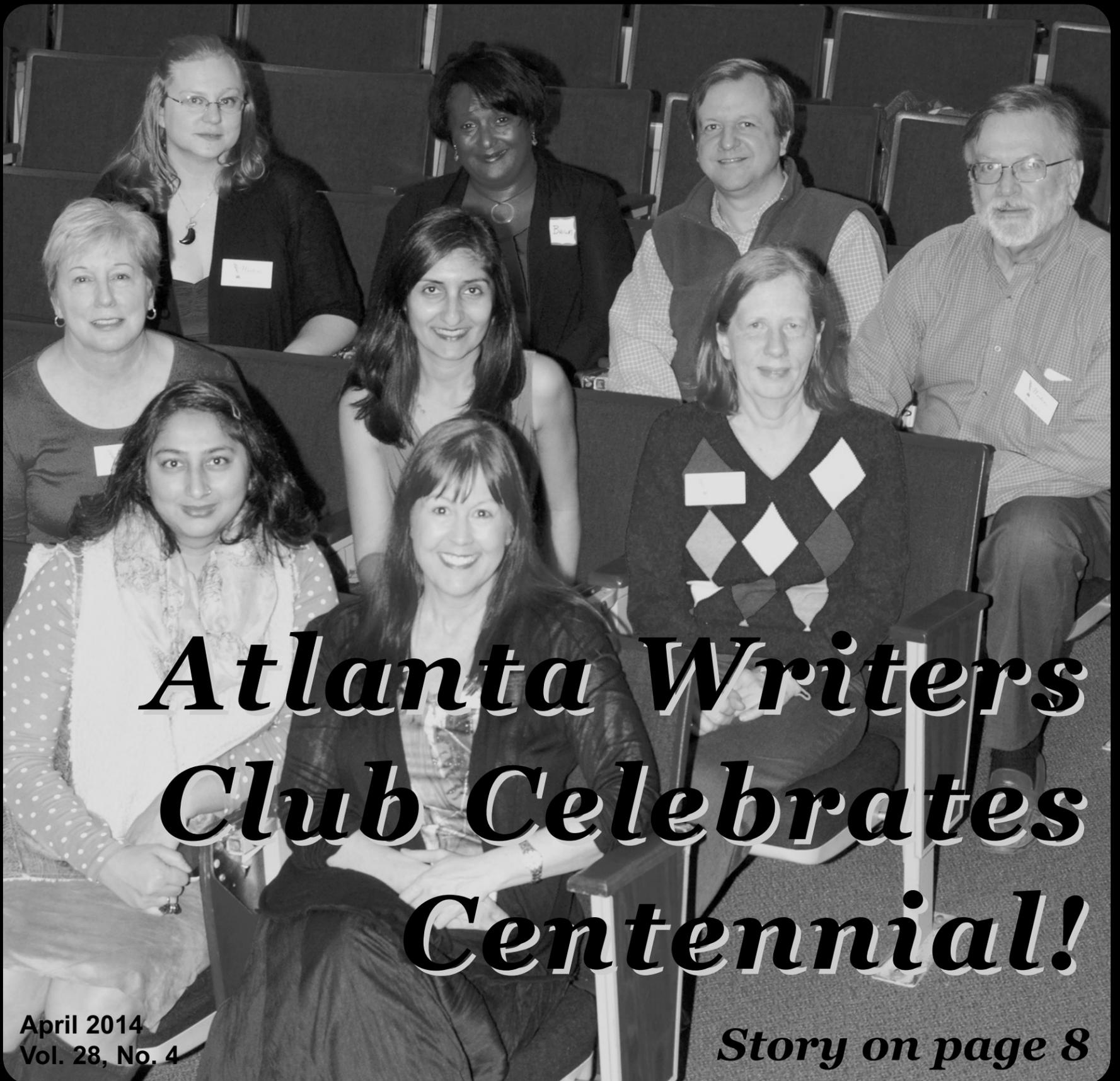


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Story on page 8

Don't be fooled by fake funeral notices

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

Email users are becoming more savvy about spotting scam messages. So scammers are always on the hunt for new ways to evade the "delete" button and entice you to download their malware. Scam emails disguised as funeral notifications reach a new low for scammers and unfortunately increase the chances that you might fall victim to their con.

How the Scam Works

You receive an email with the subject line "funeral notification." The message appears to be from a legitimate funeral home, offers condolences and invites you to click on a link for more information of an upcoming "celebration of your friend's life service." The notice does not disclose the name of your "friend" and instead of pointing you to the funeral home's website, the link to view the invitation and "more

detailed information about the farewell ceremony" sends you to a foreign domain. Scammers place malware on these third party websites that download onto your computer, giving scammers access to personal information on your machine.

Malware, short for "malicious software," includes viruses and spyware that is installed on your computer without your consent. These programs can cause your device to crash and can be used to monitor and record your online activity. Scammers use malware to steal personal information, send spam, and commit other fraud.

As always, watch for scammers changing up this con. They may hijack any funeral home's name and/or change their message.

Tips to Avoid Email Scams

Spot common email scams no matter the circumstances, by following these tips:

- Don't believe what you see. As in the example above, scammers can easily copy a

real business' colors, logo and even email address.

• Hover over links to check their source. Place your mouse over hyper-linked text and the true destination will appear.

• Be wary of unexpected emails that contain links or attachments. As always, do not click on links or open the files in emails unless you know sender and are expecting it.

• Beware of pop-ups. Some pop-ups are designed to look like they've originated from your computer. If you see a pop-up that warns of a problem that needs to be fixed with an extreme level of urgency, it may be a scam.

• Watch for poor grammar and spelling. Scam emails often are riddled with typos and usually indicate that English is not the writer's primary language.

• Ignore calls for immediate action. Scam emails try to get you to act before you think by creating a sense of urgency. Don't fall for it!

• Update your antivirus.

Regularly updating your security software will go a long way in protecting your computer should you happen to click on a malicious link.

As with any scam, you can't completely insulate yourself but you can take action to lessen your chances of becoming a victim.

For more tips you can trust, visit www.bbb.org.

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.



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The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

- *Life With Bread Crumbs*, Anna Quindlen, Random House, 2014, also available on CD
- *I Never Had It Made: An Autobiography of Jackie Robinson*, Jackie Robinson and Alfred Duckett, Ecco, 2003, also available on CD

USA Today describes Anna Quindlen's newest novel as "Charming... a hot cup of tea of a story, smooth and comforting, about the vulnerabilities of growing older... a pleasure." *Still Life With Bread Crumbs* will especially resonate with older females. A love story, it is a reminder that we can accept the closing of doors to past opportunities while opening new ones and developing a fresh perspective on life.

Rebecca Winter, had a life of status and achievement as a gifted successful photographer. Now, she faces unexpected choices and life changes. These manifest themselves in issues of aging, divorce, eldercare, finances and geography as she copes with years of emotional baggage. Having to rent her upscale Manhattan apartment, she moves to an unpretentious country cabin, sur-

rounded by nature. There, she is forced to contend with hunters and wild animals. Finally, Rebecca reconnects with her gift, receiving inspiration from her surroundings and a bird-watching roofer, Jim Bates. As Bates becomes a presence in her life, she realizes what appeared to be an ending is, in reality, a beginning.

Described as a book with light, sophisticated humor, *Still Life With Bread Crumbs* speaks to us about times of moving on, of freeing ourselves from the past and pushing forward. The author has developed engaging characters and shares their innermost feelings, feelings with which we can all identify.

Best-selling author Anna Quindlen is a Pulitzer Prize-winning columnist who is a master at writing about female challenges and issues. She currently lives in New York and writes for *Newsweek*.

I Never Had It Made: An Autobiography of Jackie Robinson has become even more popular since Robinson's story was made into a movie. In this work, the Hall of Famer gives his personal account of breaking professional sports' color barriers. As the first black to play major league baseball, Robinson is credited with being a force of change not only in sports, but in the quest

for racial equality throughout our society.

Robinson's story includes his early life, his college years, his service in World War II and his life-changing entrance into the Brooklyn Dodgers' dugout. But, the story doesn't stop there. Included are his hopes and dreams, his personal trials and tragedies, his political aspirations and activism, and his years after baseball.

A moving and inspirational work, *I Never Had It Made* should appeal to all readers. It is a portrait of a gifted and courageous man who made his mark on history. Co-author Alfred Duckett originally wrote of

Robinson in the 1965 book, *Breakthrough to the Big League*. This more recent book is considered an expanded and updated version of that earlier work and includes introductions by Hank Aaron and Cornel West. Duckett was known for collaborating with the Rev. Dr. Martin Luther King, Jr. on many projects, including his "I Have a Dream" speech; his book, *Why We Can't Wait* and "My Dream," a syndicated newspaper column. Duckett also wrote "Raps," a poetry collection. *****

You may contact Anne at annebjones@msn.com.



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Poets' Corner

TRIBUTE TO HIDDEN LAKE

by Pat Walker Johnson

Winter stillness spreads across the lake.

Sunset's beauty is there to partake. God's gift of nature shines through the trees.

Ducks, geese and heron my humble eye sees.

Welcome lights from houses along the shore,

Tell me my neighbors offer friendship and more.

My solace, my comfort, my God gives me peace.

I feel His presence here and that will never cease.

Soft trails of moonlight drift from the sky.

Pale shards of light glow from on high.

The light through the trees means love

As it drifts down softly from above.

My soul feels warmly at rest

When I truly with my heart confess.

God's blessings such thankfulness make,

Each day I awake at my Hidden Lake.

OUR GUARDIAN ANGELS

by Barbara Bates

Each of us are surrounded by the Angels we love so much,

They protect God's children with a gentle touch.

Like flowers that bloom be it fall or spring,

Our Angels keep us filled with the love they bring.

We continue to thank our Heavenly Father above,

For his most precious Love.
So as we travel throughout our days,
We must remember to stay in our Angel's Loving Ways.
Forever hold onto a genuine smile,
For our Journey on earth is just for a while.

SPRING

by Dr. Thomas A. Garman

When winter starts surrender on the land,

I follow with footprints made of mud – dark tracks on gray pillows of melting snow

where winter slept. My clouds sail rudderless in the sky. My breezes melt water to flood once frozen plains.

March, a problem child,
Teases gentle April, whose tears of rain belie

The coming jubilation of May. I sweep clean

the gutters of the mind and wash away the rubble of winter. I haul away the barricades of thought

in sun-wheeled carts which are my days

mellow days of memory of springtimes long ago...

A GRANDMOTHER'S LOVE

by Dot Jones

I talked to a neighbor this week,
whose heart was broken in two.
She reached out to me in compassion to seek.

The saying goes that grandmothers

are for loving and baby sitting, and they give their best in each.

Forgetting themselves often, when time and health would be cause to say no, I need a rest; but, instead they continue to give their best.

The needs of the child they faithfully tend, nourishing them with care and filling their little hearts with knowledge and love of Jesus, so dear.

The little child goes to Sunday School with grandparents, when in their home. She learns about Jesus and sings of His love in "Jesus Loves Me" the grandmother knows that Jesus has called the children to come.

She is a precious child and joy to behold, innocent, sweet and serene, as she talks about Jesus. But, then it is time to go home to a different scene.

The heart-breaking moment of truth bursts forth, shown in the mother's anger when she says: "You talk to my child too much about Jesus." "She embarrasses me in front of my friends, with a message I don't want to send."

Sure, grandmothers are for love and baby sitting, but their influence is unrelenting and hopefully cemented in a little child's heart and not torn apart.

The child will grow older and grand mother will not be needed as much, but her prayers are still there and perhaps through a still small voice the little girl will hear and remember "Jesus Loves Me." He's always there... never fear.

Spiritual Notes

April Fool's

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

When April comes I recall the fun I had as a child pulling "April Fool's" tricks on family and friends. My mother was always a gullible target. While this practice was acceptable, calling someone a fool was not allowed in my home.

To this day I think of the word as an expletive. There are various uses such as foolishness, meaning the lack of good sense or judgment, and numerous adjectives such as absurd, ridiculous, and ludicrous which carry the same meaning but are more acceptable. Regardless of the more appropriate uses, we still tend to shy away from the use of the word.

My son has given me a phrase that I like which has a good moral; "Fool me once shame on you, fool me twice shame on me." There are people who are not ethical in their dealings. On occasion we are "taken in" which may come as a surprise to us. If it happens a second time one may conclude it was their own fault. These dealings are not "April Fool's Day" tricks. It seems that many folks are victimized by greedy and unprincipled people everyday. How many

times have we heard: "They really made a fool out of me or I did a very foolish thing?"

The first chapter of Proverbs gives a prologue to the contents of this book in the Old Testament. The 7th verse states, "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline; and in chapter 3:35 we read, "The wise inherit honor, but fools he holds up to shame."

Have fun on April one with the harmless "April fool's" tricks but read the entire Book of Proverbs to have a deeper understanding and significance of being a fool.

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

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Taking Care

Combat misconceptions that multiply stress

by LISA M. PETSCHÉ

Caring for a chronically ill or frail senior relative can offer many rewards, but it also involves physical, psychological and emotional demands. It can be particularly challenging when the care receiver has heavy hands-on needs, a difficult personality or mental impairment.



Lisa Petsche

Stress can be further compounded by certain thoughts and belief systems. Read on for some common misconceptions among caregivers and the unhealthy behavior that typically result.

Faulty Thinking

- They can and should do all of the caregiving alone.
- No one else can take good care of his or her relative.
- Medical professionals are wrong about their relative's diagnosis, prognosis or healthcare needs. (Reasons for misconception: the medical opinion is too painful to consider, or the caregiver distrusts healthcare professionals because of past negative experiences.)

Maladaptive Behavior

- Devoting all of their time and energy to the caregiving role.
- Promising the care receiver or the family that they will never place the relative in long-term care.
- Withholding from other family members information about their relative's condition and needs.

Healthy Coping

The following are some adaptive coping strategies caregivers can use to prevent falling into destructive behavior patterns.

Acceptance

- An important first step is to accept the reality of your relative's illness. Allow yourself to experience all of the emotions that surface. Make a conscious decision to let go of any bitterness resulting from unrealized plans and dreams, so you can move forward and channel your energy in constructive ways.
- Accept that how your relative feels and what they can do may fluctuate, and be flexible about plans. Unrealistic expectations will only result in frustration for both of you.

Information

- Ask a friend to research your relative's health condition. Share the information among family members.
- Be open to learning practical skills, such as proper transferring and bathing techniques. Mastering these tasks will help make caregiving safer and less stressful. The local Area Agency on Aging is a good resource for care information, including community services that can assist your relative and you.

Communication

- Be patient and keep communication lines open as you and your relative adjust to the illness.
- Ensure the family is kept current about changes in your relative's status and include them in decision-making as much as possible.

Preparation

- Find a medical specialist whom you and your relative respect and trust. Ask about what to expect during the course of the illness in terms of probable symptom progression as well as caregiving skills, medical equipment and community supports likely to be needed.
- Help your relative get their affairs in order, including completing legal paperwork such as advance directives, powers of attorney and a will.
- Talk openly with your relative about their wishes. Discuss living arrangements, outside help, surrogate decision-making, advance directives and funeral arrangements. Since you do not know what the future holds, be careful not to make promises you may not be able to keep.

Simplification

- Eliminate as many sources of stress in your life as possible. Set priorities, streamline tasks and learn to settle for less than perfection. Hire help with personal care or household chores if finances permit.
- Take things one day at a time so you do not become overwhelmed.

Self-Preservation

- Look after your physical health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.
- Set aside quiet time to nurture your spirituality and help keep you grounded. If applicable, turn to your religious faith for support.
- Do something that provides you with meaning and purpose outside of the caregiving role, such as scrap booking or researching your family tree.
- Find something relaxing you can do

to give yourself a daily break – perhaps reading or listening to music. In addition, schedule regular breaks from caregiving duties. Take a couple of hours, a day or an overnight. By being kind to yourself this way you will also be more effective when you resume your caregiving tasks.

Connection

- Make an effort to stay connected to your friends. Find at least one person you can talk to openly – someone who will listen and empathize. It is important to express your thoughts and feelings.
- Try talking to other caregivers. They understand better than anyone else what you are going through. Join a support group in your community or on the

Internet.

Assistance

- Accept offers of help. Ask other family members to share the load and be specific about the help you need. If you do not have family nearby or they are not willing or able to assist, take advantage or respite services in your community.
- You cannot, and should not, do everything alone.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior concerns. She has personal and professional experience with elder care.

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INSIGNIA SENIOR LIVING

Out & About

Caboose Days return to Southeastern Railway Museum

Special to Senior News

Celebrate the arrival of spring with the Southeastern Railway Museum as the cabooses come out of hibernation! The “tail of the train” comes front and center at the twelfth annual Caboose Days festival on April 5-6.

Caboose Days is family-friendly and offers many activities for all ages. Take a ride in a restored caboose pulled by a vintage locomotive; enjoy snacks and themed crafts and games for kids. This festival provides an opportunity to learn about the role and history of the caboose in a fun and easygoing environment. Most activities are free with admission; caboose rides cost \$3 per person.

As Georgia’s Official Transportation Museum, the Museum hosts exhibits showcasing various types of transportation systems. For the first weekend of April, though, the spotlight is on the humble caboose. The caboose was a manned car found at the end of the train, serving several important functions. Museum docents will be on hand to answer any questions you may have about the caboose and its crew, the Museum, the exhibits, or railroading and transportation history in general.

“There’s something about the caboose that fires people’s imagination, and reminds them of the romance and adventure we so often associate with railroads,” said Museum Administrator Randy Pirkle. “Even though cabooses are

long gone from the American landscape, they still roll in our hearts. They were humble, working railroad cars, performing a vital role on the trains they served, yet they have come to represent so much more. Caboose Days is our way of celebrating these iconic cars and the multifaceted history of rail transportation.”

Southeastern Railway Museum’s Caboose Days will run Saturday, April 5 and Sunday, April 6, from 10 am to 5 pm. Admission remains the same as 2013: \$8 for adults, \$6 for seniors (65+), and \$5 for children ages 2-12; children under 2 enter for free. Caboose rides cost an additional \$3 per person. Park Train rides are \$2 per person, and as a special treat guests will be able to operate and ride an antique hand car for \$1 per person. The Museum is located at 3595 Buford Highway, just north of Pleasant Hill Road and south of downtown Duluth.

Museum

The Southeastern Railway Museum, in operation since 1970, is Georgia’s Official Transportation History Museum. Occupying a 35-acre site in Duluth, Georgia, the museum offers exhibits dealing with the history and importance of transportation in the development of the state and the region. The collection includes roughly 90 pieces of railroad rolling stock, including historic locomotives, passenger and freight cars, and maintenance vehicles. The museum also exhibits historic automobiles, firefighting equipment, and buses from MARTA and its predecessors.

Because many of the exhibits are outdoors, the Southeastern Railway Museum varies its operating hours seasonally. Current days and hours, along with educational programming, summer camp schedules, birthday parties, and other information, are available on the museum website at SoutheasternRailwayMuseum.org.

About the Southeastern Railway



Harmony Grove United UMC has scheduled its annual egg hunt for Saturday, April 19th. The event will be held from 10 a.m. to 12 p.m. The first hunt begins with the “little ones” at 10:30 a.m. Games, crafts and food will also be available. Bring your basket, family, friends and neighbors and join in the fun. Everyone is invited to participate. Harmony Grove UMC is located at 50 Harmony Grove Road, Lilburn. You may contact the church at 770-921-7747 or by email at: office@harmonygroveumc.com.

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Missed a call? The “one-ring” phone scam could cost you!

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

The Better Business Bureau (BBB) is warning cell phone users about a new scam that can add unauthorized charges to their monthly wireless bills.

The scam has been dubbed the “one ring” scam because victims’ phones often ring only once before the call is disconnected. If a victim tries to return the call, they are charged a \$19.95 international call fee plus \$9 a minute for the duration of the call.

This scam plays on the curiosity of our human nature; more specifically, millennials and seniors. How it works is the scammers use a computer to send thousands of calls to random cell phone numbers. The call rings once, and then stops. The scammers then hope you are curious enough about the phone call that you return the call right away. Once connected, the victim may be put on hold for ages, increasing the charge to their phone bill. These people have no conscience and managed to keep one local gentleman, who thought he was getting results from a recent medical test, on hold for close to fifteen minutes.

Victims have told the BBB that the calls appear to come from Caribbean nations including Grenada, Antigua, the Dominican Republic, Jamaica or the British Virgin Islands. Area codes for the calls include 268, 274, 473, 809 and 876. However, some calls may display as domestic.

The BBB advises consumers to take note of the phone number the calls come from and notify their cell phone carriers immediately if they believe they have been victims of the scam. By documenting the fraud, consumers may have a better chance of getting the charges removed.

The practice of third parties placing unauthorized charges on wireless accounts is called “cramming.” The Federal Trade Commission (FTC) and Federal Communications Commission (FCC) have reviewed thousands of cramming complaints, and they expect many more.

The BBB recommends that if you receive a call displaying an unfamiliar out-of-state telephone number on your caller ID, ignore the call and do not call back. Check your wireless bills carefully and inform your carrier if you spot any unauthorized charges.

BBB tips for avoiding cell phone fraud include:

- When in doubt, don’t pick up or call back. If you don’t recognize an out-of-state telephone number on your caller ID, ignore it.
- Understand your mobile bill. Be sure to keep track of what services you pay for, that way you will be able to determine if any charges are unauthorized.

- Keep a close eye on monthly statements. Anyone can become a victim of bill cramming. Monitoring your bill is the best way to determine whether or not you’ve been affected. The sooner

you spot any unexpected charges, the sooner you can stop them.

- Add restrictions to your account. Contact your service provider to see if you can restrict third-party billing on your account.

- Inform other users on your mobile phone plan. It’s important to let other friends and family members, especially teenagers, on your cell phone plan know about this scam, and to ignore

phone numbers they do not recognize.

For more information or further inquiries, contact the Better Business Bureau of Central Georgia & the CSRA at www.bbb.org or 800-763-4222.

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; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.

Eight WWII veterans from Georgia to receive France’s highest honor

Special to *Senior News*

In order to express France’s eternal gratitude to those who liberated it from oppression from 1944-45, the Consul General of France in Atlanta, Denis Barbet, will bestow the Legion of Honor upon eight American WWII Veterans from Georgia during a ceremony to be held on April 3, 2014 from 1:30 pm to 3:30 p.m. at the Georgia State Capitol.

Founded by Napoleon Bonaparte in 1802, the National Order of the Legion of Honor is the highest honor in France. It recognizes eminent services to the French Republic. Recipients of this honor are designated by the President of the Republic, François Hollande.

The following veterans have all confirmed their presence. They will receive this award in recognition of their courage:

- Vincent W. Masters from Athens, GA (Lieutenant Colonel, 385th Bombardment Group, 8th Air Force)
- William H. Spratling from Athens, GA (Lieutenant, USS Eberle)

- Marcie E. Dover from Winder, GA (Staff Sergeant, Company L, 9th Infantry, 2nd Division)
- Philip Pollock from Athens, GA (Staff Sergeant, Company G., 347th Regiment, 87th Division)
- Clarence M. Sosebee from Mansfield, GA (Staff Sergeant, Headquarters Company, 271st Infantry Regiment, 1st Battalion)

- Johnson W. Brown from Cumming, GA (Motor Machinist’s Mate First Class, LCI 487 (L))
- Emmett Cabe from Lindale, GA (Seaman First Class, U.S.S LST (370))
- Frederick P. Wiley from Social Circle, GA (Private First Class, Company G, 175th Infantry Regiment)

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On the Cover

Atlanta Writers Club Celebrates Centennial

by SUSAN LARSON

ON THE COVER:

Front row, left to right: Soniah Kamal (VP of Social Events), **Valerie Connors** (President)
Second row, left to right: Nedra Roberts (VP of Contests & Awards), **Anjali Enjeti** (VP of Marketing & PR), **Ginny Bailey** (VP of Membership)
Third row, left to right: Jennifer Wiggins (VP of Operations), **Kimberly Garrett Brown** (VP of Programming), **Clay Ramsey** (Officer Emeritus), **Bill Black**, (Secretary)
Missing: George Weinstein (Officer Emeritus), **Marty Aftewicz** (Officer Emeritus), **Kathleen Gizzi** (Treasurer), **Kenneth Hamner** (VP

of Social Media)

Photo by Jamie Knoll

“On a dogwood-laden day, April 20, 1914, The Atlanta Writers Club convened for the first time at the Atlanta Public Library, known then as the Carnegie Library. The club was organized by Mrs. Thomas Peters (formerly Kate Ross of Macon) and Mrs. Lollie Belle Wylie "to bring about a helpful and more intimate acquaintance among Atlanta writers, to promote their talents and market their writings." The oldest literary organization of its kind in Georgia, The Atlanta Writers Club has been a literary beacon in the cultural life of Atlanta for ninety

years. Many of the early members became well-known in literary circles," wrote past AWC president Adrian Drost.

Aprils in Atlanta are still laden with dogwoods, and after 100 years, the Atlanta Writers Club is still encouraging writers to bloom. Many claim widespread fame like Frank L. Stanton, Georgia's first poet laureate, Cec Murphey, author of "90 Minutes in Heaven" along with over 100 other books and former President Jimmy Carter. But AWC focuses on more than those who wish to become well-known. AWC helps writers of all levels, interests and skills. Whether people want to write to express their interests, tell family stories, record their memoirs, find meanings and patterns in their lives, or just to release what they have bottled up inside, AWC is there to encourage and assist.

Current AWC President Valerie Connors said of her experience, "I discovered the Atlanta Writers Club in 2010 at the Decatur Book Festival and joined the club immediately. In May of 2013, I became the club's 55th President, and will have the honor of holding the position as the club celebrates its 100th birthday. My second novel was published last year, and I have a third scheduled for release in late summer of this year, thanks in large part to the many friends and contacts I've made through the AWC, and the things I've learned through our programs, workshops and conferences. The AWC has had an extremely positive impact on my life, and has become an invaluable partner in my writing career."

George Weinstein, AWC Officer Emeritus and author of "Hardscrabble Road" said, "The AWC has been the source of my deepest friendships and provided an enormous network of contacts to exchange ideas about the craft and business of writing."

AWC meets monthly to provide both aspiring and accomplished writers assistance and encouragement in whatever they want to write as they network among fellow writers. Guest



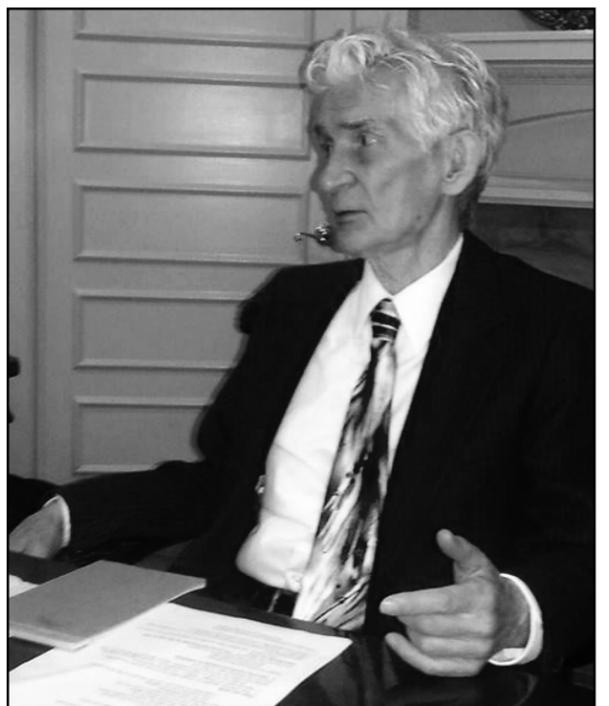
AWC President, Valerie Connors, Author of "Give Me Liberty" and "In Her Keeping." Photo by Patrick Connors

speakers present talks and discussions on the craft of writing and the business of publishing.

Critique groups meet regularly in 18 locations around metro Atlanta to assist writers on the fine points of grammar, mechanics and specific styles. And AWC writing contests for various genres including poetry, short story, article and juvenile can enhance the ego with a certificate and boost the billfold with a cash prize.

AWC meets the third Saturday of each month from 12:45 pm to 4:30, on the Dunwoody campus of Georgia Perimeter College.

For more information, visit www.atlantawritersclub.org.



Cec Murphey, lifetime AWC member, speaker, author of over 135 books including best seller "90 Minutes in Heaven" with Don Piper and "Gifted Hands, the Story of Ben Carson, with Dr. Ben Carson. Photo by Debbie Walker-Lass



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Big Brother, are you reading this?

by SUSAN LARSON

With all this talk about Big Brother, you really wonder if anything is safe in cyberspace. I realize when I engage in any Internet activity, I am inviting spam. So I maintain a public e-mail address through a free carrier and pay for a personal one to keep from being bombarded with press releases and promotions. Actually, some are rather amusing like the ones that periodically come from a hotel in central Pennsylvania. They always start like: "Your readers would be interested to know that Emil Schmuckraker has been promoted from desk clerk to assistant night manager." (Hope y'all aren't upset that I keep such valuable information from you.)

I understand when I window shop online, even if I don't buy anything, that I will be blitzed with pop-up ads from here 'til eternity. Every time I browse for books on Amazon, they display every book I ever looked at for the past ten years and recommend books they think I should buy, which actually has been helpful. And I'm OK with it since I don't surf for dirty books.

But sometimes it can be downright invasive. For years, when I've

researched online, I've just e-mail the link to myself and slipped it into in a "saved" folder. Friends have suggested using Pinterest to organize these things for me. It seemed to make sense, so I opened a Pinterest account with a token item to get started. When I got to the end of the set up instructions, the directions said to check my inbox so I could confirm my e-mail address.

When I opened my e-mail account, I was totally flabbergasted. Looking at the "sent" times on four e-mails, three people had already been following my account before Pinterest even sent the e-mail asking me to confirm! And then, several minutes later, an e-mail came in informing me someone I'd never ever heard of was following me. If I have something I want everyone in the world to follow, I'm going to write about it in my column. And if there's anything there that might interest someone else, a search engine will pick up key words and link it to other Web sites. In fact, I love that!

But something really blew me away a few weeks ago when a reader who recalled a column about my son's wedding asked where I'd bought my mother of the groom dress. All I did was send her the name of the store. The next day, my

inbox displayed a pop-up that read "Mother of the groom dresses. Plan you wedding with (store name.)" I couldn't believe it! I sent them a customer and they sent me spam!

My advise to everyone is when you're sending e-mails to watch those free carriers. Privacy is worth paying for. Of course, if you get

promoted from desk clerk to assistant night manager, then by all means, let Big Brother know about it.

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

How to Write Your Memoirs Class coming to the Georgia Writers Museum in April

Special to Senior News

Are there family memories that need to be preserved for future generations? Do you want to write your memoir, but don't know how to begin, how to organize or develop the material? Award winning Macon Telegraph columnist Ed Grisamore is teaching a "How to Write Your Memoirs Class" to get you on the road to completing this goal. Ed will be teaching at the temporary home of the Georgia Writers Museum, 109 S. Jefferson Ave., Eatonton, Georgia, 4-6 p.m., on the following Thursdays:

- Week 1, April 10th: Introduction, Childhood Memories

- Week 2, April 17th: Young Adult, College, Marriage, Memory Triggers
- Week 3, April 24th: Middle Age and Beyond, Organization, Craft of Writing
- Week 4, May 1st: Publication, Motivation, Class party with class members contributing a family food important to them.

Fee is \$75 for individuals; \$100 for two family members to attend together.

To register contact Janet Kelhoffer at 478-968-0633, dkelhof-fer240@gmail.com, or find registration forms at the Eatonton Public Library, Greensboro Public Library, Messenger Newspapers, and branches of the Peoples Bank and Farmers and Merchants Bank.

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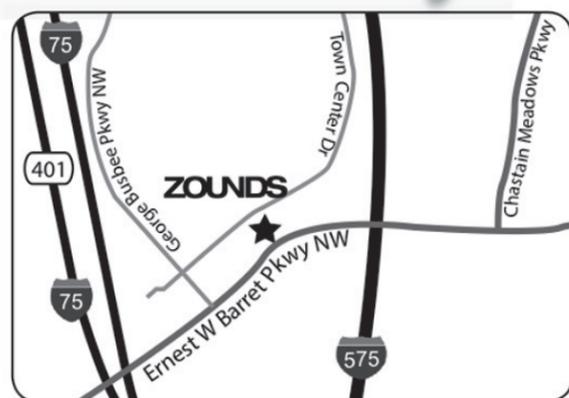
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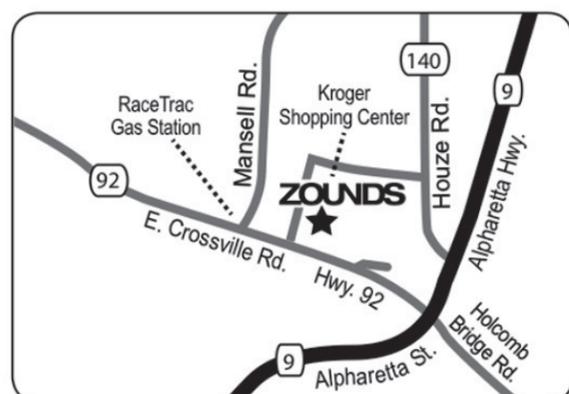
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Out & About

A Gracious Gathering of Ladies Not Your Ordinary Daughters

by TOM POLAND
tompol@earthlink.net
Across The Savannah

Presented with permission
from Tom Poland

Some of you old timers will remember when *The Lincoln Journal* published “personals.” No, not the scandalous boy-wants-to-meet-girl kind. I’m talking about the snippets that went something like, “Mr. and Mrs. John Doe had dinner with the Hugh Jackson family Sunday. They enjoyed fried chicken, mashed potatoes, English peas, and biscuits and had a nice time.” Remember those? I always found those to be down right entertaining. I miss them too.

In a case of throwback times here’s my personal. “Tommy Poland spent a delightful afternoon with Curtis and Lydia McGill in Lawrenceville, Georgia Sunday. He and his daughter, Becky, and her children Will and Mary Beth and husband Mike visited with the Philadelphia Winn Chapter of the Daughters of the American Revolution from 2 p.m. to 4 p.m. A good time was had by all.”

First some background ... The DAR, founded in 1890 and headquartered in Washington, D.C., is a non-profit, non-political volunteer women’s service organization dedicated to promoting patriotism, preserving American history, and securing America’s future through better education for children.

A Certificate of Appreciation was presented to Tom Poland by the Philadelphia Winn Chapter of the Daughters of the American Revolution. Now here’s some interesting and colorful information about the Winn Philadelphia Chapter. The Philadelphia Winn Chapter NSDAR was organized and chartered during the DAR Continental Congress on April 19, 1982, with twenty-nine organizing members. The chapter was named for Philadelphia Winn Maltbie, wife and daughter of men instrumental in the founding of Lawrenceville, the county seat of Gwinnett County, Georgia.

Philadelphia Winn was born on July 27, 1804, the daughter of Elisha Winn and Judith Cochran; the granddaughter of Thomas Winn, a Revolutionary soldier from Lunenburg, Virginia, and of Major James Cochran, a Revolutionary soldier from Jackson County, Georgia. In October 1817, having turned thirteen, she married William Maltbie, twenty years her senior.

While her father donated more than two hundred acres on which to build Lawrenceville, her husband is

responsible for having named the town and its four main streets. Both men became prominent members of the county government.

Around 1850, Philadelphia set the pattern for the Ladies Temperance Society when she walked into a saloon on Perry Street (across the street from the courthouse) and, using a heavy walking stick, broke every bottle in sight. It seems she had told the owner “not to sell whiskey” to one of her boys, and he had failed to obey her. Philadelphia Winn Maltbie died on September 13, 1887.

The chapter had 43 original organizing/ charter members. As of January 1, 2013, the chapter had 171 members and four associate members.

That’s a spirited history is it not? Now, the story behind the story of how I ended up talking to the chapter. A good many months ago Lydia McGill contacted me asking if I would come make a presentation to her DAR chapter and discuss the work I do writing columns, books,

and magazine features about the South and in particular, Georgia and South Carolina. She added that any stories I had written concerning the Revolutionary War would be welcome.

I gladly accepted and went up a day before hand to spend time with Becky and her family. The occasion made a good opportunity to get in some family time. We arrived early Sunday so we could set up some book displays and my granddaughter Mary Beth helped the ladies set flowers and other accents on the tables. Becky talked with the ladies about her ancestors and soon she had an application to the DAR in her hands. Mary Beth, despite her young age, enjoyed the afternoon and not once did she fidget as children will do. She’s an exceptionally bright young lady and she makes me very proud.

I found the DAR meeting itself to be an elegant and formal affair. It opened with the American Creed, the pledge of allegiance to the USA flag, the pledge to the Georgia flag, and

the DAR’s creed along with a prayer. Minutes and inductions were handled in impressive fashion. As I told the ladies at the conclusion of my talk, “You run a tight ship.”

The meeting was held at Ashton Senior Living in Lawrenceville, a wonderful center owned by the McGill family. Prior to the meeting Curtis and I had the chance to talk about growing up in Lincolnton, playing for the



Tom Poland

Red Devils, taking part in track and field, and of course the Georgia Bulldogs. Curtis told of a recent experience he had with Vince Dooley and how he thanked him for giving him a chance to play for Georgia. “It changed my life,” said Curtis.

For me the afternoon really was a throwback experience. I can’t recall the last time so many people called me by my real name, “Tommy.” Lydia even presented me an official certificate of appreciation made out to “Tommy Poland.” The chapter also gave me a subscription to American Spirit, the magazine published by the National Society of the Daughters of the American Revolution. Something like 110 people attended, almost all ladies, and I

continued on page 11



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Daughters from page 10

told the audience that the last time I faced so many ladies I had brown hair, was 24 years old, and teaching at a woman's college.

I explained that were it not for The Lincoln Journal, I wouldn't have been speaking to the group. Curtis takes the journal and reads my columns. He suggested to Lydia that they invite me to speak. It so happens my work has touched on several aspects of the Revolutionary War, so I was able to provide the ladies some comments relevant to their mission, which I'll summarize here. I told the chapter about a coincidence in which I got to know a member of the famous South Carolina family, the Rutledge family. Malinda Rutledge inherited the letters, journals, artifacts, and possessions of the family that produced two notable men. John Rutledge helped

write the Constitution and signed it and his brother Edward signed the Declaration of Independence. I shared a tale of marital woe in the famous family where the son of John Rutledge demanded a duel with a doctor who had dishonored him by being a bit too cozy with his wife. Rutledge shot the good doctor in Georgia near Savannah for a simple reason. He had long been campaigning to ban the "barbaric" practice of dueling in South Carolina and it just wouldn't do to duel there.

I also told the chapter about some of the things Malinda inherited and the amazing fact that she is not a member of the DAR. She sure should be! I told the chapter too about my youth when I loved watching Disney's series, "The Swamp Fox." My writing has taken me into the very swamps where the real Francis Marion hid out, and another writing assignment covered the stout but small and agile horses he and his

men rode, the Marsh tacky. Today I am working on a book about Carolina bays, the mysterious swamps where the Swamp Fox often took refuge.

Material about the South I told them comes to me in one of three ways. I go out and find interesting subject matter; people come to me with subject matter as in the case of the Rutledge family, or I get lucky and stumble across it. That was the case with my "How A Mule Kick Killed Eight People" column, which I shared with the group. It came as no surprise to the ladies that Strom Thurmond was involved in this tale of woe.

In closing I told the group that a new book, Georgialina, A Southland, would be out and that it will contain some of the better columns and features pondering just how Georgia and South Carolina are changing. People love to read about the old days and much of the color of the

past is in fact being drained away.

Before the afternoon ended I signed a good many books and found all in attendance to be gracious. I'm here to tell you that you just can't beat the manners of a properly raised Southern lady.

The best part of the day was getting to reminisce with Curtis. Neither of us lives in Lincoln County but I can assure you we are still native sons. And let me add that in an era when it's open season on values, traditions, and our American heritage, it's gratifying to see people still paying respect to their ancestry and ways of life, and even more gratifying to see people who aren't intimidated by the politically correct cowards who bully people into un-American ways. Long live the DAR say I, and may my daughter apply and gain admission.

Visit my website at www.tompoland.net. Email me at tompoland@earthlink.net.

Atlanta CALENDAR

ATLANTA METRO AREA Opportunities Directory

Senior News & seniornewsga.com Opportunites Directory Submission Guidelines: "Opportunities" are provided FREE of charge for certain "truly" nonprofit organizations. In order to provide for an orderly and timely processing of requests, we must receive your materials request by the 15th of the month prior to the desired month of publication. Please email requests to: seniornewsga@cox.net for consideration. All publication requests will be considered; however, it is understood and agreed upon as a requirement of submission that publication determination of each request is reserved entirely as a decision right of the publishers and refusals of publication requests require no explanation. Senior News & seniornewsga.com reserve the right to reject publication of any/all requests at the sole discretion of the publishers.

Opportunities listings also available on our website at: seniornewsga.com.

Senior Citizen Services

1705 Commerce Drive, NW, Atlanta. For information on programs offered call 404-351-3889.

Cobb Senior Services

• Administrative Office: 1150 Powder Springs St., Suite 100, Marietta, GA 30064, 770-528-5355
• For events & activities: www.cobb-seniors.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 Old Highway 41, Acworth, GA 30101, 770-975-7740
- West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200

Neighborhood Centers:

(Seniors age 60+)

- Austell Neighborhood Center: 4915 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
- Marietta Neighborhood Center: 1150 Powder Springs St., Marietta, GA 30064, 770-528-2516
- Senior Wellness Center: 1150 Powder Springs St., Suite 100, Marietta, GA 30064
- North Cobb Neighborhood Center: 4100 Old Highway 41, Acworth, GA 30101, 770-974-2984

Fulton County Senior Services

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

Senior Multipurpose Facilities

- Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior

Center): 6500 Vernon Woods Drive, Sandy Springs, 404-705-4900.
• H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.
• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.
• Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers

- Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.

- Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
- Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
- Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
- Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
- Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
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continued on page12



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CALENDAR from page 11

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 - 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

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CLUB 55

The Bridge Community Center
225 Willowbend Rd., Peachtree City
www.thebridge-cc.org

- Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details visit www.thewypers@bellsouth.net.

Alzheimer's Support Group

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

Parkinson Disease Support Groups

For information on Parkinson Disease Support Groups in the metro area, please contact Lynn Ross, LMSW, Coordinator, American Parkinson Disease Association Information & Referral Center, Emory University, at 404-728-6552 or slross@emory.edu.

Multiple Sclerosis Center of Atlanta

Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.mscaatl.org.

Alzheimer/Caregiver Support Group Meeting

First Mon. each month, 10:30 a.m. Free respite care for your loved one during meeting, must call in advance. Aloha to Aging, Inc. located in the Mt. Bethel Community Center, 4608 Lower Roswell Rd., Marietta. Call 678-439-1177.

Square Dance Class

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.

Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-679-1349.

Atlanta History Center

130 W. Paces Ferry Road, NW, Atlanta; 404-814-4033,
LMassey@AtlantaHistoryCenter.com

High Museum of Art

1280 Peachtree St., NE, 404-733-4437; www.high.org

Center For The Arts At Georgia Tech

404-895-9600; www.ferstcenter.org

Schwartz Center For Performing Arts, Emory University

1700 N. Decatur Rd; 404-727-5050;
www.arts.emory.edu

The Michael C. Carlos Museum

Emory University, 571 Kilgo Circle
404-727-4282;

www.carlos.emory.edu

Fernbank Museum of Natural History

767 Clifton Rd., NE. 404-929-6300,
www.fernbank.edu/museum

Theatre In The Square

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

Callanwolde Fine Arts Center

980 Briarcliff Rd., NE, Atlanta. For complete events details call 404-872-5338 or visit www.callanwolde.org

Alpharetta Convention & Visitors Bureau Park Plaza

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

Georgia Museum of Art

90 Carlton St., University of Georgia, Athens; 706-542-4662;
www.uga.edu/gamuseum/press

Alpharetta's Main Street Markets

Third weekend of each month. Call 678-297-6078.

Cumming Fairground Events

Call 770-781-3491 for schedule of events.

Atlanta Artists Center and Gallery

2979 Grandview Ave., 404-237-2324, www.atlantaartistscenter.org

The Breman Museum

For information call 404-575-3767 or visit

www.thebreman.org/jgsg.htm.

Balzer Theater at Herren's Luckie Street

www.theatricaloutfit.org
404-577-5257

Rialto Center for the Performing Arts

Georgia State University, 404-651-4727, www.rialtocenter.org

Jimmy Carter Presidential Library

441 Freedom Parkway, 404-865-7100, www.jimmycarterlibrary.org

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CALENDAR
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Center For Southern Literature Margaret Mitchell House & Museum

990 Peachtree St., 770-578-3502.
www.gwtw.org

High Museum of Art Folk and Photographer Galleries

133 Peachtree St., 404-577-6940

Spivey Hall, Clayton College & State University

5900 North Lee Street, Morrow
770-961-3498, www.spiveyhall.org

The Atlanta Opera

28 West Peachtree Street, N.W.
404-881-8885/1-800-35.OPERA
www.AtlantaOpera.org

The Mable House Arts Center

5239 Floyd Road, Mableton
770-819-3285; cobbcounty.org;
mablehouse.org

Marietta Museum of History

770-794-5710 or mary@mariettahistory.org

Friends of Smyrna Library

100 Village Green Circle, Smyrna
www.friendsofsmyrnalibrary.org
770-436-8062; Third Thursdays

Georgia Center for the Book DeKalb County Public Library

215 Sycamore Street, Decatur
404-370-8450, www.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

Scott-Candler Library

1917 Candler Rd., Decatur
404-286-6986

Atlanta World War II Round Table

Preserving History. For information call John Kovach at 770-928-4579 or visit our website at <http://atlantawwii-roundtable.org>.

East Cobb AARP

AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Contact Joan Ferrandino at 770-579-5191 or Arlene LeClair at 770-321-9789.

Woodstock AARP Chapter 5173

Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kuzniak at 770-928-5640.

Sandy Springs AARP

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

PALS Lunch 'n Learn Sessions

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

Senior Connections' Adventures In Learning Classes

Mack Love Senior Center, 1340 McConnell Dr., Decatur
Online catalog available at www.seniorconnectionsatl.org or call 404-321-6060.

Monthly Sacred Harp Singing

Thurs., April 3, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Awake My Soul*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit www.atlantasacredharp.org.

Monthly Song Circle

Fri., April 25, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, spirituals, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For directions and more information call Bob at 404-378-5424.

Volunteers Needed To Deliver Food

South Fulton Senior Services Inc. (SFSS) is a non-profit agency. Its mission is to provide a range of services and activities which promote wellness, wholeness and self-sufficiency for adults, sixty (60) years of age and older, who reside in South Fulton County.

SFSS has serviced the South Fulton Community for 21 years. In order to enhance the level of support and services, volunteers are needed to help deliver meals on wheels. Service areas include: East Point, Hapeville, College Park, Union City, Fairburn, Rico, Palmetto, and Chattahoochee Hills. If you would like to become a volunteer for meals on wheels, please contact Debra Hood or Adam Surfus at 404-559-0070.

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, spread-

sheets), discovering the Internet, how to buy a computer, the ins and outs 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.atlanta-jcc.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. Call for new class offer-

ings.

New Neighbors League Club

Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

Volunteers Need for Meals on Wheels

Meals on Wheels volunteers needed in DeKalb neighborhoods. Deliver hot, nutritious meals to homebound senior neighbors in your area. Three convenient pickup locations including Chamblee, Scottdale and Lithonia. Call Senior Connections at 770-216-2574.

Congregation Shema Yisrael

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

Congregation Beth Shalom

5303 Winters Chapel Rd., Atlanta
770-399-5300; www.bshalom.net

Congregation Chabad of North Fulton

10180 Jones Bridge Rd., Johns Creek, 770-410-9000; www.chabad-nf.org.

Achva Adult Day Club

The Achva Adult Day Club meets at

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NOTICE TO ALL VETERANS
Who Have Honorably Served Their Country in War & Peace

Because of the lack of burial space land devoted to a national cemetery, we at Gwinnett Cemetery Group proudly... have dedicated a Garden of Honor to accommodate honorably discharged Veterans and SPOUSES. As an Honorably Discharged Veteran who does not already own cemetery property, you qualify for a space at NO CHARGE. Payment of endowment care and deed transfer fees required. However, you must register for the space and show proof of an Honorable Discharge Certificate for the space. Spaces will be granted on a first come, first-served basis. To assure a reservation for you and your spouse mail coupon below to:

Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046.
Gwinnett Memorial & East Shadowlawn Memorial Gardens, Lawrenceville • White Chapel Memorial Gardens, Duluth
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Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046
I'm interested in taking advantage of this special opportunity

Veteran		Address	
City	State	Zip	Phone
Spouse's Name		Number In Family	

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CALENDAR from page 13

Avavath 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.

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.

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www.choicecareseniorliving.com

Grandparents on the Move Meeting
 Every 3rd Thurs., 10 a.m.-12 noon, Helene Mills Center, 515 John Wesley Dobbs Ave., Atlanta. Everyone invited. For details call 678-938-6649.

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.

Lifespan Resources, Inc.

3003 Howell Mill Rd., NW
 An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call Laurie Stokes, Executive Director, at 404-237-7307 or www.lifespanresources.com.

Volunteers Needed by CASA – Court Appointed Special Advocates

Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit www.casacherokee.org.

Newnan-Coweta Habitat for Humanity ReStore

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

Atlanta Scrabble Club

Meets the 2nd Sat. each month, 10 a.m.-noon, Centerville Community Center, 3025 Bethany Church Rd., Snellville. Bring Scrabble games and dictionaries. Cost \$1 per person per game (in cash – exact bills, please). For details call 770-557-1343 or email doc2barbara@earthlink.net.

FODAC Needs Donations

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

The Matt Adler Entertainers

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

Care & Share Support Group

First Mon., 6 p.m., Arbor Terrace of East Cobb, 886 Johnson Ferry Rd., Marietta, 770-977-4420.

Harmony Grove UMC Events

50 Harmony Grove Rd., Lilburn
 770-921-7747

Columbia Presbyterian Church

711 Columbia Dr., Decatur
 404-284-2441

Southern Winds Concert Band Welcomes 50 & Older Musicians

Members meet together to share their love of music and the joy of playing together. No auditions. Typically, the band plays one concert each

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month. The band rehearses at Northbrook United Methodist Church, 11225 Crabapple Rd., Roswell, every Thurs., 2:30-5:00 p.m. For complete details contact Dorothy Parker at 770-993-2059 or e-mail arw1935@att.net.

Volunteers Needed

Court Appointed Special Advocates (CASA) connects qualified, compassionate adults to advocate for children in the foster care system, one child at a time. You will be trained and equipped to advocate for a child's right to be safe, to be treated with dignity and to learn and grow in the security of a loving family. Connect with CASA by calling 770-345-3274, email at info@casacherokee.org or visit www.casacherokee.org.

Feature Writer/Author to Speak

The Atlanta Woman's Club Peachtree Women's Writers Alliance will meet Monday, April 7 at 7 p.m. in the Wimbish House, 1150 Peachtree St. NE, Atlanta, Ga. 30309. Anne B. Jones will discuss "The Heart and Soul of Fiction and Non-Fiction Characters." Topics include "Interviewing for Features," "Non-Fiction Character Development," and "Character Building." Handouts will be distributed.

Jones is the author of seven books and has published over 500 magazine and newspaper articles. She has been a columnist for seven newspapers.

Pay parking is available next door to the Wimbish House. For more information, contact Beth Beery, 404-870-8833, beth@thewimbish.com
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CALENDAR from page 14

house.com. Free Admission. Public Invited.

Turkey Creek Festival
 Turkey Creek Festival "Farmin' in the Park," May 3, 10 a.m., Byromville, GA. Visit www.turkey-creekfestival.com.

Zounds Hearing Of Kennesaw To Hold Grand Opening
 April 16th, 11:30 a.m.-1:00 p.m., ribbon cutting at noon, 440 Barrett Parkway, Suite 43, Kennesaw. Open to the public and a light lunch and refreshments will be provided. Come join Zounds Hearing and celebrate the opening of its second store in Metro Atlanta.

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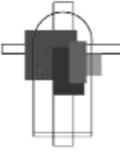
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Pinterest users fall prey to hacking scams

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

Just like Facebook, Twitter and Instagram before it, Pinterest is becoming a new outlet for scammers. Watch out for con artists who access users' accounts and pin spammy products.

The scam works like this. You get an email from Pinterest. It says a friend has shared a "pin" (the term Pinterest uses for a digital scrapbook image) with you. The email and link seem legitimate, so you click on it. The image is different from what your friend typically pins, but it looks real.

Common scam pins include celebrity and beauty photos, giveaway offers, before and after diet pics and even infographics. The images always have tantalizing captions that urge you to click.

But when you click on the image, you aren't taken to an article or the real business's website. Instead, you find yourself at a site selling counterfeit products, featuring a bogus news story or promoting work from home opportunities, among others.

Scammers use many techniques to gain access to your account. They may take advantage of security holes in third party applications that connect to Pinterest (such as those that automatically post your pins on Twitter) or insert malicious code into the "Pin This" buttons on other websites.

How to Keep Your Pinterest Account Secure:

- Report the pin: Spot a spam pin? Report it to Pinterest by clicking the flag icon at the bottom of the image.
- Change your password. If you suspect someone hacked your account or you used a malicious app, be sure to reset your password. Do this by clicking your name at the top of Pinterest. Then, click Settings. Follow the prompts to create a new, complex, password.
- Log out of your account: Don't stay logged into Pinterest when you aren't using it.
- Watch where you log in. Only log in on Pinterest.com and the official mobile app. Avoid look alike sites that use a domain name like www.pinterest.some-

thing.com. These are not affiliated with Pinterest.

- Be careful about linking your account to other social media. If scammers get in, they can easily share spam pins on your Twitter and Facebook feeds too.
- Check before you pin. Before you repin, take a second to hover on the image and check that destination link corresponds with the info on the pin. Scammers have been replacing the links in popular pins with links to websites housing malware (malicious software).

Use these same tips for any other social media site because that "unbelievable" link that your friend just posted may be an imposter phishing for

more victims.

For more consumer tips you can trust, visit www.bbb.org.

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; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.

"Eggstravaganza" Callanwolde's 14th Annual Easter Egg Hunt

Special to *Senior News*

"Eggstravaganza has been a family favorite for years. Callanwolde celebrates the coming of spring with its annual Easter egg hunt to be held Saturday, April 19th from 10:00 am until 12:00 noon.

"Eggstravaganza" features thousands of candy-filled eggs to find (including three golden "prize" eggs), Atlanta Braves games & prizes, and a chance to meet the Easter Bunny. There will be baked goods for sale, a "cake walk," face painting and spring-

themed arts and crafts for kids. Bring your basket and your camera for a fun, family day amidst Callanwolde's beautiful spring gardens and grounds.

Egg hunts will be set up for three age groups:

- 11:15 am - Newborns to Age 3
- 11:30 am - Ages 4, 5 and 6
- 11:45 am - Ages 7 and up

Tickets: Tickets may sell out. Avoid lines and save time – buy tickets online at Callanwolde.org. All proceeds benefit the Callanwolde Dance Program.

- Adults free

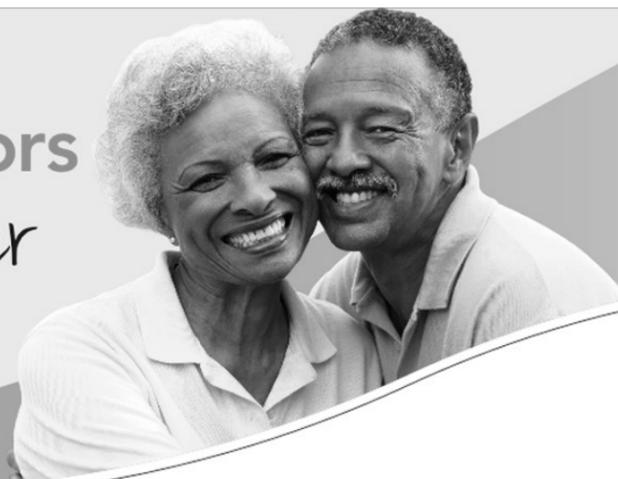
- Children 12 and under \$12 advance purchase online
- Children 12 and under \$14 at door; cash or check only

Arrive early for parking (\$5 per car) and shuttle bus service beginning at 9:30 am at the Emory University Briarcliff Campus, 1256 Briarcliff Road, just one-half mile north of Callanwolde. No onsite parking available.

In case of rain the event will be cancelled.

For more information: 404-872-5338 or www.callanwolde.org.

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East Point
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*Medical Economics Magazine, June 2013. Some services not covered under all plans. Check your plan documents for details and service availability at each individual center. Due to space and time limitations, some services are not available at all centers. Limitations, co-payments, and restrictions may apply.