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A portrait of Jim Freeman, a middle-aged man with short, graying hair, smiling. He is wearing a dark military uniform with a white shirt and a dark bow tie. His uniform is adorned with several medals and ribbons on his left chest. An American flag is visible on the left side of the frame.

Jim Freeman, Major,
U.S. Army (Ret.)

***Task Force Patriot
veterans continue
to serve!***

Story on Page 2

November 2009
Vol. 23, No. 11

On the Cover

Task Force Patriot veterans continue to serve

by SUSAN LARSON

ON THE COVER:

Jim Freeman, Major, U.S. Army (Ret.). Jim has served his country in war and in time of peace. Upon graduation from the U.S. Army Special Warfare Center, at Fort Bragg, Major Freeman began his first Vietnam tour in I Corps. He served in 1967-68 with the 196th Light Infantry Brigade, the second half of his tour was spent as Division Psychological Operations Officer on General Samuel Koster's staff in the Americal Division. He flew over 200 combat missions, as Forward Air Controller and in PsyOps Support. He is a graduate of the Advanced Infantry Officer's Course, the Drucker School of Strategic Planning and Management, Russian Language School and served brief tours in French Morocco, Italy, Greece and Gibraltar. It was during his second Vietnam tour (1969-70), with the First Air Cavalry Division that he became the lone survivor of a field hospital destroyed by a North Vietnamese rocket attack. He completed his active military service at Fort Benning, as a General Staff Officer and Commander of the U.S. Army Television Division, the largest TV production team in the Department of Defense at that time. His decorations include the Combat

Infantryman Badge, Bronze Star, Air Medal with clusters, and the Army Commendation Medal with "V" Device for Valor and one Oak Leaf Cluster, the National Defense Service Ribbon, the Vietnamese Campaign Medal with two battle stars, the Vietnamese Cross of Gallantry with Silver Palm and the silver wings of an air crewman.

For some people, service is just a way of life and nowhere is this more obvious than what you witness among the members of Task Force Patriot. When Jim Freeman and his wife Peggy started TFP, it was intended just to be a way to help military people connect with one another.

"Vets are bonded together in a special way I can't describe," said Freeman. "If they have a wholesome environment where they can talk with each other, it can help eliminate any long term emotional problems they might have."

In eleven years the original TFP group has grown from 35 to 630 veterans from the greater Atlanta area who meet for dinner the first Thursday of every month at First Baptist Church in Lilburn.

"It's a gathering of all people



Task Force Patriot Founder and CEO, Jim Freeman welcomes veterans to their monthly dinner.

who made a commitment to serve their country," said Freeman. "At our dinners, veterans of one war might talk about their common experiences or high school ROTC students might connect with guys who were at Normandy in World War II."

And even though they enjoy their monthly gatherings, TFP is more than a mere social club. The members' commitment to their country goes way beyond their tour of duty in the military.

Over the years speakers have

included veterans from WWII, the Korean War, Vietnam War, Desert Storm and Iraq. And in many cases, these veterans have gone on to serve in civilian life with numerous charities and civic causes.

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Dutch van Kirk, navigator and only surviving crew member of the *Enola Gay*, which dropped the first atomic bomb on Hiroshima.



Major Theodore "Dutch" van Kirk, Paul Tibbets, and Tom Ferebee, crew of the Red Gremlin in 1942.

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Law does not provide for a Social Security Cost-of-Living Adjustment in 2010

Special to Senior News

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income benefits for more than 57 million Americans will not automatically increase in 2010. This will be the first year without an automatic Cost-of-Living Adjustment (COLA) since they went into effect in 1975.

"Social Security is doing its job helping Americans maintain their standard of living," Michael J. Astrue, Commissioner of Social Security said. "Last year when consumer prices spiked, largely as a result of higher gas prices, beneficiaries received a 5.8 percent COLA, the largest increase since 1982. This year, in light of the human need, we need to support President Obama's call for us to make another \$250 recovery payment for 57 million Americans."

The Social Security Act provides that Social Security and Supplemental Security Income benefits increase automatically each year if there is an increase in the Bureau of Labor Statistics' Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year to the third quarter of the current year. This year there was no increase in the CPI-W from the third quarter of 2008 to the third quarter of 2009. In addition, because there was no increase in the CPI-W this year, under the law the starting point for determinations regarding a possible 2011 COLA will remain the third quarter of 2008.

Some other changes that would normally take effect in January 2010 based on the increase in average wages also will not take effect, even though average wages did increase. Since there is no COLA, the statute prohibits an increase in the maximum amount of earnings subject to the Social Security tax as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2010. Information about Medicare changes for 2010, when available, will be found at www.Medicare.gov. The Department of Health and Human Services has not yet

announced if there will be any Medicare premium changes for 2010. Should there be an increase in the Medicare Part B premium, the law contains a "hold harmless" provision that protects about 93 percent of Social Security beneficiaries from paying a higher Part B premium, in order to avoid reducing their net Social Security benefit. Those not protected include higher income beneficiaries subject to an income-adjusted Part B premium and beneficiaries newly entitled to Part B in 2010. On September 24th, the House passed legislation by 406-18 that would, on a fully paid-for basis, prevent abnormally large premium

increases. The President is calling on the Senate to enact this legislation before it becomes too late for the Social Security Administration to update its

computer systems to implement this needed change.

For additional information about the 2010 COLA, go to www.socialsecurity.gov/cola.



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Walking on Sunshine

by FAYE JONES

Happy Holidays! Can't wait for Thanksgiving to arrive. It's such a wonderful day to pig out without feeling guilty.

The season is wonderful as of this writing. Leaves are beginning to put on their winter coats and trickle down for a long winter's sleep. First frost will soon be here and we can all have free "diamonds" for as far as the eye can see. Nothing is more beautiful than sun-up on a heavy frost. Like snow, it brings a balm to the soul.

We get nostalgic this time of year don't we? And according to stats, many people, especially seniors, become depressed. It is the time for bright lights in our homes, open curtains so we can see outside when it's too cold to go out. It's time to call friends to come for coffee or drop by their homes and carry a sweet bun or two to enjoy. Read good books and don't listen to sad music.

We can't change the past but with a little help from our friends, we may be able to change our future. I had an experience lately that turned my life around. I took two days off to meditate, pray and see if God and I are on the same

page regarding what small amount of future I have left. It was wonderful.

It all came about when an old friend called from LaGrange. We were neighbors and best friends 45 years ago. We still pick up where we left off. We have "commiserated" together on the advantages and disadvantages of getting old many times. She has very serious health problems but handles them with grace and dignity even though she, like the rest of us seniors, has to deal with depression and pain.

During our conversation she said, "You know Faye, I have found that when things get tough and I can't see the light at the end of the tunnel; when I'm sick and depressed, I have learned to focus on Jesus." She then asked if when I prayed I had a picture of Jesus in my mind. Just so happens I do. It has been the same vision of him that comes to me with every prayer I pray and has for as long as I can remember. He is standing outside. The sky is blue and he is standing in a field. I can see His beautiful face - or I suppose I should say the face that my mind has made of Him.

Sometimes He smiles, sometimes He is quiet and solemn. I

know immediately in my soul whether or not I am on the right track. He never leaves me during my prayers. Sometimes I stray away and usually fall asleep before I finish.

After Yvonne and I got off the phone I began to wonder what would happen if I focused on Jesus when I had health or other problems. (I have had serious reactions of late to some medication). I sat down at the kitchen table.

A verse of scripture came to mind; "Seek ye first the kingdom of God and all these things shall be added unto you." Where have I been? I became a believer at the age of 15 and although the path is shiny from back-sliding, I have always come home again to the beliefs that keep me sane.

Jesus and I talked a long time. He did most of the listening. Sometimes we get so tied up in our own selves and our problems that we can't hear His voice over our complaining. Oh, how patient He must be!

The day passed so sweetly that I forgot to eat. All was well and I was at peace. I haven't had that in a while. I turned on the TV and there was a wonderful black minister preaching on the sin of worrying. Got me right between the eyes. I realized how miserable we make ourselves by stressing over things we cannot change. Sometimes we get so bogged down we don't change the things we can.

Images sprang to my mind during his sermon. I worry about the war, the economy scares me to death, I wring my hands because our leaders have proven themselves untrustworthy. My heart breaks when I see hungry and sick children on TV. I hurt when I see parents who don't give their children the love they need to grow mentally and spiritually. I worry about where to live. Should I move at this age or just wait and drop dead on the old homestead, I grieve because I feel I can't change these situations. After all, what can one old woman do?

At times I think I just borrow things to worry about. The verse came again to my mind; "Seek ye first the kingdom of God and all these things shall be added to you."

Peace came into my mind and heart as softly as a falling snowflake. I had come home again. How wonderful it is to have friends like Yvonne! It's like walking on sunshine! ©10/26/09

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

Spiritual Notes

Perseverance!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Some of the most difficult people we meet in life are those who have a "cause" and persevere in its pursuit with tenacity. While they may be admired for their belief, sometimes they appear to be too aggressive and unreasonable. In today's world there has been violence in many countries because of a commitment to a political and/or religious system. Conversely, there are "causes" that need people who will stand up for injustices in our society. So often we "cave in" to a popular view rather than the right view. Perseverance is defined as "an adherence to a course of action, belief, or purpose without giving way; steadfast."

Many senior adults have a tendency to give in to the aging process. Their attitude is "been there, done that," let somebody else take the baton and run with it. Perseverance and persistence has left them. However, I have met a

few senior adults who might be labeled aggressive, especially at restaurants and in post office lines. It is always encouraging when senior adults do speak out with conviction on relevant current issues and events; and, many do just that.

The Bible encourages perseverance. In the 11th chapter of Luke's gospel, verses 9 and 10, Jesus says, "So I say to you, Ask, and it will be given to you; search, and you will find; knock and the door will be opened for you. For everyone who asks, receives; and everyone who searches, finds; and everyone who knocks, the door will be opened."

Perseverance in prayer overcomes our insensitivity, not God's. It does more to change our hearts and minds than his. It helps us to understand and express the intensity of our needs. Perseverance in prayer helps us recognize God's work.

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

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TASK FORCE

from page 2

Among their various outreach programs, TFP helps displaced and homeless veterans and provides financial assistance to military families. Members speak to high school groups and volunteer as scoliosis screeners in Gwinnett middle schools. Every year TFP awards two \$1000 college scholarships with money from their own pockets. "It's the nature of American GI's to share what they have," said Freeman.

One of the biggest missions of TFP is feeding the hungry. Recently they have partnered with Angel Food Ministries and donated 100 baskets of food to needy families for Thanksgiving. Over 450 volunteers, some getting up at 3 a.m. to work at the AFM distribution center in Monroe, and some showing up in wheelchairs, worked to get the baskets filled and delivered. As a way of getting even further involved with the community, TFP welcomed the assistance of Boy Scouts earning service credits for their efforts.

Every December, TFP honors the veterans from WWII with a special dinner, music and distinguished speaker. The TFP speaker for the December 3rd "Greatest Generation" dinner will be John Haynes, U.S. Air Force Colonel, Retired. John served as a combat aviator during the Vietnam War, flying F-4 aircraft out of Chu Lai, South Vietnam. He served for several years at the Pentagon, working with the POW/MIA program before retiring. TFP member Freddie Jones will provide the music. Freddie played with the Nelson Riddle, Tommy Dorsey and Glen Miller Orchestras. Signed copies of CD's will be available for purchase.

TFP welcomes all veteran to join them. For information contact Jim Freeman at jim-freeone@comcast.net or visit www.taskforcepatriot.com

The Mission Statement

Task Force Patriot exists for the purpose of sharing the fullness of life in Jesus Christ with all U.S. military, military veterans and families.

The outreach is to those in need of gaining new growth and balance in their lives... as they assist others, while serving Him.

The Vision

The vision of Task Force

Patriot is to spread this model throughout the United States, giving veterans across America the opportunity to come together, at a common date and time, where like-minded veterans can enjoy fellowship and minister to one another's needs.

The Scripture

"Two are better than one because they have a good reward for their efforts. For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up." Ecclesiastes 4:9-10 (HCSB).

The Values

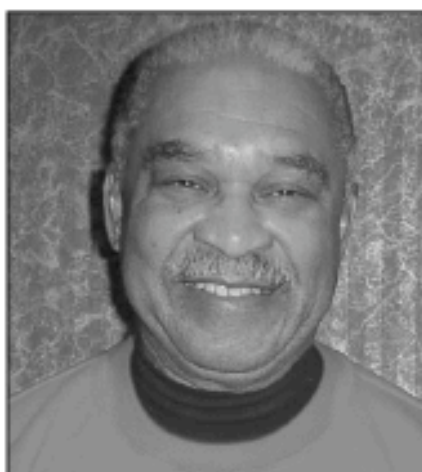
Christ is our Commander-in-Chief.

Task Force Patriot does not attempt to draw members from

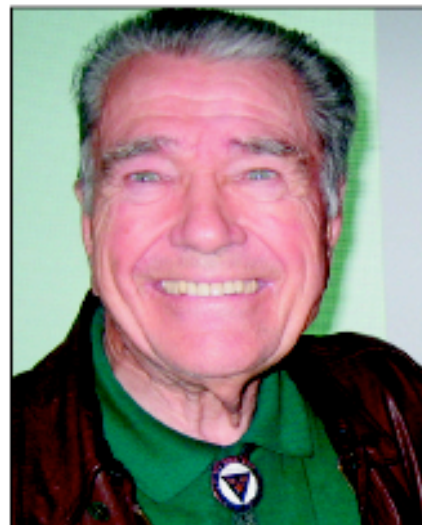
their present church or fellowship.

Task Force Patriot is not a political advocacy group, or com-

bat club. All military veterans, who served this country in a time of peace or conflict, are welcome.



Barrett Williams - Past speaker and TFP member. Founder of Jesus Life Ministries International in Forest Park, MSGT US Marine Corps. (Retired) Vietnam Veteran.



TFP member and former speaker Georgia Senator Jo Burton, US Army Air Force B-25 Bomber Navigator.



William Hugo "Parky" Parkman. Hugo served aboard the submarine USS Finback in WWII. His ship rescued downed U.S. Navy pilot George Bush. "Parky" and former President Bush have remained lifelong friends.



Past TFP speaker Ken "Mule" Adams served in the USN from 1964 to 1970, with VA-163 flying A-4E for 3 tours in North Vietnam 1966 & 1967, with Air Wing 16 on board the USS Oriskany CVA-34 and 1968 with Air Wing 21 on board the USS Hancock CVA-19.



Theron Powell WWII POW. Gunner on a B-17 bomber shot down over Germany. TFP JROTC annual scholarship is awarded in his honor.

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Poets' Corner

Editor's Note: If you have written a "well-worked" poem which you would like considered for publication, please forward it to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

Between The Raindrops

By Henry Newton Goldman

*Exposed to life's turbulent
falling rain,
Struggling in life's sometimes
raging storms;
I skip and dodge to avoid
stinging pain,
And try to walk where trouble
does not form;
There between the rain drops.*

*Life's gusting winds of unrest
often plague
This fragile form like some
great sweeping hand.
These times, I must be careful
in storm's rage,*

*To find some peaceful place my
foot steps land;
Somewhere between the rain
drops.*

*And when life's storm clouds
part for joy's bright shrouds,
The rainbow of my peace
restored once more,
I'll look again beyond life's
troubled clouds,
And see the face of Him who
guided me before -
Through life's storms;
There between the rain drops.*

Time to Download

By Vera King

*My mind is overloaded
With trivia and such
So when I get forgetful
It doesn't surprise me so much*

*To me it's just a signal
To replace the present tape
Then I can start another
thought
To fill in what I vacate*

Long term memory lingers

*Because its been around
Ever since we were aware
Of what was earth and ground*

*I thought my space was endless
In that glob we call the brain
What a relief to finally find
I'm really still quite sane.*

Flowers Speak a Universal Tongue

By Jean Davis Elam

*Flowers speak a universal
tongue -
A language by bard and artist
sung.*

*Across the international line,
From Alpine heights to tropic
clime,
Their sunset colors, rainbow
hues
Have whispered clear,
unchanging truths.*

*The cherry blooms of Orient
sway;
The lilies grace Israeli way;
The heather nods in Scottish
brae;*

*And roses greet an English
May.*

*Oh, listen as each one declares
It's message to the heart aware
Of love, sincerity, devotion -
A bridge to span each land and
ocean.
And brings us home again to
find
In our own gardens, A Voice
sublime*

Grace

By Vicky Harper

*Your grace bought my
salvation,
And mercy now covers my sin
The fruit of meekness
Is Your grace within.
The magnitude of Your love
I am learning to comprehend.
If, perchance, I see Your face
My Jesus while living within
This three score and ten,
Would I then Your unearned
favors,
More fully understand?
Show me the flow of grace.*

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C'mon, let's eat

by FAYE JONES

Happy holidays! Isn't this just the greatest time of year? If you can't hear me... well, dear readers, it is because my mouth is full of humble pie. You see, several months ago we printed the recipe for Blueberry Cake. I made a mistake in the instructions and have been inundated with e-mails and phone calls about it. Somewhere along the way I lost my copy and found it only days ago. We are printing it again for those who would like to grab me by the feet and pound me on the pavement. Will certainly try to do better.

You can still get fresh blueberries at the super markets and frozen ones work as well. Defrost before using.

BLUEBERRY CAKE

- 1 box Duncan Hines Yellow Cake mix
- 1 cup buttermilk
- 1 stick margarine
- 1/2 cup sugar
- 4 eggs

Mix all ingredients and pour into 3 layer cake pans. Bake at 350 degrees for 25 - 30 minutes or until done. (all ovens are different) Cool.

CREAM CHEESE FROSTING

- 8 oz bar of cream cheese
- 1 pound 4X powdered sugar
- 1/2 stick margarine
- 1 tsp vanilla

TOPPING. MAKE THIS FIRST BEFORE BAKING LAYERS!

- 2 Cups blueberries
- 3/4 cup sugar
- 1 small can crushed pineapple
- 2 1/2 tsp cornstarch

Place all topping ingredients in a small saucepan and cook on medium heat until mixture is thickened. Remove from heat and cool completely.

Now, we stack the cake. Ice the first layer with Cream Cheese Frosting and top the frosting with a thin layer of the blueberry topping. Do the same with the second layer. On the third layer, ice the outside of cake and and ice a rim around the top of the last layer. Spoon the last of the blueberry topping in the center

of the cake. Beautiful & good!

BEST CARAMEL CAKE ON EARTH

- 3 cups sugar
- 6 eggs
- 1/2 pint sour cream
- 1 tsp vanilla extract
- 1/2 tsp almond flavoring
- 1/4 tsp soda
- 2 Tbsp hot water
- 1/2 pound butter
- 3 cups cake flour
- 1/4 tsp salt

Cream butter and sugar. Add eggs 1 at a time. Add salt and flavoring. Add sour cream and flour alternately, then add scalded soda which has been dissolved in 2 tablespoons boiling water. Mix all ingredients well but do not over-beat.

Pour into three or four prepared cake pans and bake until edges begin to pull from pan or a toothpick inserted in the center of a layer comes out clean. (350 degrees). Time varies with number of layers.

CARAMELICING

- 1/2 pint whipping cream, whipped
- 2 cups sugar
- 6 Tbsps butter
- 1 tsp vanilla

Mix whipped cream and 1 1/3 cups sugar in a saucepan and let come to a boil. Remove from heat and set aside.

Brown 2/3 cup sugar in an iron skillet, stirring constantly over medium heat to avoid scorching. When brown, add to the whipped cream and sugar mixture and place saucepan back on heat. Boil icing to soft-boll stage. (Soft boll stage is reached when a few drops of hot liquid is dropped in a cup of tap water and forms a soft boll when rolled with fingers). Add 6 tablespoons butter and 1 tsp vanilla. Stir and beat until cool enough to spread on layers.

AUNT FANNY'S CAKE

- 2 1/2 cups self-rising flour
- 2 cups sugar
- 2 eggs
- 1 cup Wesson oil
- 2 cups chopped cooking apples such as Rome or Granny Smith
- 1 cup pecans, coarsely chopped

Mix first 4 ingredients by hand.

Add next two ingredients and mix well by hand. Line an oblong baking pan with foil. Do not grease or spray the foil. Pour batter in pan and bake for 1 hour at 325. Great with vanilla ice cream or a cup of hot coffee!

Enjoy! ©10/26/09

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.

Energy Readers on loan from the public library

Special to Senior News

In these tough economic times, everyone is looking for ways to cut consumption and save money. One way you can accomplish both efforts is by knowing how much energy your appliances consume and knowing which to turn off when not in use. Now there's a way for you to find out that information free of charge, and you'll find it at DeKalb County Public Library.

Georgians interested in the energy efficiency of their home appliances can check-out a Kill-A-Watt Energy Detector Toolkit from DeKalb County Public Library branches, courtesy of a partnership between the Georgia Environmental Facilities Authority (GEFA) and the Georgia Public Library Service (GPLS). The Kill-A-Watt unit measures the energy

consumption of individual appliances by the Kilowatt-hour and estimates the cost of operating the appliance by the hour, day, week, month and year.

"Ben Franklin said, 'A penny saved is a penny earned.' With the Kill-A-Watt Energy Detector Toolkit, residents of DeKalb County will be able to test their energy consumption and make adjustments, thereby saving themselves money. Additionally, the kit will allow them to get a better idea of their carbon footprint," said DeKalb County Library Director Darro Willey.

All branches of the public library will have the toolkit available for checkout for a week. Each toolkit includes instructions on how to use the meter, what the information means and tips about energy consumption.

For more information about the Kill-a-Watt Program, call 404-370-8450 ext. 2278



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Taking Care

Holiday help for Alzheimer's caregivers

by LISA M. PETSCHKE



Lisa Petschke

Many people consider the holiday season a hectic time, due to the preparations and festivities that typically take place. Staying sane, not to mention enjoying this time of year, is even more of a challenge when you're caring for someone with Alzheimer's disease or some other type of dementia.

If you are relatively new to this role, or your relative has changed significantly over the past year, you may be particularly anxious about the approaching holidays.

Follow these suggestions to help keep stress manageable for everyone in your household.

Gifts

- Shop by mail order if it's hard to get out to stores. Buy gift certificates to cut down on shopping time and eliminate the need to make returns.
- For gift-wrapping, use decorative bags and boxes to streamline the process and make it easy for your relative to participate.
- Keep presents stored away until it's time to exchange them.
- Be prepared when friends ask for suitable gift ideas for your relative; suggestions should take into account not only his cognitive deficits but also any physical limitations.

Request that gifts remain unwrapped or, at most, placed in a bag for easy access.

Decorating

- Don't decorate too far in advance.
- Keep decorations minimal and out of reach as much as possible if your relative is prone to rummaging or hiding things. Don't put out anything that's valuable or fragile.
- Avoid lights that flash or play music, as well as sound- or motion-activated items that can startle.
- Don't keep food out in the open - for example, a gingerbread house or dish of candy; avoid artificial food as well.
- Don't let extension cords dangle or run across walkways.
- Don't rearrange furniture (consider a tabletop tree if necessary) or allow decorations to block pathways.
- Ensure your Christmas tree has a sturdy base so it can't easily be toppled.
- Steer clear of toxic holiday plants, including mistletoe, holly and poinsettias, and potentially harmful substances such as tinsel, angel hair and artificial snow spray.

Entertaining

- Whenever possible, entertain at home rather than take your relative to an unfamiliar place.
- Prepare guests for your relative's cognitive and physical functioning, appearance, general mood and any unusual behaviors.
- Enlist a friend to supervise and,

if necessary, occupy your relative while you're engaged in hosting duties.

- Forego mood lighting in favor of well lit rooms, since shadows may cause confusion and fear.
- Ensure constant supervision when candles or a fireplace are in use.
- Keep music soft and stick to familiar selections.
- Keep gatherings small; especially limit the number of children.
- Keep gatherings small; especially limit the number of children. Otherwise, situate your relative in a quiet spot and have guests visit one or two at a time. Keep these contacts short, focusing on quality rather than quantity.
- Instruct guests to introduce themselves to your relative by name and relationship - for example, "I'm Mary, your brother John's wife."
- Unless you've arranged one-to-one supervision for your relative, place guests' belongings in a secure area so he can't rummage through them or remove them. (Coat pockets and purses may contain lighters or medications; keys may end up in a garbage can or drawer.)
- Clean up immediately after entertaining - empty ashtrays and glasses, scrape plates and store leftovers - before your relative has a chance to

eat or drink anything that might make him ill.

- Before inviting overnight guests, consider how disruptive this might be to your relative's routines.

Outings

- If you accept a holiday invitation, do so on condition that you may back out at the last minute if your relative is having a bad day.
- Limit the time and ensure there's a quiet place your relative can retreat to if he can't handle the stimulation.
- Take along medications, adapted dishes and utensils, a bib, extra briefs and a change of clothes as applicable, depending on the timing and duration of outings.
- For dinner invitations, bring your relative's preferred foods and beverages if you're not sure what's on the menu, or if it's something he has never tried. Recognize that he may not eat as well as he normally does, due to anxiety or distractions.
- Attend an event without your relative, if it's not feasible to take him with you. Don't feel guilty about it; you need - and deserve - a break.

Lisa M. Petschke is a medical social worker and a freelance writer specializing in elder care issues.

Seven fast facts about cataracts

by DR. DAVID BOGORAD
Director, Refractive Surgery
Service and Cataract Specialist
MCGHealth Eye Care Center

Did you know that about 20 million Americans over age 40 have cataracts? A cataract is the clouding of the eye's normally clear lens, blocking the passage of light needed for vision.

Cataracts form easily and cause no pain. Some stay small and hardly affect vision, but if a cataract grows and begins to affect your vision, it can usually be removed with surgery.

Dr. David Bogorad, Director, Refractive Surgery Service and cataract specialist at MCGHealth Eye Care Center, offers these helpful facts about cataracts:

1. Cataracts are one of the leading causes of blindness around the world; however, in most cases, vision loss from cataracts is reversible.
2. By using new techniques developed over the past decade, cataract surgery has become one of the most successful procedures available in terms of restoring quality of vision.
3. Cataract surgery is the most frequently performed surgical procedure

in the United States, with more than 1.5 million procedures performed each year.

4. Cataract surgery is most often done as an outpatient procedure under local or even topical anesthesia.

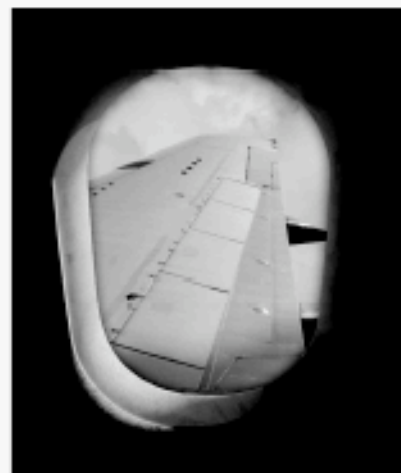
5. There are no drugs or exercises that will make a cataract disappear, and contrary to popular belief, cataracts are not removed using lasers.

6. Cataract surgery is usually covered by medical insurance, including Medicare.

7. If you have a cataract, and it does not interfere with your quality of life, there is no need to have it removed.

A large majority of people will not begin to have symptoms until many years after their cataracts begin to develop. Be sure to schedule routine exams with your ophthalmologist to stay on top of your vision health.

MCG Health, Inc. (d/b/a MCGHealth) is a not-for-profit corporation operating the MCGHealth Medical Center, MCGHealth Children's Medical Center, the Georgia Radiation Therapy Center, and related outpatient facilities and services throughout the state. For more information, please visit mcghealth.org.



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Oxendine addresses winter house fire dangers

Special to Senior News

Question and Answer Column from Georgia Insurance and Fire Commissioner John Oxendine.

Q: I've heard that the number of house fires goes up in the winter. Is that true, and if so, what causes these fires?

A: The number of house fires and fatalities does tend to increase during the winter months. Two of the leading causes of house fires are especially common this time of year: home heating (particularly portable heaters), and cooking accidents.

There were four fire fatalities in Georgia last year in fires

caused by some type of portable heater. So far in 2009 there have already been three fatalities in fires started by a heater, and more cool weather is on the way. While portable heaters are safe if used properly – please read the manufacturer's instructions carefully – they can start fires if placed too close to beds or other furniture. Three feet is considered a safe distance. Also, extension cords can be dangerous when used on an electric heater, since the current draw can overheat the cord.

Cooking-related fires have caused eight deaths so far this year. With the holiday season approaching, much more cooking will be going on in kitchens across the state. Many of these

fires are caused by a stove that has been accidentally left on. If given enough time, a stove can heat a pan to the point that the metal melts.

That's why home safety experts recommend that you always set a timer when cooking, so you never forget to turn off the burners or oven. If a pan does catch fire, cover it with a lid immediately and turn off the burner. Don't attempt to fight a grease fire with water, as it may make the fire worse. While cooking, consider wearing clothing with tight-fitting sleeves. Loose clothing can contact a burner and ignite.

Finally, your home should have an adequate number of

smoke alarms. Most fatal fires start between 11 p.m. and 6 a.m., while the family is asleep. The advance warning of a smoke alarm may mean the difference between life and death. Nine out of ten fire victims are already dead before the fire department is even called, mainly from smoke and toxic gases.

Please send your insurance questions to: Insurance Commissioner John Oxendine, 716 West Tower, 2 Martin Luther King Jr. Drive, Atlanta, Georgia 30334 or call 404-656-2070 (toll free at 1-800-656-2298), from 8 a.m. to 7 p.m. weekdays, for assistance with an insurance question. Website www.gainsurance.org.

Jes' Ponderin'

A Touch... tender or traumatic!

by DOROTHY O'SAYER

IN THE SOUND OF MUSIC, Julie Andrews SINGS... a TOUCH of golden sun... The TOUCH of a loved one, the TOUCH of The Master's Hand, as with the TOUCH of the old violin. There's the TOUCH of your Pet, dog, cat or whatever, as they absorb your frustrations or happiness.

"Reach out and TOUCH," as with the telephone. Old Hymns provide a TOUCH as we sing and commune. There's a dainty flower, The TOUCH-Me-Not, Alaska's Flower; however, in an instance, if touched, the tiny seeds drop.

Oh, the TOUCH of shoulders as in Worship. Friendship. In Happy times or sad ones.

Jesus knew someone had TOUCHED the Hem of His garment

and He TOUCHED the eyes of the blind man.

"The Lover's Quarrel" produces "don't TOUCH me." We are warned don't TOUCH a "live" wire, Poison Ivy or a Hot Potato. There's the TOUCH of fingers rippling over a piano keyboard; we "high five" for a TOUCH of mutual agreement or communication.

There's the TOUCH on the shoulder as a "pat," sending a message... "don't worry, it'll be all right..." Persons with severe visual impairment listen for the "TOUCHing tap of the white cane on the pavement," signaling the safety for continued walking; Headline News announces "a tornado touched down."

Among humanity, the absence of TOUCH for those TOUCHing or being TOUCHED produces a draining, dying existence. Pam Weeks from Decatur, Georgia (of the

famous TV Program "PAM and BUFFY" for children), is now in South Korea, sharing the Gospel and teaching a Drug Awareness Program. She sings so TOUCHingly, sincerely and beautifully... "teach me how to Pray again..."

There's "TOUCH and go" of an uncertain, precarious situation. Dr. Stanley who's recently celebrated a Milestone Birthday, provides *In TOUCH*, the ribbon-theme of his many books, messages, and Sermons for keeping close to God through His Resurrected Son, Jesus Christ.

We say "he or she is so TOUCHY," responding negatively even to a well intended positive remark.

This time of year "TOUCH down" rings out as the designated player carries the ball over the goal line!

From a beautiful Hymn comes "...Day is dying in the West, Heaven

is TOUCHing Earth with Rest..."

There's the TOUCH of a nurse's hand, providing solace and calmness in many situations, to a patient's body.

So... at this Season of Thanks, gathering and preserving personal Heartfelt Harvest, we are ever, ever, mindful of our Blessings... Little Ones, Big Ones, Unexpected Ones, Teeny Tiny Ones, and say to our friends and family with Martha Knighton of Senior Georgia Fame, "...I'm glad I've TOUCHED Shoulders with you..." (so do I, through Jes' Ponderin')

I read somewhere, SMILE when we give THANKS – and a kind word is never lost, it keeps going on and on, from one person to another, until it comes back to You again. I read somewhere too, a joyous Smile adds one hour to one's life; a heartfelt laugh, a day; a grin, not a moment – so Smile... BIG and WIDE!

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Boo! Scareware Attacks on the rise... BBB advice on how to protect your computer

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

Computer experts are reporting that scareware — yet another sneaky technique used by hackers to steal personal information and spread viruses online — is on the rise. Most recently, companies like Google, Twitter and the New York Times are being exploited by hackers as part of a massive scareware attack on consumers. Better Business Bureau is offering advice to consumers on how to protect their computer and personal information from the threat of scareware.

The recent scareware attacks are cropping up everywhere and can be found on even the most trusted Web sites online. The threat of scareware undermines consumer trust in compromised Web sites, and on the Internet in general, but there are steps computer users can take to protect themselves.

In mid-September, visitors to the New York Times Web site suddenly received a pop up window — which looked like a message from their own computer —

warning that their computer had been infected with a virus. The user was then told to visit a Web site to purchase and download anti-virus software that would fix the problem. The supposed antivirus software actually installed even more viruses and malware onto the computer — and the user's credit card number was now in the hands of hackers.

According to the New York Times, the pop up was generated by an unauthorized ad. The New York Times later learned it had sold ad space to hackers posing as Vonage. Click Forensics is reporting it was the work of Ukrainian cybercrooks.

The same scenario on the New York Times Web site is playing out all over the Internet. According to Computer World Magazine, hackers are not only using pop up ads, they are also "poisoning Google search results." Hackers monitor the news and hot topics online — such as the death of Patrick Swayze and the US Open — and through search engine optimization techniques are able to ensure that their Web sites are the top results. Victims who click on the fake search results receive a

scareware pop up.

Microsoft has been warning the public that scareware attacks are severely on the rise and now the company is fighting back. The company filed lawsuits against five companies, accusing them of being the source of scareware attacks.

Following are steps computer users can take to protect their computer from a scareware attack:

Never let your guard down.

A scareware attack can happen on trusted news sites like the New York Times, in search engines results from Google, and even now on Twitter.

Protect your computer.

Install updates to your operating system, purchase antivirus software from a name you trust and keep that software up to date. Also make sure that all security patches and updates are installed for your Web browser and programs like Adobe Flash Player.

Take immediate action during an attack.

If you receive a scareware pop up window, experts recom-

mend forcing the window to close through your task manager. To do this, hold down ctrl, alt, and delete at the same time, open your task manager, find the browser in the list of running programs and click "end task." Finally, run an antivirus scan with legitimate, trusted software.

If you clicked on the pop up and actually purchased the software, the prognosis is not good. The Washington Post offers advice on their Security Fix blog, but for the not-so-computer-savvy, you might need to call in a professional.

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org

Veterans Helping Veterans

by **VICTORIA L. COLLIER**
Attorney - Elderlaw

The Elder & Disability Law Firm of Victoria L. Collier, PC would like to take this opportunity to recognize and honor our nation's veterans! November 11th is special to us because (1) so many of our clients are veterans or widows of veterans; and, (2) we are veterans.

How we Help Veterans

The Elder and Disability Law Firm helps clients with maximizing their independence and enhancing their quality of life through the preservation of their assets. We provide assistance to veterans and their families in obtaining tax free income from the VA to pay for home health care, assisted living facility costs, and nursing home expenses.

We are also Veterans

Victoria Collier is the principal lawyer of the firm. Prior to becoming an attorney, she was enlisted in the U.S. Air Force for 6 years during the Gulf War/Desert Storm. She also served as a 1LT in the US Army Reserves for 3 years. Victoria is recognized nationally as an expert on VA issues. She developed a 3-day training course wherein she trains other lawyers across the nation on VA assistance.

Drew Early, an attorney with the Firm, is a retired Lt. Col. from the US Army. Moreover, he sustained a service connected disability and is a member of the Disabled American Veterans

organization. He has always been interested in service to others and is a graduate of the US Military Academy, numerous military schools to include the Command and General Staff College and the School of Advanced Military Studies. After the Army, he graduated cum laude from the College of Law at Georgia State University, where he discovered his interest in service could be applied to the elder, disability, and veteran community. Drew assists all of our veteran clients with service connected disability claims and appeals, non-service connected pension with aid and attendance qualification, and other VA benefits such as education, health-care, and survivor's benefits.

All of the attorneys of the firm are accredited by the VA; Victoria and Drew are also admitted to the Court of Appeals for Veterans

Claims and have experience with veteran appeal hearings at the local level and with the Board of Veterans Appeals.

On November 13, 2009, we will be hosting FREE Seminars in Decatur, GA at 10:00 a.m. and 6:00 p.m. Space is limited, so CALL NOW to reserve your seat!!! After the seminar, you will be able to schedule a 30 minute FREE consultation with Drew to assess your personal situation.

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Marguerite Fournier's Stocking Project!

Special to Senior News

Marguerite Fournier is a 72 year old member of the Crabapple Senior Center in Alpharetta. She is a very special, kind and generous lady who has taken the initiative to sew 100 Christmas Stockings for our U.S. Troops in Afghanistan.

She has gotten most of our Seniors, as well as our Volunteers, involved in this worthy project and everyone here has been sewing beads and embellishing the stockings Marguerite has made. They have also made over 300 handmade Holiday cards

and have written special messages and wishes in each.

There have been various donations from local businesses and individuals who come to our center. We have received item donations from the Marriott at Windward, Walmart, Kroger and Dr. Teets Dentistry in Alpharetta.

The seniors at our center are also donating warm clothes that Marguerite is packing and mailing to Afghanistan. This project has been a huge success in that everyone involved has felt like they have contributed to our dedicated men and women who are sacrificially serving our beautiful country.





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Out & About

The Mood Swingers strike again!

Submitted by Pat Groman

For the third year, it's Cumming's own singin', swingin' grandmas, *The Mood Swingers*, at the Cumming Playhouse for two weekends – November 6-15! This year, enjoy all new music and arrangements by their music director, Bob Russell. The ladies will take you back in time to the fifties with songs by the McGuire Sisters and many of your favorites from those early days of rock and roll! Always family friendly, the program will include songs from familiar Disney movies, as well as a few from *The Wizard of Oz*. An added feature will be the appearance of Those Two Guys, who performed along with *The Mood Swingers* in this year's Georgia Senior Follies, directed and produced by Bob's wife, Kathy Russell. Those Two Guys will join in with some fun country music and a lot of good, family country humor. *The Mood Swingers* will also take you into the music from the seventies, with songs from ABBA and the musical *Mamma Mia*. As an added feature, *The Mood Swingers* will

welcome a special guest, Ms. Senior Georgia 2009, Linda Ledbetter, also from Cumming!

The Mood Swingers have been together since 2005, when Bob heard Kathy and Cheryl Rogers and Pat Groman harmonize in some forties' songs as part of the Old Time Radio Troupe. He proposed that the three ladies consider singing as a trio on their own and the rest is history. Originally from California, Bob and Kathy have had a lot of experience in community theater and in musical productions. Bob has a master's degree in Arranging and Conducting and has conducted the Sawnee Concert Band, as well as his own jazz band. In addition, he has been the musical director for *The Producers*, *Chicago*, *Nunsense*, *Fiddler on the Roof*, and many others. And that's just what he's done here in Georgia! Bob was recently nominated for best musical director by the MAT Awards for his work in *The Producers*. Kathy has also distinguished herself with theatrical appearances here and in California and, most recently, the Georgia Senior Follies, which will run again at the Cumming Playhouse in April,

2010. Originally from New York, Cheryl has lived here in Cumming for 15 years and has appeared in numerous local productions at the Cumming Playhouse, the Holly Theater, and the Rosewater Theatre. Most recently, she was nominated for best actress in a minor supporting role in *The Producers* by the MAT Awards. Originally from the Midwest, Pat has lived in the Atlanta area for over thirty years and directed the Old Time Radio Troupe. She has also been in several local productions, including the Georgia Senior Follies. Today, all three ladies live in Cumming.

Each lady brings a unique quality to the trio. Kathy's deep low alto voice lends a touch of richness to the sound. Cheryl's classically trained voice adds the soprano tones. Pat's clear, precise voice brings a folk-like quality to the sound. When these three voices blend together, their harmony is magical. This year, their November show promises to be another

winner, taking advantage of the trio's ability to harmonize in those marvelous songs from the fifties and more.

For a fun and music-filled evening, plan to join *The Mood Swingers* at the Cumming Playhouse on November 6-15, 2009! You will have a blast! For tickets, check www.playhousecumming.com or call 770-781-9178.

The Mood Swingers are available for your party, meeting, church group, fundraiser, retirement home. Performances are customized to each audience. Just call Bob Russell at 678-455-6110 to schedule entertainment for your event.

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The Irish Tenors
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Georgia eye doctor helps legally blind to see again

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

by ELENA LOMBARDI
Atlanta, Georgia —

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

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

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

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

Many states now allow the use of telescopic glasses to help



meet the vision requirements for driving.

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

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

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

Low vision devices are not always expensive. Some read-

ing glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

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

To learn more about biopic telescopes, or to schedule a

complimentary phone consultation with Dr. Saunders, call 770-948-7784 or toll free at 1-877-948-7784.

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Out & About

Long ago battles came alive when WWII Rangers gathered for their national reunion in Columbus, Georgia

Special to Senior News

World War II Rangers from six battalions reminisced about long-ago battles when they assembled in Columbus, Georgia October 21st to the 25th for their national reunion. Until recently, these men who spearheaded invasions on three continents and participated in daring raids and rescues have shared their stories only with those few who also experienced them.

More than 16 million Americans served in the military during WW II, over 8 million of them in the Army. And of that number, only approximately 6,000 (including replacements) were Rangers. The 1st, 3rd and 4th Battalions, known as Darby's Rangers, spearheaded invasions of Africa, Sicily and Italy before being disbanded after faulty intelligence led to almost all men of the 1st and 3rd Battalions being killed or captured at Cisterna after the Anzio invasion.

The 2nd and 5th Battalions, referred to as Rudder's Rangers, spearheaded the D-Day invasion of France. One of those Rangers was 18-year-old Bill Reed who, with his late comrade Woody Dorman, was charged with using bangalore torpedoes to blow gaps in the wire that the Nazis, who expected the invasion, had placed on Omaha Beach.

Burdened with three 5-foot-long bangalore torpedoes strapped to their M-1 rifles, grenades, .45 pistols and bandoleers of ammunition, the two men struggled through waist-deep water, stained with the blood of dying soldiers, toward their objective. Once on the beach, they vaulted over the seawall – miraculously unscathed from withering mortar, machine gun and rifle fire – and used their torpedoes to blow a 20- to 30-foot gap in the wire through which soldiers could pass.

Reed and Dorman received Silver Stars for their heroics. One of the stories Reed was likely asked to relate at the reunion is when the Rangers were ordered to clear the beach of soldiers who were frozen in place. It was then that Gen. Norman Cota shouted the phrase that has become the Ranger motto: "Rangers, lead the way!"

The 6th Battalion, dubbed Mucci's Rangers, was the only Ranger unit to serve in the Pacific. Their heroic raid on Cabanatuan prison camp in the Philippines to free 512 survivors of the Bataan Death March before the Japanese killed them, as they frequently did with prisoners when Allied forces drew near, inspired the movie enti-

tled "The Great Raid."

Only 100 Rangers, of the entire 500-man battalion who volunteered, were selected to participate in the raid. Most doubted they would survive the attempt to rescue the prisoners, held 29 miles behind enemy lines, who had been starved and brutalized by their captors for almost three years. Still, the late Capt. Robert Prince, considered the architect of the raid, said all of the Rangers "felt privileged to be selected for this mission."

The Rangers were accompanied by a dozen Alamo scouts and 200 Filipino guerrillas who protected the Ranger force's flanks and covered their return with the rescued POWs. Also crucial to the success of the mission was the help of Filipino civilians who provided intelligence and carabao carts to transport the prisoners, most of whom could not walk.

But first the Rangers had to crawl over a long stretch of open ground. One of the guerrilla leaders, who had spied on the prison camp, noticed that Japanese guards became agitated whenever planes flew over the camp. He suggested that an

American P-61 – a night fighter known as the "Black Widow" – buzz the camp just before and during the time the Rangers were crawling toward it across the open ground.

Prince gave much credit for the success of the raid to the Air Force pilots of the Black Widow – dubbed "Hard to Get" for the voluptuous nude blonde painted on its nose – who distracted the guards by flying low over the camp, pretending to have engine trouble, as the Rangers inched toward the camp on their bellies.

The Rangers attacked from both front and back of the camp, trapping the Japanese guards in a devastating fire from rifles, BARs and Tommy guns. Twelve minutes into the attack, the Rangers were leading and carrying POWs out of the camp. Of the 512 POWs rescued, 490 were Americans. One grizzled U.S. Marine was said to have wrapped his arms around a Ranger's neck and kissed him, saying, "Oh, boy! Oh, boy! Oh, boy!"

Prince made the final check of the camp to ensure all prisoners were rescued, but missed an elderly British POW in a latrine who was

found later that night by Filipino guerrillas. More than 275 Japanese lay dead within the enclosure. The Rangers lost two men, including their highly respected physician. One POW suffered a fatal heart attack before reaching the front gate.

Crossing the Rizal highway in enemy territory was the most dangerous part of the retreat because the terrain did not allow a direct crossing. The long, slow line of men and carabao carts had to march one mile south before exiting on the other side an hour later.

Prince and his commander, Mucci, were awarded the Distinguished Service Cross for their parts in the mission. The other officers received the Silver Star and the rest of the Rangers won the Bronze Star.

Many tales like those above are shared when the Rangers gather. Among the listeners are present-day Rangers eager to hear the thrilling exploits of the Rangers who led the way for them.

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Out & About

Canned food sculptures to help Atlanta's hungry

Special to Senior News

For the 11th year, Atlanta design teams consisting of local architects, engineers, design professionals and contractors will convert commonplace canned food into amazing, larger-than-life sculptures in a national competition event entitled Construction. This special exhibit will be held for one week only, Friday, Nov. 6 through Sunday, Nov. 15, 8 a.m. to 9 p.m. daily at Underground Atlanta located at 50 Upper Alabama Street SW,

Atlanta, GA 30303.

This free event exhibits thousands of pounds of canned goods constructed into striking, architecturally designed sculptures. The various design teams are required to use nothing but cans, tape, cardboard, rubber bands, string, Plexiglas and wire, to create sculptures of everything from castles to cartoon characters. The teams will have only seven hours to assemble their colossal sculptures on Thursday, Nov. 5 at Underground Atlanta.

Following the seven-hour

build-out of the structures, a select panel of prominent Atlanta jurors, including Councilman Kwana Hall, will name winners in eight categories. These include Best Use of Labels, Best Meal, Best Structural Ingenuity and Most Number of Cans. Winners will be announced Friday, Nov. 6 from 6-8 p.m. at a special gala. Atlanta's Construction winners will be entered into a national competition.

Concluding the competition, gala and weeklong showcase, all of the canned food will be donated to the Atlanta Community Food Bank for distribution to hundreds of non-profits with hunger-relief programs in Metro Atlanta and North Georgia. These include shelters, food pantries, after school programs, senior centers and community kitchens.

The event is organized by the American Institute of Architects - Atlanta chapter (AIA Atlanta), the Society for Design Administration Atlanta Chapter, and is sponsored by The Coca-Cola Company, The Kroger Co., Imaging Technologies, LASER-SHIP, Cooper Carry, C&S Painting, Inc. and Tandus.

For more information about Construction, please call Anne Melanson at 404-222-0099, x. 100 or for information about the Atlanta Community Food Bank; call Angie Clawson at 678-553-6010. Visit www.aiaatlanta.org.

Think outside the box

by FAYE JONES
Editor

Ever looked at the end of your aluminum foil box? I sure never did. Was this something we were supposed to learn from our Mom's? I can't believe it's been there all this time. I had to go into the kitchen and check this out for myself. Whoever looks at the end of your aluminum foil box?

You know when you try to pull some foil out and the roll comes out of the box? Then you have to put the roll back in the box and start over. The darn roll always comes out at the wrong time. Well, I would like to share this with you.

Yesterday I went to throw out an empty Reynolds foil box and for some reason I turned it, and looked at the end of the box. And

written on the end it said, "Press here to lock end." Right there on the end of the box is a tab to lock the roll in place. How long has this little locking tab been there?

I then looked at a generic brand of aluminum foil and it had one, too.

I then looked at a box of Saran wrap and it had one too!

I can't count the number of times the Saran wrap roll has jumped out when I was trying to cover something up.

I'm sharing this with my friends. I hope I'm not the only person that didn't know about this. I know you're going to go and check your boxes, so go ahead!

Editor's note: This came via e-mail. I was so surprised! Our thanks to the unknown, clever housewife who learned the hard way and shared it with us. FJ

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Times Not Forgotten

Letters, Telephones and E-mails

by CHRISTINE COLEMAN

When I was growing up in the 1930s, my folks corresponded with relatives and friends by way of letters sent by mail. Times were hard, and stamps were a luxury back then.

As time passed, things got better and folks were able to buy things they couldn't afford years earlier. I'm referring now to telephones. These "tellys" almost eliminated letter writing. Then came computers. I enjoy hearing from neighbors and friends by way of E-mails. We can communicate without cost and without the bother of buying stamps and mailing letters. Often, we're only passing messages, jokes and poignant thoughts other people have sent us. At the end, the sender usually asks that you forward it on to at least 10 people.

Hopefully, more than 10 of you are reading this today. But I thought I'd share with you one of the most touching e-mails I've received in a while. I don't know who wrote it or how many times it's made the rounds. But it carries a sweet message. (If you've already encountered this, please "fast forward" and catch me next time). It goes like this:

The Cab Ride

Twenty years ago, I drove a cab for a living. When I arrived at 2:30 a.m., the building was dark except for a single light in a ground floor window. Under these circumstances, many drivers would honk once or twice, wait a minute and drive away. But I had seen too many impoverished people who depended on taxis as their only means of transportation. This passenger might be someone who needs my assistance I reasoned to myself. So I walked to the door and knocked. "Just a minute" answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 80s stood before me. She was wearing a print dress and a pillbox hat with a veil on it like someone out of a 1940s movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knick-knacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware. "Would you carry my bag out to the car?" she said. I took her suitcase to the cab, then returned to assist the woman. She took my arm, and we walked slowly toward the cab. She kept thanking me for my kindness. "It's nothing," I told her. "I just try to treat my passengers the way I would want my

mother treated".

"Oh, you're such a good boy," she said. When we got in the cab, she gave me an address, then asked, "Could you drive me downtown?" It's not the shortest way. I answered her quickly. "Oh, I don't mind." Then she said, "I'm on my way to a Hospice." I looked in the mirror. Her eyes were glistening. I don't have any family left, she continued. "The doctor says I don't have very long." I quickly reached over and cut off the meter.

What route would you like to take, I asked. For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow down in front of a particular building or corner and would sit staring into the darkness saying nothing. As the first hint of sun was creasing the horizon, she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

"How much do I owe you?" she asked, reaching into her purse. "Nothing," I said. "You have to make a living," she answered. "There are other passengers," I responded. Almost without thinking, I bent down and gave her a hug. She held on to me tightly.

"You gave an old woman a little moment of joy. Thank you." I

squeezed her hand then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

The writer of this story went on to say how thankful he was to have known and helped a sweet old lady in need. Aren't you glad that with E-mails, we can pass his story on?

This illustration reminds me of

ones my oldest brother (who was a taxi driver) often told me about when I was growing up. He was a caring, compassionate man. There's no doubt in my mind, he would have done the same thing.

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

Atlanta CALENDAR

Senior Citizen Services

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

Cobb Senior Services

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

Multipurpose Centers:

(Seniors age 55+)
• East Cobb Senior Center: 3332 Sandy Plains Rd., Marietta, GA 30066, 770-509-4900
• Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740
• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200
• Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320
• Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

Neighborhood Centers:

(Seniors age 60+)
• Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200

• Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516
• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984

Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance Hotline at 404-730-6000, or visit www.myfultoncounty-ga.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

continued on page 19

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CALENDAR

from page 18

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.

• Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583.

• St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.

• Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.

• Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

• Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.

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

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

Lawrenceville Senior Center

225 Benson Street, Lawrenceville
770-822-5180.

Gwinnett Senior Center

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

Bartow County Senior Center

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

Fayette Senior Services

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

CLUB 55

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

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

Alzheimer's Support Group

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

Parkinson Support Group

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

Saint Joseph's Hospital

Free Cancer Support Groups. For more information call Renee Rickles at 404-851-5051.

Multiple Sclerosis Center of Atlanta

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

Alzheimer/Caregiver Support Group

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

Square Dance Class

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

Senior Ballroom Dance

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

High Museum of Art

1280 Peachtree St., NE, 404-733-4437;
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767 Clifton Rd., NE, 404-929-6300,
www.fernbank.edu/museum

High Museum of Art Folk and Photographer Galleries

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Friends of Smyrna Library

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www.friendsofsmyrna.org
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Georgia Center for the Book

DeKalb County Public Library
215 Sycamore Street, Decatur
404-370-8450, www.georgiacenterforthe-book.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., Nov. 5, 7:30-9:30 p.m. Early American hymns sung in powerful, exuberant style, as seen in *Cold Mountain*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details call 404-892-6836 or visit www.atlantascathedharp.org.

Monthly Singalong

Sat., Nov. 21, 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.

continued on page 20



NOTICE TO ALL VETERANS

Who Have Honorably Served Their Country in War & Peace

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


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The right side of the brain is the wellspring of creative endeavors where the seeds of poetry, music, and writing germinate and fuel the creative process. **AM1690 - The Voice of the Arts** gives listeners a taste of the esoteric featuring great music from artists like **Johnny Cash**, **Leadbelly**, **Ella Fitzgerald**, **Bob Dylan** and others. You'll also hear memorable selections from classic movies, interviews of prominent contemporary artists and poets reading their work. **AM1690** is radio that spans the entire creative process!



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More info at: www.estateplannersofgeorgia.com

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CALENDAR

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Atlanta Artists Center and Gallery
2979 Grandview Ave., 404-237-2324, www.atlantaartists-center.org

South Cobb Yellow Rocks

Square Dance Club

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

Newnan-Coweta

Habitat for Humanity Sales

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

Volunteers Needed

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.

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.

New Neighbors League Club

Prospective member orientation, first Wed. each month at the New Neighbors Welcome Center, 479 S. Atlanta St.,

continued on page 21

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CALENDAR

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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.

Achva Adult Day Club

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

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 complete details on all offerings 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 Gerry 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.

continued on page 22

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CALENDAR

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Grandparents on the Move Meeting

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

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.

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

Volunteers Needed by CASA - Court Appointed Special Advocates

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

Newnan-Coweta Habitat for Humanity ReStore

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FODAC Needs Donations

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

The Matt Adler Entertainers

Seniors are invited to join this recently formed group to put together a show to take to other senior groups, retirement centers, etc. Alice Rhodes Adler, former director of the "Funtastics," is the director. For complete details call Alice at 404-296-7288 or email: alicerhodes357@mind-spring.com.

Arsenic and Old Lace

Nov. 5-22, Roswell Cultural Arts Center, 950 Forrest St., Roswell. Call 770-641-1260 or visit www.get.org.

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CALENDAR

from page 22

Gardening Symposium, "A Plant Lover's Garden"

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Marcus Jewish Community Center 18th Annual Book Festival

Nov. 10-22. Call Amy Schaaf at 678-812-4005 or visit atlantajcc.org/bookfestival.

24th Annual Mt. Zion Craft Show

Fri., Nov. 13, 9-5, and Sat., Nov. 14, 9-4; Mt. Zion United Methodist Church, 1770 Johnson Ferry Rd., Marietta. Free. Call 770-971-1465 or visit www.mtzionumc.org.

Salute To Veterans And Dedication Of Community Flagpole

Wed., Nov. 11, 11 a.m., Alta Johns Creek, 4345 Johns Creek Pkwy., Suwanee. Everyone welcome. For details call Melinda Morin at 770-592-9222 or altajohnscreek@riverstoneres.com.

First Baptist Church Atlanta Christmas Dinner Theatre Presents "It's A Wonderful Life - The Musical," First Act Studio Theatre

Dec. 16-19, 6 p.m. Sat. matinee at noon. Tickets: \$18 adults; \$12 children 11 and under. Includes meal.

Dec. 20, 2 p.m. Tickets: \$12 adults; \$8 children 11 and under. No meal. Tickets on sale beginning Nov. 7, 8:30 a.m.-11 a.m. For further details call 770-234-8451.

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10 Warning signs of Alzheimer's disease

by DR. SUZANNE SMITH
Director, MCGHealth Memory
Disorders Clinic, Augusta, GA

Everyone gets confused or forgetful on occasion. But for the 5.3 million Americans living with Alzheimer's disease, these occasions are increasingly severe and can produce erratic and sometimes dangerous behavior. That's why it is essential to quickly identify and help people with this illness.

Just like the rest of our bodies, our brains change as we age. Most of us notice slowed thinking and occasional problems remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds

work are not a normal part of aging and may be a sign that brain cells are failing.

In Alzheimer's disease, as in other types of dementia, increasing numbers of brain cells deteriorate and die. In most cases, symptoms first appear after age 60, and the risk goes up if a family member has had the disease.

In recognition of Alzheimer's Awareness Month in November, here is information from the Alzheimer's Association that may help you better understand and recognize this dementia.

The 10 common warning signs of Alzheimer's disease are:

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.

3. Difficulty completing familiar tasks at home, at work or at leisure.

4. Confusion with time or place.

5. Trouble understanding visual images and spatial relationships.

6. New problems with words in speaking or writing.

7. Misplacing things and losing the ability to retrace steps.

8. Decreased or poor judgment.

9. Withdrawal from work or social activities.

10. Changes in mood and personality.

For people with dementia and their families, an early diagnosis has a couple of advantages. First, it leaves time to make

choices that maximize the quality of life through appropriate treatment. Second, it lessens anxieties about unknown problems, allowing more time to plan for the future.

Every 70 seconds someone will develop Alzheimer's making this the seventh-leading cause of death in the United States.

Currently, there is no cure, but medication and alternative treatments may help with both cognitive and behavioral symptoms.

A diagnosis of Alzheimer's disease is life-changing for the individual diagnosed and all those close to him or her. One of the most important goals of the MCGHealth Memory Disorders Clinic is supportive care for patients and families through education and awareness.

Research has shown that taking full advantage of available treatment, care and support, can make life better for those living with Alzheimer's. If you have concerns about memory loss, thinking skills and behavior changes in yourself or a loved one, contact your doctor.



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