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A portrait of J. Wayne Baughman, a middle-aged man with light-colored hair, wearing a white dress shirt and a black bow tie. He is looking directly at the camera with a neutral expression. The background is a blurred indoor setting with warm, golden light.

***J. Wayne Baughman
creates symphony in
Johns Creek!***

October 2010
Vol. 24, No. 10

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On the Cover

J. Wayne Baughman creates symphony in Johns Creek

by SUSAN LARSON

ON THE COVER

J. Wayne Baughman, founder of Johns Creek Symphony Orchestra

For a city that's only three years old, it seems like quite a feat to have a professional orchestra just as old as it is. But with a maestro like J. Wayne Baughman, it should come as no surprise. J. Wayne Baughman has been on the Atlanta music scene for over 40 years. He performed for over 30 years as bass soloist with every major performing arts organization including the Atlanta Symphony Orchestra and Chorus, Emory University Orchestra and Chorus, Atlanta Opera, Atlanta Virtuosi, the Metropolitan Opera Sampler and Cathedrals of Christ the King and St. Philip. He was also the bass soloist in the Late Robert Shaw's 1991 Grammy-winning Telarc recording of Bernstein's Chichester Psalms.

But in harmony with his tremendous talent is tremendous

vision and from the beginning, Baughman envisioned more for this community than new "city limit" signs. He saw a big name orchestra performing there long before the name Johns Creek was even coined.

"In December of 1997 I was conducting the Christmas portion of Handel's Messiah at a church in the Johns Creek area and I was struck with the idea that this growing community could support a part-time professional orchestra at some point in the future," Baughman said. "In 2003 I started some serious investigating and studied Web sites of more than 50 part-time orchestras all over the US."

Baughman was convinced that this area, no matter what it was called at the time, could be a cornerstone of culture.

"On December 6, 2006, St. Benedict Catholic Church put together an ad hoc orchestra and presented an 'experimental' concert in the style of the Boston Pops. Nearly 900 people attended. That was the proof we needed that this

community would come out to hear great symphonic music performed at a high artistic level," Baughman said.

He and his late wife, Lynn, and other early supporters took their cue from that concert and the JCSO was incorporated in April of 2007.

Classical music lovers all over Atlanta rave about their performances. "I could not have been more blown away by the sheer musicality of the orchestra. There is a great sense of connection & communication between conductor & musicians," said John Lemley, Host of City Cafe & Afternoon Classics on WABE 90.1 FM

The 2010-11 season premier of JCSO, "Schumann, Salieri and Mozart," will feature Baughman's daughter and JCSO concertmaster, Adelaide Federici as soloist in Mozart's 5th Violin Concerto. Robert Schumann's Symphony No. 4 in D Minor will be performed in recognition of the 200th anniversary of his birth. The performance will be on October 16, at 8 p.m. in the Theatre at John's Creek High School, 5575 State Bridge Road, Johns Creek, GA. Tickets start at \$15 and can be ordered online. For more information visit www.johnscreeksymphony.org



J. Wayne Baughman directs the Johns Creek Symphony Orchestra

2010-2011 Schedule

- Saturday, October 16, 2010: Season Premier! Schumann, Salieri and Mozart
- Saturday, December 4, 2010: Christmas Gala & Holiday Pops Concert!
- Saturday, March 5, 2011: "Virtuoso Strings!" featuring the JCS String Orchestra
- Saturday, April 30, 2011: "Shall We Dance?"

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J. Wayne Baughman with the Johns Creek Symphony Orchestra

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Provide Christmas cheer in a shoebox!

by SUSAN LARSON

For years now, one of my favorite holiday activities has been filling a shoebox for Operation Christmas Child. And every year I want to make my OCC shoebox bigger and better. Every year I make multiple trips to the dollar store looking for one more sheet of stickers to stuff into one of my son's size 13 shoeboxes.

A few weeks ago Kay Brett, a representative from OCC was visiting my church for our 2009 shoebox kick-off. My friend Patti and I poured out to her how much we loved this project and started topping each other's stories about how creative we were in cramming our boxes to the brim.

"It's almost like an addiction," Patti said, and we both laughed at ourselves, realizing that for us, OCC is more like OCD in the way we so obsessively and compulsively get into it.

Brett said she loves to see such enthusiasm, but what Patti and I and many others do is not really the best way to go about it.

The shoeboxes, which OCC ships to children in places such as refugee camps, hospitals and orphanages in all over the world, are packed in cartons designed to hold 14 standard-sized shoeboxes. The people at the distribution centers anticipate 14 boxes, but when three boot boxes are taking up the space of nine shoeboxes, some kids get turned away empty

handed.

Brett said the first thing the kids look for is a toothbrush. In some cases, a whole family shares one toothbrush, so this is a real luxury. Dollar store toothbrushes usually come in four-packs, which is an even bigger treat, because it gives the child the opportunity to give a gift to a loved one.

Wrapping the box is optional, but in many cases the pretty wrapping paper is right up there with the toothbrush. Kids are amazed at the pretty patterns and use the paper for decorations or paper airplanes.

"Many people put big bows on their shoeboxes which must be removed for packing purposes. But, the bows are tucked inside the box, providing one more gift for the lucky child who receives it," Brett said.

So far, through the generosity of churches, garden clubs, scouts, retirement communities, civic groups and individuals, OCC has distributed over eight million shoeboxes worldwide. But they can always use more.

Packing a shoebox doesn't have to be an individual effort. Groups can get together and divvy up bags of toys and candy, six-packs of washcloths, or other items that are cheaper in quantity. If your senior organization would like to do some creative thinking inside the box and bring Christmas cheer to a child, visit www.samaritanaspurse.org or e-mail occsoutheast@samaritan.org for more information. Then, if you have an interesting story about your involvement in this project please email it to seniornews@msn.com.



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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Oh my, the time I love most is here – fall. I can't help dreaming of times gone by when days were filled with picking apples off the tree, scuppernongs and grapes from vines and the last of winter squashes. My children were not as thrilled as I about all the picking and washing of fruit. Of course, when the beautiful jars of jams, jellies and preserves were lined along the cabinets, it was a whole "nother" story and if memory serves me right, a bit of bragging passed those childish lips though licking spoons was what they did best.

A few days ago daughter Susan and I passed a local fruit and veggie farm. Signs were out for scuppernongs, grapes, okra, tomatoes, etc. I nearly went wild until I remembered that there is no one left at my house to eat all those great things I used to prepare for winter. With one daughter and one granddaughter, neither of which eats jams or jellies, a jar of jelly

will last at least a year around my house and that doesn't sound too much like fun.

As children, fall was a happy part of our school year. The Fall Festival was much more fun than the Christmas Bazaar. Fresh pulled and boiled peanuts were among our fall favorites. Oranges from Florida were coming on the market and there was usually a pick-up truck full ready for selling at the Fall Festival. Isn't it strange how our taste buds are so closely tied to our long term memory? Can you walk in a kitchen where cinnamon cookies are being baked and not remember scenes from your own family kitchen when you were a child? It's impossible.

I think I mentioned in one of my columns that my family has decided not to give gifts this year. This has been coming on for a long time. It seemed that after the opening of gifts, I had a feeling like the old song, "Is this all there is?" We were spending a fortune on things no one would really use. Older members of the family were weary of receiving glassware and decora-

tive articles. We all have a house full now. Therefore, we thought it would please us and the Lord more if we did something for others instead of ourselves. How wonderful it will be to give to dear people who are in need.

Giving to the poor is dear to my heart because there was a time when my family was on the receiving end of Thanksgiving and Christmas gifts. A mother with four children and a husband hospitalized for almost a year was the scene at our tiny farm house in the early 1940s. But for the love of friends and strangers we would have gone hungry and cold. But my mother seemed to attract miracles at the 11th hour and with her indomitable faith we were always taken care of. What beautiful memories I have carried for more than 70 years. God willing, we shall make more this Christmas. It will be like walking on sunshine!

©9/27/10

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

Spiritual Notes

God Honors Work

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

The economic news in the U.S. has been disturbing in recent months. The entire country has been affected by the down turn in industry and the job market. Men and women have lost their livelihood and many are now on welfare. Hopefully this will improve soon. America has been a resilient nation in past years when this type of crisis has arisen.

Our country just recently cele-

brated Labor Day. We have come a long way in regards to the protection of and respect for laborers. President Grover Cleveland established the first Monday of September in 1894 to be a national holiday to be known as Labor Day. In those early years workers had a work day of 12 to 14 hours. Now anything over eight hours in a day and one expects more pay.

The Bible is replete with references to labor and work. In Exodus 20:9 we read the Commandment, "Six days shalt thou labor, and do all thy work." It further states that the seventh day is to be one of rest –

"a Sabbath to the Lord your God." Ecclesiastes 2:24 says: "A man can do nothing better than to eat and drink and find satisfaction in his work. This too, I see, is from the hand of God, for without Him, who can eat or find enjoyment." The Apostle Paul writes in the book of Colossians, chapter 3:23-24: "Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

God's people are to engage in meaningful work for six days. He desires that people be industrious and excel in their work, and rest and give him "the Sabbath" on the seventh day.

Jackie Riley wrote in an article that "Work is an anchor related to other aspects of my life; the 'flow' and 'rhythm' are significant to my sense of self-worth and mental well-being." She further states we should view our work as a gift from God.

The lesson is that we should be hard working people who know how to rest and be grateful to our creator. In addition, pray for our country as we face a time where so many of our countrymen are out of work.

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

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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 biopic 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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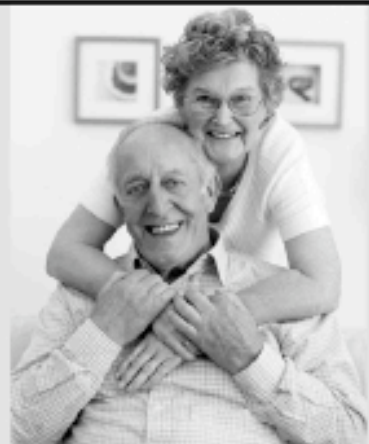
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Poets' Corner

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.

Retirement by Geri Noel

Here I lay alone in my bed
So many thoughts going on in my head
Thinking 'bout what this day will bring
Pop in the CD... let Whitney sing

Today is the first day
Of the rest of my life
Separation of job and retirement
Cuts like a knife

Grey hair... can you believe it?
I've lived life long enough to achieve it
Time has shaped body and mind
Sometimes I feel like Methuselah
One step at a time

Retirement... no more nine to five
In contentious weather... no long drives
Coffee, hot chocolate on the run
Buttered croissant... cinnamon buns

I think the trick to keeping your insanity
Is to explore your talents... your vanity
Join a place of worship... take the leap

That's all she wrote folks
I'm going to sleep
Retirement... M-M-M-M-M-M-M
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Butterfly by Bobby Cline

It was a bright and sunny day,
A butterfly came out to play.
Before my eyes it flew around,
But never did it make a sound.

Gold and black its color bright,
This thing of beauty while in flight.
Around the meadow it flew at ease,
And caught the early morning

breeze.

It danced around, and hovered near,
As if to search for something dear.
Then gently settled to the ground,
To drink the nectar it had found.

I looked and listened as it set,
But not a sound could I detect.
It drank its fill of morning dew,
Then slowly out of sight it flew.

Both peace and joy did fill my soul,
To think about what I behold.
Of all the things my eyes have seen,
Only a butterfly is so serene.

Boyhood Lost by Charles W. Cook

Dragon flies and polliwogs,
Slithering snakes and croaking frogs;
Somewhere lost in ebbs of time
As I once played in algae slime.

Slippery stones and hanging vine
Were simple joys a boy could find;
Reflected sunlight from my head,
Complete with nose and cheeks of red.

Stinging bees and prickly briars,
A rusty bike with patched up tires;
Recalling memories of my soul,
But lost forever thoughts untold.

Jungle trails through swampy mud,
Summer rains that quickly flood;
Apple trees with fruit to bear
Cobwebs tangled in my hair.

Woodland vales, my paradise,
Wondrous hours it would entice;
I wish to roam as I did then,
But boyhood never comes again.

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Summertime Treasures by Vera King

Summer is for fun in the sun
When grandchildren come to play
From distances to stay a while
Not just for a night or a day

To catch up on what's changed since last time
Measure heights and weights just right
Get a glimpse of who they have for friends

All the things since they've been out of sight

Find out all about their ball games
Brag on them for honors at their school
Pray together even when we picnic
Remind them to observe The Golden Rule

Of course all this is time consuming
Grandmother's job is never done
But who would change a single thing
With grandchildren having summer fun.

The Haven by Henry N. Goldman

A secrete place, we called our own,
Of earthen floor and gable dome.
Corrugated roof, red with rust,
Window obscure by aging dust.

Poultry wire stretched over the door,
Permitted air across the floor.
A dry haven on a rainy day,
When children found no place to play.

One of us rolled a cigarette
Of old newspaper, which we'd regret,
And with each puff, we'd grow more game,
As smoke would rise, the paper flame.

Through the window within her sight,

Mom saw the chicken house alight.
She screamed that we were all hell bound,
Just before our haven burned down.

Cigarette smoke tumbling in air,
Now reminds me of feathers on fire,
And I can see Mom's face once more,
Every time I hear a rooster crow.

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Taking Care

Say what? Overcoming communication barriers.

by LISA M. PETSCHKE

Spending time with someone who has an acquired communication disorder—such as speech impairment from a stroke or mental impairment due to Alzheimer's disease—can be challenging. It's natural to feel awkward when you can't relate to someone in the usual ways.

However, there are many ways to overcome obstacles in order to have a positive interaction.

The following are tips for successfully handling some of the most common challenges when communicating with older adults.

Setting the Stage: Some General Advice

- Choose a quiet area to minimize distractions.
- Ensure you have the person's full attention before initiating conversation. Sit close by, facing them.
- Show interest by maintaining eye contact and leaning forward. Be conscious of your facial expression and other body language.
- Be prepared for multiple forms of communication, such as gesturing, pointing to an alphabet, word or picture board, drawing and writing.

Hearing Impairment

- Pick a location with good acoustics—rooms with carpeting and curtains are better than those with lots of hard surfaces.
- Sit with your face to the light and be careful not to cover it with your hands.
- Ask if one ear is better than the other, and speak to that side.
- Lean in when it's your turn to speak.
- Use a loud voice, but avoid shouting. Speak slowly and clearly, but don't exaggerate.
- Keep your voice low-pitched.
- Be succinct about expressing yourself, and use short sentences.
- Read the person's non-verbal expressions, since some hearing-impaired people are hesitant to ask others to repeat themselves. If it looks as if they didn't pick up what you said, rephrase it.

Speech Impairment

- Defective speech due to impairment of the tongue or other key muscles is known as dysarthria. It involves difficulty pronouncing words; however, language abilities may otherwise be intact. Follow these tips to help with communication:
- Encourage the person to slow down, if necessary, in order to pronounce each syllable.
- Be patient and remain calm, allowing extra time for the person to get their words out. Don't interrupt or try to finish sentences unless they become really

frustrated.

- Be attuned to non-verbal language that can give clues to the factual or emotional content of the message.
- Summarize the message to check if you heard it right.
- Ask the person to repeat the message if you could not make it out. Don't pretend that you understood.
- Ask questions that require a Yes or No answer so they can simply nod or shake their head.
- Don't correct every error.
- If the person is able to write, have a notepad and pen handy as a backup.

Mental Impairment (Dementia)

When someone is cognitively impaired, traditional types of conversation may not be possible. However, contact is still important, providing them with much-needed validation in addition to spiritual support. Here's how to go about it:

- Approach slowly, establish eye contact, then address the person by name.
- Always identify yourself by name. Don't be deterred if the person does not remember you from one contact to the next—it doesn't diminish the value of your involvement.
- Keep your voice low-pitched to convey calmness and reassurance.
- Use simple words and short sentences, speaking slowly and distinctly.
- Keep questions to a minimum and avoid open-ended ones, especially those that begin with Why, or How.

• Allow plenty of time for response to a question before repeating it or changing the subject

- Nod your head and smile if appropriate, to indicate understanding.
- Avoid debating facts. Focus instead on feelings or use distraction if the person becomes argumentative.
- Respond to the person's mood when their words don't make sense—for example, "It sounds like you're feeling sad."
- Stick to topics with which the person is familiar. Avoid complex or abstract subjects.
- Be direct. Avoid clichés and limit the use of pronouns such as it, she and they.
- Try using different words when your message is not getting across.
- Don't feel you have to fill every minute together with conversation. Remember that your very presence is therapeutic.

Final Thoughts

- Watch for signs of frustration or fatigue that signal you should bring the visit to a close.
- Don't forget that humor is a valuable tool that can help reduce awkwardness and frustration.
- Above all, persist with your efforts. Remind yourself that with each contact, your comfort level will increase.

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

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RIVERSTONE

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C'mon, let's eat

by FAYE JONES

Welcome to fall dear readers. I believe it has finally come upon us. Trees are turning and gaggles of geese are landing in the lake. Many will stay the winter and raise their babies here next spring. They are delightful to observe. Along with our excitement about fall come thoughts creeping from the back of our minds. The holidays are upon us and I have recipes for your holiday table. Hope you enjoy them as much as I have.

HERB CRUSTED RIB ROAST

1 (6 to 7 pound) beef roast, chine bone removed and rib bones frenched (3 or 4 bones. If you have a large crowd, buy two roasts)
4 1/2 tsp. whole black pepper
1 Tbsp mustard seed
1 Tbsp juniper berries

1 spoon coriander seed
2 Tbsp snipped fresh thyme
3 Tbsp snipped fresh parsley
1/2 cup Dijon-style mustard

Preheat oven to 350. Trim separable fat from roast. Place roast, bone side down in a large shallow roasting pan. Set aside.

Using a mortar and pestle, crush pepper, mustard seed, juniper berries and coriander seed (or use a spice grinder.) In a small bowl stir together the crushed spices, thyme, salt, and parsley. Spread mustard over roast; sprinkle with herb mixture. Insert a meat thermometer into roast without touching bone.

Roast 2 1/4 - 2 1/2 hours or until thermometer registers 135 degrees. Cover with foil and let stand while Yorkshire pudding bakes. (The meat's temperature will rise 10 percent during standing). To serve, carve the roast between ribs. Serves 12.

Move on to making a wonderful

Yorkshire Pudding.

YORKSHIRE PUDDING

3 Eggs, beaten
3/4 cup milk
3/4 cup water
1 1/2 cups all-purpose flour
3/4 tsp salt
Pan drippings from herb-crusted Rib Roast

In a medium bowl beat eggs, milk and water with a rotary beater or whisk.

Beat in flour and salt until smooth. Cover and let stand up for 30 minutes.

When roast is done, reserve about 2 tablespoons pan drippings adding cooking oil if necessary. Cover roast and let stand. Meanwhile, increase oven temperature to 400 degrees. Place 1/4 tsp drippings in each of eighteen 2 1/2-inch muffin cups; brush on sides of cups. Heat in oven for 1 minute.

Fill each hot muffin cup half full with batter. Bake for 30 to 40 minutes or until golden brown and very firm. Remove from muffin cups and serve very hot with roast. Fantastic!

CINNAMON FRENCH TOAST

1 large egg
2 egg whites
1/4 cup skim milk
1/2 tsp vanilla extract
1/8 tsp ground nutmeg
1-inch thick diagonally cut slices French or Italian bread
Cinnamon sugar and reduced calorie maple syrup (optional)
 In a shallow bowl, using a wire whisk, beat the eggs and egg whites until foamy. Add milk, vanilla, cinnamon, and

nutmeg. Beat well. Set aside. Preheat oven to 200 degrees. Lightly spray a large nonstick skillet with vegetable spray; heat over medium heat. Dip 4 of the bread slices into the egg mixture, turning to coat and draining excess back into the dish. Place bread slices in prepared skillet and cook until golden brown, turning once, about 1 to 2 minutes per side. Transfer cooked slices to a plate and keep warm in oven. Repeat process. Divide French toast among serving plates. Sprinkle lightly with cinnamon sugar and top with maple syrup. Serve immediately! Enjoy! ©9/27/10

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.

The Next Chapter Women, Food and God

Book Reviews by
ANNE B. JONES, PhD

Women, Food and God
by Geneen Roth
Scribner, New York, NY • 2010

Beginning *Women, Food and God* on CD, while driving on I-75, was not a good idea. My first inclination was to pull onto the shoulder, slam on the brakes, place the whole set of discs under the front tire and ride back and forth until it was crushed. My deciding to resist that urge was a good idea.

To say I rebelled against the book's message is an understatement. I did not want to hear a stranger's psycho-analysis of my food woes. However, the raids on the pantry had to be stopped and if listening to Geneen Roth was what it would take, somehow, I would persevere. In the end, as hard as it is to admit, the book had a profound effect. I lost a pound and a half the first week I followed her guidelines, without dieting.

Women, Food and God begins with the basic concept that the way we eat is inseparable from our core beliefs about ourselves and being alive. As her CD jacket proclaims, "Your relationship with food is an exact mirror of your feelings about love, fear, anger, meaning, transformation and yes, even God." In presenting this argument, Roth encourages her readers and listeners to trace the roots of the way they eat by listening to the "voices" or tapes from their childhood that replay themselves in their minds. Food issues are more often not about food at all. They are issues related to self-esteem and self-fulfilling prophecy (Being told as a child who we are and whom we will become tends to make us become that way.)

Roth tells us no one knows better than we do what we need and diets distract us from dealing with our real issues. We should break away from old mental tapes and be willing to trust ourselves. So far, she's been right. Being "off" diet has not turned me into a raging single-visioned monster who rises from the depths of sleep to plunder the kitchen at night. In addition, her insights into why people binge and eat unhealthy foods make sense. She presents a set of simple guidelines and, in encouraging readers to be willing to endure discomfort in the short-term, assures them the long-term results will be worth it. We will be free, not only from the guilt-ridden

"voice," but the constraints of outside controls. The keys are being aware, connecting to ourselves, and acknowledging our true feelings.

Women, Food and God is not for everyone, but for those who are ready for change, the book is a powerful tool.

Feedback and comments welcome:
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Oil by Brian Murphy



Atlanta Art Festival 2010

Atlanta celebrates its 4th Annual Arts Festival

by MARY FRANCES

The 4th Annual Atlanta Arts Festival was off to a colorful start Saturday, September 18, in Midtown.

Clear skies, vivid landscape paintings, children creating magic wands, hikers eating blueberry Greek yogurt, a professional singing a story, and a Humana salesman talking to a prospect, contributed to a diverse festive experience

at the expanded 53-acre Piedmont Park.

This year the festival offered a new video experience called KINECT, where for five minutes an individual could visually experience rafting down a winding river or running a foot race against a competitor. BAREFOOT winery gave away bottle corks and Frisbee's and sold samples of their chilled wares. The Atlanta Beltline had a display of their project that will provide a network of public parks, multi-use trails and transit along a historic 22-mile railroad corridor. Visitors were invited to get on a bus to see the progress they have made. Woodruff Arts Center, Atlanta Symphony, the Alliance Theatre, and the High Museum made this year's art celebration an in-depth experience.

The Art Festival founded by Julie Johnston Tepp, Director of the Atlanta Arts Festival, and assisted by professionals and volunteers, blended visual arts, demonstrations, live entertainment, hands-on participation, and a variety of foods and beverages to make this event a multifaceted, all-sensory experience.

The highlight of the festival was visiting the booths of two-hundred artists who displayed their stunning wares of jewelry, painting, photography, ceramics, sculpture, leather, metal, and glassblowing under white canopies. "Amazing," said one observer. "Everything is so beautiful!"

"We received our largest number of applicants (for the juried art) this year and from all across the country: California, Colorado, New York, Louisiana, and Georgia," said Ms. Tepp.

Businesses, foundations, entrepreneurs, and volunteers united to create an arts festival enjoyed by thousands of young and not-so-young citizens. Art lovers should mark their calendars for the third weekend in September 2011 to plan to enjoy next year's Atlanta Art Festival.



Art by Carol King Pope

Festival.



Art by Christina Marie Long



Natalie Pokelwaldt
Creates a Wand



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This study is being performed by Dr. Srilatha Edupuganti at the Hope Clinic of Emory University, 603 Church Street, Decatur, GA 30030.

(Version 1.0 01-28-2010)

Rotary Club of Centerville, Georgia sends Vets to Washington

by JACK STEED
Public Relations Director

Douglas P. Hastings, Director of "Vets to Washington" recently presented a program to the Rotary Club of Centerville concerning the "Vets to Washington Project." He said that it will not be long before "The Greatest Generation" will only exist in our memories and in annual ceremonies held around the country. He went on to explain that it was not until 2004, almost 60 years after the end of World War II, that a fitting memorial was dedicated in the nation's capitol. This memorial was so long in coming that many of the surviving WWII veterans have little time left to see it; and, the health of many veterans prohibits

them from making the trip to Washington. Because of this the "Vets to Washington" project has been initiated.

The project covers hotel, transportation to and from the capitol and four to twelve hundred photos taken during the trip and visit for each veteran and spouse or traveling companion. For most, this is a highly emotional event and of which all are most grateful for the opportunity. A coordinator is available for each trip to assist the vets and often companions are needed to assist individual veterans. Of course, the success of a project of this magnitude depends upon community support and involvement. It takes continued sponsorship by individuals, civic organizations and businesses to enable each veteran to enjoy this



Centerville Rotary Club veterans and Doug Hastings, also a veteran – left to right: Publisher Billy Tucker, Doug Hastings, Club President Mark Waters, Jack Steed and Bob Griggers.

Labors of love can be lucrative

by SUSAN LARSON

No matter how bad the economy gets, there are still ways of making money. Especially if you look at what you love doing.

Jimi Taylor of Taylor Made Gift Baskets in Lilburn says her business has never been better and demand for her baskets just keeps growing. No matter how bad the economy, people still keep giving gifts, everything from graduation gifts for grandkids to corporate gifts for clients.

Taylor, who has been in the gift basket business for 22 years says there are countless opportunities for making money through gift giving, and she even conducts workshops teaching other people how to do what she does.

People ask why she goes out and creates competition.

"I'm not worried about competition," Taylor says. "There's room out there for everyone."

But you don't have to learn how to assemble baskets to make money. Taylor says there's a huge demand for gift items, especially foods and notes that everyone she knows, herself included, started out in their own kitchen.

Some of her big sellers include Native South, founded by Lynne Brice of Conyers, which features novelty foods such as peach shaped tortilla chips. Nam's Bits, dime-sized chocolate chip cookies, were inspired by the owner's "nammy" who baked them with love for her grandchildren. And the newest kid on the block is Channon "Chay" Powell in Norcross. After losing her job, she drew on her Big Easy roots and founded Chay J's New Orleans Candies, featuring, among other delights, her signature Creole pretzels.

And it doesn't have to be about food. Music is also marketable. Pianist Judy Boehm, of Suwanee recorded eight CDs, which are among the most requested items on Taylor's shelves. Other popular gift items include home-made soap and a microwavable facial

wrap.

Taylor noted that with Christmas around the corner, now is the time to get a foothold in the business.

"I'm already getting requests for Christmas items," she said. "I hope I can fill them all."

Look into what you love. Your grandmother's pickles? Your aunt's fig jam? There's a whole world out there looking for something special to give.

tribute for their service. In this regard, the Centerville Rotary Club has proudly sponsored four vets thus far in making the trip to Washington a reality.

In reflecting on the true contributions made by WWII veterans, one will realize that they have had a greater impact on the entire world than any other group in history. Throughout the history of the United States, our service men and women have fought in many wars. Without the contribution of the United States a world ruled by dictatorial tyrants

and the annihilation of at least one race of people would have resulted.

The sacrifices of "The Greatest Generation" made possible the lifestyle and freedom we enjoy today. Your support of the "Vets to Washington" project will enable these veterans to experience the gratitude of a grateful nation and a chance to pay homage to their deceased comrades.

If you like to suggest a veteran for this trip or sponsor a vet for this trip, please contact Doug Hastings at 706-832-6483.



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Out & About

United States Navy selects Atlanta to host 2010 Navy Week Celebration, October 11-17

Special to Senior News

Atlanta has been chosen as a host city for a Navy Week celebration in 2010, giving area residents an opportunity to meet some of the Navy's Sailors and learn about the Navy's critical mission and its broad-ranging capabilities.

The U.S. Navy conducts approximately 20 Navy Weeks each year, reaching out to communities across the country to show Americans the investment they have made in their Navy. During a Navy Week celebration, the Navy concentrates a variety

of outreach assets in a single city for the week, sharing the Navy story with as many people as possible.

The Navy's precision flight demonstration team, "The Blue Angels," will headline the Navy Week in Atlanta, performing at Dobbins Air Force Base October 16-17.

Other outreach assets which may be scheduled during Atlanta Navy Week include:

- The Navy Leap Frogs Parachute Team
- Navy rock bands and ceremonial bands
- Flag Officer speakers

- Navy divers
- Flight simulators and other interactive displays
- Sailors from namesake ships and submarines.

A wide variety of events are scheduled during each Navy Week, including:

- Engagement with local corporate, civic and government leaders
- Navy Band musical performances
- Dive demonstrations in local aquariums
- Visits to area schools
- Community service projects and

events with local sports franchises, to name only a few.

In 2010, 20 cities have been selected to host a Navy Week including the city of Atlanta.

For more information on the 2010 Atlanta Navy Week, please contact Lt. Cmdr. Lisa Braun at [HYPERLINK "mailto:lisa.braun@navyweek.org"](mailto:mailto:lisa.braun@navyweek.org). More detailed information on each Navy Week can be found at www.navyweek.org. For a complete list of U.S. Navy outreach engagements, click on www.navy.mil/navco/CFA/2010.html

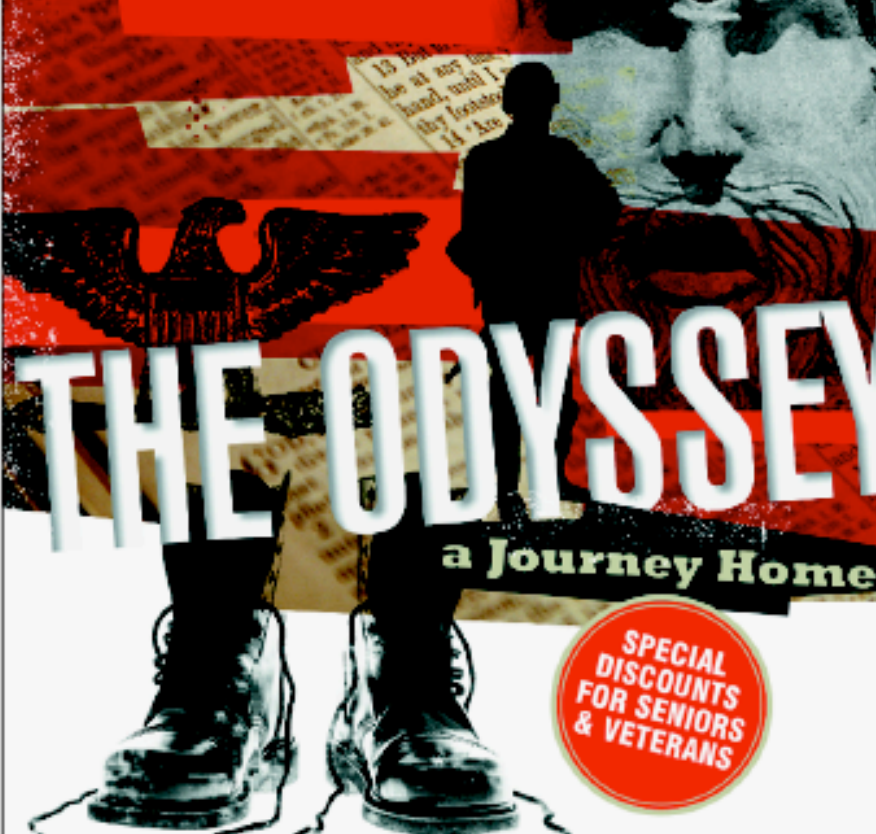
Atlanta writer receives MECCA Award

Submitted by
SUSAN LARSON

Marty Aftewicz, of Atlanta, received the MECCA (Master of Excellence for Commitment to the Community in Atlanta) Award for 2010. As president of the Atlanta Writers Club, Aftewicz tripled membership in less than three years to over 600 members. Under his leadership, AWC initiated the Atlanta

Writers Conference now held each spring, started a free annual youth workshop, and was instrumental in establishing a scholarship fund for future writers at Georgia Perimeter College. Recognizing Aftewicz's efforts, Terry Kay, one of the most highly acclaimed writers in Georgia, referred to AWC as "the most influential literary organization in the South."

For additional information visit www.atlantawritersclub.org.



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Out & About

The Chestatee River Diving Bell

by ANNE AMERSON

When gold was first discovered in north Georgia in 1829, the only tools needed to mine the shallow streams were a pan and a shovel. Once the "easy gold" was gone, however, men began searching for it underground and in the bed of the Chestatee River that flows through Lumpkin County.

In 1875 The Dahlonega Mountain Signal reported "a new scheme for working the bed of the Chestatee," one which would require "\$50,000 expended in machinery." The Loud, Cook & Co. boat enterprise would let down "a large diving bell (or caisson) 6 by 14 by 8 feet high." When the bottomless vessel was lowered to the river bed, air would be pumped in and the water excluded, "the miners working dry shoal on the bottom of the river."

A year later the newspaper reported the sinking of the Loud boat under mysterious circumstances. Then no further mention was made of the ill-fated venture. For over a century the boat and its attached diving bell were hidden beneath water and sand and forgotten. Only the very top of the entry tube leading into the bell remained visible.

When the iron tube was pulled from the Chestatee River c.1983, it was found to be attached to a large iron object containing two short-handled shovels and other tools. The curious artifact was identi-

fied as a diving bell, but nothing was known of its history at that time. Although well preserved by the water, the 100-year-old metal hulk rusted over the years it was left lying on the river bank.

When the Birch River Golf Community purchased the property from Owens Farms in 1997, a local metal worker was hired to sandblast and paint the bell and additionally to repair damage incurred when it was pulled out of the river.

In 2006 a Reynolds Signature Community called Achasta purchased the property, including the diving bell. Plans to display the object in a river park for residents took a different turn in 2007 when former military diver Walt Garlinghouse learned about the bell and got permission to inspect it. Far from viewing it as merely an interesting curiosity, he recognized it



Author and diving bell

as a rare surviving example of a 19th century diving bell. He immediately began sending out inquiries to underwater agencies, trying to unravel the mystery of the bell's history.

Among the many interested responses which Garlinghouse received was a message from James P. Delgado, world-renowned underwater explorer and executive director of the Institute of Nautical Archaeology. Delgado wrote, "Your bell is a rare and unique survivor that I would like to include in a project to make a detailed assessment of all known American diving bells and submersibles built prior to 1880."

When asked to put the diving bell on public display, Achasta Managing Director Ron Larson suggested forming a committee to explore possibilities for protecting, preserving, and displaying the artifact, which Achasta agreed to donate to the City

of Dahlonega. That ad hoc committee has been working to implement its mission since June of 2009.

In December of 2009 the Dahlonega City Council voted to allow the Chestatee River Diving Bell to be displayed in Hancock Park, where it can be easily viewed by visitors to the Public Square. Plans for the display are currently being designed.

In July 2010, the diving bell was fully restored according to archaeological specifications under the direction of Maritime Archaeologist and Preservation Planner Chip Wright. The site for the conservation lab and full funding for the project was provided by Mike and Lynn Cottrell. The Cottrells also hosted a fundraising event which was attended by 500 people and netted over \$35,000 in monies needed to display the bell.

Questions frequently arise as to where the bell was made and by whom. This query was partially answered recently when local researcher Chris Worick discovered foundry marks on the bell's outer hull showing that the plates were cast by the Pottstown Iron Co. in Pottstown, Pennsylvania. It is probable that the iron plates were made to order and shipped to another location where they were assembled. Research continues in order to learn when and where the bell may have been used before it was brought to Dahlonega in 1875 to mine for gold in the bed of the Chestatee River.

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Out & About

Celebrate history at the Cowboy Festival, October 21-24

Special to Senior News

The Booth Western Art Museum will host the 8th Annual Southeastern Cowboy Festival & Symposium, October 21-24. More than 5,000 visitors are expected to attend scheduled events including concerts by Riders in the Sky, gunfight reenactments, children's activities, living history encampments, and Native American dancing. Featured artist for this year's event is sculptor John Coleman, who will present a lecture and a workshop. The four day event will take place at the Booth Western Art Museum and the Grand Theatre, both located in historic downtown Cartersville, Georgia.

The Festival and Symposium begins Thursday, October 21, with a unique school program, *Passport to the West*. Living history performances, craft demonstrations and more bring the West to life on this special day just for students. Educators interested in bringing students to the program are urged to call 770-387-3849 soon.

Later that evening, visitors can meet featured artist John Coleman, and listen to Doc Stovall and the Tumbleweed Cowboy Band perform in the Museum atrium from 5:00 to 7:00 p.m. Coleman will present a lecture on his artistic style and career highlights in the Booth Theatre beginning at 7:00 p.m.

Considered one of the leading sculptors of today, Coleman creates three dimensional art that captures the historical nature and mythology of western subjects, and has recently completed a series of works called the *Bodmer-Catlin Explorer Artists Series*. Using detailed portraits by Karl Bodmer and George Catlin of the Native American people encountered during the Lewis & Clark expedition, Coleman sculpturally captured who these people really were. The Booth Museum owns all ten pieces in this series, permanently on display in the museum's two-story sculpture court. Following the lecture, Coleman will sign copies of the official Festival and Symposium poster in the Museum Store. Thursday evening events are free for Booth Museum members and included with regular admission for not-yet members.

On Friday, October 22, the symposium portion of the event takes place with lectures on a variety of historical and artistic topics from 10:30 a.m. until 3:30 p.m. in the Booth Theatre. Admission to the lectures is free for Booth Museum members and included with regular admission for not-yet-members. Also

on the 22nd, the Booth Art Academy will host a sculpture workshop for artists by featured artist John Coleman. For registration information and costs, please call 770-607-3686.

Friday evening, guests are invited to attend the Western Concert in the Booth Ballroom at 7:00 pm, featuring Belinda Gail and Jim Jones. Known as "America's Western Sweetheart," Gail has been honored by the Western Music Association and the Academy of Western Artists as female Performer of the Year and as Entertainer of the Year several times over the course of her career.

Jim Jones is a gifted songwriter, instrumentalist and producer. He has been named the Western Music Association's Male Vocalist of the Year and is in much demand at festivals and gatherings throughout the West. Tickets are \$15 for not-yet members, \$12 for Booth Museum members and \$10 for students.

Two Saturday concerts at the Grand Theatre feature the internationally famous Riders in the Sky, who will be celebrating 6,000 career performances during the Festival & Symposium. Made up of Ranger Doug, Woody Paul, Too Slim and Joey, Riders in the Sky has been entertaining audiences since 1977. In

continued on page 15



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Atlanta CALENDAR

Senior Citizen Services

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Cobb Senior Services

• Administrative Office: 32 N. Fairground Street, Marietta, GA 30060, 770-528-5355
• For events & activities: www.cobbsejors.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.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:

tions of traditional Indian dances, chuck wagon cooking, children's activities and a living history encampment with demonstrations of pioneer skills from bygone days. Food vendors at the event will offer homemade root beer, barbecue, hot dogs and other favorite festival food items. Activities will take place between 10:00 a.m. and 5:00 p.m. Admission to the festival grounds, including Booth Museum galleries, is \$10 for not-yet members, \$8 for seniors, \$7 for students, \$3 for children and free for active military and Booth members.

The weekend wraps up Sunday, October 24, beginning with Cowboy Church at 11:00 a.m. This non-denominational church service features cowboy prayers and Western spiritual music and is free for everyone. After the service, visit the Cowboy Festival and Western Marketplace between Noon and 5:00 p.m. on the grounds of the Museum, with the same activities as listed for Saturday taking place.

More details on the schedule of events may be obtained by consulting the Museum Web site at www.boothmuseum.org or calling 770-387-1300.

adult 55 years of age or older. You would receive the Yellow Fever vaccine along with the International Certificate of immunization. The purpose of this study is to characterize how the human immune system responds to vaccines. There will be 4-8 visits and you will be compensated \$50 per visit for time and travel. If interested, please call 877-424-HOPE (4673) or email vaccine@emory.edu.

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@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.

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COWBOY

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1982, they became the first exclusively Western music artist to join the Grand Ole Opry. The group has also provided music for several Walt Disney/Pixar albums, most notably "Woody's Roundup Featuring Riders in the Sky" which was released as a companion album to "Toy Story 2." Tickets for the 2:00 p.m. matinee are \$25 for not-yet members, \$20 for Booth Museum members and \$5 for children 16 and younger. Tickets for the 7:00 p.m. evening performance are \$25 for not-yet members and \$20 for Booth Museum members. Members of Riders in the Sky will be available to sign CDs and meet fans in the Encore Room adjacent to the Theatre following each show.

During the day Saturday, October 23, an array of events for the entire family will be offered in the Cowboy Festival and Western Marketplace on the museum grounds. Entertainment includes re-enactments of the gunfight at the O.K. Corral, Western music and poetry throughout the day on two stages, fast draw competitions, humorous Western skits, demonstra-

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CALENDAR
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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.

Square Dance Class

Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Cooledge 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.

Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-294-1789.

Friends of Smyrna Library

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www.friendsofsmyrnalibrary.org
770-436-8062; Third Thursdays

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DeKalb County Public Library

215 Sycamore Street, Decatur
404-370-8430, 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

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 770-928-6400.

Sandy Springs AARP

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

PALS Lunch 'n Learn Sessions

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

• 50+ Lunch & Learn Programs: Mondays Sept. 13-Nov. 1, 9 a.m.-3 p.m., Dunwoody Baptist Church, Dunwoody. Call 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., Oct. 7, 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., Oct. 22, 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.

Newnan-Coweta Habitat for Humanity Sales

Every Sat., 8 a.m.-5 p.m., 1082 East Highway 16, Newnan. Call Glenn at 770-252-4061.

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.

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from page 16

Get Connected with SeniorNet**at the Marcus Jewish Community Center of Atlanta**

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

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

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

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

Volunteers Need for Meals on Wheels

Senior Connections needs volunteers to deliver hot, 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.

Cong. Shema Yisrael - The Open Synagogue Services

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.

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

continued on page 18

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CALENDAR
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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.

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.

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.

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

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

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

21st Georgia National Fair
October 7-17. For details visit www.georgianationalfair.com.

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.

Brushstroke's 3rd Annual Signature Art Show
Fri.-Sun., Oct. 8-10, 11-6. Open reception Thurs., Oct. 7, 5-9. Will highlight the work of 15 talented local artists. 75 Bennett St., in the Tula Building, Atlanta. Call Judy Clark at 404-543-8470.

25th Annual Mt. Zion Craft Show
Fri., Nov. 12, 9-5 & Sat., Nov. 13, 9-4. Mt. Zion United Methodist Church, 1770 Johnson Ferry Rd., Marietta. Proceeds benefit local and church charities. Call 770-971-1465 or visit www.mtzionumw.org.

Trunk or Treat
Sat., Oct. 30, 6-8 p.m., Harmony Grove UMC, 50 Harmony Grove Rd., Lilburn. Call 770-921-7747 or email office@har

continued on page 19

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CALENDAR

from page 18

monygroveumc.org.

AARP Defensive Driving Classes

Nov. 6 & 13, 9-12 a.m., Harmony Grove UMC, 50 Harmony Grove Rd., Lilburn. For complete details call 770-921-7747.

Atlanta Wind Symphony 2010-2011 Master Season Premiere

Sun., Oct. 10, 3 p.m., Roswell Cultural Arts Center. Tribute to the Greatest Generation. For details call 678-615-7619 or email Susan Laird at susan@atlantawindsymphony.org.

Fulton County Department of Family and Children Services' Foster Care/Adoption Fair

Sat., Oct. 16, 11 a.m.-2 p.m., New Calvary Missionary Baptist Church, 1690 Melrose Dr., SW, Atlanta. For details call Fulton County DFCS at 770-774-7525.

6th Annual Rice FestivalSat., Oct. 9, 11 a.m.-5 p.m., Free, parking \$10, Stone Mountain Park, U.S. Hwy 78 E, Exit 8, Stone Mountain. Call 770-270-0663 or visit www.aare-atlanta.org.**37th Annual Lilburn Daze**Sat., Oct. 9, 9 a.m.-5 p.m. Free. Lilburn City Park, 76 Main St., Lilburn. Call 770-921-2210 or visit www.lilburndaze.org.**2nd Annual Autumn Heritage Festival**Sat., Oct. 16, 10 a.m.-6 p.m., Free. For details visit www.autumnheritagefestival.com.**10th Annual Sugar Hill Fall Festival**Sat., Oct. 23, 11 a.m.-5 p.m., Free. E.E. Robinson Park, 850 Level Creek Rd., Sugar Hill. Call 770-831-7413 or visit www.cityofsugarhill.com/fallfest.**Pugfest**Sat., Oct. 30, 10 a.m.-4 p.m. \$6 adults; \$3 children under 12. Benefits Southeast Pug Rescue and Adoption. Gwinnett County Fairgrounds, 2405 Sugarloaf Pkwy., Lawrenceville. Call 770-963-6522 or visit www.rescuepug.com.**Auburnfest 2010 and Chili Cook-off**Sat. & Sun., Oct. 16 & 17, noon-7 p.m., Free. Downtown Auburn, 1369 Fourth Ave. Call 770-963-4002, ext. 223, or visit www.cityofauburn-ga.org.**The Deep Roots Festival**Sat. & Sun., Oct. 16 & 17. Includes a barbecue cook-off. Milledgeville. For details call 478-414-4014 or visit www.deeprootsfestival.com.**Fall Frolic and Harvest Festival**Sat. & Sun., Oct. 16 & 17, 11 a.m. Free. Downtown Norcross. Call 770-448-2122 or visit www.aplacetoimagine.com.**McDaniel Farm Fest**Sat. & Sun., Oct. 16 & 17, 10 a.m.-4 p.m., Free. McDaniel Farm Park, 3251 McDaniel Rd., Duluth. Call 770-822-5178 or visit www.gwinnettparks.com.**Christmas in Roswell 2010**For events and details visit www.visitroswellga.com.**Oktoberfest Planned at Life Enrichment Center**Mon., Oct. 25, 5-8 p.m., Fayette Senior Services Life Enrichment Center, 4 Center Dr., Fayetteville. Tickets, \$15 per person. Advance ticket sales only. For details call 770-461-0813 or visit www.fayettelifeenrichment.org.**FREE BLADDER CONTROL PRODUCTS
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Older workers to help community service agencies

Submitted by the Georgia Department of Human Services

The Department of Human Services invites community service agencies to apply now to host a wage-subsidized older worker through the Senior Community Service Employment Program (SCSEP).

Authorized by the Older Americans Act, SCSEP provides low-income adults, age 55 and older, with paid community-service job training plus assistance with finding permanent work in for-profit, government, and non-profit fields. The Department of Human Services (DHS) Division of Aging Services administers the program in Georgia.

"Older Adults are dependable and experienced, and they add diversity to the workforce," said Dr. James Bulot, director of the DHS Division of Aging Services.

Participants fill a variety of job roles: performing administrative and clerical duties, caring for older adults and people with disabilities, working in food service and childcare, making simple repairs, and providing other services to the community. The program operates in collaboration with Department of Labor One Stop Career Centers.

Participating agencies typically host each SCSEP participant for six months while the older worker receives training, SCSEP-funded wages and fringe benefits, supportive services, annual physicals, and help in obtaining unsub-

sidized employment. In exchange for a short-term federally funded SCSEP worker, a participating agency provides on-the-job training and access to future employment opportunities if available.

To learn more about opportunities to host a participant, contact Sarah Collins, SCSEP

Director, DHS Division of Aging Services, at (404) 657-5332 or slcollins@dhr.state.ga.us. General information about services available to older Georgians and their families is available by phone at (866) 55-AGING (552-4464) or online at <http://www.aging.dhr.georgia.gov>.

Celebrate Fall with the Green Tomato Festival

Special to Senior News

Celebrate fall with the Green Tomato Festival October 23-24 in downtown Juliette. This quaint festival is celebrates Juliette's Hollywood fame and the Whistle Stop Café.

Festivalgoers can peruse a variety of booths selling everything

from sterling silver and handmade beaded jewelry to glass wind chimes and vintage art, and of course, grab a plate of fried green tomatoes! Join us from 10 a.m. - 5 p.m. Saturday or Sunday for this family-fun event. For more information, call 888-642-4628 or email karen@forysyth-monroechamber.com.

About the Green Tomato Festival

Before filming *Fried Green Tomatoes*, Juliette had become a little more than a ghost town. Founded in the 1880s, it was a booming community with numerous industries. However, time marched on, rail declined, mills and shops began to close, and the downtown buildings sat empty. All that changed in 1991 when movie producers for *Fried Green Tomatoes* chose Juliette as their movie set. Now Juliette welcomes thousands of visitors year-round from around the world. On any given weekend, you'll find visitors ready to sample Juliette's great food, shopping and hospitality. So, in 2001, the Juliette Town Council voted to celebrate the food and movie that brought new life to the community with the annual Green Tomato Festival.



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