

Senior News

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***Dr. Thomas Marshburn
navigates from Tucker
to Outer Space!***

Story on page 2

August 2010
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On the Cover

Dr. Thomas Marshburn navigates from Tucker to Outer Space

by SUSAN LARSON

ON THE COVER

Dr. Thomas Marshburn
Astronaut

Lots of kids dream of becoming an astronaut, and Dr. Tom Marshburn was among them. "I didn't really think it would happen," he said, "but I was so fascinated with the idea of human spaceflight, that I made working with NASA in any capacity my goal, and read enough about astronauts to pattern my education path after theirs."

Marshburn grew up in Tucker as one of seven children. His father was a Presbyterian minister and his mother a stay-at-home mom. Reaching for the stars appeared to be a family goal as five of the Marshburn siblings are doctors, one a nurse and one a

physical therapist.

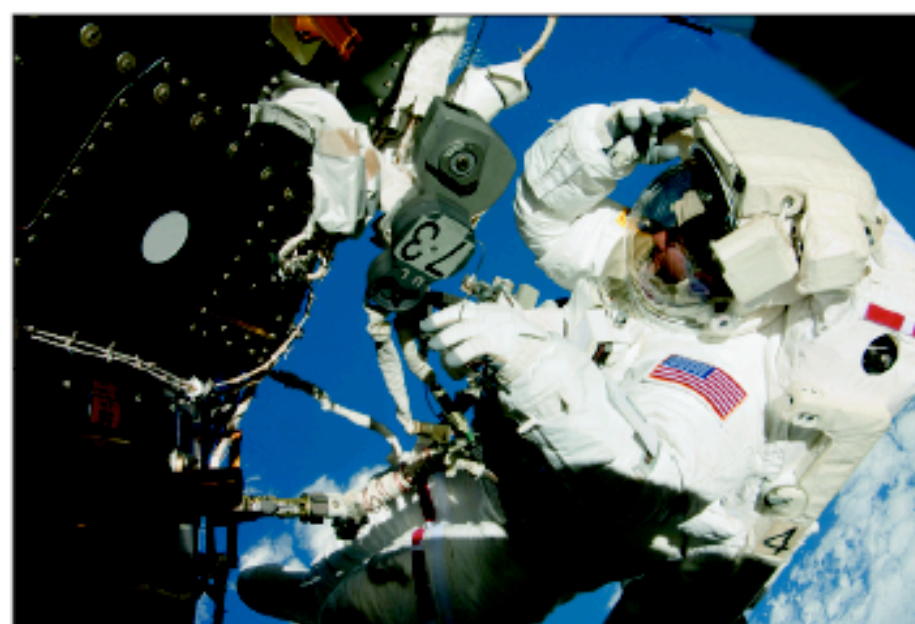
Marshburn played football for Henderson High School and also enjoyed swimming, backpacking and, of course, studying outer space.

"I distinctly recall the day in ninth grade picking up a book in the library about the building and launching of our first weather satellites. It was a short time before I was reading about the first Americans that went into space, and read every book about Mercury, Gemini and Apollo that I could get my hands on," Marshburn said. "Also, my first major purchase with my own money I had made summers mowing lawns was a telescope."

Even with his love of space, Marshburn decided on a more down to earth career as an emergency room physician. Then in the summer of 1993, NASA started a brand new program for flight surgeons. Marshburn applied, thinking maybe this was the closest he'd ever get to outer space, and began his new assignment in Houston in 1995. But just being there made him wonder how much farther he might be able to go.

"I had just arrived as a new flight surgeon, and the proximity to the Johnson Space Center and the operations of human spaceflight thrilled me. I just had to apply. And then apply three more times before I was selected in 2004," Marshburn said.

"As an astronaut candidate, or ASCAN, I trained with my classmates for two years after our selection, before being eligible for flight. After that I waited



Dr. Marshburn on his STS-127 mission.

another year and a half before being assigned to STS-127. Then I had a year of training with my 127 crew before launch in the summer of 2009."

This month Marshburn turns 50. This may not be as big a milestone as walking in outer space, but he did admit he felt like he was pulling a couple of g's when his AARP invitation came in the mail.

Marshburn did a recent speaking tour at his alma mater and several other schools in the Atlanta area. He's now back working at the center using his new knowledge and skills to help support those currently living on the space station, but he said, "Speaking with students is a joy and a high priority, so I hope to get out again soon."

As for making another trip into space, Marshburn said, "I'd love to go again. I think almost every astronaut does. Not only do we want to experience 0-g and the views of earth again, but we

learn so much on our first flight that we feel compelled to use that knowledge again. I'll be back at the end of the flight line waiting my turn again."



Dr. Marshburn pointing out a detail to fellow crew members.



Through error this painting was incorrectly identified in our July edition of *SENIOR NEWS*. The correct identification is "Gana" by Ann Marshall Bailey. We apologize for any inconveniences this error may have caused.

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Value of estate planning is lost to half the population

by **JOHN STEWART**
Director of Estate and Asset Services
American Cancer Society

An estate plan aims to preserve the maximum wealth possible for the intended beneficiaries, while providing financial flexibility for the plan's owners throughout their lives.

Most Americans can benefit from estate plans, but more than half don't have one in place.

Why have an estate plan?

There are many compelling reasons to have an estate plan, including:

- Offers the most effective way to ensure your family is provided for and assets are distributed according to your wishes.
- Provides the best way to reduce the exposure of your assets to estate taxes.
- Gives you peace of mind that your financial affairs are in order and that your survivors will not face a costly administrative nightmare, creditors or lawsuits. Even small estates can have problems.

You have an estate if you own any property, including cash assets. Regardless of how large your estate is, proper planning can prevent your family from becoming embroiled in controversy over how to divide your assets after you pass away.

Elements of an estate plan

Estate plans have several elements:

- A Will is usually the plan's core document for distribution of assets at death.
- A Power of Attorney provides management of assets during lifetime in the event of incapacity.
- An Advance Directive for Health Care authorizes someone else to make health care decisions if you are not able to, and allows you to communicate your wishes

on the use of life sustaining procedures.

When to begin

A good time to begin your estate plan is when you get married, or when you are expecting your first child. Many people will do more extensive planning later, perhaps when they are in their 50s, or in the pre-retirement stage.

An appropriate time to take action and evaluate your assets is when your focus begins to shift from earning a living and taking care of yourself to making sure your loved ones and favorite charities are cared for after your death.

How to begin

The process of creating an estate plan begins by gathering all important documents and taking an inventory of assets. Most estates are larger than their owners realize. Assets include the home, savings, insurance policies, investments, retirement plans and business interests.

Seek professional advice

When you are ready to design your estate plan, you should enlist the help of professionals such as an attorney who specializes in trust and estates, your financial advisor, and your accountant. Be open with them about your goals and concerns for yourself and your survivors.

Include charities

One of the most effective elements in estate planning is also one of the most popular forms of planned gifts to charities: a bequest in the Will. Bequests work particularly well if you are unable to make an immediate gift but would like to support a favorite charity in the future.

Advantages of charitable bequests are:

- Charitable gifts made through Wills are typically 100 percent

deductible for federal estate tax purposes.

- Charitable bequests may place an estate into a lower tax bracket.
- Donors may specify the way the funds are to be used.
- Donors may continue to use assets during their lifetimes.
- Donations are flexible and revocable.
- The process is as simple as designating the chosen charity in the Will.

Create a legacy

Including a charitable bequest in a Will does not cost anything now, but it enables you to address

your wishes and create your legacy. If you change your mind about a charity included in your Will, you can revoke the bequest the next time you update your Will.

Charitable bequests provide many tax advantages and offer a way to contribute to multiple charities, rather than having to pick just one.

John Stewart is Director of Estate and Asset Services, American Cancer Society. For additional information call 1-877-227-1598. (Member of the national ElderCare Matters Alliance, Georgia chapter.)



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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Where did spring and summer go? At times I feel I'm in a time warp. Wasn't it only yesterday that fall winds had begun to blow and leaves danced in their red and gold splendor? Time is passing so quickly I can hardly catch my breath. Eighty years slipped through my fingers and I spend countless hours thinking of opportunities missed. I think of all the

letters I didn't write to old friends and the many calls I should have made but thought I was too busy. Oh, what peace could come from second chances were we given the opportunity to go back into the past.

And now, here I am, still recovering from surgery that went awry. After more than two months in the hospital I was finally on the road to recovery. A knee operation that became infected with a rare bacteria has had me off my feet

since March. Things were looking better and I was planning to leave my daughter's home and return to mine within a three week period. Didn't happen. We went to my doctor of infectious diseases for a check-up. She recommended compression stockings for swelling in my feet and legs. A lovely lady entered the room and within minutes two nurses were putting wraps on my legs which would remain for four days. By day two I was flat on my back, writhing in pain and could not walk at all.

Long story short, the wraps were so tight they caused nerve damage which was diagnosed by my surgeon. He was not a happy camper and neither was I. I was back to square one with my therapy and my ability to walk – plus excruciating pain twenty four hours a day. My return home has been put on hold for a long time and I am beginning to like being with my children. It isn't bad at all to have all my meals served chair-side and being pampered like a baby. Getting spoiled is sooooo much fun!

Another part of my recovery is physical therapy. We have a home health care company that visits me and does everything I need from baths to shampoos. But the best of all is my physical therapist, Jeff. Jeff is young, gregarious, full of energy and could probably pick up the corner of a house with one hand. We argue from the time he walks in the door until the minute he leaves. He makes me do exercises that are impossible.

I repeatedly tell him that I am unable to raise my legs with three-pound weights on them. He assures me that when I finish my pity-party I will do just fine – and he's always right. He makes me pull on large rubber bands to build up strength in my upper body. When I finish the exercises, my tongue is hanging out, I am wet with sweat and my sunny disposition has bit the dust. By the next day I am sore as a risen and can't raise my arms to comb my hair. Jeff thinks it's wonderful and tells me the therapy is working and I shall be strong again in no time.

My fussing and wrangling with Jeff is all in fun and he takes me with a grain of salt. But aside from the fun, this young man is teaching me to walk again. I don't know if I will ever be able to walk without a walker or a cane but I am giving it all I've got and am believing that one day soon I will be sky-diving or mountain climbing or hiking down the deep valleys to dip my toes in the Colorado river. Don't you know that would be like walking on sunshine?

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

Spiritual Notes

God Bless America

by Dr. Bill Baggett

Minister to Seniors

Dunwoody Baptist Church

Patriotism is defined as "the love and devotion to one's country." Even though the 2010 Fourth of July celebrations are now history, many Americans have been reminded again of the freedoms the Declaration of Independence has provided this nation. My wife and I attended an outstanding Patriotic performance by the Atlanta Symphony Orchestra. During a "sing along" we were also impressed with the references to God in the songs. Verses from the various songs were: "Mine eyes have seen the glory of the coming of the Lord; Glory! Glory! Hallelujah! His truth is marching on;" "When Johnny comes marching home; the old church bell will peel with joy;" and, "America! America! God shed His grace on thee."

Regrettably, in our country, decisions have been made in some situations to drop references to God for fear that it will be offensive to some. Dr. Ron Bradley, an Atlanta pastor, has stated in an article that: "Americans believe that our freedom and fundamental human rights come from God and are therefore inalien-

able. A steadfast commitment to religious freedom is the very cornerstone of American liberty." We should stand committed to this truth.

Dr. Bradley's article referenced the action of the delegates of the Philadelphia Constitutional Convention in May of 1787. The assemblage could not agree on one sentence as they attempted to write the Constitution. Ben Franklin rose to speak: "The longer I live the more convincing proofs I see of this truth: That God governs in the affairs of men. I therefore move that prayers imploring the assistance of Heaven and its blessing upon our deliberations be held in this assembly every morning until our task is completed." The delegates unanimously adopted his resolution and in just 100 days they produced our Constitution.

Most Americans are aware of the many blessings that have come to our beloved country through the grace of God. We must not let the secular world diminish our love and dependence on God. We must stand for all people to worship God in freedom.

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

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A decision that breaks your heart

by EVA MOR, PhD
Author of
Making the Golden Years Golden

My father suffered from Parkinson's disease for 14 years, the last six of which he was fully impaired by the illness. As a survivor of the Holocaust, he avoided dealing with issues involving death, so he never wrote out a will or instructed us regarding his last wishes. There would always be time for that later, he thought.

When "later" came, my mother said that my father did not want heroic measures to be implemented to unnecessarily prolong his life. I was never privy to these conversations. None of his wishes regarding the care he may require at the end stages of his life were in writing.

A month before my father died, he came down with a very severe cold. It developed quickly from an upper respiratory infection to pneumonia, and we had no choice but to hospitalize him. His condition became critical and he was transferred to an intensive care unit. My whole family stayed by his side 24/7. After much argument among members of my family, he was put on a respirator; he was still conscious at that time, could communicate in writing, and was included in decision-making regarding the respirator.

My siblings, mother, and I put everything on hold to stay near my father. It was clear that my father drew a great deal of support from his children and his wife being by his side. Two weeks into his stay in the ICU, my father suffered a massive heart attack. He

lost consciousness and never regained it. The doctors kept performing all kinds of neurological tests, as per our demands. But more grim news kept coming back: no brain activities could be detected, and their recommendation was to remove my father from life support equipment.

His organs were failing one by one, and though we knew that the only thing keeping him alive were the machines, I could not give my consent to pull the plug. My father never specifically told me what he wanted me to do for him if such a situation presented itself. We all agonized, debating among ourselves and struggling with the decision, with the doctors pressing us to commit to a course of action. To our eventual relief, the decision-making process was taken out of our hands three days later, when God mercifully took him.

Helping and Guiding Your Loved Ones in Making Health Decisions for You

If there is a lesson in my personal story, it is this: Do not procrastinate. Write down your wishes. Designate a person or persons whom you want to make those decisions when you are unable to do so yourself. It makes it easier for your own peace of mind as well as for the people who love you, allowing them to follow your requests, rather than stumble through their own guesswork.

The following are two legal instruments that you can put into place that can reflect your wishes as to the care you should or should not receive at the time that you are unable to express it.

Health Care Proxy or Durable Power of Attorney for Health Care

In either document, you can name someone to make medical decisions for you, should you be unable to make those decisions yourself. The person you appoint may

be referred to as "health care agent," "medical power of attorney," "surrogate," or "attorney-in-fact." The designated person must understand that she or he will need to avail themselves to the medical care providers when any medical decisions are to be made. You do not want to choose a representative that lives in another state from you, or one that is physically unable to be available to your medical team in a time of need.

You can be the final judge as to what should or shouldn't be done to you. These important documents can include mechanical intervention in cases of respiratory failure, or dialysis due to kidney failure, and if hydration and gastric feeding tubes should be inserted. You can decide how much or how little medical intervention you want at the last stages of your life. With the Health Proxy or Durable Power of Attorney for Health Care, you empower a person you trust to carry out your wishes. These documents are much like a will but they deal with medical issues rather than with financial ones.

Leaving your health care decisions to others without any guidance from you places a great burden on your loved ones during a very traumatic time. If there is more than one opinion regarding your care from several loved ones, there is an unnecessary strain among them that is preventable. Worse yet, if there is no health proxy and no next of kin, a judge may appoint someone who you are not familiar with to make medical decisions for you. That person may not know what your values, beliefs, or preferences are.

There are standard forms, at no cost to you, that are available at any hospital, nursing home, and the offices of any state agency that deals with health issues. You need two witnesses to attest to your signing. Some doctors as well as hospitals will refuse to follow verbal instructions unless a written Durable Power of Attorney for Health Care

or a Health Proxy is in place.

About the Author

Eva Mor was born in Poland to Holocaust survivors. Both her parents lost most of their immediate family to the Nazis. She was born after the war, and her early childhood was in Poland, after which she immigrated to Israel with her family. Dr. Mor adjusted quickly to her life in Israel and loved it there.

The only thing she missed terribly was not having grandparents. Both sets of her grandparents were killed by the Nazis. This fact has colored her professional life. After the obligatory military service, in which she served in the Air Force, she came to the United States where she completed all her higher education. She has since returned to Israel for two years to do epidemiological research for the World Health Organization of the United Nations. She is an epidemiologist and a health care specialist. She also holds a Masters degree in Gerontology and Health Administration.

For the last 23 years Dr. Mor has dedicated her career to bettering the lives of the elderly. She has done so through work in nursing homes, chronic disease institutions, and acute care hospitals, as well as in home care services. She has been part of planning committees for the improvement of health services for seniors, and has done research to find out what services are available for this specific population, and what should be developed in the future.

With that in mind Dr. Mor set out to write the book *MAKING the GOLDEN YEARS GOLDEN*. The book brings to you, with much love and care, the information you need for yourself and those dear to you, in order to make the golden years truly golden. For more information visit www.goldenyearsgolden.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.

God Cares

by Sandra W. Gillespie

My Friend, I prayed for you today,
For God to wash your troubles all away,
To dry your tears, to dash your fears,
To make the clouds all disappear.

My Friend, I prayed for you today,
For Happiness to soar,
For Life to be what God ordained,
For Sin and Hurt, and awful Pain
To disappear, and Hope remain
To clear the clouds away.

Our God hears every prayer we pray,
So let it be this very day,
See the rainbows in His sky
Let the colors melt our cry,
Allow the sunshine to break through,
May all our dreams this day come true.
Because He cares for me and you.

My Friend, I prayed for you today,
To give you back your life once more,
And mend the ugly part that tore,
That Kindness, Hope, and deepest Love
Will come to you from God above...
Today and every day.

Family

by Helen Gleason

A family is a wondrous thing,
Bringing joy to hearts.
In trials it can comfort bring,
As love it does impart.

A family means belonging
And standing by always.
We know we never are alone
And together we can pray.

Our earthly family is a gift
To be treasured with your love.

'Tis a vision of the family
We'll share in Heaven above.

Slowing Down

by Doris A. "Dot" Jones

She doesn't move so quickly any more.
Steps are slow and pain is there.
But, she makes the most of everyday,
Happy and content in what life holds.
She's not keeping score!

She has the threads of life to hold,
Entwined with memories dear.
She untangles the years and remembers when
She was a child, a youth and young adult,
With each new day awakening her soul.
She accepted Christ and lived in His love,
He was always there for her as she wove the years.

He's still affording her grace to
Accept and wait for the other side,
She knows the years are shorter now.
But, God holds her hand as she walks,
He supports her in each task she has.
She is strong in Faith and His love,
Happy and content in what life holds.
She doesn't have to keep score!

Blessed In Abundance

by Ms. Eddie Brooks

As I watch and listen to various local/national news reports concerning the turmoil that lingers within the worlds,
I can truly say that I am "blessed in abundance."
Yes! I am blessed in abundance for I have a caring, loving, and devoted Christian mother who taught me to pray whenever the storms of life came my way.
I have a mother who taught me how to live a righteous life, and how to stand strong; even if it meant standing alone.
As I look over my life I realize that I am blessed, truly blessed in

abundance to be living in a country that allows freedom of speech, religion, and an equal opportunity to be whoever/ whatever God desires for me to be.
I am blessed in abundance.

Your Destiny

by Vera King

There's always room at the top
The pinnacle of your pursuit
Just be prepared to struggle
For whatever you want to shoot
Failure is not an option
If you set your sights on high
As you have always heard
The limit is the sky
So think of the highest achievement
That could ever come your way
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C'mon, let's eat

by FAYE JONES

Since we have little time to cook, let's make life a little easier by having some one-dish meals that are not only filling but delicious. Read on.

CHICKEN AND EGGPLANT PARMIGIANA

1 medium-sized eggplant, peeled and sliced 1/4 inch thick
3 tablespoons olive oil
1 large yellow onion, finely chopped
1 clove garlic, minced
1 pound ground chicken
1 can (14 ounces) Italian-style plum tomatoes with their juice, halved
3 tablespoons tomato paste
3/4 teaspoon dried basil, crumbled
1/2 teaspoon dried oregano, crumbled
1/2 teaspoon salt
1/2 teaspoon black pepper
3 tablespoons pasta
1/2 cup grated parmesan cheese (2 ounces)
1 cup shredded part skim Mozzarella cheese (4 ounces)

1. Preheat the oven to 350°F. Grease a large baking sheet. Lightly brush both sides of the eggplant slices with the oil, using half the total amount. Place them on the baking sheet, overlapping

slightly if necessary, and bake, uncovered, for 5 minutes. Transfer to a plate.

2. Meanwhile, heat the remaining 1 1/2 tablespoons oil in a 10-inch skillet over moderate heat for 1 minute. Add the onion and garlic and sauté, stirring occasionally, for 3 minutes or until slightly softened.

3. Add the chicken and sauté, stirring, for 10 minutes or until no longer pink. Stir in the tomatoes, tomato paste, basil, oregano, salt, and pepper. Bring to a boil and cook, uncovered, for 5 minutes.

4. Spoon a thin layer of the chicken mixture into an ungreased 11"x 7"x 2" baking dish. Sprinkle with 1 tablespoon pasta, top with 1/3 of the eggplant, and sprinkle with 1/3 each of the parmesan and mozzarella cheeses. Repeat the layering twice, ending with the mozzarella. Bake, uncovered, for 45 minutes or until bubbling. Serves 4

BARBECUED CORNISH HENS WITH CHILI RICE

3/4 Cup Long-Grain White Rice
2 Rock Cornish Hens (1 to 1 1/2 pounds each), split
2 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1 can (12 ounces) corn kernels, drained
1 jar (6 ounces) pimientos,

drained and diced
1 can (4 ounces) green chilies, drained and chopped
1 cup shredded Monterey Jack or Cheddar cheese (4 ounces)
1/2 cup sour cream
2/3 cup bottled barbecue sauce

1. Preheat the broiler. Cook the rice according to the package directions. Meanwhile, brush the hens with the oil, then, sprinkle with the salt and pepper. Arrange them, skin side down, into a lightly greased medium sized baking pan and broil six inches from the heat for 10 minutes; turn and broil 10 minutes more or until nicely browned. Reduce the oven temperature to 400°F.

2. Mix the rice, corn, pimientos, cheese, chilies, and sour cream in a large bowl. Spoon the barbecue sauce over the hens, then wreath the rice mixture around them.

3. Bake, uncovered, for 20 to 30 minutes or until the legs move easily in the hip sockets. Serves 4.

HAM AND PASTA SALAD

8 ounces rotelle or penne pasta
1 cup buttermilk
1/4 cup mayonnaise
1 teaspoon dried tarragon

12 ounces boiled or baked ham, cut into 1/2 inch cubes
1 cup cherry tomatoes, halved
1/2 cup shelled blanched pistachios or blanched almonds, coarsely chopped
1/8 teaspoon black pepper
1 teaspoon minced fresh tarragon (optional garnish)
8 ounces spinach, trimmed, rinsed, and drained well

1. Cook the rotelle according to package directions. Meanwhile, whisk the buttermilk with the mayonnaise and dried tarragon in a large bowl until smooth and set aside.

2. Drain the pasta well, then add to the buttermilk mixture in the bowl and toss until well coated.

3. Add the ham, tomatoes, pistachios, and pepper, toss well again, and sprinkle with the fresh tarragon, in desired. Serve over a bed of spinach leaves. Serves 4.

Enjoy! ©6/22/10

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.

DIVORCE SUMMONS BY PUBLICATION AND MAILING		Docket No. W00SD1724DR	Commonwealth of Massachusetts The Trial Court Probate and Family Court
Florinda Salazar		vs.	Leandro Nils Salazar
To the Defendant:		Worcester Probate and Family Court 225 Main Street Worcester, MA 01608	
The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for <u>irretrievable breakdown</u> .			
The Complaint is on file at the Court.			
An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. SEE Supplemental Probate Court Rule 411.			
You are hereby summoned and required to serve upon: C. Njeri Gichuhi Legal Assistance Corporation 405 Main St. Worcester, MA 01608 your answer, if any, on or before 10/14/10. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.			

WITNESS, Hon. Denise L. Mesgher, First Justice of this Court.
 Date: April 26, 2010

Denise L. Mesgher
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The Next Chapter

Into Thin Air

Book Reviews by
ANNE B. JONES, PhD

Into Thin Air

(Jon Krakauer, Anchor Books, 1997, Mass Market Paperback 2009)

PaperBackSwap.com is the place for spectacular savings. Two neighbors recommended I try it, explaining the company is based in Atlanta, the site is simple to maneuver and it provides a wide range of books, new and old, for exchange. Once you join the site (at no charge), you simply list the ISBN numbers of ten books you no longer want and can send to other members. In repayment for your effort, you are given two points. One point equals a book (hardback or paperback). Two points equal an audiobook (CD or tape). You simply select and receive. Later as members request your books, you

pay the postage for shipping. When you select from their listings, they pay the postage to you. One of the most outstanding books I have received from the site is *Into Thin Air* by Jon Krakauer. There were two reasons I selected this work. It was well reviewed in major publications and, since it was based on a topic I knew little about, I didn't want to risk paying big bucks for it.

What a surprise! *Into Thin Air* was a well written non-fiction portrayal of Jon Krakauer's climbing of Mt. Everest that included the pacing, conflict, character building and setting one might expect from award-winning fiction. The book was an honest portrayal through competent prose of what has become the reckless pursuit of mounting the highest peak in the world. This book is important. It speaks not only to those who would embark on such a venture but to all who circumvent paying their dues to reach the top, in whatever field they engage. The

work is educational, filled with vivid descriptions of the grueling rigors of mountain climbing, depictions of the mercurial moods of weather on Everest, and compelling portrayals of those who would conquer its

heights. It is also a heartbreaking exploration into the whys people take risks and the dangers of commercialization of individual achievement. Feedback and comments welcome- annebjones@msn.com

Veterans organization launches new assistance program to help retrain wounded vets

Special to Senior News

The Retired Enlisted Association (TREA) through their Armed Forces Aid Campaign (AFAC) is proud to announce a new program, Vocational Educational Training (VET). The new program will provide disabled Afghanistan and Iraq veterans separating from the military an opportunity to receive educational training in an area that he/she would be suitable for with their experience and background. The program will cover some costs not provided by the Veterans Administration (VA) or other Department of Defense (DOD) government educational assistance programs.

VET assistance will be awarded on a case-by-case basis with allowances made for the severity of the disability, the type of vocational training being sought, and the personal financial situation of the applicant.

TREA has a long and successful history of awarding scholarships and assisting service members and their families. Thousands of dollars in educational awards have been made over the last decade.

The new program is in response to a growing need among enlisted men and women who are being medically discharged from the military and find that service related disabilities prevent them from pursuing the careers for which they were trained. For example, a mechanical specialist who has suffered partial paralysis or

lost a limb will likely need to change careers and move into an occupational area with different physical requirements. While DOD programs cover some of the costs resulting from this, TREA has found that in many cases there is a need for additional financial assistance.

To see if you qualify and obtain an application, please contact: Bill De Boer, Chairman, TREA Memorial Foundation, 1111 South Abilene Ct., Aurora, CO 80012; Phone: 800-338-9337; Email: TREAMEMFND@comcast.net.

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Dunwoody Celebrates the Fourth!

by MARY FRANCES

“Dunwoody Salutes America’s Volunteers” was the theme of the Parade that



Volunteer Minuteman
Dunwoody Fine Art Association.

greeted the crowd lined up along the 2.5 mile Mt. Vernon Road route at 10:00 a.m. on a sunny July 5, 2010. There were 148 entries with 2,500 participants that included

bands, decorated floats, convertibles with waving political candidates, clowns on skateboards, people carrying banners, swim teams, antique cars, and decorated pick-up trucks. Sixty volunteers in distinctive t-shirts managed the thousands who lined the parade route and were applauded for their volunteer efforts. An enthusiastic post-parade crowd gathered at Dunwoody Village to cheer the par-



US Marine Corps Band.

ticipants. “Great parade,” said Hayward Wescott.

Seventeen monetary prizes were awarded to the most splendid floats, vehicles, and musical groups. Atlanta Pirates and Wenches won the Most Original prize and Kingsley Racquet & Swim Club won the Overall Best Entry. The Dunwoody Women’s Club oversaw the annual event and served as the parade’s Grand Marshals.

At the parade’s end, Boy Scout Troop 266 sold heaping

full plates of BBQ and watermelon; the Calvary Church sponsored a play area for children and the 116th Army National Guard Band performed to a cheering crowd.

Dunwoody High School ROTC Color Guard, Brownie Troop 29433, Cadet Troop 25424, Junior Troop 284354, Pastor Jason Whitener St. Luke’s Presbyterian Church, and the Dunwoody United Methodist Chancel Choir united to present a stunning closing ceremony. “From

start to finish, this parade ran smoothly,” said Eric Christ shaking his head in wonder. “My family and I have watched this wonderful event for many years.”

Organized by Penny Forman, Pam Tallmudge, Stacey Harris, and a host of talented locals, the Dunwoody Fourth of July Parade is held annually and the community is welcome to participate. Contact the Dunwoody Home Owners Association for information on future parades.

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How to spot the red flags of an Investment Seminar Scam

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

Falling victim to a fraudulent investment scheme can mean losing anywhere from a few hundred dollars to your life savings. While most people might not see the harm in sitting through an investment seminar, Better Business Bureau recommends researching the investment company first, rather than run the risk of falling for a financial siren song over a free lunch.

Investment scams and schemes can come in many forms and a common technique to lure people in is the offer of a free financial seminar over lunch. In one recent example, the Securities and Exchange Commission shut down a Ponzi scheme which stole \$20 million from retirees in California and Illinois. The scammers invited senior citizens to estate planning seminars and later coaxed their victims into buying promissory notes for purported Turkish investments.

Free lunch seminars can seem like an easy way to get a meal, but attendees run the risk of getting drawn in by the slick presentations and promises of big returns. Unscrupulous seminars often use the promise of a free lunch to lure in leisurely senior citizens who have time and exploitable retirement accounts and real estate.

When listening to an investment pitch, BBB recommends looking for the

following red flags:

- Requires a large up-front investment. Untrustworthy schemers might try to convince investors to pay a lot of money upfront so they can get out of town with a large haul, rather than wait for the funds to trickle in.

- Promises high returns for low risk. Every investment comes with a level of risk. Typically the amount of risk increases in line with the potential return on the investment. If the seminar is trying to sell an investment scheme that claims a high return with little or no risk, beware, even if it comes with the promise of a money-back guarantee.

- Employs high-pressure sales tactics. Seminar leaders often use high-pressure sales tactics to get people to sign up without thinking it through. They might claim that there are only a few spots left or that you need to get in on the ground floor today to see the largest earnings. Any reputable investment company will let you take your time and do your research and will not pressure you into signing a check.

- Relies on off-shore investments. Many hucksters try to give their scheme an air of sophistication by relying on overseas investments such as foreign currency, property, stocks and bonds. They also might claim – incorrectly – that you can avoid taxes by investing overseas.

- Sounds too good to be true. At the end of the day, if the offer sounds too good to be true, it probably is. Always listen to your instincts because the potential payoff is rarely worth the risk.

For more advice from your BBB on financial planning and investing visit <http://www.bbb.org/us/consumer-tips-finance/>

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the

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

Fine Arts Photography reflects Rural South in FREE Exhibition this September

Special to Senior News

SlowExposures is the nationally recognized juried photo exhibition held annually in Pike County that faithfully captures the rural South's distinct history and character through fine art photography.

The eighth showcase of photography opens on Friday, September 17th, 2010, in the 1887 R. F. Strickland Building (listed on the National Register of Historic Places), a late nineteenth century mercantile store, in historic Concord, Pike County Georgia, located one hour south of the Hartsfield-Jackson Atlanta International Airport.

The photo celebration, which lasts for two event-filled weekends, includes salons and portfolio reviews; a local children's photography contest; satellite shows and a celebratory ball on Saturday, September 25th.

SlowExposures 2010 concludes on Sunday, September 26th.

In addition to the primary collection of over ninety photos, a self-driving road tour features a map of the satellite shows and historic sites throughout picturesque Pike County.

SlowExposures is the annual fundraiser of Pike Historic Preservation and is dedicated to supporting the historical and cultural heritage of the rural South through contemporary photography.

All proceeds from the show and the accompanying events go toward the preservation of Pike County's historic buildings and landscapes.

SlowExposures attracts hundreds of visitors each fall to central Georgia's bucolic surroundings.

For more information, please visit www.slowexposures.org or contact Slow Exposures, PO Box 489, Zebulon, GA, 30295, 770-567-3600.

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Out & About

Festival expands to offer great food, arts and entertainment

Special to Senior News

The 3rd Annual Taste of Chamblee will bring together local restaurants, arts, live entertainment, kids activities and more for the entire family to enjoy. This FREE admission 1-day outdoor festival will be held Saturday, August 21, 2010 from 11:30 a.m. to 8 p.m. in Downtown Chamblee, GA at Peachtree and Broad Streets in front of City Hall (5468 Peachtree Road, Chamblee, GA 30341).

The 2010 Taste of Chamblee is being expanded to include a variety of fare from more than 30 local restaurants. In the metro Atlanta area, Chamblee is often thought of as the crossroads for international foods and restaurants. Taste of Chamblee will bring together the most diverse array of eateries including Indian, Malaysian, Mexican, Chinese Dim Sum, BBQ, Cajun, Italian and more. Patrons will purchase food tickets from the event with food tickets valued at \$1 per ticket.

Participating restaurants will be serving up samples sized portions of their specialties for 1-4 tickets per serving.

In addition to the wide range of food, patrons will have much more to see and do at this year's festival. The event's ArtWalk will showcase more than 40 of the region's best artists representing a variety of media

including include paintings, photography, pottery, graphics, sculptures, jewelry and much more. Some of the best local antiques dealers will be on hand offering unique items from their shops. The Kids Activity area will feature interactive games and art projects that are fun for all ages.

Grab a seat in the Beer Garden and enjoy a selection of craft beers while enjoying music on the main stage from some of the region's best performers. Patrons can also visit the event's Wine Garden and purchase a wine tasting wristband to sample and learn about various wines.

Taste of Chamblee is produced by the Chamblee Business Association in conjunction with the City of Chamblee. Atlanta area event producer Premier Events is providing event management services for this year's festival.

For the latest details on Taste of Chamblee 2010 please visit www.thetaste-ofchamblee.com.

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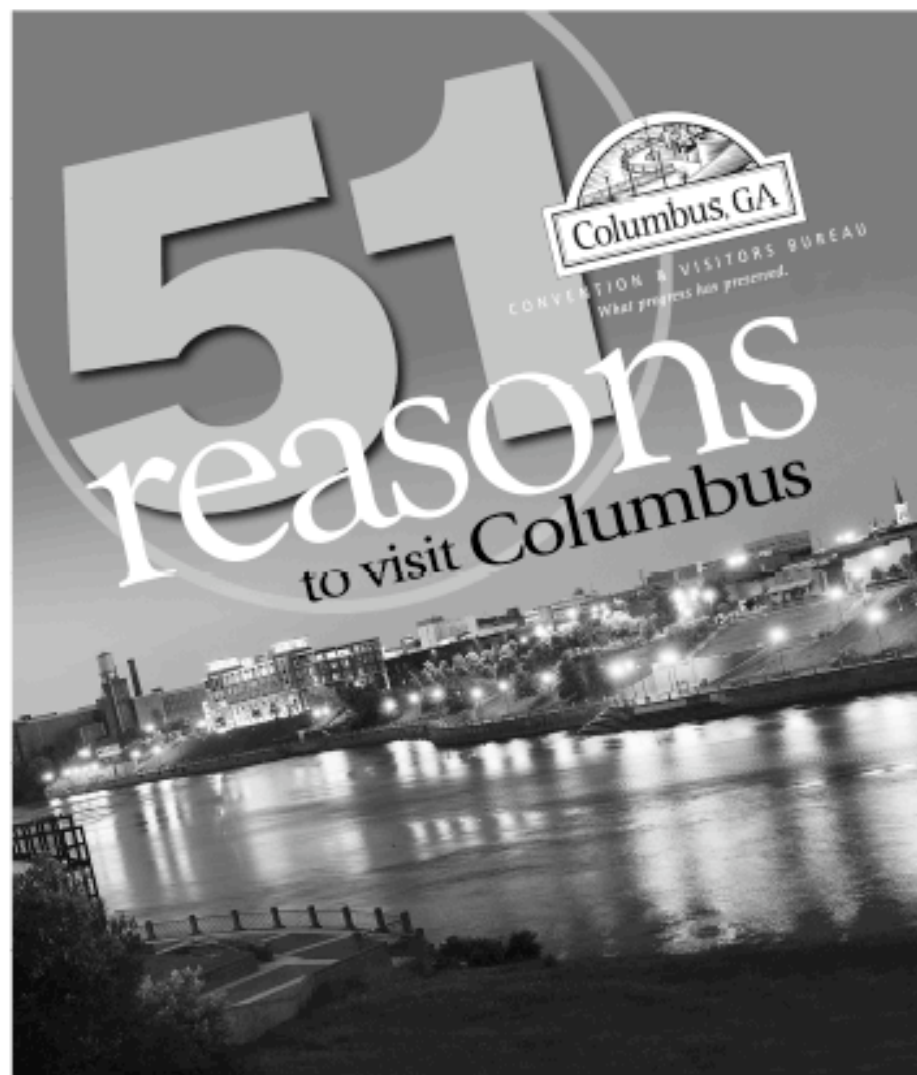
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Georgia eye doctor helps legally blind to see again

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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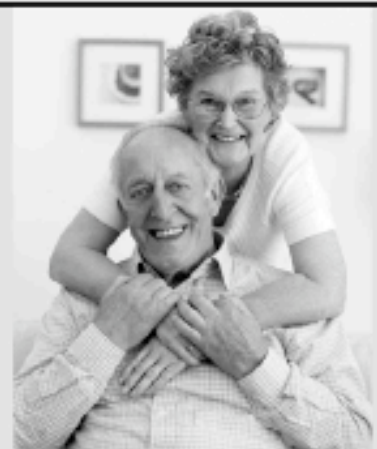


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Taking Care

Staying connected is good for your health... some tips to nurture relationships and foster new ones

by LISA M. PETSCHKE

Research has shown that healthy relationships help maintain physical, mental and emotional well being, not only enhancing quality of life but also contributing to longevity. As people age, however, their social network typically diminishes, due to retirement, relocation and friends moving away or passing on.



Lisa Petschke

Preoccupation with health issues or caring for an aging relative may also cause relationships to slide. All too easily social isolation may result. This separation from others can foster loneliness and precipitate depression. It's important in spite of life's changes to nurture relationships – a vital source of pleasure, validation and practical support – and forge new ones if needed. Here are some ideas for how to go about this.

Get busy

- Get out around people every day. To combat isolation, join a dinner club, fitness center or bowling league. Or head to an indoor mall that has a morning walking program.
- Sign up for an adult education course or lessons that interest you. Be sure to check out available programs at the local senior center or recreation center as well as those offered by educational institutions. Learning something new will energize you and boost your self-confidence, and you might make new friends in the process.
- Get involved in your community. Volunteer for a charitable or environmental cause, animal shelter, political campaign or, if applicable, church ministry.
- Attend school, workplace and other types of reunions whenever an opportunity arises. Better yet, offer to

help organize such an event. You might rekindle some old friendships.

Reach out

- Take the initiative and invite friends over. Don't wait for them to call or drop in. Some ideas for activities: try out a new recipe, watch a movie, work on a challenging jigsaw puzzle, or play card games or board games.
- Organize among your friends a weekly coffee time (at a centrally located coffee shop or rotating in participants' homes) or a monthly lunch date (for example, the first Friday of every month).
- Keep in touch with out-of-area loved ones through phone calls (find a good long-distance savings plan), letters, email or instant online messaging.
- If it is hard to get out or you are shy, meet new people with similar interests through Internet social networking sites aimed at seniors.
- Get to know neighbors. An evening stroll is one way to do this. Another is to volunteer for a neighborhood association or condo board.
- Do nice things for others, especially those who are going through a difficult time. This takes your mind off your own situation, boosts your self-esteem and strengthens relationships.
- If you are recently widowed, join a support group to connect with others who understand what you are going through. Information on relevant groups can be obtained from the local community information service or office on aging. If it is hard to get out or you prefer anonymity, Internet message boards, chat rooms and discussion forums are some alternatives.

Further tips

- Get a pet. Cats and dogs provide companionship and affection and give you a sense of purpose. A dog also ensures you'll get out of the house. And while walking it you might meet new friends.

- If you do not have grandchildren or they live far away, find out from your local office on aging if there's an Adopt-a-grandparent program.
- Cultivate some solitary pastimes. Hobbies not only enable you to enjoy your own company but also give you something to talk about in social situations.
- If you live alone and don't like it

consider taking in a boarder, sharing accommodations with a relative or friend, or moving to a senior living community.

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

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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

Fulton County Senior Services

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

Senior Multipurpose Facilities

- Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900.
- H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point,

404-762-4821.

- Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.
- Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers

- Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
- Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
- Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
- Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
- Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
- Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
- Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
- Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
- Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
- New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
- Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
- Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
- Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583.
- St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
- Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
- Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers,

social functions and other activities. For membership information call 770-641-3950.

• Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.

• Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center

225 Benson Street, Lawrenceville
770-822-5180.

Gwinnett Senior Center

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

Bartow County Senior Center

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

Fayette Senior Services

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

CLUB 55

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

Alzheimer's Support Group

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

Parkinson 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

continued on page 16

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CALENDAR
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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.

Square Dance Class

Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Coledge Rd., Tucker. Contact Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com; caller: Jesse Oliver, 404-346-7528.

Square Dance Class

FREE Open House, Thurs., Sept. 2, 7:30-9:30 p.m., Ben Robertson Kennesaw Community Center. Singles & couples welcome; free childcare, ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit www.squaredealers.com.

Button Gwinnett Society

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

Greater Atlanta Archaeological Society

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

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www.friendsofsmymalibrary.org
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Georgia Center for the Book

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215 Sycamore Street, Decatur
404-370-8450, www.georgiacenterforthebook.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
• Photographic Art Exhibit by Ms. Nafisa Valita Sheriff: Through Aug. 26. Reception & Artist Talk, Sat., Aug. 7, 3-5 p.m. Free & open to the public. Call 404-372-8114.

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 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.

Theatre In The Square

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

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 or call 404-321-6060.

Decatur Monthly Sacred Harp Singing

Thurs., Aug. 5, 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.atlantasacredharp.org.

Monthly Singalong

Fri., Aug. 27, 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.

South Cobb Yellow Rocks

Square Dance Club

Dances on the second and fourth Saturday nights, 8-10:30 p.m., each month at the South Cobb Community Center, 620 Lions Club Dr., Mableton. Call Marshall/Edna Vix at 770-941-3632 or Ronald/Kathy Bickers at 678-838-8198.

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.

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.

Get Connected with SeniorNet

at the Marcus Jewish Community Center of Atlanta

SeniorNet is an international, non-profit computer learning program designed to teach adults ages 50 and over computer literacy. The Marcus Jewish Community

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Center of Atlanta bears the unique distinction as being one of only three SeniorNet learning centers operating in the metro Atlanta area.

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

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

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

Volunteers Need for Meals on Wheels

Senior Connections needs volunteers to deliver hot, 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.

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.

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

Cong. Shema Yisrael

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

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

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

For more information, please call 404-463-3119 or email enaumann@atlantaregional.com; www.agewisec-connection.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 Gerry Saunders at 770-961-2200.

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

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
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CALENDAR

from page 18

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Georgia National Fair Concert Tickets Now On Sale

Josh Turner with special guest Steel Magnolia, Oct. 9, 7:30 p.m.; CMT on Tour, Miranda Lambert, Revolution 2010 with special guest Eric Church Introducing Josh Kelley, Oct. 16, 7:30 p.m. For details visit www.georgianationalfair.com.

Back to School Worship

Sun., Aug. 8, 11 a.m., Harmony Grove UMC, 50 Harmony Grove Rd., Lilburn. Church will host a great celebration of local school administrators, teachers & staff, students and parents. For details call 770-921-7747.

Alpharetta Convention & Visitors Bureau Park Plaza

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

17th Annual Slotin Folk Fest

Aug. 20-22; 5-10 p.m., Sat. 10 a.m.-7 p.m., Sun. 10 a.m.-5 p.m. North Atlanta Trade Center. \$15 includes admission or \$7 per day. Call 770-279-9899 or visit www.slotinfolkart.com.

Second Polish Pierogi Festival

Sat., Aug. 28, 1-8 p.m., St. Marguerite d'Youville Church, 85 Gloster Rd., Lawrenceville. Free entertainment including a polka band until 5:30 p.m. Contact Elzbieta Gurtler-Krawczynska at 770-448-5222 or email: egurtle@emory.edu.

Appalachian Jam

Ever Sat. until Oct. 9, 2-5 p.m., Dahlonega Gold Museum Historic Site, 1 Public Square, Dahlonega. Call 706-864-3513 or visit www.gastateparks.org.

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Times Not Forgotten

Those grand ole four-holer Buicks

by CHRISTINE COLEMAN

Today, Buicks are not considered as much "top-of-the-line" as they were when I was growing up in the 1930s. We now have more expensive cars with all sorts of accessories. These ultra modern cars come equipped with TVs, global positioning systems, night vision cameras in rear and any other convenience one can imagine. That was not the case when I was a youngster. Buicks were King, especially the ones with 4 holes in the fenders, which we termed "4-holers." To own a Buick back then meant a person

had achieved much. It served as a status symbol.

During the depression years, my brothers and I used to sit on the front porch of our house and make a game of naming cars. We lived on a farm beside the highway and saw cars going to Florida in winter and going North in summer. There were few cars on the road then, in fact, my folks allowed me to learn how to roller-skate on the highway – (Federal Highway #1, no less).

My family had a Model A Ford. That car served our needs and we were thankful for it. Some of our neighbors didn't have a car. We didn't allow our-

selves to dream of having a newer or better one. We were farmers. Times were hard back then. That fact didn't keep us from having fun learning to recognize the different makes and models of cars. We knew them all. We could identify trucks as well, most of which we called Big Macs.

While we were on the porch watching cars (of course this was when there were no chores to be done) we always enjoyed seeing a Buick go by with 2 or maybe 3 holes in the fender. But to our delight, every now and then a good-looking Buick would pass by with 4 holes in the fender. That was cause for

cheering and hand clapping (and of course wishful thinking). Most of the time, these Buicks were two-toned, and they had lots of chrome trim. Some even sported fender skirts over their rear wheels.

Years passed. Times became more prosperous. More people were able to purchase Buicks and join ranks with those who already owned them. These people enjoyed their new cars as having reached a particular goal in life. For a long while, Buicks remained the number one desire of buyers. Then as progress continued, different cars became sought after. There are still lots of Buicks on the roads, but they don't make those beautiful styles now. Today, they are smaller, have less chrome and the holes in their fenders don't show as well.

Different makes have become more popular today. They cost more, have more modern accessories, and look sleeker. Today, as I look back, I still remember the pleasure we had watching and naming all those cars (whether fancy or plain) on our highway. No doubt about it, there will always be a special place in my memory for those grand old Buicks, especially the 4-holers.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.

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