalist Stephen P. Kiernan is a graduate of Johns Hopkins University and the highly respected University of Iowa Writers' Workshop.

Two recent spiritually-oriented releases include *Tears of an Innocent God* by Elias Marechal and *Sacred Enticement* by Greta Reed. These authors and their books are personally dear to me. Brother Elias Marechal is a Trappist monk at the Monastery of the Holy Spirit in Conyers, Ga. Greta Reed is a retired Presbyterian minister (PCUSA) and a member of the Monastery's Ecumenical Lay Cistercians. Both authors are amazing philosophical, intellectual and spiritual thinkers.

Tears of an Innocent God is an unusual book in which Elias Marechal draws from Eastern and western spiritual wisdom to enlighten his readers. Included are

explanations of diverse subjects from quantum physics to centering prayer. He presents a thought-provoking exploration of spiritual experiences, parables and practice as he invites readers "to explore the ways of the One who would have us perceive, listen, and love as Christ did, and still does: not by imitation, but through a gradual inner transformation. The book outlines two kinds of contemplation, the first involving activity on the part of the person seeking intimacy with God. Contemplation of the second kind is sudden, unexpected: a gift of God unmediated by the senses, intellect, memory, or imagination. The author speaks of the healing, transformative power of inner silence, and of the mysterious Round Dance of the Trinity."

In *Sacred Enticement: A Skeptic's Journey to Faith*, Greta Reed tells of her passage from the skepticism of her youth through years of intellectual and philosophical searching and researching, to steadfast faith and ordination as a minister. This memoir addresses challenges to spiritual beliefs as it provides a nurturing format for readers to assess their positions on their own spiritual paths. The book is conversationally written, although the issues presented can be complex. It is the author's hope "that the 'doubter in the pew' and

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other skeptics may find sustenance for their own search."

You may contact Anne at

annebjones@msn.com... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).

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The Michael O'Neal Singers: Truly something for everyone

Special to Senior News

The Michael O'Neal Singers organization, based in Roswell, is pleased to announce its 27th Concert Season. The 160-member symphonic chorus, known for its agility and variety, will open its season with a concert of bluegrass and gospel music, team with the Greater Atlanta Girls' Choir and Georgia Philharmonic for concerts this winter, then explore Broadway hits of the past 25 years in its season finale.

MOS offers two holiday concerts in December 2015. And The

Angels Sang features the full MOS chorus and the Greater Atlanta Girls' Choir collaborating for a Christmas program filled with joyous and familiar anthems and carols. There may even be a visit from a VERY special Christmas personality! And The Angels Sang takes place on Sunday, December 6 at 3 p.m. at Roswell United Methodist Church. Then, on Sunday December 20 at 3 p.m., bring your own score or purchase one at the door and join voices with hundreds of singers in the 10th annual MOS Messiah Sing-Along. Accompaniment will be provided by an ensemble from

Georgia Philharmonic, and Tom Alderman, Organist.

Since its inception in 1989, The Michael O'Neal Singers organization has established itself as one of the premier symphonic choruses in the Southeastern United States. Composed of a 160 auditioned voices and a chamber ensemble (Kaleidoscope) of 36 voices, MOS provides a unique opportunity for the north metropolitan Atlanta community to experience unparalleled choral presentations of artistic excellence and programmatic variety outside the city of Atlanta.

Through an array of choral programming which includes classi-

cal masterworks with orchestral accompaniment, sacred and secular music of the Western European tradition, music from other cultures around the globe, and choruses from opera, Broadway, and movies, The Michael O'Neal Singers offers a spectrum of music to appeal to a diverse audience of all ages and musical tastes. The full chorus now has 16 recordings to its credit, including The Beatles: A Choral Tribute and A Classy, Brassy Christmas. Visit MOS on the web at www.mosingers.com or call 770.594.7974 to learn more about these CDs and the MOS 2015-2016 season.

Callanwolde Fine Arts Center and the Southern Order of Storytelling presents a Veterans' storytelling event

Special to Senior News

Callanwolde Fine Arts Center and the Southern Order of Storytelling presents a Veterans storytelling event November 8, 2015 from 3 to 5 pm. Admission is FREE and open to the public

Callanwolde and the Southern Order of Storytellers present the fourth annual "Veterans Expressing Their Stories" or V.E.T.S. storytelling program. Storytelling connects all of us, so bring your families, children and grandchildren to hear the stories of veterans from many branches of service over the past 70 years.

Storytellers include Pete Mecca, a veteran of the Vietnam War, Frank Causey, a veteran of the Vietnam War, Cris Gray, an Army Reserve and Army National Guard veteran serving Stateside from 1996 through 2003, and Lawrence Johnson, an Army veteran who served in Operation Enduring Freedom in

Afghanistan and more recently in the Special Forces. Pete Mecca will relate a story as told to him by a World War II veteran and the others will tell stories about their military service.

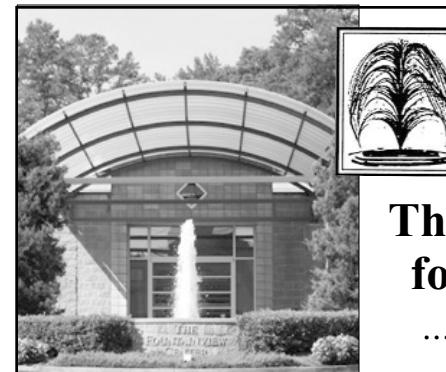
There will be a presentation of Quilts of Valor by members of the Gwinnett Quilters Guild. The national organization, Quilts of Valor Foundation creates Quilts of Valor for wounded service men, women, and veterans. The Quilts of Valor Foundation has presented more than 100,000 quilts as of June, 2015 to service members and veterans who have been touch by war.

The program will also include presentation of the colors by Decatur High School JROTC Color Guard, and patriotic music such as the "The Star Spangled Banner," "America the Beautiful," and "My Country Tis of Thee" performed by local musician Amanda Sacchitello, an independent piano teacher in Athens.

Guests interested in displaying their Veteran uniforms and keep-

sakes, are invited to bring them prior to start of the event to put them on display. Display tables will be available in the Indoor Courtyard where the storytelling will take place.

Callanwolde Fine Arts Center is located at 980 Briarcliff Road NE, Atlanta, Georgia 30306. For complete information call 404-872-5338 or visit www.callanwolde.org.



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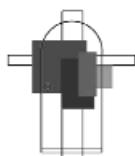
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Hospice Volunteer Opportunities

Seasons Hospice is looking for angels who can make a difference by providing companionship for hospice patients and their families. Volunteer selection begins with an application and an interview in which potential volunteers may express their personal goals, availability, interests and talents. Our volunteers are carefully screened through a criminal background check, motor vehicle report, and personal references. Volunteer training give volunteers an opportunity to learn new skills and become aware of skills they already possess. Volunteering for hospice can enrich your life by enriching the lives of others. If you are ready to make a commitment to caring for others, we would love to hear from you. Please email Janice Danford at jdanford@seasons.org or call 404-250-4950.

DivorceCare

You don't have to go through it alone. Most people will tell you that separation and divorce are the most painful and stressful experiences they've ever faced. It's a confusing time when you feel isolated and have lots of questions about issues you've never faced before. DivorceCare groups meet weekly to help you face these challenges and move toward rebuilding your life. Each session has two distinct elements:

- 1) 30-40 minutes video seminar covering various topics (like God during your divorce, anger, loneliness, children, finances, etc.)
- 2) a support group with focus.

We'll be starting our 13-week series Tuesday evening, Aug 5 in the Education Building in the Library (Room 313) from 6:30-8:30 pm. at McKendree United Methodist Church, 1570 Lawrenceville Suwanee Rd, Lawrenceville, 770-339-9801. All are welcome and invitation is considered an open door arrangement... meaning you can join us at any time.

For additional information, contact Susan Rowe, Director of Christian Education, at 770-339-9801, ext. 26 or facilitators, Jay & Nancy Rowland, at 678-618-8735 or nancy.m.rowland@gmail.com.

Yard Work/House Work

Fri., Nov. 20, 6:30-8 p.m., Callanwolde Fine Arts Center, 980 Briarcliff Rd., NE, Atlanta. Tickets available at the door only starting 30 minutes prior to each show. \$15 general; \$12 artists, children, seniors; Vets are free. For details visit www.callanwolde.org.

The International Sound Therapy Association's 10th Anniversary Conference & Celebration Nov. 5-8, 9 a.m.-9 p.m., Fri. & Sat.; 9-6 Sun., The Academy of Medicine, Atlanta, The Renaissance Midtown Hotel. For details visit www.Cymatics Conference.com.

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Echols named Brewton-Parker College 17th President

Special to Senior News

Stephen F. Echols, Ph.D., D.Min., of Atlanta was recently named the Seventeenth President of Brewton-Parker College in Mt. Vernon, GA.

After a unanimous decision, Chairman of the Board of Trustees for Brewton-Parker College, Ray Sullivan, publicly notified the Brewton-Parker College community. "We are blessed to have Dr. Steve Echols leading Brewton-Parker College. He is a proven leader who not only understands and embraces Brewton-Parker's mission, but also understands and embraces the historical legacy of Georgia Baptists." Additionally, Sullivan indicated Echols' obvious passion for seeing students transformed by the gospel of Jesus Christ. "The trustees look with anticipation to a bright future for Brewton-Parker under the capable leadership of Dr. Echols."

Dr. Echols, most recently served as President of Tennessee Temple University in Chattanooga, Tennessee. Presidential Search Committee Chairperson, Linda Yawn, stated "Dr. Echols has the credentials, vast experience and a spiritual background that fully supports Brewton-Parker's vision and mission. He and his wife, Julie, have expressed a love for the area and are familiar with the strengths and challenges of a small Christian college in South Georgia. The Search Committee was unanimous in the decision to recommend Dr. Echols. We feel a strong support for him based on our prayerful approach to the entire process. Dr. Echols shared that he feels God's call to Brewton-Parker and is excited about the future of the college."

Having received an undergraduate degree from Mercer University, Echols then earned both a Master of Divinity and a Doctor of Philosophy degree from the New Orleans Baptist Theological Seminary. Furthermore, he earned a Doctor of Ministry degree in leadership from Beeson Divinity School in Birmingham, Alabama, and completed all course work, except for the project thesis for the Doctor of Educational Ministry degree from the New Orleans

seminary. Brewton-Parker's new President also holds a Master of Public and Private Management degree from Birmingham-Southern College.

Dr. Echols expressed his personal enthusiasm and heartfelt joy about becoming Brewton-Parker's President, "My wife, Julie, and I feel privileged and very blessed to have the opportunity to serve at Brewton-Parker College. The school has impacted so many lives for Christ and has a unique place as the only regionally accredited Christian college south of Macon. We are grateful to Georgia Baptists and the many friends and alumni who believe in and have supported the mission of Brewton-Parker College. We believe the school has a great future and are especially excited about partnering with local Georgia Baptist churches in carrying out the ministry of our Lord Jesus Christ."

Dr. Echols' academic achievements, which are numerous, have in no way

distanced him from the local church. Beginning in 1975, Echols served as a youth pastor in his home church, First Baptist Church, Mableton, Georgia. And, from 1978 to 2001, he served as pastor of several churches along with his work in academia. He has preached in churches ranging in attendance from less than 50 to more than 3,000 people, including numerous retreats, revivals, denominational meetings, and state and national conferences.

Brewton-Parker College is the only accredited four-year Christian college south of Macon and north of Jacksonville, Florida. 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.

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Dr. Stephen F. Echols

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