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***The Cotton
Pickin' Fair...
Georgia Made,
Georgia Grown!***

See Page 2



April 2010 • Vol. 24, No. 4

On the Cover

The Cotton Pickin' Fair... a Southeast Tourism Top Twenty Event

Georgia Made, Georgia Grown – Founding Producer of Distinction

Special to Senior News

ON THE COVER: Basketmaker

What better way to personalize your home than with a piece of original art or furniture by local artisans? Three hundred skilled artisans feature antiques, original art, photography, clothing, and pottery at The Cotton Pickin' Fair. The 72nd Edition of The Cotton Pickin' Fair is May 1 & 2, 2010, on the Gay Family

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Umbrellas at the Cotton Pickin' Fair

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as they perform on six rustic stages throughout the fairgrounds.

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Tourism.

May 1 & 2, 2010; 8:00 a.m. to 5:00 p.m. Admission: \$5 Adults and \$3 for children (4 to 12). Visit www.cpfair.org for directions and a festival preview or telephone 706-538-6814.

"The Performers" perform at Walt Disney World Resort

Special to Senior News

The Priceless Performers Dance and Theatre Arts Company "The Performers" members became stars of their own Disney show on 2/14/2010 when they took the stage at Waterside Stage. They traveled from Norcross to the Walt Disney World Resort in Florida to take part in a Disney Performing Arts Program.

Dance groups, choirs, ensembles and marching bands from around the world apply to perform each year as part of Disney Performing Arts at both the

Disneyland and the Walt Disney World Resorts. Once selected, they are given the opportunity to perform at the resort for an international audience of theme park guests. Millions of performers have graced the stages of the Disney Parks over the course of the more than 25 year history of the program.

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- Problems following the conversation or presentation in a meeting?
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- Complaints from family members that you don't pay attention?
- Prefer the TV or radio louder than others do?

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.

The Remaker

By: Vicky Harper

As I abstaineth,
God traineth.
A new path of righteousness
is the reward
from my Lord of Love.
I long to ascend
to Your holy hill.
Keep cleansing
my hands, heart and soul.
All glory to You
remaker of me,
being made whole.

God Is The Great I Am

By: Brenda G. Partridge Brown

God is the great I am!
The author of my life,
my beginning and ending,
God is the great I am.
He is with me morning, noon, and
night. God is my way in and my way
out! God is just right, and never
wrong! He's the sweet melody I hear
in a song. God is the great I am!
God is just because God is just what
He said! God is my everything. He is
my mother, father, sister, and brother.
He is the reason I'm able to dream!
God has all seeing eyes. He sits high,
and looks low. He is never asleep.
With God all things are possible!
God is the great I am! But the great-
est of all, God is love.

New Shoes

By: Charlotte Owens Phillips

A precious little boy sat on the back
seat,

Staring at his out stretched feet.
Not really his feet, but the new shoes
he wore.
The shoes he always wanted.
The shoes he had waited for.

There was long silence, then we
heard him speak.
"I love my new shoes,
Thank you Mama."
The words he spoke touched my
heart,
Tho his Mama, I am not.
Just happy and blest to be –
his Gigi short for
Great Grand Mama.

You Mean So Much To Me

By: Barbara Merritte

You mean so much to me,
more than words can say.
I seek your face, your
presence from day to day.
Your love, your warm embrace,
I cherish it in a very special way.
You mean so much to me,
I must say.
We laugh, we talk, Words of
wisdom, good advice.
I am blessed to have you in my life.
You mean so much to me,
I must say.
A Senior Citizen you are, I am
told.
To me you are a blessed jewel,
shinning form day to day.
You mean so much to me,
I truly must say.

My Secret Talent

By: Patricia Chapman

Its funny when it's so late at night,
I often get the urge to write,
It seems that while I lie in bed,
Terrific thoughts go through my
head,
I've mentally written such beautiful
verse,
I know they have published stuff a
lot worse,
I can't seem to master my pen lying

down,
It's hard when your eyes are shut
tight,
The talent is there,
It just isn't fair, I tell you,
I know I can write.

Our Comfort Zone

By: Vera King

Easter is Forever
The Covenant Kept
Our Messiah Manifest
The Trinity Triumphant
Spirit-filled Fulfillment
Tears of Jubilation
Death Defeated
Our wailing Spent
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Email: seniornews@msn.com

SENIOR NEWS

5579 Chamblee-Dunwoody Rd.

Suite 478

Atlanta, GA 30338

Advertising Account Executives

Janet Tassitano

Phone: 770-993-2943

Fax: 770-992-0210

Email: jantass@bellsouth.net

Linda Conyers

Phone: 770-924-6905

Fax: 770-517-6716

Email: Lconyers@bellsouth.net

Copy Editor

Faye Jones

email: byronfaye1@aol.com

Writers

Susan Larson - Columnist

Faye Jones - Columnist

Contributing Writers

Dr. Bill Baggett

Mary Frances

Dorothy O'Sayer

Lisa M. Petsche

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CORPORATE OFFICE

Billy R. Tucker, President/Publisher

Phone: 478-929-3636; 800-752-5037

FAX: 478-929-4258

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

O.K., so I'm too old to get an Easter Basket. I can dream can't I? But miracles still happen 'cause last year I was visited by a dear, dear reader and her daughter who read that I loved chocolate and Easter baskets and lo and behold if they didn't bring me the cutest little straw Easter tote full to the brim with all the goodies I love but don't need. Is that love or what?

I must report to you that as of the 29th of March, I will have a new right knee. It is the last of body parts that have not been pulled, rearranged, replaced or patched in some way. If I could see on the inside of me I'll bet two dollars to a buck-eye that I'm nothing but one big scar. However, as long as everything is working, I have no complaints.

I wore out my knees working in the dirt. Following in Mama's footsteps I have always loved a yard full of flowers. My adopted son and landscapes, Calvin, who lives next door has done a good

job of getting rid of about 99% of all my flowers. He won't let me plant anymore because he says everything you plant has to be weeded and watered. I knew that but I still don't have to like it.

He has been careful to preserve very old plants that came from our old home place; things like Turks Turban, Red Hot poker, lilacs, daffodils and paper whites. Some things we can't let go of and each time I see those plants in bloom I can see my mother.

One would think I would hate the dirt because of Daddy. He was a farmer but was also crippled. Therefore, he became the supervisor and the four of us sisters became farmers as soon as we could hold a hoe. Man, he was inventive.

Somehow we managed to survive the summer. We had to. Times were hard, there was no money and we had to raise and can our food for the year. That took a lot of doing. The worst part was the animals. By the time they were old enough to be slaughtered, we had gotten attached to

them and when they were gone we found it hard to eat the meat.

That's what happened to our calf "Sonny." He followed me around all over the place and we played every day. He got in big time trouble once on wash day. Mama ran out of clothes line and had to dry a bunch of clothes on the fence. Sonny was inside the fence and seeing something new to play with, he pulled the clothes off the line, into the dirt. He found one blouse particularly interesting - my one and only pink satin Sunday school blouse that went with my homemade navy blue pleated skirt. He ate my blouse, leaving only the row of buttons down the front.

It was about that time that I hated him and cried bitter tears from anger. I remember slapping him but a slap from a five-year-old was not exactly life threatening.

Sonny was gone that fall and landed up in chunks in cans and made into stew and beef croquettes. Everything has a purpose in this world even if we can't see it - especially as children. I hated Daddy for a while and then it passed when he raised a batch of pigs and we went through the same thing again.

City folks know little about the heartache of living on a farm. It seems cruel at times but then, as now, it is about survival.

Have you heard all the talk about 2010? I am not going to bite this time. Remember back to 2000 when the lights were going to go off all over the world and the computers were going to stop. There would be no food. I shall never forget as long as I live. I bought a generator, fuel, five gallon buckets of food that I just threw away the last of and stocked up on enough toilet tissue and paper towels to wipe Georgia.

Everyone got a big laugh from that but I was prepared. Some other very smart folks were as foolish as I. But as I said, when the Mayan calendar ends, I don't think the world will go with it so I'm going to wait until the first day after 2012 to get excited.

Surely there is no fool like an old fool but we've had enough laughs from the 2000 experience to last a lifetime.

Remember the Season and what it is about and have a blessed month. You'll be walking on sunshine. ©3/24/10

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

Spiritual Notes

God's Blessings

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

With the advent of spring we are seeing the foliage turn green, daffodils springing out of the ground and a flock of robins in the yard. After a cold winter this is a welcomed sight as we greet and experience the blessings of springtime. Blessings in life come in visible ways such as the changing of the seasons as well as invisible experiences along life's way.

As we think of blessings our thoughts turn to God, family, country, friends and on and on we could go as we take stock of the blessings we have received over the years. Webster defines blessing as "one who blesses" and "something promoting or contributing to happiness, well-being or prosperity."

Those of us who grew up in the South are very familiar with the phrase, "Bless his/her Heart." It was always spoken with feelings of concern and love. People close their letters with the admonition, "Blessings." You have had friends leave you and say, "May God bless you." My guess is it would be difficult for any of us to make a list of the tangible and intangible blessings we have received. The list would be

extensive and contain stories of appreciation and encouragement. Oswald Chambers writes: "Those people who influence us most are not those who buttonhole us and talk to us, but those who lived their lives like the stars of heaven and the lilies in the field, perfect, simply, and unaffectedly. Those are the lives that mold us."

God continues to bless us in the good days and the bad days of our lives. I read of a Chinese Pastor who was imprisoned for years and his faith kept him strong as God blessed him as he labored in unimaginable circumstances. He said that his favorite hymn was "In the garden" and he would sing it as he struggled and could feel God's presence. The words of the song "and He walks with me, and He talks with me, and tells me I am His own," meant that God never left or forsook him. These are the words of a simple man whose life God had chosen to bless.

I love the old song, "Count your many blessings, name them one by one." As we experience the beauty of spring, thank God for His faithfulness and blessings in all areas of our lives.

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

Taking Care

Safety tips for Alzheimer's caregivers

by LISA M. PETSCHE

Over time, Alzheimer's disease results in mental, emotional, behavioral and physical changes. These may include memory loss, altered perception, impaired judgment, disorientation to time and place, constant movement, wandering away from home and becoming lost, rummaging, behaving in ways that don't appear to make sense, altered sleep patterns, paranoia, verbal and physical aggression, decreased muscle strength and a tendency to fall.

A variety of safety issues consequently arise in caring for someone with this disease. Although many Alzheimer behaviors don't respond to medication, caregivers can adapt the home environment to discourage them or minimize the associated risks. The following tips constitute a good start.

Preventing falls

- Ensure your relative has a pair of non-skid slippers or shoes that fit snugly and offer good support.
- Ensure throw rugs and scatter mats have a non-skid backing. Better yet, remove them.
- Keep walkways clear of electrical and telephone cords.
- Eliminate clutter, including excess furnishings.
- Use night-lights in rooms and hallways.
- Ask the doctor or pharmacist to review your relative's medications, since drowsiness or dizziness can sometimes be side effects.
- In the kitchen: Keep frequently used dishes and pantry items within easy reach.
- In the bedroom: Ensure there's a lamp within reach of the bed, and a clear path from bed to bathroom.

- In the bathroom: Have grab bars installed by the toilet and in the bathtub or shower area. Get a rubber mat for the tub/shower, a bath seat or shower chair, a hand-held showerhead and a non-skid floor mat.

- In stairwells: Ensure steps are in good repair, have a non-skid surface and are free of clutter. Handrails are a must, as is sufficient lighting.

Other safety strategies

- Kitchen: Remove the knobs from the stove and store them in a safe place. Put away small appliances when not in use. Unplug appliances that are too big to store, such as the microwave oven. Lock up scissors, knives, corkscrews and any other dangerous implements. Buy shatter-resistant dishes.

- Bathroom: Store hair dryers and

electric razors in another room, to minimize the risk of electric shock.

Secure the medicine cabinet or
continued on page 6



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TAKING CARE

from page 5

store medications elsewhere in a locked box. Remove cleaning supplies or lock them up, too. Remove or disable the door lock to prevent your relative from getting locked in.

- Use childproofing safety devices, such as drawer locks, door knob covers and electrical outlet covers.
- Put away valuables such as china and figurines, and other breakable items. Get rid of anything inedible that resembles food.
- Always supervise the use of electrical items.
- Never leave your relative alone in a room where a wood fireplace or candles are burning.
- Lock up alcohol, as well as cigarettes, matches and lighters. Always supervise your relative's smoking. If he or she stops asking for cigarettes, don't offer them.
- Administer medications, ensuring your relative takes, and swallows, all pills provided.
- Install extra locks on exterior doors, to make it hard to get out; or, get door alarms installed.
- Keep a spare key hidden outside, in case your relative locks you out of the house.
- Get a portable phone so you can supervise your relative while

taking and making calls.

- Turn down the temperature on your hot water heater, to avoid scalding accidents.
- Apply decorative window clings to patio and storm doors and picture windows, so your relative doesn't walk into them.
- Lock up dangerous substances and equipment, including firearms or other weapons, flammable and poisonous products, tools and machinery. Get rid of potentially toxic plants. Keep car keys hidden away.
- Ensure close supervision outdoors at all times.
- Register your relative with Safe Return, a national program of the Alzheimer's Association that aids in the identification and safe, quick return of individuals with Alzheimer's disease and other dementias that become lost. For more information or to register, contact the local chapter or go online to www.alz.org/Services/SafeReturn.asp.
- Keep handy a list of emergency phone numbers, including the nationwide Poison Control Help Line (1-800-222-1222).

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

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Screening is best weapon against Colon Cancer

by
DR. SHERMAN CHAMBERLAIN
MCGHealth Gastroenterologist
Augusta, Georgia

It's the third deadliest form of cancer in the United States, but it doesn't have to be.

Colorectal cancer is a disease in which cells in the colon or rectum become abnormal and divide without control, forming a mass called a tumor. Any cancer can be deadly, but according to the American Cancer Society, colorectal cancer is preventable, treatable and beatable. Regular colorectal cancer screening or testing is the most powerful weapon against colorectal cancer.

From the time the first abnormal cells start to grow into polyps, it usually takes about 10 to 15 years for them to develop into colorectal cancer. Regular screening may, in many cases, prevent colorectal cancer altogether since many polyps, or growths, can be found and removed before they have the chance to turn into cancer. If

early screening reveals cancer already exists, the chances are greater for a cure.

Several tests are used by a gastroenterologist to screen for colorectal cancer. Ask your doctor which tests you should take.

People who have no identified risk factors should begin regular screening at age 50. Those who have a family history or other risk factors should begin screening earlier. Consult your physician to determine when is right for you.

Other risk factors for colorectal cancer include:

Race: African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the United States. The reasons for this are not yet understood.

Diet: Some evidence suggests that the development of colorectal cancer may be associated with the frequent consumption of red and processed meats and a low consumption of whole grains, fruits and vegetables.

Lack of exercise: A sedentary lifestyle may be associated with an increased risk of developing colorectal cancer. In con-

trast, people who exercise regularly may have a decreased risk.

Smoking: Increasing evidence suggests that cigarette smoking, particularly long-term smoking, increases the risk of colorectal cancer and other cancers.

The American Cancer Society estimates that colorectal cancer will kill 50,000 Americans this year. The good news, however, is that death rate is falling, largely due to timely

screening and treatment. Be sure you are one of the survivors. Get screened.

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Colorful Art at West End

by MARY FRANCES

The Grounds Coffeehouse hosted Amber Bournett's colorful and stylized art at a sweet cupcake and cappuccino reception Sunday, March 7. With espresso machines steaming in the background, the crowd mingled and

admired Bournett's work.

Bournett explained the origin and message behind each of her paintings and collages. She also promised that when the month-long exhibit is over, her painting, "Like a Bird," will hang at the nearby Women Resource Center, a shelter for victims of domestic abuse.



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The Center's Advocate, Kai Pickett said, "We feel fortunate to receive this beautiful work of art that so clearly depicts the goal of our center."

"Amber's a resilient, independent, and creative student," said Lorraine Smellington, Bournett's art professor at Georgia Perimeter College. "I'm proud of her. She will go far."

Born in Germany and raised in Atlanta, Bournett's themes focus on the struggles and strengths of African-American youth. She can be reached at 678-768-2218 or

bournett.artist@gmail.com.

The Grounds Coffeehouse in the mall at West End Shopping Plaza is a street-level boutique at the Skylofts on Joseph E. Lowery Street. The excellent gourmet treats featured at the reception were created by AJ's Catering under the supervision of Executive Chef, Anthony James.



Self-Portrait



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Out & About

Artists get creative as they prepare for Alpharetta's Juried Fine Arts Festival

Special to Senior News

Artists from throughout the U.S. hone their craft, preparing for the Alpharetta Arts Streetfest. This colorful festival will take place 10 a.m. to 6 p.m. Saturday and Sunday, April 24-25, on Milton Avenue in the Alpharetta Historic District. Admission and parking are free to the public.

Festival-lovers and arts enthusiasts can look forward to two days of strolling through outdoor galleries filled with fine paintings, mixed media, photography, pottery and jewelry, as well as textile, glass, wood, metal and paper art.

"It is my pleasure to welcome artists from across the country to the City of Alpharetta," said Mayor Arthur Letchas. "Each year this event brings something new to the table, with unique art, incredible performances and kid-friendly activities. Whether you have attended every year or never experienced this event, the Streetfest has something new for everyone to experience."

The 80 artists to be featured in the 6th Annual Alpharetta Arts Streetfest were selected by a jury comprised of art professionals from the Alpharetta community. Selected artists will be traveling to Alpharetta from Maryland, Ohio and Texas, and local artists in Georgia, Florida and the Carolinas will be in attendance as well.

The children's area will feature Going Green crafts and activities. City of Alpharetta Environmental Coordinator will show the young at heart how to make a variety of environmental crafts, including your own Chia Pet from old socks. "Out of the Box Art Studio" will use texture tiles and glazes to help little artists create spring sensations in clay hand building. They will also showcase a Potter's wheel demonstration. More opportunities for creative exploration include balloon art, ceramic art, face painting and wacky hair designs.

Arts Streetfest will include

live jazz, Americana, folk and classic rock. In addition, the main stage will feature cultural dancing, including salsa and Irish dancing. Festival cuisine will include barbecue from Smokejack: A Southern Grill, Italian favorites from Carmine's Restaurant & Pizzeria, Ben & Jerry's ice cream and additional street fare such as Italian ice, fresh squeezed lemonade and dessert specialties by Fudgie Wudgie.

Alpharetta Arts Streetfest will take place on Milton Avenue between Main Street (SR 9) and Roswell-Canton Street in the Historic Downtown area. Free parking is available for festival-goers at City Hall, Milton Center (the old Milton High School) and City of Alpharetta downtown parking lots. Downtown shops and restaurants will offer specials and extended business hours during the festival.

For more event information or to catch a visual preview of the Alpharetta Arts Streetfest artists, visit www.alpharetta.ga.us.



Abe Besser Holocaust Memorial

On Sunday, April 25th, from 11:00 a.m. - 12:00 noon, the Besser Holocaust Memorial Garden will be dedicated at the Marcus Jewish Community Center of Atlanta (MJCCA, 5342 Tilly Mill Road, Dunwoody), to serve as a beacon of memory and hope. For additional information please call MJCCA.

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Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

by ELENA LOMBARDI
Atlanta, Georgia —

Just because you have macular degeneration or other eye diseases like diabetic retinopathy doesn't mean you must give up driving or reading.

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and much easier to see.

Georgia optometrist, Dr. Brian Saunders, is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. "Some of my patients consider us the last stop for people who have vision loss," said Dr. Saunders, one of only a few doctors who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that could improve your vision enough to change your life. Biopic telescopes may be the breakthrough in optical technology that could help you regain your independence. "Our job is to figure out everything and anything possible to keep a person functioning," says Dr. Saunders. "Even if it's driving."

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

James Wheeler of West Georgia was seen in the Atlanta



office. He could not read street signs soon enough and felt unsafe while driving. Dr. Saunders fit him with a pair of biopic telescopes for driving. "I can now read the street signs and I feel much more comfortable driving again," says James. Dr. Saunders also prescribed microscope glasses for reading newspapers and playing dominos.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. "These biopic glasses have greatly changed my outdoor activities, as well as, the things I can do in the house," says Randy. "They help me see the TV, the computer, and read books. As you know, I'm a ham radio operator and the new technology has made everything much smaller, but with my biopic glasses, it's no longer a challenge for me."

Telescopic glasses can cost over \$2,000, says Dr. Saunders.

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

To learn more about biopic telescopes, or to schedule a complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

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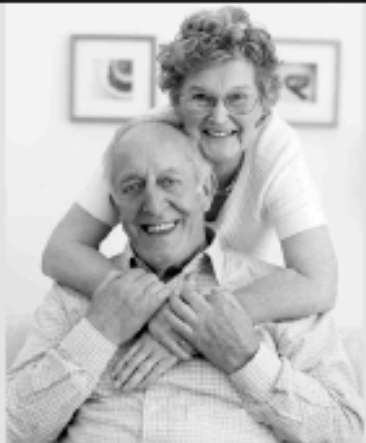
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Atlanta CALENDAR

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• For events & activities:
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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

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.
• 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.

continued on page 12




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Southeastern Railway Museum celebrates National Train Day

Special to Senior News

The Southeastern Railway Museum is happy to support the 3rd annual National Train Day by offering free caboose train rides with admission to the museum. National Train Day celebrates America's love for trains with events around the country. This year, National Train Day marks 141 years of travelers connecting coast to coast by rail.

For more information on National Train Day please visit... <http://www.nationaltrain-day.com>.

The Southeastern Railway Museum has been in operation since 1970 and is "Georgia's Official Transportation History Museum". The museum has over 80 other pieces of retired railway rolling stock including vintage steam and diesel locomotives, passenger coaches, private business cars, a World War II army troop kitchen, wooden freight cars, railway post office car and maintenance of way equipment. Transit history is represented with a cross section of busses and trolleys from the early 1900's through the mid 1980's. The museum is also home to MARTA's historic bus fleet which includes busses from many of the predecessor systems to MARTA. Many other items from Georgia's transportation history are also presented on the museum's 35-acre site.

The museum's expanded hours resumed on April 1.

The museum is located at 3595 Buford Hwy in Duluth. Directions: From I-85 northbound, exit at Pleasant Hill Road. Turn left (west), pass Gwinnett Place Mall, and continue approximately 3 miles to Buford Highway (US 23/GA13). Turn right (north) on Buford Highway. Travel approx. 1/4 mile to Peachtree Road, turn left, cross railroad

tracks, then turn right into museum entrance. For maps or more information please visit the museum's website... www.southeasternrailwaymuseum.org.



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CALENDAR

from page 11

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- 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.

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Bartow County Senior Center
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www.bartowga.org

Fayette Senior Services
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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.

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 Support Group
Meets second Thursday of every month, 1-2:30 p.m., Mount Pisgah United Methodist Church in Alpharetta and the Prime Time Ministry will host a North Atlanta/North Fulton support group for Parkinson's Disease patients and their caregivers. Call 770-772-0591 or 770-442-2281, ext. 139.

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
First Mon. each month, 10:30 a.m., Mt. Bethel UMC, Older Adult Center, 4608 Lower Roswell Rd., Marietta. Care is provided for your loved one while we meet. Call 770-579-9224.

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continued on page 13

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CALENDAR

from page 12

- Native Lands: Indians and Georgia: Through summer 2010, Howell Gallery
- Let Your Motto Be Resistance: African American Portraits: Through April 25, Nicholson Gallery

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 404-370-8450, www.georgiacenterforthebook.org

Roswell Library
 115 Norcross St., Roswell
 770-640-3075
 • Yoga Classes: Tuesdays, 10:30-11:30 a.m. Call for details.

Atlanta World War II Round Table
 Petite Au Berge Restaurant, 2935 N. Druid Hills Rd., Atl. Rest: 404-634-6268, www.petiteauberge.com. For information call John Kovach at 770-928-4579.

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.

Decatur Monthly Sacred Harp Singing
 Thurs., April 1, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Cold Mountain*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit www.atlantascathedharp.org.

Monthly Singalong
 Fri., April 23, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

Volunteers Needed
 Senior Connections is looking for volunteers to participate in delivering meals to home-bound seniors, Adopt-a-Senior, and Adopt-a-Yard. For more information visit www.srconn.org or call 770-455-7602.

Volunteers Needed To Deliver Food
 South Fulton Senior Services Meals on Wheels Program is currently seeking dedicated volunteers to deliver hot meals to senior citizens in the South Fulton County Region. Your warm and friendly face can brighten up a senior's day. Only takes 1 to 1 1/2 hours to collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

continued on page 14

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CALENDAR

from page 13

Self Help for Hard of Hearing People

Hearing loss resource group meets the 3rd Wed. of each month at 10 a.m. at the Woodstock Public Library. For information email: woodstockshhinfo@phydeaux.org or call 678-438-9135.

Volunteers Need for Meals on Wheels

Help deliver meals to homebound elderly residents of North Fulton County. You choose the day, you choose the route - Alpharetta, Roswell or Sandy Springs. Routes take approximately 2 hours, start to finish; start time between 10-11 a.m. Volunteer one morning or a month or more, if you choose. The choice is yours! Call Kimberly Whitten at 770-993-1906.

Shema Yisrael - The Open Synagogue Services

Every Sat., 10:15 a.m., Jewish Family and Career Services, 4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100.

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, Scottsdale and Lithonia. Call Senior Connections at 770-216-2574.

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; www.agewiseconnection.com/volunteer.

Alzheimer's Support Group

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

Life Enrichment Services Looking For Volunteers

Includes administrative duties, front desk receptionists, administrative assistance, and Handyman Services Program. For complete details call 404-321-6960 or email christi.behrend@lifeenrichmentservices.org. Or, visit Life Enrichment's office at the Mack Love Center, 1340 McConnell Dr., Decatur.

Metro Atlanta RSVP Needs Volunteers 55+

To help educate older adults on topics important to helping them live independent healthy lifestyles. For complete details call 404-463-3119 or email: enaumann@atlantaregional.com.

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.

continued on page 15

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CALENDAR

from page 14

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.

Task Force Patriot

Meets First Thursdays, 6:30 p.m., First Baptist Church of Lilburn, 285 Main St., Lilburn. Dinner, \$7. Reservations required. Call 770-381-9577, reservations@taskforcepatriot.com.

• Task Force Patriot Sponsors Golf Challenge to Help Veterans: Fri., April 16th, Cedar Lake Golf Club, Loganville. Entry fee: \$40; includes a golfer's lunch, prize drawings and give-a-ways. \$25,000 hole-in-one Golf Challenge tournament. Entry deadline: Mon., April 12th. Limited to the first 120 golfers. Visit www.taskforcepatriot.com or call 770-381-9577.

Computer Classes for Seniors

Spring Session classes at Roswell SeniorNet Learning Center begin the first week of April. Classes meet in the Learning Center classroom at the City of Roswell's Adult Recreation Center, 830 Grimes Bridge Rd. For additional information call 770-641-3950 or visit www.roswellseniornet.org.

Annual Alpharetta Arts Streetfest

Sat. & Sun., April 24 & 25, 10 a.m.-6 p.m., Milton Ave., Alpharetta. Free admission and parking. Call 678-297-6018.

Roswell Cycling Festival

April 24th & 25th. For details call 770-640-3253.

The Georgia Festival Chorus Spring Concert

March 14-May 2. Free admission. For details call 404-638-6777 or visit www.tgafc.org.

Writers' Conference

April 23 & 24, Indian Springs State Park, south of Jackson, Georgia. Details available at www.theVillageatIndianSprings.com/gallery or call 1-800-352-7212.

Harmony Grove UMC To Celebrate World Labyrinth Day™

Sat., May 1, 12 noon-3 p.m., Harmony United Methodist Church, 50 Harmony Grove, Lilburn. For complete details call 770-921-7747.

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C'mon, let's eat

by FAYE JONES

Spring is here and among the first things we will have soon are strawberries, asparagus and fresh spinach. While we wait, let's try some truly tasty recipes from years back that remain timeless. Read on!

GROUPEL WITH SHIITAKE MUSHROOM SAUCE

One (1) grouper fillet (or monkfish or red snapper)

1 oz dried shiitake or other Asian mushrooms, soaked in 3/4 cup very hot water for 20 minutes.

1/4 cup dry sherry

2 tbsp low sodium soy sauce

2 tbsp fresh lime juice

1 tsp sugar

1 1/2 tsp cornstarch

2 tbsp safflower oil

2 scallions, trimmed and thinly sliced

1 tbsp julienned fresh ginger

2 garlic cloves, thinly sliced

1/2 tsp freshly ground black pepper

Remove the mushrooms from their soaking liquid and slice them into thin pieces. Set the mushrooms aside.

Pour 1/4 cup of the soaking liquid into a mixing bowl, being careful to leave any grit from the mushrooms behind. Stir in the sherry, soy sauce, 1 tablespoon of the lime juice and the sugar. Set the mixture aside.

Rinse the fillet under cold running water and pat it dry with paper towels. Rub the fillet with the remaining tablespoon of lime juice, then rub the cornstarch evenly over both sides of the fish.

Heat the oil in a large, heavy-bottomed skillet (preferably nonstick) over high heat. When the oil is hot, add the fish and sear it on one side for two minutes. Carefully turn the fillet over and heat it on the second side for two minutes. Transfer the fish to a plate.

Add the mushrooms, scallions, ginger garlic and pepper to the hot

skillet. Cook the mixture on high for one minute, then reduce the heat to low. Pour in the sherry mixture, replace the fillet, and cover the skillet. Steam the fish until it is opaque - about 5 minutes. Transfer the fish to a warmed serving platter and spoon the sauce around it. Serves 4

SHE CRAB SOUP

1/4 cup butter or margarine

1 cup finely chopped onions

1/2 cup finely chopped celery

1 shallot, finely chopped

1/4 cup all-purpose flour

3/4 teaspoon paprika

4 cups milk

2 cups half-and-half

1 teaspoon salt

1 teaspoon grated lemon peel

1 teaspoon Worcestershire sauce

1/2 teaspoon freshly ground pepper

Pinch ground red pepper

1 pound lump crab crab meat, picked over

1/4 cup dry sherry

2 teaspoons, chopped fresh parsley

Melt butter over medium heat in Dutch oven. Add onions, celery and shallot and cook until softened, 5 minutes.

Add flour and paprika and cook 1 minute. Gradually stir in milk and half-and-half until smooth. Add salt, lemon peel, Worcestershire and peppers. Bring to a simmer. Reduce heat to low, cover and simmer 20 minutes. Stir in crab meat and sherry. Cover and simmer 20 minutes more to blend flavors. (Do not boil) Sprinkle with parsley. Makes 8 servings.

FRESH APPLE CAKE

5 small apples, peeled and cut into cubes

2 cups sugar

Let stand 5 minutes

Sift together:

3 cups flour

2 teaspoons baking soda

1 teaspoon salt

2 teaspoons cinnamon

1 teaspoon nutmeg

1 teaspoon allspice

Blend into apple mixture

Add:

1 cup melted shortening or cooking oil

2 eggs, well beaten

1 cup raisins

1 cup chopped nuts

Stir well and pour into lightly greased 13 x 9 - inch pan and bake at 350 degrees for 50 minutes.

CRYSTAL CAVE OSSO BUCCO

2 pounds center-cut veal shank

8 ounces peeled, quartered potato (about 2 small)

4 ounces carrots, quartered (about 1 1/2)

4 ounces zucchini quartered (about 1 small)

4 ounces onion, chopped (about 1/2 a large)

1 medium stalk celery, chopped

2 teaspoons mixed dry herbs (basil, thyme, etc, as you prefer)

2 teaspoons granulated garlic

salt and pepper to taste

2 ounces fresh chopped tomato (about half a large)

2 ounces chopped red bell pepper (about 1/2 of a medium)

2 ounces leeks (about 3 inches of a medium stalk)

2 ounces portobello mushroom slices (about 1 medium)

2 ounces fresh chopped herbs (such as basil, about 4 large leaves)

2 teaspoons fresh chopped garlic

In a tall pot barely cover the veal shank with water. Bring to a boil, then reduce heat to a bare simmer and slow-cook 2 hours. Add potatoes, carrots, zucchini, onion, celery, dry herbs, granulated garlic and salt and pepper. Simmer another 30 minutes. All ingredients should be integrated.

In the last minute, add tomato, bell pepper, leeks, mushrooms, fresh herbs and fresh garlic. Cook 5 minutes more. The ingredients added in the last step hold their individual crisp flavor.

Enjoy! ©3/23/10

EDITORS NOTE: If you have a favorite recipe, please share with us!

Faye Jones is a syndicated writer and columnist and can be reached at byronfaye1@aol.com.

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