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Olive Forge... Where Every Day is Earth Day!

COVER: Marsha and Darryl Herren at Olive Forge

by SUSAN LARSON

In the beginning, they created Earth Day. Then they expanded it to Earth Week. Then Earth Month. But for some people, like Darryl and Marsha Herren of Haddock, it's not about segments of time set aside to focus on the environment. For them, it is Earth Life. Every day, every hour, every second.

Their organic farm, Olive Forge, sits way off the road near Macon, on a wooded lot they purchased in 1981 by phone, sight unseen.

"We had brought an old single wide trailer that did not have walls on two sides, so we put a tarp on those," Marsha said.

"We had an outdoor kitchen, hearth, oven and smoker. Our fridge was a Styrofoam cooler and our stove was a Coleman camp stove," Darryl added.

continued on page 7

April 2016
Vol. 30, No. 4

Seventh Annual Dancing Stars of Atlanta announces star-studded cast

Special to Senior News

Philanthropic Atlanta residents will show their moves on the dance floor for one exciting evening to raise funds for the Alzheimer's Association, Georgia Chapter. The event, Dancing Stars of Atlanta, will take place on April 30, 2016 at the Cobb Galleria Centre in Atlanta, Georgia. Mirroring the popular TV show "Dancing with the Stars," this event pairs local residents with professional dancers to raise money by gaining votes in a one-night gala dance competition.

The 2016 cast includes: Lester Crowell - managing partner, Salon Three-13 Spa & Boutique; Buttercup Davis - board of directors, enAble of Georgia, Inc.; Didier Guillaume, DMD - prosthodontist, Astoria Dentistry, LLC; Robin Howell - co-founder and director of finance & operations, Crimson Capital Corp.; Glen Jackson - co-founder, Jackson Spalding; Arif Jiwani - president, Jiwani Custom Clothiers; Jenny Levison - owner, Souper Jenny, Cafe Jonah, & Juicy Jenny; Jeff Lewis - partner, Arnall Golden Gregory LLP; Lorri McClain - president, Reicon Management; Kristina Price, M.D. - medical director, OPAL

Aesthetics; Sarah-Elizabeth Reed - first lady of the City of Atlanta and real estate developer; Karen Shmerling - coach, Atlanta Dream Supremes; Susan Westmoreland - artist; and, Preston Wilson, Jr. - sr. product management, Intuitive Surgical

Currently 5.4 million Americans have Alzheimer's disease. Alzheimer's disease kills more people than prostate and breast cancer combined. The Alzheimer's Association, Georgia Chapter serves more than 130,000 Georgians living with Alzheimer's disease and their families. With seven offices statewide, the Georgia Chapter provides vital education, support and services in all of Georgia's 159 counties.

The event will be hosted by Nancy Senner, a professional dance teacher, and Cory Thompson - public relations and information director - DeKalb Technical College and prior anchor for FOX5 Atlanta. Celebrity judges include Brenda Wood - evening anchor - 11Alive, Jack Sawyer - president of the southeastern region, Wilmington Trust's Wealth Advisory Group, and Rainier Rics - dance instructor, Dublar Dance. For the small cost of \$1, people can vote online before the event, which will benefit the Georgia Chapter of the Alzheimer's Association.

This year's event is chaired by

Jan Collins, a 2014 Dancing Star. "As this year's chair for Dancing Stars of Atlanta, I am honored to be a part of this incredible organization to help raise funds for a much-needed cause," says Jan Collins. "I, along with several of our star dancers, understand firsthand the devastation of this disease. Five of my very close friends, all physician spouses and brilliant women, have been diagnosed with Alzheimer's, so this event is not only of great importance to the 130,000 Georgians suffering from and caring for those with Alzheimer's disease, but also to me personally and to our cast."

To vote for your favorite star dancer and purchase a table to the event visit www.dancingstarsofatlanta.com. For more information, contact Larrica Hubbard at lhubbard@alz.org or 404-728-6057.

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The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. Visit alz.org or call 800-272-3900.



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Friends of Henry County Library Spring Book Sale

Special to Senior News

The Henry County Library System spring book sale is scheduled for Saturday, April 16th from 9 a.m. to 3 p.m. Available will be a selection of Christian fiction, Inspirational non-fiction, Sci-Fi and Fantasy fiction, along with new fic-

tion and children's books, and movies. All proceeds will benefit the HCLS summer reading programs. The sale will be held at the McDonough Public Library/Administration Basement located at 1001 Florence McGarity Boulevard in McDonough, GA 30252. For additional information you may call 770-954-2806.

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Earth Day Birthday a real natural

by SUSAN LARSON

The doorbell rang. When I answered, our little neighbor, Denise, looked up at me with her big blue eyes.

"Can I play with Fish?" she asked.

"Fish?" I said.

"Your new baby, Fish."

"You mean Leif?"

"Oh, yeah, Leif. I knew his name had something to do with nature."

We still laugh over that exchange that took place 26 years ago. And this son, who was born on Earth Day and whose name sounds like it has something to do with nature just happens to love yard work. We have pictures of him raking leaves as a toddler. In high school he worked at Greg's Nursery delivering pine straw and in college he landscaped yards in Sugarloaf Country Club.

He was just born with a knack for nature. For example, I would buy dozens of one-dollar azaleas, thinking that if they died, it wasn't much money wasted. He insisted I should pay the price for big plants with a good root system. As all my cheap azaleas died off, he started buying me azaleas for Easter and Mother's Day. Now when we admire our lush bank of blooms, he loves to ask,

"OK, Mom, which ones did I buy and which ones did you buy?"

When we bought our wooded lot, I didn't want to cut down a tree for anything. My Earth Day child said we should thin out the trees that looked like cocktail toothpicks so the remaining trees could spread their leaves. I asked Dale Higdon, Senior Forester at the Georgia Forestry Commission for advice. He said, "Thinning the small, poorly formed stems is recommended so that the tall and straight stems will become the dominant trees."

And then there was the privet. I was so thrilled to have anything green growing in the woods that I actually pruned it and babied it, trying to get it to fill in. Leif kept telling me to pull it up and throw it out. "But it's green!" I protested. "Why would anyone kill anything that's green?"

When I consulted Higdon about this landscaping battle, he said, "The biggest problem that needs to be addressed is the removal of invasive plants, particularly the Chinese privet. I recommend that homeowners concentrate on removing these invasive plants before thinning the native saplings."

Whether it's his Earth Day birthday, or his "green" sounding name, Leif has lots of ideas for making the earth a better place. And one tip I

especially love: To uplift at least one living thing on Earth, when some high school kid making money for college unloads 100 bales of pine straw in your yard, slip a little

"green" into his hand.

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



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Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please email it to seniornewsga@cox.net or mail it to Senior News, 214 Wilsons Creek Bend, Bonaire, GA 31005. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

OUR BELOVED MOTHER

by Michael Riles

*Our beloved mother
traveled the miles,
She gave us such love,
such joy and sweet smiles.*

*She lived the virtuous life,
and as we say goodbye,
At this place she called home
where at peace she will lie.*

*From this region of beauty,
she was born and raised.
She brought us such joy,
living the full measure of her days.*

*Although this journey has ended,
in our hearts and our minds,
We'll always have her laughter,
her endearing charm,
the winsome smiles.*

*My sister and I,
take solace today,
She's among family whom loved her.
she's back home,
not just in a grave.*

*Our beloved mother,
Never alone will she be,
In our hearts and minds,
she'll live forever,
as long as kindred hearts beat.*

Written by Michael Riles of Stone Mountain, Georgia for Elizabeth Tucker's son-in-law, at the request of his wife Elizabeth Riles and his sister-in-law Diana Curtis, delivered on March 22, 2016 at San Fernando Cemetery in San Antonio, Texas. Elizabeth Tucker was 89 years old. She resided with family in New Port News, Virginia for over 20 years.

LORD CAN I

by Pauline M. Brown

*I asked God, "Can I be rich?"
He said, "My child you are rich."*

*I asked God, "Can I be strong?"
He said, "My child with me you
are never alone."*

*I asked God, "Can I be free?"
He said, "My child I died for thee."*

*I asked God, "How can I love?"
He said, "My child I am love."*

*I asked God, "Can I be like thee?"
He said, "My child I'm already in
thee."*

*Finally, I asked, "Lord, what
can I do?"
He said, "My child just be you."*

WORDS OF MY LORD

by Jesse "James" Harvey

*The words of my Lord are perfect
and true.
Take them to heart, and let them*

guide you.

*They are sweeter than honey and
more valuable than gold.
The words of my Lord restores
the soul.*

*The words of my Lord are perfect
and true.
Matthew 22:37-39 is really all you
need to do.*

*They are sweeter than honey and
more valuable than gold.
They words of my Lord restores
the soul.*

I AM

by Allie Morris

Everyday tell yourself I AM.

*I am loved by almighty God.
Special, beautiful, happy,
wonderfully made.*

*I am a leader, bold, victorious.
So very, very smart, intelligent,
also wise.*

*I am successful, a winner.
Don't you ever call me a LOSER!*

*I am the head, not the tail.
Above, and not beneath.*

*I am more than a conqueror.
I am Strong,
I am Brave,
I am all that God says "I AM!"*

Repeat after me "I AM!"

Memory Lane Classic Car Museum & Lake Oconee Elks Club Car Show

Submitted by Susan Larson

Memory Lane Classic Car Museum and the Lake Oconee Elks Club will host their First Anniversary Car Show on Saturday, May 14 from 10 a.m. - 3 p.m. There will be various classes for cars and trophies will be awarded to top vehicles. Bring your antique, collecta-

ble and special interest cars and motorcycles to show in front of the museum and meet other car enthusiasts.

Cost to visit museum is \$5. Food and drinks will be available. All proceeds go to youth and needy programs. 170 Scott Rd, Eatonton, GA.

For more info call 706-991-1835 or visit Memory Lane Classic Cars on Facebook.



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Out & About

The 2016 Georgia Golden Olympics scheduled for September 21-24



2015 Basketball Athletes

Special to Senior News

The 2016 Georgia Golden Olympics is scheduled for September 21-24, 2016 in Warner Robins, Georgia and hosted by the Warner Robins Recreation Department. Join us for the 2016 event and qualify for the 2017 National Senior Games scheduled for June 2-15, 2017 in Birmingham, AL.

The Georgia registration forms and materials will be available by the end of April. Registration will open May 1 and continue through August 1, 2016. If you have competed in the Georgia event in previous years, you may register online (after May 1, 2016) from the website: www.georgiagoldenolympics.org

If this is your first time to compete, you may print the form from the website and mail with your fees and age verification to Georgia Golden Olympics, PO box 958, Winder, GA.

For more information about the games you may go to website or call 770-867-3603.

2017 National Senior Games

The 2017 National Senior Games will be held in Birmingham, AL, June 2-15, 2017. To qualify for the National Games, an athlete must place 1st-4th (for most events at a State qualifying event. Some sports are "limited events" which means an athlete can qualify in ways other than a state qualifying event. For more information on limited events, you may review the National Senior Games rules on the national website: www.nsga.com

The 2017 National Senior Games presented by Humana will be held on the 30th Anniversary of The Games, and planning is well underway to celebrate this landmark. Starting in December of this year, NSGA will begin distribution of a separate 30th Anniversary monthly

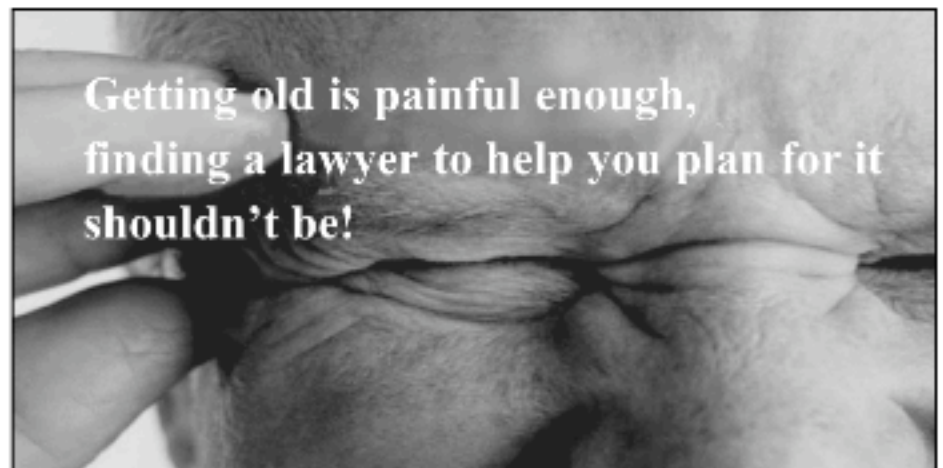
e-newsletter devoted entirely to information and features about it's history and the contributions of the Senior Games Movement to bring seniors quality of life through sports. The drum beat will build with introduction of a dedicated web page, and then culminate with several exhibits and activities at The Games in June. This will include special recognitions and video presentations at our Flame Arrival Ceremony and Celebration of athletes.

NSGA will also provide athletes with an opportunity during this qualifying year to share their thoughts and memories of their past participation in National Senior Games. Watch for announcements soon about how to get involved and contribute to the fun and pageantry!

You are encouraged to make a tax deductible contribution to support the Georgia Golden Games, Inc. For additional information visit

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Project Patriot

Article and photos submitted by
Second Vice Regent Ann Story
Philadelphia Winn Chapter, NSDAR

On February 29, 2016, Philadelphia Winn Chapter National Society Daughters of the American Revolution members, Lori Crook and Ann Story, attended a local business networking fundraiser to benefit DAR Project Patriot. The fundraiser was organized and supported by The Sugar Hill Business Alliance and the Buford Business Alliance. The two groups organized an evening of fun, food, and fellowship at the City of Sugar Hill. It is estimated that over 120 local business men and women attended the event.

The funds that were raised will be donated directly to DAR Project Patriot, which supports America's service personnel in current conflicts abroad. This program provides necessary items for wounded service men and women at Landstuhl Regional Medical Center in Germany.

Lori and Ann, representing the Philadelphia Winn Chapter, provided information on DAR community service and outreach programs. One of our focuses of the evening was to collect as many handwritten, personalized thank you notes as possible to be sent to the men and women who are currently serving in our military.

Thank you, Sugar Hill Business Alliance and Buford Business

Alliance, for inviting us to this event. The evening was a great success! A wonderful time was had by all, and Philadelphia Winn Chapter received \$350 from the fundraiser to support DAR Project Patriot. The funds will be given to Michelle Grudzien, Philadelphia Winn Chapter Project

Patriot Chairman, will be able to provide patients at Landstuhl with phone cards or the most critical items needed.

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



DAR Service for Veterans Co-Chair Lori Crook, Member of Sugar Hill Business Alliance Steve Wilkes, Second Vice Regent Ann Story



Second Vice Regent Ann Story with Project Patriot Display

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OLIVE FORGE

from cover

Over the next six years the couple built their wooden cottage all on their own. While planning to retire and live off their investments, their love of gardening and an encounter with a local herbalist planted seeds for a much richer life.

"She gave us a sprig of rosemary and said if you root this, you'll have something you can cook with, you can make tea with, that will fight insects, and is a powerful antioxidant, and you can use it for aroma. That just opened that world for us," Marsha said.

They began selling their herbs from their house and attracted customers from all over the South. But the attraction was about more than the herbs. It was also about the Herrens. While the pony-tailed couple is affectionately known as "two old hippies," their roots reveal a much more grounded past. Married in 1959, years before hippies started doing their thing, these retired social

workers spent the 60's and 70's raising their three sons. Darryl is an ordained Baptist minister, had worked for years as a blacksmith, and briefly served in the Army. They are proud of their sons, Robert Darryl Herren, Jr., who earned the Legion of Merit, the highest recognition awarded for non-combat service; Andrew, a realtor who manages the local animal shelter; and, Gus, who they lost 13 years ago.

While they no longer sell plants, and open their shop on Saturdays only, they now offer a variety of herbal teas, cooking herbs, oils, fine skin creams, and essential oils, as well as folk art from over 30 local artists. And their down home Herren hospitality!

Visitors are treated to tea and Marsha's famous lavender cookies, while they sit a spell and exchange stories with their hosts.

"We have had some glorious times," Darryl said.

Their guests include Milam McGraw Propst and Jaclyn Weldon White, authors of the newly released "Sidetracked" by Mercer University



Marsha and Darryl give seeds and support to Georgia College Gardening Club.

Press. While the ladies started out to write about the 3,000 landmarks along Sherman's March to the Sea, they found themselves sidetracked by interesting people along the way. And of course the Herrens are among them.

Jackie said, "Once you meet the Herrens, you feel as if they'd been your friends for years. When my husband was diagnosed with cancer and had to have chemo, they immediately sent him candied ginger for

the nausea. And it worked!"

Now, you can read about the Herrens in "Sidetracked," or visit them at Olive Forge on Facebook. But it is truly worth the trip some Saturday, no matter how side tracked it might seem, to set aside a segment of time to drive on down to Haddock and visit with them yourself.

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



Darryl tends to his plants in the greenhouse.
Photo credit: Ken Krakow.

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Out & About

Women in History... Carol Cain, Rosie the Riveter

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

Contributing to article: Historian
Helen B. Dalton; First Vice Regent
Kitty Watters; Lee Schermerhorn

The Philadelphia Winn Chapter, National Society Daughters of the American Revolution, is honored to announce that our nominee, Carol Cain of LaGrange, Georgia, a storyteller, actress, and recently retired educator, has been selected by the NSDAR to join the ranks of Women in American History. The NSDAR maintains a perpetual roster on its web site of the women who have earned that honor, such as Eleanor

Roosevelt and DAR's first President General, Caroline Scott Harrison, wife of President Benjamin Harrison. We will honor Carol at our meeting on Sunday, March 20, 2016 for earning this prestigious award. Carol will be presented with a Women in American History Certificate, the Women in American History Medal, and a cash award. Historian Helen B. Dalton prepared the nomination and will present the award. After the awards ceremony, Ms. Cain will be honored at a reception for members and guests.

Philadelphia Winn Chapter nominated Carol because of the honors she earned during her teaching career, for her concentration over the years on the selection of American History as the subject for the projects she initiated for her Language and Theater Arts students, and for using historical themes for her storytelling. She has actively demonstrated cultural innovation! Carol has been entertaining audiences for over twenty-five years with her historical monologues, making presentations and storytelling at libraries, museums and conventions throughout the Southeast while employed full time as an educator. Carol has also graced the halls of



Carol Cain as Rosie the Riveter

Philadelphia Winn Chapter NSDAR and entertained the Daughters in Lawrenceville, Georgia!

One of her most popular presentations is based on the American women who entered the workforce in unprecedented numbers during World War II. "Rosie the Riveter," star of a government campaign aimed at recruiting female workers for the munitions industry and to build planes, became perhaps the most iconic image of working women during WWII. Carol interviewed many "Real Rosies," gathering their experiences and melding them into a monologue. Dressed as a "Rosie," she becomes each character in turn, revealing the actions of those brave women who did not hesitate taking on a man's job when Uncle Sam told them "I NEED YOU!!" Her monologue not only honors those women but keeps their history alive for future generations.

For the past twenty-two years, Carol

has performed as Rosie the Riveter at the Little White House in Warm Springs, Georgia, and other locations throughout the U.S. The Little White House received a Georgia State Parks Award for the Most Innovative Special Program at a Historic Site, 1996 and 2010, for her performances. Carol is a "Rosebud" affiliate member of the American Rosie the Riveter Association and performs annually for this organization as well as many others. In addition to "Rosie," Carol writes and presents other historical presentations designed to educate and entertain while sharing important stories of our history. She has written presentations and appears as the character of Juliet Gordon Lowe and Susan B. Anthony. She also appears in two documentary videos. "What's Your Story" was shown on BYU-TV and NC PBS and "The Nancy Hart Militia: Women of Uncommon Courage" was shown on GA PBS as part of the 150th Anniversary of the end of the Civil War. Thank you, Carol, for supporting historic preservation, education and patriotism, the mission of the NSDAR!

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

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Options For Senior America Corp. is pleased to announce its selection as a 2016 Best in Home Care Award Winner on SeniorAdvisor.com, the largest ratings and reviews site for senior care and services in North America.

Winners of the SeniorAdvisor.com Best of 2016 Awards represent the top tier of in-home care, assisted living, and other senior living providers, based on the online reviews written by seniors and their families. This exclusive designation places the winners in the top one percent of senior care providers according to those who matter most - the consumers.

The annual SeniorAdvisor.com Best of Awards, now in its second year, celebrates the best of the best in home care and senior living across the United States and Canada. Of the nearly 100,000 providers currently listed on SeniorAdvisor.com, just over 1,000 (1%) were recognized with this award. Options For Senior America is one of a very small select group of home care agency winners in North America and regularly receives highly positive reviews from their families like this one:

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Winners of the SeniorAdvisor.com Best of 2016 Awards are located all over the country and represent the top tier of in-home care, assisted living, and other senior living providers in the country. "We are grateful to be recognized with this award, and thank SeniorAdvisor.com for their continuous effort to provide a medium for feedback on this very important service that we offer our seniors" said Ramzi Rihani, President and CEO of Options For Senior America. Sam Rihani, Chief Operating Officer of Options For Senior America added, "This award gives us a sense of purpose for the work that we do, and is a direct recognition of the quality of service our staff and caregivers provide our seniors and their families".

"Families are increasingly looking to online reviews to find out who truly delivers great care for our seniors, not just who claims to deliver great care," said Eric Seifert, President of SeniorAdvisor.com. "Our SeniorAdvisor.com Awards program is all about celebrating the

exceptional people who do just that. We're honored to spread the word about these organizations whom families can entrust with the care of their senior loved ones", added Seifert.

To qualify for inclusion in the Best of 2016 Awards, providers must have maintained an average overall rating of at least 4.5 stars while receiving three or more new reviews in 2015. Additional details and a complete list of award winners can be found on SeniorAdvisor.com. To see the full list of award winners, please visit <https://www.senioradvisor.com/awards/best-assisted-living>.

About SeniorAdvisor.com LLC

SeniorAdvisor.com is the largest consumer ratings and reviews site for senior living communities and home care providers across the United States and Canada. For more information, please visit www.SeniorAdvisor.com or call (866) 592-8119.

About Options For Senior America Corp.

Options For Senior America Corp. is a pioneering home care agency that began providing home care services in the Washington, DC metro area in 1989. The

agency specializes in live-in services, and is known for its customized approach to home care solutions that meet the specific needs of its care recipients. Today, Options has 16 offices serving communities in

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The Next Chapter

Book Recommendations
by ANNE B. JONES, PhD

• *Breakdown*; Jonathan Kellerman, Ballantine Books, 2016

I recently returned from the Savannah Book Festival where one of the featured speakers was the Washington Post's Pulitzer Prize-winning book critic Michael Dirda. Many of us attending were avid readers and writers who hungered for a look at his practice. Sadly, due to limited time, Dirda wasn't able to go into details on his review process and I have since learned that reviewers approach their work in different ways.

As a reader or writer perusing this column, you may be interested in my criteria. First, I admit, being a book critic has its benefits. I spend hours enjoying trendy literature (sometimes receiving free titles) and then reflect on what I have read. On the surface, it sounds like a cushy job, but there is a down side. Where the work of the author and publisher end, the work of the reviewer begins. To demonstrate, I will expand on my review of Jonathan Kellerman's *Breakdown*.

Kellerman is the author of more than three dozen best-selling crime novels and known as a master of the psychological thriller. The reason for this, as is apparent in *Breakdown*, is he hooks his readers from the start and keeps on hooking from paragraph to paragraph and page to page (The opening hook in *Breakdown* is

a series of terrifying noises outside a bedroom window.). Throughout his works are well-developed characters who generate reader interest and loyalty. Sitting down to read a Kellerman book is like meeting up with old friends at a coffee shop. I want to know what they've been doing, what's happening now and am concerned for and root for them in the future. Kellerman's characters drive his novels and are a clue to his success. *Breakdown's* protagonists, psychologist and police consultant Alex Delaware and LAPD Lieutenant Milo Sturgis, resume their bonded relationship developed through earlier works in the Alex Delaware series. Their physical, moral and other character traits, as well as those of the other key players, are seamlessly integrated into the plot and presented more through action than lengthy descriptions, as are the story's setting and sensory details. The latter give a sense of place.

Readers want to be entertained but they also want to learn from what they read. Kellerman always provides insights into criminality and psychological issues. Again, he integrates these facts into the story rather than providing an information dump. (In *Breakdown*, among the tidbits we learn is why psychosis is so hard to treat.) Kellerman writes "tight" without a surplus of words and targets his audience. The book is easy to read, lightly seasoned with words some may wish to look up in a dictionary (There are readers who appreciate this.), and the tone is con-

versational. His sentences flow and have a sense of rhythm in their word choice and length. He writes with his recognizable "Kellerman" voice and his characters' voices are easily identified. The dialogue carries the story along and is appropriate. Although some of his thrillers are multi-layered, this one is pretty straight-forward. It's entertaining, but lacks the depth and level of suspense found in some of his other work. The story does not include the abundance of related symbolism we often see in literary fiction. (Ex. a wrinkled old woman sitting by a vase of fading dried flowers)

Breakdown's storyline centers on the murder of a deranged former TV actress named Zelda Chase and the attempts to locate Ovid, her missing son. Having previously assessed the child in a custody dispute, Delaware is haunted by his disappearance. Overwhelmed by a feeling of responsibility for the boy's fate, he persuades Sturgis to delve deeper into Chase's murder, resulting in other bodies being found. The primary motivations for the crimes are two old standbys, jealousy and greed.

The author carries readers along but doesn't propel us to the end as he does with many of his bestsellers. This one was more of a bedside compan-

ion than a gripping "stay up all night" read, but it isn't passive and doesn't bog down. There is comfort in the familiar and Kellerman's works have a familiar "feel." He is a master wordsmith who might have done more with this book. Perhaps, he was rushing to deadline... nevertheless, I enjoyed it.

You may contact Anne at anneb-jones@msn.com... (*Tides of Fear*, *Gold Thunder*, *A Light on Peachtree*, *All Around the Track*, *Brave at Heart*).

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Taking Care

Keep Busy, Keep Happy... Many Ways to Transition into Spring

by LISA M. PETSCHÉ

Many people look forward to the mild temperatures and increased daylight of spring, which positively affect their mood and allow new opportunities for enjoyment, especially outdoors. It can take some time, though, to transition out of cocooning mode after the confines of winter.



Lisa Petsche

Read on for some ideas to help you – and the person you care for, if applicable – ease into spring and make the most of it.

- Treat yourself and your loved one to new sleepwear or slippers.
- Put away the flannel sheets and bring out the crisp, cotton bedding.
- Order take-out food for a change of cuisine. Try something different.
- Purchase something seasonal to enjoy – for example, wind chimes or solar garden accents.
- Air out your home by opening some windows for a while on a dry, breezy day.

Refresh the Décor

- Accessorize indoors with soft colors. Room accents can take the form of cushion covers, tablecloths, place mats or a mantel scarf, for instance. For color inspiration, think pastels and traditional Easter decorating. Don't overlook white, which gives a crisp, fresh look. For patterns, try florals or gingham checks.
- If you like perfumed candles, pick up some flowery scents.
- Buy fresh flowers once a week until your garden starts to bloom.
- Buy a new mat for your front entrance or seasonal sun catchers for windows.

Keep Busy

Accomplishment brings satisfaction and a sense of renewal. This is a good time to try new things or tackle

long-postponed projects, before the dog days of summer arrive. Involve your relative as appropriate.

- Clean door glass and any windows that are easy to reach, to let in as much light as possible and enhance the view. Hire a window cleaner to tackle the rest.
- Try some new recipes – lighter dishes to replace rib-sticking winter favorites.
- Peruse gardening magazines and catalogs and plan this year's garden.
- Get a bird feeder and seed, a pair of binoculars and a bird watching guide.
- Do some de-cluttering around your home; kitchen drawers, closets, spare rooms and attics are typical hot spots. Donate unused items to a local charity. Freeing up space contributes psychologically to feelings of lightness.
- Rearrange the furniture in one or more rooms. Or start planning a room redecoration or renovation project.
- Make a renewed effort to look after your health, including exercising regularly – good for both your physical and mental well-being. Try getting outdoors for a couple of short walks (five to ten minutes) each day. If it's hard to get out, invest in a stationary bike or treadmill.

Ideas for Activities

- Go for a stroll around the neighborhood or at a nearby park. Don't forget a hat, sunglasses and sunblock.
- Check out offerings at the local farmers' market. Pick up some novel fruits or vegetables, as well as favorite meat, cheeses and baked goods.
- Take a drive and crack open the windows to get some fresh air.
- Invite friends over for an evening of games and socializing.

Make Special Plans

- Breaking out of routines can be energizing. Here are some ideas:
- Plan an outing to a restaurant

or a cultural or sporting event. Just ensure in advance that the facilities are accessible. If your relative uses a wheelchair, investigate accessible transportation options.

- Plan a small party if you enjoy entertaining. Consider a whimsical theme and enlist help from friends.
- Start planning a summer vacation or, better yet, a mini getaway for the near future – perhaps a weekend

stay at a resort or country inn. If it's not feasible for your relative to accompany you or you need a break, look into respite care options.

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

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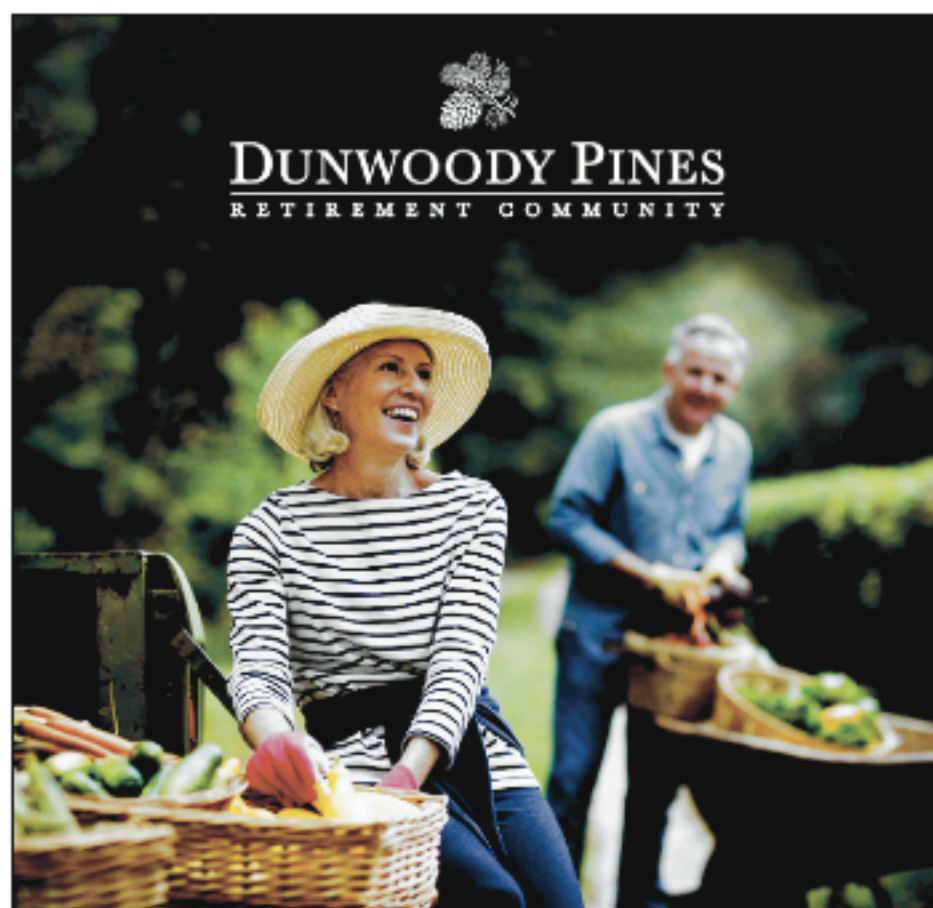
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