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A photograph of a smiling man with glasses, wearing a green polo shirt and light blue pants, crouching next to a golden retriever. The man is wearing a green baseball cap with "Rocky Mountain Elk Foundation" and a signature on it. The dog is sitting and looking at the camera with its tongue out. They are outdoors in front of green foliage.

*A man and his
dog bond along
the road!*

Story on Page 2

June 2009
Vol. 23, No. 6

On the Cover

A man and his dog bond along the road

by SUSAN LARSON

ON THE COVER:

Dexter, left, and his friend Dan Mohr discover America.

John Steinbeck wrote "Travels with Charley" documenting his trip across the country with his poodle. But at least he and the dog knew each other for years before they started out.

That wasn't the case with Dan Mohr and his dog. Mohr had always wanted to explore the west with his dog. However, his golden retriever was thirteen years old and in no shape for a six week road trip. Two months before his planned departure, Mohr contacted Gwinnett Animal Shelter in hopes of adopting a golden to share his adventures.

"I didn't realize it was such a long process," the Lilburn resident said. "Goldens are grabbed up fast by rescue groups."

After weeks of searching, he finally made contact with Carol Swenson from Adopt a Golden

Atlanta. She had rescued a malnourished stray.

"He had cuts on his face, fleas and scabs the size of a nickel. I didn't believe a dog could get fleas that bad," Mohr said.

But this was it. This nameless stray was the only golden in the south available for adoption and Dan was leaving the next morning.

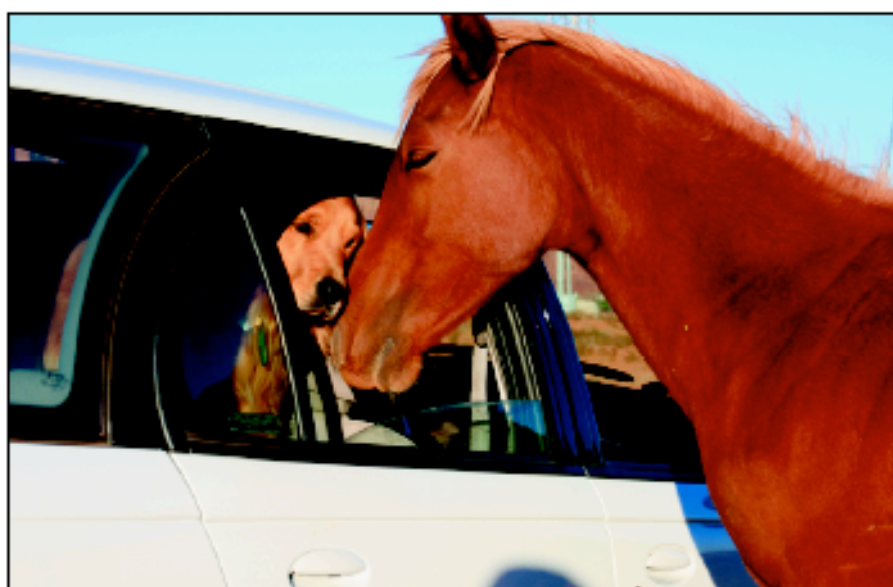
When they finally met, Mohr was greeted with good news and bad news. The good news was that the dog, who he named Dexter, had been in a cage for three weeks and was eager to get moving. The bad news was that Dexter got car sick.

Well, he'd just have to get over it, which he did after only a couple of days in the RV.

The next thing Dexter learned was to respond to his new name.

"Goldens are among the smartest dogs and have a vocabulary of 300-500 words," Mohr said. "I was looking forward to teaching him new words as we traveled."

Dexter's vocabulary building



Dexter making friends with a wild horse which came up to the RV to meet him.

began in Yellowstone Park where he learned the word "buffalo."

"He wouldn't leave," Mohr said. "After that, if I just said

'buffalo' he'd perk up."

As this man and his dog

continued on page 8



Dan and Dexter taking in the scenery at Yosemite National Park

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

BBB warns against a summer scam going door-to-door nationwide

Trying to help a good cause could get you ripped off by fraudulent magazine salespeople

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

The Better Business Bureau warns that deceptive door-to-door magazine sales crews are hitting the pavement and looking to earn a quick buck this summer. In the last 12 months alone, BBB has received 1,100 complaints from consumers in 46 states and the District of Columbia against more than 50 companies that are selling magazines door-to-door.

Many of these companies employ crews of high school and college-age people who are trying to earn money over the summer. These crews are sent to communities to knock on doors and sell magazines – sometimes without appropriate licensing. In the sales pitch, the representative might explain they are working to help get their lives back on track, raising money on behalf of a charity or for a school trip or even selling subscriptions to support troops in Iraq.

“Because sales representatives are typically high school or college-age, victims readily believe the potentially fictitious sales pitch and often pay several hundred dollars for the subscriptions by personal check given directly to the sales reps,” said Kelvin Collins, President/CEO of the BBB of Central Georgia & the CSRA. “Most complaints against such companies allege that sales reps took their check and the magazines never arrived, however, some complainants also allege being subjected to high-pressure and misleading sales tactics.”

In the last year BBB has received complaints on more than 50 companies conducting door-to-door magazine sales and following are a few examples.

“Experience tells us that customers aren’t the only victims of this scam; the young salespeople are also potentially being taken advantage of by their employers and forced to work long hours, endure substandard living conditions and have their wages withheld from them,” said Collins.

BBB offers the following advice to avoid getting scammed by a door-to-door magazine sales rep:

- Always research the company with your Better Business Bureau for free at www.bbb.org before filling out a check for a magazine subscription.

- Ask for identification and a copy of their city/county issued permit.

- The Federal Trade

Commission’s Three-Day Cooling-Off Rule gives the customer three days to cancel purchases over \$25 that are made in their home or at a location that is not the seller’s permanent place of business. Along with a receipt, salespeople should also include a completed cancellation form that customers can send to the company to cancel the agreement. By law, the company must give customers a refund within 10 days of receiving the cancellation notice.

- Victims of fraudulent magazine sales can file a complaint with their Better Business Bureau at www.bbb.org, local law enforcement, and state Attorney General offices.

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 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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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

I hope you dear readers had as wonderful a month as I have! The older I become the more important time becomes.

This past month has been one of healing from two breast cancer operations and no one could have come through such an ordeal better. The pain is gone and three doctors believe the cancer is too. Prayer changes things!

I have been made aware of the many things and people I have taken for granted over the years. We all have friends. Some we talk to almost every day; some we only see every few years but we pick up right where we left off, but we remain friends forever.

We all have "heart" friends and "casual" friends, or so we think. Then something happens to us and those casual friends show up en masse and bring the ministry of angels. The fill our hearts with their love and caring. All of a sudden, they are "heart" friends. Many have shown me love and kindness beyond compare with food, calls, house cleaning. One has even written checks for me because the strong medication makes my writing look like scratches on the ground of a chicken pen. I shall never look at them with the same eyes again. They

will forever be strong branches on my tree of life.

I'm happy to see June. I'm really happy to see anything! But this is the month for June bugs - remember? I wrote about them last year. Of course, if you don't have a fig tree they may be difficult to find but I have a huge tree in the back yard, so I'm in luck.

City folk who don't know a lot about June bugs, let me explain. Country kids like me were not privy to having store-bought toys. We had to create our own fun. Don't mean to brag but we were pretty good at it.

In June as the figs began to get ripe these large bugs came to get their fill. They were about the size of a man thumbnail and were dark green and with gold flecks. They didn't bite but they did have stick-ers on their legs. My sister Eleanor and I watched like hawks for the first ones to appear. We "borrowed" mama's spool of white thread and tied about a six foot piece to one leg of a June bug. He could then buzz round and we could reel him in and let him crawl on our dresses when he got tired.

Doesn't sound like much does it? But remember, we had to create our own toys. Eleanor and I also kept a sharp eye out for large chicken feathers. Those from a big hen or if we were lucky we'd find one from the old red rooster. We

cut the end at an angle making a quill. Now, we had the pen but no ink. Not to be deterred by that we headed for the bog at the end of our long, long driveway/road to fetch the dark, shiny berries from the poke plant. We mashed them in the lid of a mason jar and added a few drops of water. Like magic, we had lovely red ink! Of course, it stained our dresses, too, which put us in a bad light with mother.

It scares the tar out of me to think of things we did to entertain ourselves. This same sister and I used to climb to the roof of the chicken house and play there. Daddy also dried chuffers and peanuts there so we ate and played at the same time.

One day we decided we could fly. Mama had an old black umbrella and we knew in our hearts if we jumped off the chicken house with the umbrella we would glide to the ground. Eleanor, being older and smarter than I, decided I should go first. I could never stand a dare, so I took a running jump and off the roof I went.

I hit the ground hard enough to knock the breath out of me and turn the umbrella inside out while sister bent over laughing - thus bringing on another of our famous fights for which we were well known. It wasn't too funny then, but it is now and when I see kids do stupid things I can truly relate so well.

My blood runs cold when I remember how neighboring kids used to gather at our little farm and we'd all make a b-line for the woods. There were wondrous things there! We never gave a thought that the swamp was crawling with snakes and goodness knows what else. We never saw but one snake in the woods and it was at a neighbors house. Unbelievable. We may have been so noisy we scared the snakes to death. God must have sent every angel he could spare to take care of us. None of us ever got hurt, so I know the guardian angels did their job well.

Today our little ones can't do things like that. They are too tender and have been in the house watching TV too long. They have missed a lot. Being reared in the country was an education on its own. You know, there really were some wonderful times during the "good 'ole days." It was like walking on sunshine!

Have a blessed June and find a friend with a fig tree, get yourself a June bug and have some fun. You are loved! © 5/27/09

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

Spiritual Notes

Mothers, Thank You!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Mother's Day comes once a year and provides an opportunity for us to say a heartfelt THANK YOU to those women who have served in this role with distinction. There were many deserved celebrations on May 10th as families demonstrated their love and affection to a mother, grandmother or a wife. This is a belated recognition of appreciation to all mothers.

As a senior adult I have participated in many events surrounding Mother's Day and never turned to the dictionary for a definition of mother. What I found sums up the various attributes of motherhood, as I observed in my mother and others I have known through the years. Qualities attributed to a mother were: creative source, position of authority, capacity to love, watches over, nourish and protect. So many things all of us have learned were "at our mother's knee."

Mothers play a major role in the spiritual development of their chil-

dren. A mother spends more hours with her child during the formative years of their life than the father. Bovee wrote: "A mother's love is indeed the golden link that binds youth to age; and he is still but a child, however time may have furrowed his cheek or silvered his brow, who can yet recall, with a softened heart, the fond devotion, or the gentle chiding of the best friend that God ever gives us." In the book of Proverbs, 31st Chapter, verses 30-31, we read: "Charm is deceitful and beauty is passing, but a woman who reveres the Lord will be praised. Acknowledging the product of her hands; let her works praise her in the gates." David McKay observes that "If I were asked to name the world's greatest need, I would unhesitatingly say wise mothers; and, exemplary fathers."

Mothers we need you, love you, and thank you for your devotion to God and family. May God continue to bless you in the days ahead!

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

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Poets' Corner

The Pole Cat War By Charles W. Cook

Sometimes I walk into the woods,
And pause beneath the trees;
So often I will catch the scent
Of a pole cat in the breeze.

No other fragrance in this world,
Can match the two-toned cat;
For it will flood your sinuses,
And you can't hide from that!

A skunk once moved beneath our
house,
And clothes were thrown away;

We thought the smell would
dissipate,
But it was there to stay.

So we would flee our rental house
To seek a skunk-free place;
You cannot win the pole cat war,
So give him lots of space

Of two-toned cat with fluid drive,
I'm not a true expert;
But I'll outrun that son-of-a-gun
When he prepares to squirt!

A Daughter By Victoria Tina Larkins (The Lark)

What is a daughter? A little girl
that you adore
One that you love and care for
She's always in your shadow
looking at you
Thinking "my mom is so beautiful
When I grow up to be a big girl
I'm going to be just like her."
What is a daughter?
A teenage girl developing curves
As well as her own ideas and
getting on your nerves
Discovers clothes, boys, ways of
her own
And Oh! Of course, the telephone
Knows exactly who she is and what
she's going to do
Incidentally, she's not going to be
anything like you
What is a daughter?
A woman that has become your
dearest friend
Someone that sticks with you
through thick and thin
She knows you well because she's
been around you so long
She'll let you know when you're
right and she'll let you know
when you're wrong
Now she has a little girl who stares
up at her

And thinks to herself "I can't wait
to be a big girl!"
But where did your daughter go?
It all happened so fast, you
probably missed the view
Take a good look. Your daughter
turned into you.

A True Fish Tale By Vera King

When you're betwixt and between
And your prospects seem lean
Go fishing

There's nothing except nature
To lift your spirits a bit
And you might get a bite in the
bargain
Without spending a dime where
you sit

Just let the bobber keep bobbing
It beats being out hobnobbing
Just fishing

When he leaps at the end of the
hook
And you know your bait has been
took
Now that's fishing.

At The Water's Edge By Bobby Cline

At the edge of the lake I stand and
wait,
As if the wind will hold my fate.
A gentle breeze blows through my
hair,
To let me know that it is there.

First soft and easy it comes at me
Knowing what my heart must
surely need.
Then it lashes at me strong and
hard,
Like it wants to carry me afar.

I brace myself against its hand,
And hold my ground as best I can.
Then it gently caresses my face,
And on my lips a kiss is placed.

It holds and hugs me once, then
again.
My breath comes quickly out
and in.
I feel its power deep in my soul
Its strength and majesty I now
behold.

I close my eyes and enjoy the
moment long,
For I know in my heart it will soon
be gone.
Once more it swirls about my head
and face,
And moves away to leave no trace.

Now I stand alone and wonder why
God moves the wind around the
sky.
Maybe it's a gift He gives to man
When at the water's edge he stands.



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Moore in Atlanta

by MARY FRANCES

The replenished and expanded Atlanta Botanical Garden hosts the monumental sculptures of Englishman Henry Moore from May 2 through October 31, 2009. Nestled among the orchids, anchored in the pristine pond in the great lawn, and overseeing the lily pads in the pond from a nearby hill, the curvaceous, bigger-than-life, modern abstractions roll through the Garden. Smooth to the touch but impregnable, the

bronze, organic human figures loom in the most unexpected places. One found a home in the carnivorous garden behind the orchid center.

"Look how these works are integrated into the garden space. Look how they reflect light. This is the best exhibit I've ever seen at the garden," said one enthused photographer.

"This sculpture is interesting from every side. I love the hollow spaces," said one visitor walking around the Large Reclining Figure.

To celebrate this sculptor phe-



Two Large Forms



Goslar Warrior

nomenon, the Botanical Garden has opened the new Hardin Visitor Center – a spacious two-level glass showcase of art, wood, and chrome – large enough for a crowd to flow through. The entrance to the new and improved Garden continues to be off Piedmont Road but the visitor drives deeper into the property and is greeted by a new five-level parking deck adjacent to the Hardin Visitor Center where your garden adventure begins.

One guest was disappointed to read: "Parking: \$15 maximum." Previously, there had been no charge. Check the website www.atlantabotanicalgarden.org for additional

parking details and hours of operation or you may call 404-876-5859. The Gardens have grown but the address has not changed – 1345 Piedmont Avenue, NE, Atlanta 30309.

"Whatever the charge, it's worth it. I love Henry Moore," said Cynthia Boos, art professor at Georgia Perimeter College.

"Wouldn't it be nice if the Garden were free and open to the public half a day each month?" someone said as we drove away.

You may contact Mary Frances at www.artintheclouds.net.

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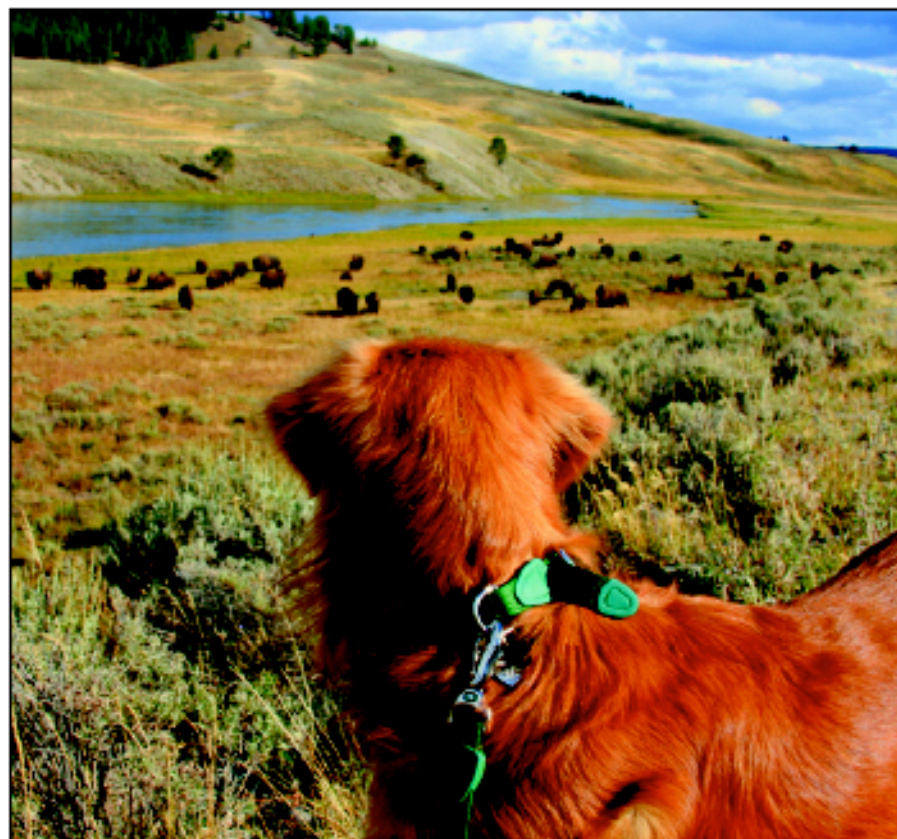
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Dexter learning the word "buffalo"



Dexter making his first snow angel

DEXTER from page 2

trekked along in Glacier National Park, they met up with a Native American hiker.

"He had a nice camera and he said he was doing a book on bears and asked if I wanted to walk along with him," Mohr said.

As it turned out, this fellow traveler was Serle Chapman, a renowned nature writer who's authored 15 books about bears. From this man who took him on trails off-limits to most tourists, Dexter learned his second word, "bear."

Dexter learned "snow" as he lay down and made snow angels and "bird" as he chased seagulls on the Pacific coast. He learned "horse" when a wild horse boldly walked up to the RV and nuzzled him nose to nose.

Dexter can't use his vocabulary to tell people about his adventures, but they are documented at picasaweb.google.com/danmohr.rv.



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C'mon, let's eat

by FAYE JONES

Summertime and the living is easy - at least that's what the old song says. Around the homestead there is an abundance of multi-tasking going on. What am I doing? All the things I declared I would never do again - such as jam and jelly making, canning hot pepper relish, filling the freezer with enough veggies to feed an army when I am the only one to cook for.

Old habits die hard but those of us who are country folk will forever enjoy the fruits of the earth that our Maker provides. And much to our chagrin, most of us enjoy a much too healthy appetite. While eating an ear of corn swathed in butter, I try to think my body is storing fuel for cold winter days. It helps me sleep at night when I lie to myself a little.

Instead of heating the stove to boil those delicious ears of fresh corn, simply leave the shucks on, cut the silk and the stem end off the ear and pop in the microwave for about 6 or 8 minutes. Let cool for a minute or two and with a dish towel skin the shucks off. Different flavor and oh, so good. You won't even need to add butter or salt!

QUICK SWEET DILL PICKLES

1 gallon jar of dill chips

5 lb. sugar

Sliced Vidalia onions (optional)

Drain pickles from gallon jar and reserve brine. Then layer them back into the jar alternating with sugar and onions about 3 cupfuls at a time. Then pour the reserved brine back over the pickles and place cap back on the jar. Let stand for two days before refrigerating. These pickles are exceptionally good and quick to make. They will keep outside the refrigerator but are much better when cold and crispy.

PEPPER JELLY

12 medium bell peppers, half green, half red

6 1/2 cups sugar

1 1/2 cup apple cider vinegar

1 bottle (or equivalent) Certo

10 long pods green cheyenne pepper

Using gloves to handle hot peppers, cut off stems and chop finely in food chopper. You do not have to remove the seeds unless desired. They add more heat. Wash, slice and cut membrane and seeds from bell peppers; then chop finely in food chopper. Add sugar and vinegar to a large pot; add hot and bell peppers and bring to a hard boil. Boil for 4 minutes. Add certo. Stir and skim for 5 minutes to keep fruit from floating. Seal in hot jars. Makes nine 8-oz jars.

PEPPER JELLY GLAZED CARROTS

1 2-pound package baby carrots

1 can chicken broth

2 Tbsps butter

1 jar hot pepper jelly

Combine carrots and chicken broth over medium heat. Bring to a boil, reduce heat and cook until carrots are fork tender. Pour off excess broth and then add butter or margarine and pepper jelly. Heat until jelly melts. Different and quite tasty.

RIPE TOMATO RELISH

1 gallon ripe tomatoes

4 or 5 large onions

2 cups vinegar

1/2 tsp cinnamon

1/2 tsp cloves

2 cups granulated sugar

2 cups dark brown sugar

3 Tbsp salt

4 to 6 chopped bell peppers

6 pods hot pepper

Wash and cut peppers, removing seeds and membrane. Chop onions. Place all ingredients in a large non-aluminum pot. Bring to a boil and then reduce heat to a simmer. Cook approximately two hours, stirring frequently. (Brown sugar will scorch quickly). Mixture will thicken and turn dark. Taste for seasoning. Pour into sterilized jars and seal makes 6 or 7 pints.

This relish is out of this world

with beef or venison.

KUDZU BLOSSOM JELLY

4 cups kudzu blossoms

4 cups boiling water

1 Tbsp fresh lemon juice

1 package powdered pectin

5 cups sugar

Wash kudzu blossoms with cold water and place them in a large bowl. Pour 4 cups boiling water over blossoms and refrigerate 8 hours or overnight. Pour blossoms and liquid through a colander into a Dutch oven, discarding blossoms. Add lemon juice and pectin; bring to a full rolling boil over high heat, stirring constantly. Stir in sugar, return to a full rolling boil and boil 1 minute. Remove from heat; skim off foam with a metal spoon and quickly pour jelly into hot sterilized jars. Seal and process in boiling water bath 5 minutes. Yield: 6 pints.

Note: Blossom liquid is gray until lemon juice is added. The jelly tastes a bit like grape jelly.

Enjoy! ©5/25/09

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

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

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Symptoms may not be "Just Old Age"

by DR. SHYAMAL MEHTA
MCG Health Neurologist
Augusta, Georgia

Cutting your food has become difficult because of your shaking hand. You've been feeling stiff more and more lately, but it's not arthritis. You sigh, thinking, "This old body just isn't what it used to be."

Don't dismiss these signs. When people develop early-stage symptoms of Parkinson's disease, many suffer symptoms for up to a year before seeking medical attention. But that's exactly what you should not do. Parkinson's disease is a progressive illness that happens when dopamine-producing cells in the

brain die or become damaged. Over time, this affects the body's ability to control movement. Early treatment can help slow the disability related to progression of the disease.

One of the first things you may notice is a tremor in an arm or leg on one side of your body. Or, you may move more slowly than usual and need to take more time to complete tasks. Another early sign is increased stiffness and difficulty balancing.

Because these signs are commonly associated with aging, it's no surprise that many patients ignore them. But early diagnosis means that you can take advantage of the latest medications to help slow down the disability associated with Parkinson's disease.

Parkinson's disease occurs most

commonly in those older than 65, but 15 percent of Parkinson's patients are younger than 50. It affects both men and women in almost equal numbers with about 60,000 new cases being diagnosed each year.

Parkinson's disease can limit your quality of life, diminish your ability to

do the things you used to do and impact your entire family. While there is no cure, many different types of medicines can treat Parkinson's symptoms, and in some cases, surgery may help. If you are experiencing symptoms that could be more than "just old age," don't wait. Talk to your doctor today.

Indian Footprints

Catch'm any way you can!

by W. MAXWELL DUKE

Southeastern Indians lived in an area which enjoyed some of the best year around fishing in North America. The extent to which they fished varied from area to area, but one thing was consistent – when they went fishing, they intended to make a big catch! They used any technique, device, or scheme that would produce results. (Most of their methods would make today's game wardens go into cardiac arrest!)

A modern day poison, "rotenone" was extracted from the roots of a plant called devil's shoestring. The roots were pounded on top of a post in a shallow pond. The poison dropped into the water and attacked the nervous system of the fish. Soon, the affected fish would be floating belly up and ready to be dipped out, roughly cleaned and cooked by broiling, baking, smoking or frying. (Walnuts' hulls could also be used in a similar fashion.)

Another favorite "trick" was to build a dam of rocks or vertically placed cane poles in the shape of a "V" across the stream or river. The "V" would point downstream. The fish would flow with the water or be chased into the point of the "V" where a basket captured them.

In small ponds or lakes the Indians would use a seine made of cane poles or small saplings that were loosely woven into something resembling a fence. The seine would be pulled and dragged through the water from one side to the other. The fish would be pulled into shallow water or onto the opposite bank. This operation was a village affair that served as a social event.

Nets were also used. A piece of net was fashioned to the end of a pole with a hoop. The fisherman would simply dip up the fish of his choice. Other nets, long enough to be stretched out in long lines were also used. Waterproof gourds held up the top edge. Rocks were used to hold the net down vertically in the water. Unsuspecting fish would swim into the net and become entangled. (Many of these rocks survive today as artifacts – resembling rough stone doughnuts.)

Indians also used hooks. Fishing with one hook and one line offered no real fascination for the Indian angler. Instead, they opted for many hooks attached to a long line stretching across a creek or river. This "trot line" held dozens of hooks made from the bones of deer or turkey. Stone hooks were also

used but not as commonly employed because of the time required to fashion a sharp hook from stone and the likelihood of losing the hooks on trot lines.

Another favorite technique was fishing at night. Using the bright light of a "fat ladder" (resin-rich kindling wood) torch to lure the fish, the fisherman would wait for the fish of his choice to surface near the light and would shoot it with an arrow attached to a line or gig it with a jagged-ended spear.

The list of fishing techniques goes on and on but there was one approach that came close to being a sport – "noodling." It required nothing more than a very brave Indian who was willing to stick his hand up in the deep dark holes along the river bank to see what he could find, pull out, and subdue. Undoubtedly, with this technique the "catch of the day" may have been the Indian himself!

TID BIT OF TRIVIA

Some of the very large Indian towns had palisades built around them with hand-dug moats. The moats had a dual purpose. One was for protection against enemy attacks, the other was to provide a place to keep fish alive for use at a later time. ©

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Art in the Gardens

by MARY FRANCES

At times the gardens were a sea of multi-colored umbrellas but even spring rains did not deter 390 visitors from touring the five Secret Gardens of Dunwoody. The weekend nature tour (May 15 - 17) was truly a community effort. Each nurtured and carefully-tended garden was hosted by a committed community group.

The Andrew Hubbard and Michael Vandergriff garden visitors were greeted by the North Springs Neighborhood Woman's Club members and Stagedoor Players. The Netherton garden greeters were members of the Dunwoody Perseverance Trust, and Brooke Farm Dunwoody Close Home and Garden Club. The Redfield Garden Club, the Veterans' of Foreign Wars,

and the Dunwoody Homeowners Association ushered visitors at the Freeman home. The Wolfmans' multilayered garden was host to the Garden Boutique with the assistance of members of the Spruill Center for the Arts Guild, the Dunwoody Rotary Club, and DeKalb Master Gardeners. Glenridge Hall gardens received the attentions of the Dunwoody Garden Club, Dunwoody Woman's Club, and Spalding Garden Club. And to guild the lily of this horticulture feast, artists, members of the Dunwoody Fine Arts Association, painted in each of the gardens.

At 5:00 p.m. on Sunday a finale after-glow was held at the Dunwoody Nature Center, the beneficiary of the weekend's proceeds. Bouquets of flowers, delicious tidbits, and enthusiastic nibblers

enjoyed each others' company and the paintings of the garden artists adorning the Center's walls. Under the guidance of Executive Director Claire Hayes, the 22-acre nature center prides its self on being a year round classroom for environmental education.

"This is the 16th year we've toured the gardens and each time it gets better. Even the rain didn't dampen our success,"

Hays said as she stood on a plastic crate addressing the reception attendees. "We have an endless number of dedicated volunteers to thank. And with their help next year we're going to do it again."

To learn more about past and future Dunwoody Garden Tours contact the Dunwoody Nature Center on their website at www.dunwoodynature.org or visit the center at 5343 Roberts Drive, 30338 or phone 770-394-3322. The Center is open year round sponsoring special events and nature walks.

You may contact Mary Frances at www.artintheclouds.net.



Pat Webster Painting



Dunwoody Nature Center



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Georgia eye doctor helps legally blind to see again

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

by ELENA LOMBARDI
Atlanta, Georgia —

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

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

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

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

Many states now allow the use of telescopic glasses to help



meet the vision requirements for driving.

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

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

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

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and

some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

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

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

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Tablet Splitting

by ANDREA CAUTHEN BUSSEY
PharmD, CGP, FASCP

With the rising costs of healthcare and prescription medications, many patients are looking for ways to reduce costs. As

Medicare D participants approach the donut hole in prescription coverage, many are trying to find ways to afford their medications. One cost savings measure that some consumers have adopted is tablet splitting. By breaking tablets into halves or quarters, some patients have been able to save money on medication costs. It is important to note that splitting tablets to achieve the correct, prescribed dose is the goal. Taking less medication than prescribed to make your medication last longer is not safe and may lead to serious problems.

Tablet splitting has become more popular in recent years with some healthcare organizations encouraging this controversial practice. The American Pharmacists Association (APhA) and the American Medical Association are both formally against mandatory tablet splitting. The American Society of Consultant Pharmacists (ASCP) is opposed to policies that mandate tablet splitting by patients or policies that deny payment for certain strengths of medication. Even though the APhA does not recommend tablet splitting, this organization has developed a set of guidelines to help patients approach this practice in a safe manner.

When considering tablet splitting, both patient and product characteristics should be considered. Patients, or their caregiver, should be assessed to ensure they have the physical and mental ability to split tablets. Coordination, strength and eyesight are factors that contribute to the ability to safely split tablets. Medical conditions such as macu-

lar degeneration, Parkinson's disease and arthritis may make it difficult to manipulate tablets and the tablet cutter. Mental ability is also a consideration. Can the patient or patient's caregiver select the proper medication to split? Due to the risk of medication errors and incorrect dosing, it is important to make sure the patient can use a tablet cutter safely and break tablets accurately.

In addition to patient factors, there are medication factors to consider. Some dosage forms should not be altered or changed. These include most controlled release products. Medications that need a consistent blood level where small changes in the dose can affect efficacy, should not be split if they are not scored. These medications include levothyroxine, digoxin and others. If the product contains more than one active ingredient or if the tablet does not break evenly, the dose will not be consistent and may lead to incorrect dosing. Some tablets are scored down the middle to make them break into even parts. Scored tablets are the best choice for splitting. Some medications have a bad taste or are irritating to the mouth or stomach. These often have an enteric coating and should be swallowed whole. Some medications are priced similarly between strengths; these are the products many people split for cost savings. Medications for high cholesterol (statins), amlodipine, sertraline and scored tablets fall into this category.

Purchasing a larger supply of medication at a time may be advantageous. Some pharmacies and prescription drug benefit plans offer savings when purchasing more than a 30 day supply of medication.

Some organizations, states and pharmaceutical companies offer medication or prescription assistance programs free of charge if eligibility requirements are met. Examples of websites that help locate patient assistance programs include needymeds.org and rxas-

sist.org.

Another tip to help save on medication costs includes asking your pharmacist for a medication regimen review. Medication regimen reviews can identify duplicate or overlapping medications, determine when a generic version can be substituted for a brand name product and offer alternatives to therapy when appropriate. For example, some blood pressure medications are more expensive than others even though they may work in a similar manner. If a substitute is available that has shown to be equally safe and effective at a lower price, then changing to a different medication may be an option.

Talk to your pharmacist today about ways to best utilize your medication budget. A simple medication regimen review may be all you need to find ways to optimize your medication therapy.

Safety and efficacy should not be sacrificed to save money on your medications. In the long run, the most expensive medication is the medication that is not taken correctly. Remember, communication is the key to better health. Contact your senior care pharma-

cist if you have questions or need help with your medications.

If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit www.MySeniorCarePharmacist.com, e-mail your questions and comments to Doctor@MySeniorCarePharmacist.com or call 803-202-1106. Look for the next article in the August edition of Senior News.

About the author

Dr. Andrea Cauthen Bussey is a Board Certified Geriatric pharmacist, a Fellow of the American Society of Consultant Pharmacists and a member of the American Geriatrics Society. She has Bachelor of Science and Doctor of Pharmacy degrees from the University of South Carolina and has post graduate training in Geriatric Pharmaceutical Care, Alzheimer's, Dementia, Parkinson's disease and Adult Immunizations. She serves on the Board of Directors for the Jud C. Hickey Center for Alzheimer's Care as Vice-President, is licensed to practice in GA and SC and is President and CEO of Pharmacotherapy for Seniors, Inc.

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Taking Care

How to help a loved one battling cancer

by LISA M. PETSCHKE

When someone you care about is diagnosed with cancer, you may want to reach out to him or her (for simplicity, the latter will be used from here on), but feel unsure of what to say or do. Here is some advice.



Lisa Petschke

Emotional support

- Keep your initial reaction simple and heartfelt – for example, “I’m sorry to hear about your illness,” “I’m here for you,” or perhaps even “I’m at a loss for words.”

- Don’t be afraid to share your emotions. Remember, too, that body language – a touch of your hand, pat on the shoulder or hug – can often convey support and caring better than words.

- Educate yourself about your friend or relative’s disease to help you understand the kinds of challenges she faces.

- Bear in mind that cancer affects people physically, mentally, emotionally and spiritually, and that, although there may be similarities, no two people will experience it the same way.

- Allow your friend to express any and all emotions; don’t try to talk her out of them or change the subject because of your discomfort. Also, don’t take bad moods or uncharacteristic behavior, such as withdrawal, personally.

- Recognize and accept that people cope with a serious illness in different ways. Some may alter their priorities and lifestyle, while others may choose to carry on as usual. Some may use humor as a coping mechanism, while others may become more introspective or spiritual.

Keeping in contact

- Recognize that you may have to make most of the effort in the relationship. Visit, call and send cards or notes.

- Treat the person the same way you always have. Don’t hesitate to smile, laugh or tell a joke.

- Listen non-judgmentally, demonstrate compassion, and don’t give unsolicited advice. Provide words of support and encouragement.

- Encourage your friend to take one day at a time and to trust that she will be able to cope with whatever lies ahead. However, don’t give false reassurances, such as “Everything’s going to be fine.”

- Don’t underestimate the distress your friend is experiencing, and don’t discourage tears or urge her to be strong. Don’t try to withhold your own tears, either; they are merely a sign that you care.

- Take your cues from her as to how she wishes to deal with her illness; don’t make assumptions. If you’re unsure, ask whether she would like to talk about her situation, and honor her wishes either way.

- Encourage your friend to practice self-care, getting adequate nutrition, exercise (if appropriate) and sleep, and keeping medical appointments, as well as avoiding unnecessary stress.

- Help a female friend feel good

about her appearance. Offer to set her hair or do her nails, or bring her a new accessory, such as a scarf or a piece of costume jewelry.

- Surprise your friend with a gift, such as flowers or a favorite movie, magazine or food treat.

- Focus on the present and how you can make your time together enjoyable. Don’t be reluctant to make plans, though; it’s good for her to have things to look forward to.

- Invite your friend on an outing, keeping in mind her energy limitations. Ideas include a trip to a coffee shop, favorite store or park, eating out at a favorite restaurant, or taking a drive in the country or the old neighborhood. If she accepts an invitation, agree upon the condition that she may cancel at the last minute if she doesn’t feel well enough.

Practical help

- Assist your friend in practical ways, to allow her to concentrate on her treatment – which may have significant side effects – and ensure needed rest. Walk her dog, run errands, perform household chores such as vacuuming and laundering, or drive her to and from appointments.

- Don’t merely let your friend know you’re available if she needs help; make concrete offers – for example, “I’m going to the grocery store. What can I get you?” Or simply go ahead and do things like deliver a casserole or mow her lawn. Offer to get information about community resources that may be of assistance.

- Keep in mind that emotional support and your time are the two most valuable gifts you can give someone who is grappling with a life-threatening illness.

One final tip: find an outlet for your own emotions, whether it’s talking to someone who’s a good listener, writing in a journal, or attending a support

group. You need to take care of yourself, too.

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

Just For Smiles

Ramblings of a Retired Mind!

Editor’s Note: During these days of uncertainty and unrest, a bit of laughter goes a long way. We borrowed this from our e-mail and wanted to share it with our seniors. The author is unknown but our sincere thanks go to him/her for making us smile.

I was thinking about how a status symbol of today is those cell phones that everyone has clipped on. I can’t afford one. So, I’m wearing my garage door opener.

You know, I spent a fortune on deodorant before I realized that people didn’t like me anyway.

I was thinking about old age and decided that it is “when you still have something on the ball, but you are just too tired to bounce it.”

I thought about making a fitness movie, for folks my age, and call it “Pumping Rust.”

I have gotten that dreaded furni-

ture disease. That’s when your chest is falling into your drawers!

I know, when people see a cat’s litter box, they always say, “Oh, have you got a cat?” Just once I want to say, “No, it’s for company!”

Employment application blanks always ask “who is to be notified in case of an emergency.” I think you should write, “A Good Doctor!”

Why do they put pictures of criminals up in the Post Office? What are we supposed to do -- write to these men? Why don’t they just put their pictures on the postage stamps so the mailmen could look for them while they deliver the mail? Or better yet, arrest them while they are taking their pictures!

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then, it dawned on me, they were cramming for their finals. As for me, I’m just hoping God grades on the curve.

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Out & About

Seven potters to hold gallery show

Special to Senior News

MudFire Gallery will showcase the work of the Bay Area Pottery Posse, a group of seven talented women potters of the San Francisco Bay area. This gallery show is curated by Diana Fayt, and presents new works that express daring design in terms of form, color, and narrative themes. This group of artists frequently work, show, and meet together as they seek to evolve their vision. In doing so, they present a notable face which strongly influences contemporary Bay Area studio pottery. The exhibit opens June 6, 2009 with a reception from 5-9pm, and continues through July 3.

ABOUT THE EXHIBIT

The Bay Area Pottery Posse create pottery from their immediate present, with the traditions of the medium influenced by a unique urban experience and the diverse culture of a singular American city. What other city so prizes "a character," the individual strongly confident in expressing a quirkily-unique and stereotype-denying assimilation of that they find to be fine? To walk the streets of the Bay Area is to survey an endless procession of such characters. The exhibit will represent this diversity in a body of work that blends urban, industrial, natural, and traditional influences resulting in a daring character which evades the more established traditions of Southeastern pottery. The Posse's pottery reflects back at us the visual feel of the Bay Area with its multiple faces of high-tech fast forward, gritty industrial decline, global cultural assimilation, and the magnificent natural beauty of mountains meeting coastline.

Crista Assad painstakingly creates teapots and vessel forms which realize a precise interpretation of industrial apparatus.

Mary Mar Keenan's ornate designs imply a strong resistance to the high-speed passage of time in the city and encourage the user to simply slow down and be happy.

Sara Kagan's creations reflect on abandoned factories and their rusty surface texture and cold steel frame work, and offer the muted palette of a fog-shrouded city.

Whitney Smith's organic forms and vibrant colors are influenced by her stint as a San Francisco floral designer.

Diana Fayt's work presents thoughtful juxtapositions of abstracted technical backgrounds and detailed floral illustrations carved on rich fields of color.

Josie Jurezenia's ceramics reflects 30 years of working with fabric and designing clothing, with patterned colorful forms created by tearing, darting, pinching and sewing components of clay.

Rae Dunn's pottery offers a view into the cornerstones of her life, the quest for simplicity and playfulness, while achieving a striking aesthetic through contrast and studied imperfection.

Sara Paloma's bottle groupings offer a sleekly futuristic urban silhouette.

At every level the Bay Area, its prominent women potters, and their exhibit at MudFire, seem to find a balance between human control and natural spontaneity, craft traditions and contemporary influences, formal design and momentary inspirations. And the result, at each level, is fresh, funky, and totally West Coast - a delightful salmagundi that serves as a welcome remedy to the limits of tradition.

Detailed information, including artist statement, resumes, and images of representative works, are available at: <http://www.mudfire.com/bay-area-pottery-posse.htm>.

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For more information about this study, please contact:

Atlanta Research Center
404-292-6300

Out & About

Senior citizen wins race at South Georgia Motorsports Park

Submitted by Joe Cawley
Augusta

Woody Moore of Hawkinsville, who is over 70 years old, won the National Vintage Racing Association's Late Model Modified race at South Georgia Motorsports Park in Adel, Georgia on April 4. Moore had purchased a new race car, a '65 Chevy from Don Tomberlin, and he won his first race in the car.

Moore started his racing career in the early 50s and has raced off and on through the decades. He's been racing with the NVRA for about ten years and this is his first victory with the organization, though he has won many races in his career.

The National Vintage Racing Association is based in Macon, Georgia and several cars are housed at S&M Racing on Industrial Way, in Warner Robins. Bob Moore, also a senior citizen, operates the S&M Racing shop.



Right: Woody Moore of Hawkinsville with his winning #22 car.

Top: The #16 car driven by Al Smith, a senior citizen from Jeffersonville, Georgia who races out of the S&M Racing shop located in Warner Robins.

Though he hasn't been on the tract in 2009, Dewey Stancil of Kathleen, Georgia, not pictured, also races out of the S&M Racing shop driving the #06 car.



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Out & About

Register now to compete in the Georgia Golden Olympics

Special to Senior News

If you are competitive, interested in meeting new friends, or just having fun, then plan to participate in the annual Georgia Golden Olympics scheduled for September 23-26 in Warner Robins. This annual competition is open to adults ages 50 and older who compete in 18 sports and more than 50 events including tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horseshoes, billiards and much more. Events are divided into age categories and medals are awarded for each.

A registration fee of \$30.00 allows the participant to enter 3 events. Additional events are \$6.00

each. Bowling, tennis, golf and archery require an additional fee. Fees are non-refundable. All registration must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. Over 400 athletes qualified last year for the summer games which are scheduled for August 2009 in the San Francisco Bay Area.

Warner Robins 2008 qualifiers who plan to compete in the 2009 National Senior Games include: Robert and Janette Daniell, Singles and Mixed Doubles Bowling; Dennis Evans, Men's Freestyle Swim Competition (50, 100, 200, 500); and, Mary Alice Ealer, Triathlon (400 meter swim, 20K Cycling, 5K Road

Race) and Women's Freestyle Swim Competition (100, 200, 500).

The National Senior Games 2009 is the largest multi-sport event in the world for men and women age 50 and older. As many as 12,000 competitors are expected to participate in the 2009 games.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia Recreation and Parks Association, Senior

Citizens Section; Georgia Nursing Home Association; the University of Georgia J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For additional information call the Warner Robins Recreation Department at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603; or, visit website www.georgiagoldenolympics.org.

The 2009 registration form is available on the website. On the website you'll also find additional information concerning participation, volunteering, sponsorship and funding, and general information about the Georgia Golden Olympics.

Grillin' in the Village BBQ Festival

Special to Senior News

Stone Mountain Village will be the site of the only Memphis Barbecue Network Sanctioned event in the metro Atlanta area when they host the Grillin' in the Village BBQ Festival on June 20th. Fifteen professional barbecue teams will compete for over \$7,000 in prize money and for the title of Grand Champion. There will also be a backyard division hosting ten teams in a separate competition.

This free event will kick off with a preview night Friday June 19, 7-9 p.m., featuring live music by Jason Lee and the Cyclones. The festival will begin on Saturday the 20th at 9 a.m. with live music, arts and crafts, and a classic car show from 9 a.m. until 10 p.m. the day before Father's Day. The live music will feature some of the area's best talent and will be flowing all day from the main stage. Headliner and national recording star Francine Reed with Java Monkey will cap off the festival

beginning at 8 p.m. Other acts include Spanky and the Love Handles, Caribbean Music, and East Ponce Soul Faction.

This festival has traditionally been an arts and crafts event and that tradition will continue with vendors from throughout the southeast displaying their specialty items. The M&M Mortgage Classic Car Show is sure to impress all the gear heads in attendance, and the kids will be thrilled with the games and activities within the Children's Area. There is something for everyone at the Grillin' in the Village BBQ Festival in Historic Stone Mountain Village. For more information visit www.StoneMountainVillage.com.

Time: Friday 7-9pm, Saturday 9 a.m. - 10 p.m.; Admission and Parking: FREE.

For more information contact Main Street Stone Mountain at 770-498-7334 or mainstreetstone@bell-south.net. Main Street Stone Mountain is a private, non-profit organization devoted to the revitalization of Stone Mountain Village.

For additional information regarding Main Street Stone Mountain visit www.mainstreet-stonemountain.com.

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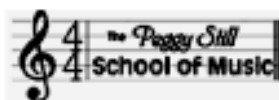
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Cobb Senior Services

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

Multipurpose Centers

(Seniors age 55+)

- East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
- Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
- North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740
- West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
- Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320
- Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

Neighborhood Centers

(Seniors age 60+)

- Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
- Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516
- North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984
- Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call

the Fulton County Senior Information and Assistance Hotline at 404-730-6000, or visit www.myfultoncountyga.us.

- Offering "At Your Service," a transportation program that is available to anyone 60+ or disabled living in North Fulton. Will transport an individual from their home. For complete details on distances, charges, etc., call 770-993-1906.

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 Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.
- Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.
- Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.
- Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.
- Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
- Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.

- Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
- Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
- Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
- New Horizons Neighborhood Senior Center: 745 Orr St., NW, Atlanta, 404-730-7100.
- Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
- Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
- 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
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Gwinnett Senior Center

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

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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, football, video games, movies and more. For details call The Bridge Community Center or visit www.thewyppers@bellsouth.net.

Alzheimer's Support Group

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

Parkinson Support Group

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

Multiple Sclerosis Center of Atlanta

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

Alzheimer/Caregiver Support Group

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

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continued on page 21

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CALENDAR

from page 20

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404-370-8450, www.georgiacenterforthebook.org

Atlanta World War II Round Table

First organized in 1986 with 29 members, the "Round Table" has now grown to over 254 active members. Meets the 3rd Thursday of the month (Sept-June), 11:30 a.m., at the Petite Auberge Restaurant located in Toco Hills Shopping Center, corner of North Druid Hills Road and LaVista Road in Northeast Atlanta. \$15 luncheon admission requirement. Reservations not required. For additional information call John Davis at 770-493-4745 or Ann Villwock at 404-377-3082.

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.

Life Enrichment Services Classes

For adults 50 and older in DeKalb County and surrounding areas. For details call 404-321-6960.

Decatur Monthly Sacred Harp Singing

Thurs., June 4, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Cold Mountain*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit www.atlantasacredharp.org.

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Sat., June 27, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

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

The Breman Museum

For information call 404-575-3767 or visit www.thebreman.org/jsgg.htm.

South Cobb Yellow Rocks

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

Georgia Museum of Art

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

continued on page 22

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CALENDAR

from page 21

Newman-Coweta Habitat for Humanity Sales
Every Sat., 8 a.m.-5 p.m., 1082 East Highway 16, Newman. Call Glenn at 770-252-4061.

Alpharetta's Main Street Markets
Third weekend of each month. Call 678-297-6078.

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

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

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

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

The SeniorNet curriculum covers a broad spectrum of computer-related courses including learning beginning, intermediate, and advanced Microsoft Windows applications (word processing, database, spreadsheets), discovering the Internet, how to buy a computer, the ins and 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.atlantajcc.org.

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

Grief and Loss Networking Group
First and third Monday, 11 a.m.-12:30 p.m., The Wellness Community - Atlanta Northside, 5775 Peachtree Dunwoody Road, Suite C-225. Free. Call 404-843-1880.

New Neighbors League Club
Prospective member orientation, first Wed. each month at the

continued on page 23

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CALENDAR

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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.

Your Help Is Needed

LIFESPAN, a station of the metro Atlanta RSVP program needs volunteers 55+ to help older adults in your community live healthy, independent lives. Share your skills and talents by: Teaching older adults how to use the computer and/or become more computer literate; Become a friend to a senior by visiting regularly and/or providing transportation to important medical appointments. Educate older adults on important topics such as: How to avoid becoming a victim of Consumer/Medicare Fraud; The Importance of Preventive Health Services; Disaster Preparedness; and, Medicare Insurance Counseling. Benefits include Free Training and mileage reimbursement. For additional details 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.

Life Enrichment Services Looking For Volunteers

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

WBO Newnan Networkers Meeting

Third Mon. each month, 11:30 a.m.-1 p.m., O'Charley's in Newnan. Call Gazelle Simmons at 678-423-3187 or email: gazelle@womenbizowners.org.

Metro Atlanta RSVP Needs Volunteers 55+

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

Lifespan Resources, Inc.

An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call Laurie Stokes at 404-237-7307 or lifespanresources@bellsouth.net.

Quiltfest 2009

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Volunteers Needed by CASA - Court Appointed Special Advocates

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Daily Grind Coffeehouse Art Show

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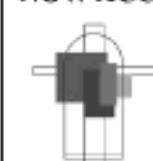
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Times Not Forgotten

Another Memorial Day has come and gone

by CHRISTINE COLEMAN

With all our worries about gasoline prices, increased taxes, hikes in Utilities, low interest rates on our investments, our servicemen and women overseas in harm's way – tell me if we should be worried.

Memorial Day has just passed. With it came thoughts of years gone by. Our nation has lost many family members who went off to war to protect our country and us. Ceremonies were held everywhere honoring our long lost servicemen and women as well as those serving today. Of course, we also used this time to vacation and relax, which is reasonable.

Our forefathers had their share of worries and concerns. During the Civil War, men had to leave their families to engage in service. Their families who were left behind had to fend for themselves. One of my grandfathers served, as well as one of my great grandfathers. I used to hear my folks talk about how things were back then.

We have always had worries. I remember hearing my folks talk about hard times when I was growing up. During the Great Depression, there were many families who lost the savings they had deposited in banks. My father lost his small "nest egg." As a result of his losing the money he had deposited, he was skeptical of putting money in the

bank again for many years.

Then came World War Two. With it came more worries. My whole family structure was changed. My brothers were called into service. Our farming arrangements were turned around completely. Several things were rationed, including gasoline and sugar. But, you know, everyone at home "put his shoulder to the wheel." We were determined to keep up the morale of our folks who were defending our country and us.

I like to think I helped the World War II effort. After my high school graduation in 1944, our school gym was turned into a camouflage factory. I worked there making camouflage nets until they were no longer needed

and our soldiers began to come home. Several of our city's servicemen (some of them our neighbors) did not return. After a while, things began to settle down and become normal again.

We've had other wars and conflicts since then. Some of my nephews served in the Vietnam conflict. In all these situations, as usual, there was worry. So now as Memorial Day has come and gone, I trust we'll all remember the many sacrifices made. We aren't going to forget those who made the supreme sacrifice, and we're going to keep those in our prayers who are in service now. I hope you were privileged to attend a Memorial Day service, and I'm sure you displayed your flag. Also, I hope you were able to relax with family and friends. We will, however, stay on guard and worry when it's appropriate.

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

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