

# Senior News

A man with a white beard and mustache, wearing a blue and red plaid kilt and a matching sporran, stands outdoors. He is holding a bagpipe in his right hand. He has several medals on his chest and a sash with a circular emblem. The background is a lush green field with trees.

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## ***Blairsville hosts Celtic Festival!***

*Story on Page 2*

July 2009  
Vol. 23, No. 7



## On the Cover

# Blairsville hosts Celtic Festival

by MARY FRANCES

**ON THE COVER:**  
Don Bogue of the Atholl  
Highlanders, Stone Mountain

**M**eeks Park bordered by gurgling Butternut Creek was the shady setting for the 6th Annual



James Summers  
Bale Toss Competition

Blairsville Scottish Festival and Highland Games. Over thirty-five clan families pitched a canopy, picnicked, and participated as Union County welcomed pipers and drummers the weekend of June 12-14. Genealogy searches and a full schedule of events were planned for adults and children.

The Southeastern Scottish Athletic Association s/b SSAAA held sanctioned games both Saturday and Sunday with judging by certified judges and trophies awarded. Dressed in kilts, with bulged muscles, and grunting effort, today's strong men plied their will and skill in the traditions of old at the festival.

The first games instituted in the year of 1057 by King Malcolm Ceanmore to improve his military's prowess. Equipment used for the Highland Games were common items from the Scotsman's daily life, i.e. Blacksmith's hammer, steelyard weights, pitchforks for tossing sheaves of straw, a tree log, and large stones.

For the family affair, Kimberly and Gary Miller organized a children's version of Scottish Athletics,



Buster Brown and Rico, a Harris Hawk

with pre-participation instruction. Young peoples' performances were greeted with cheers from fans, observing parents, and friends. The kids also enjoyed a spacewalk in the inflated bouncing Scottish Castle, Scottish miniature golf, and a ride in an open train.

"What a great event for my three-year-old," said Kelly Jo Bluestone from Atlanta. "Cash loved ringing the bell on the train."

Beside the bagpipe and Scottish fiddle workshops there were displays of Border Collies herding sheep, and Gordon Setters. Dr. Bob Gordon of the Georgia Falconry Association drew crowds as he wondered the festival with his majestic Harris Hawk "Rico" perched on his gloved hand. Across from the food vendors, the

continued on page 7

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# Poets' Corner

## Look Down My Master By Vicky Harper

Look down, look down  
eternities Master.  
Receive, we pray, this church's  
praise.  
Delight we You?  
Our delight is you.  
Bring us into worship  
and swing wide the glorious gates.  
Bid us come with You  
as our spirits sway in honor and  
love,  
Receive our rising savor  
As sweet as doves.  
Look down, look down  
Christ of might.  
To you we pledge our love.  
Infuse us more  
with your spirit in power.  
Holy God, Make all of us  
Your fortified tower.  
\*\*\*\*\*

Editor's note: The following two  
poems were written by Charles W.  
Cook in honor of his father and  
mother.

## Pride of The Toil By Charles W. Cook

Her image never fades from view,  
Forever fixed in my mind's eye;  
Straw hat, gloves, old shirt and  
jeans,  
Weeding, hoeing, seeding, growing.

With her soul she loved the soil,  
The pride of toil, and job well done;  
She burst the red-clay clods one by  
one,  
Laying off rows with her rake and  
hoe.

Mid-spring breezes cooled her brow,  
As she gathered yellow squash and  
white half-runners,  
Eventually unloading her basket in  
the kitchen sink  
While sweat trickles over her subtle  
grin.

She wipes her face, sits to gain her  
breath,  
While fanning with her old straw  
hat.  
Then she proceeds to wash the  
produce in cold water.  
At last she carries her hat to the nail  
on the back porch.

In her kitchen, steam soon rises on  
the stove,  
With aromatic blends of her finished  
product.  
She stirs, tastes and adds salt and  
pepper.  
My taste buds shout, "Amen" as I  
sniff the air.

The table is set with butter and corn  
muffins,  
Bowls of squash, green beans, and  
fried chicken.  
Whipped cream, peaches, and pound

cake.  
As her family brags, she smiles.  
Mom is satisfied.  
\*\*\*\*\*

## A Patient Loving Dad By Charles W. Cook

Sometimes I still can see him there  
Across the wooded maze;  
At other times on Brasstown's tower,  
Immersed in misty haze.

My ears can hear his gentle words  
Echoing through the vales;  
I sense him in the autumn breeze  
Descending mountain trails.

The national forest he preserved  
With years of dedication;  
He taught us to respect the woods  
And wildlife conservation.

I always witnessed honesty,  
Insisting on the truth;  
He set examples for his kids  
Throughout our years of youth.

Although I miss his guiding hand  
And may feel somewhat sad;

I hope that I can be like him -  
A patient loving dad.

(Author's note: In memory of my  
U.S. Forest Service father, Rufus L.  
Cook)



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Senior News & Views of Georgia

# Walking on Sunshine

by FAYE JONES

I hope all of you dear readers will celebrate, or have celebrated, a great Independence Day. It's always nice around the homestead with family and friends. Its good to have a legit excuse for overeating - like I really need one!

All of us know that we live in a "beautiful" society. If you weigh more than 100 pounds you're fat; by 150 you're obese and by the time one reaches my weight, the situation is well out of hand. I have never seen so many skinny women on TV in all my life. I wonder what and if they eat. They must wear minus-zero blue jeans and sleep in their baby dresses.

It does something to the psyche of the more rotund of us. First off, nobody has to tell us we're fat! We have already noticed those 10 pounds a year that have crept around our hips since high school graduation.

We notice our girth every time we pass a mirror. Personally I never look at myself naked. Did that once and hurt my own feelings so badly I had to stay in bed for a week. It was like seeing Dolly Dimples in person. The only thing I could think of was where to buy a luffa sponge.

Remember when the magazine ads proclaimed that the luffa gourd would rub away cellulite? I learned as thousands of others that there is no gourd out there that is going to smooth out the ripples in a 200 pound woman. One does not scrub away fat!

And there were the creams of course that were supposed to do the same thing and didn't. I tried them all. The most horrible experience came from diet pills the doctor prescribed. I took them for about three days. By then I was immobile, sitting at the table staring out the window all day with my teeth chattering like grandma's false teeth while riding in the wagon on a dirt road.

Feeling that I have been a fairly intelligent woman at certain times in my life, I decided to try the one thing that works for everybody - stop overeating. That is a bummer folks - but it works - it really does. You can lose half a person if you stick with a good-sense eating regimen like the one for diabetics.

On and off during the years, I have probably lost about 5,000 pounds and found them again one by one. My wonderful friend and family doctor (now retired because of patients like me) said I had fat genes in my family. To my demented mind,

that meant "go get 'um girl!" That was not what the dear man meant I'm sure but I didn't diet for years.

Anyway, now that I am almost as old as dirt I find myself wanting to be healthy all of a sudden. These past nine months and five operations during that time have been boogers. I'm on the mend and ready to go again. So, where do we start? By losing weight, of course.

I have a special friend who feels she needs to lose weight also, so she got us into Weight Watchers. The first meeting was great. They had a great program and I learned a lot. They also had boxes of snacks for sale. I bought the reduced-for-quick-sale ones because I would have had to trade my car in on the regular priced ones. GeeeeWizzzz! If one eats food with less sugar, fat and stuff that is bad for you it seems like it would cost less - not more! Not so! One must pay a price for being beautiful.

We don't count calories, we count "points" which is a copyrighted term that I have no idea what it means. I only know I can't eat Ben & Jerry's ice cream any more. I eat Weight Watchers frozen fudge bars that cost one point. I can have one every night. Muffins cost 3 points. I can have 20 points a day so I must think ahead if I suspect a sweet tooth is on the way after dark.

TV makes you eat. I think they are the bad guys when it comes to dieting. Every other commercial is the product for that "certain part of the male body" and the other is food of every kind from every country. If you can watch TV for an hour without getting the munchies, you're one strong person.

Therefore, I starve all day and eat a whole box of fudge bars after 10 p.m. Something is definitely wrong. I got on the scales this morning and I have gained four pounds. This is not what the founding mothers of Weight Watchers had in mind and I have to pay them every week to give that "you should be ashamed of yourself" look.

They have those up-town scales that don't lie. My scales are by a chest. I keep my hand on the chest to keep my balance (right?) and sometimes the reading is not exact. I can knock off 20 pounds by trying to stand on the scales.

I'm only kidding folks. Weight Watchers is a fantastic organization and the instructors are very devoted to the cause of improving our health as well as teaching us how to lose weight. Now, if they only had someone who could staple my mouth closed, it would be like walking on sunshine!

Blessings to all and have a great July. Three months until the leaves turn again!  
©6/24/09

\*\*\*\*\*

Faye Jones is a syndicated writer and columnist and can be reached at [byronfaye1@aol.com](mailto:byronfaye1@aol.com).

## Spiritual Notes

# What's Your Story?

by Dr. Bill Baggett  
Minister to Seniors  
Dunwoody Baptist Church

As a child growing up in the state of Alabama I remember looking forward to visits from my great aunts Jennie and Dorothy. They were sisters and were two of the most delightful relatives that I recall from my childhood. Aunt Dorothy would come South from Illinois to visit once a year. During her stay the two sisters would make the rounds visiting all the relatives. Both had lost their husbands and loved being together. They would talk for hours about their lives growing up together, numerous stories about various family members and yes, the unfortunate war, as they called it, the North/South conflict. As a youngster I was smitten by all the facts of family and still remember virtually all they relayed to us about their earlier years and the contributions so many relatives made to our family history.

The only regret that I have is that none of the time spent with these aunts is documented. In recent years my wife and I had good intentions to have our parents review their life's history on tape/video for us. Her mother did a brief interview which we treasure but we never got comprehensive statements regarding their lives, in their own words. They are no longer with us and our grandchildren only have pictures and our recollection of what they were like, their philosophy of life,

and the many ways they influenced our lives.

Richard Morgan has published a book entitled "Remembering Your Story." He states that across the country older Americans are writing down their stories or telling them for others to record. The purpose is "to pass along a legacy to one's children and grandchildren - and to find meaning to one's life." Further, American life and culture is changing so fast that older people realize their grandchildren have no idea of the events that shaped their lives.

Morgan goes further and relates how powerful the sharing of a spiritual autobiography can be to the individual and to family and friends. "As we hear these self-portraits, some of life's great questions are presented and perhaps answered. Did my life really matter? Was my time well spent? And where did God meet me in life's journey?"

Deuteronomy 32:7 reads: "Remember the days of old, consider the years long past; ask your father, and he will inform you; your elders, and they will tell you." Perhaps it's too late for you to talk to your elders but don't delay writing "Your Story." You may be surprised at the insights you will receive from taking an inventory of your life. Do it as a gift to your loved ones.

\*\*\*\*\*

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



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## 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, plan to participate in the annual Georgia Golden Olympics scheduled for September 24-27, 2009 in the city of Warner Robins. The annual competition is open to adults ages 50

and older. Events include tennis, golf, swimming, track and field, cycling, bowling, ballroom dancing, horse-shoes, 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.

This year is a qualifying year for National Senior Games Association summer games, which will be held in August 2009 in the San Francisco Bay Area. Winners from the state competition will be eligible to advance to the national level.

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 more information call Joyce Hutcherson at 478-929-6960 or the Georgia Golden Olympics office at 770-867-3603; [www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org).



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## Georgia Senior Follies Audition

### Special to Senior News

The Georgia Senior Follies are coming back! Must be 55 years young or better by April 15, 2010 to be eligible to audition! Georgia Senior Follies, LLC is looking for singers, dancers (tap, ballroom, Hawaiian, jazz, etc.), musicians, duos, trios, small vocal groups or dance groups, novelty acts, impersonators, comedians, jugglers, acrobats, magicians and more!!

Show Dates: April 15 - April 25, 2010 at the historic Cumming Playhouse in downtown Cumming.

Audition Dates: Tues., October 20, 2009, 7-10 p.m.; Sat., October

24, 2009, 10 a.m.-3 p.m.; Tues., October 27, 2009, 7-10 p.m.

Audition Location: Cumming Playhouse, 101 School Street, Cumming, Georgia.

Please call 678-455-6110 for your audition appointment. Be prepared to sing (bring tape, CD or sheet music). An accompanist will be available. If you are dancing, wear appropriate shoes and also bring your recorded music. Please also bring your resume and headshot, if available.

Don't miss this great opportunity to do something you've always wanted to do but never had the opportunity! Your time is NOW! Last year's show was a "sell out"!!!

## Dot Sayer receives special presentation

Submitted by: Genie Massingale, Secretary of the Decatur Lions Club.

At the annual Ms. Georgia Senior America Pageant, in a special presentation, Dot Sayer of Decatur received the Ms. Georgia Senior America Honorary Award. In presenting this award, Director Joann

Brehm stated that Dot is one of the two oldest Pageant contestants and a member of the Georgia Senior America Cameo Club, a sisterhood of former contestants. Ms. Brehm stated that Dot Sayer emphasizes loyalty, devotion, promoting the positive image of aging, Irish humor, congeniality, dignity, and enthusiasm... emphasizing the Age of Elegance (Georgia women 60+) since 1992. Dot is shown with Sibyl Johnson, President of Ms. Senior America Cameo Club, following the award presentation.

Not pictured is the late Marguerite Pelot of Atlanta, who received the Honorary Award along with Dot as the other oldest member.

Dot is also a member of the Decatur Lions Club.



Dot Sayer (left) and Sibyl Johnson

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Blairsville Court House

## CELTIC FESTIVAL

from page 2

modern cow's ancestor, the hairy Highland Cow, nibbled on grass in a wired corral.

The colorful Highland Independent Company of

Darien, known as the "Clann Nan Con," pitched a circle of tents around an open fire and roasted potatoes and seared meats similar to the way early Scottish settlers did in Georgia. Formed in 1998, this group of authentically costumed re-enactors portrayed the Scottish of the

late 17th to mid 18th centuries complete with booming cannons.

"I'm picture-taking-crazy," said Tami Walker toting her big black camera in one hand. "The creek, the costumes – I'm having a great time."

Under the entertainment tent, The Blair Band, a Celtic acoustic folk rock group, performed their fiery Scottish and Irish instrumentals and vocals in four concerts spread throughout the weekend along with other accomplished Celtic musicians.

Throughout the weekend full-dressed bands of pipes and drums strolled through the rows of vendors and played under the shade trees to the applause of a gathering crowd wearing smiles.

"This has been such fun," said Angie Gregory from South Carolina. "This is my first time. Everything was new and exciting. I love the bagpipes."

The annual Blairsville Scottish Festival is open to all and will be held again in June 2010. For more information about similar nearby festivals, google Scottish Festivals and Highland Games and join in the fun.



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# South Atlanta Softball!

by MARY FRANCES

**W**ith spring comes, showers, flowers and outdoor sports. We've heard of baseball and the Atlanta Braves but for those of us who are bound to a day job but love the feel of the leather glove and the fellowship of team mates, there is slow pitch softball and the Hotlanta Softball League. Founded in 1981 the Hotlanta Softball League is a member of the North American Gay Amateur Athletic Alliance (NAGAAA) and the Amateur Sports Alliance of North America (ASANA).

On Sunday, May 31, 2009, in full sunshine, twenty-four open teams (98% men) and thirteen women's teams took over Atlanta's Southside Sports Complex at 3460 Jonesboro Road SE, from noon to 4:00 p.m., each field hosted four, seven-inning or 55-minute softball games.

The Spring League begins at the end of March and finishes in mid-July with the winners advancing to the Softball Slow Pitch World Series in August.

The Hotlanta League has four divisions of skill: A, B, C, D. Softball Slow Pitch has many of the familiar features of baseball: bases, infield, outfield, pitcher, batters, three strikes and you're out, four balls and you walk, plus base coaches and the ubiquitous umpire. In soft pitch the ball is hit hard and the fielders have their work cut out for them reaching for flies. Besides the seven innings or 55-minute game limit, and no extra innings in the event of a tie, pitching is the distinguishing difference in slow pitch softball. The pitch is delivered underhanded; and the ball arc's on the way to home plate from six to twelve feet in the air while aimed to address the home plate in the strike zone. It is a slow, looping pitch that, if not hit, will contact the ground somewhere behind the batter if not caught by the catcher.

"There is no age limit on who can play softball slow pitch," said Brandon Wig #23 Atlanta Avenger. "You play well, the teams invite you to become a member."

Such is the case of #8 Bob Schwartz (age 60), starting pitcher



Pitcher Bob Schwartz of the A-Town Ballers in the Dugout.

for the A-Town Ballers (A stands for Atlanta). Schwartz pitched well for his team but was replaced by a reliever in the 4th inning. The combined pitching nearly won A-Town Ballers a game. Most important, no injuries were reported the day of play.

Although there are thirteen players to a roster, each team may import an especially good out-of-towner to play for a day. Nick Noble, previously a member of the Live Wires, drove up from Tampa, Florida, to play second base for the Atlanta Avengers. His quick field responses and hard hitting left no doubt as to why he was selected.

Four games completed, sweat dripping, the Atlanta Avengers met under a canopy to receive congratulations from their coach Tyron



Hotlanta Softball League shows Brian Conner and West Anderson of the Atlanta Venom.



Umpire Rev. Paul Turner and Batter Randy Amerson of the Atlanta Venom.

Russell who reminded them of the World Series coming up in Milwaukee. The meeting concluded with joined hands in a prayer of thanksgiving.

For further information about Hotlanta Softball League contact their HSL Hotline 404 875-9881. View the website at [www.hotlanta-softball.org](http://www.hotlanta-softball.org). Their mailing address is P. O. Box 14582, Atlanta, GA 30324.



Umpire Makes a Call.

## The Zaban Tower at The William Breman Jewish Home



*"Home is where your heart is and there is lots of heart at The Zaban Tower."*

*"People ask me what it's like to get older, and I say, 'When I get there, I'll let you know.'"*

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# C'mon, let's eat

by FAYE JONES

## PEACHY PORK MEDALLIONS

2 (3/4 pound) pork tenderloins  
Vegetable cooking spray  
1/2 cup peach nectar  
1/4 cup dry white wine  
1 teaspoon peeled, minced ginger  
1/4 teaspoon pepper  
1 teaspoon cornstarch  
1 tablespoon water  
1/3 cup mango chutney  
2 cups peeled, sliced fresh peaches  
1/2 cup sliced green onions

### Garnished green onion curls

Partially freeze tenderloins, trim fat from tenderloins. Cut tenderloins diagonally across grain into 1/4-inch-thick slices.

Coat a large nonstick skillet with cooking spray. Place over medium-high heat until hot. Add half of pork, and cook 3 minutes on each side or until pork is lightly browned. Remove pork from skillet. Drain, set aside, and keep warm. Repeat procedure with remaining pork slices. Wipe drippings from skillet with a paper towel.

Combine peach nectar and next 3 ingredients in skillet. Return pork to skillet. Bring to boil, cover, reduce heat and simmer 4 to 5 minutes or until pork is tender.

Transfer pork to a serving platter, using a slotted spoon. Set aside, and keep warm. Combine cornstarch and water, stir until smooth. Add cornstarch mixture and chutney to peach nectar mixture, stirring well. Add peaches and sliced green onions. Bring to boil, reduce heat, and simmer, stirring occasionally, until thickened. Spoon peach mixture over pork. Garnished, if desired. Yield 6 servings.

## PORK TENDERLOIN WITH FRUIT STUFFING AND SHIITAKE SAUCE

1 1/2 cups vegetable broth, divided  
1 cup chopped mixed dried fruit  
1/2 minced shallot, divided  
1/2 teaspoon minced garlic  
3 tablespoons olive oil, divided  
1/4 cup Italian-seasoned bread crumbs  
1 (1-pound) pork tenderloin,

trimmed  
1/4 teaspoon salt  
1/4 teaspoon pepper  
4 to 6 fresh sage leaves  
8 ounces shiitake mushrooms, thinly sliced  
1/4 cup dry red wine  
1/8 teaspoon salt  
1/8 teaspoon pepper

Bring 1/2 cup broth to a boil in a small saucepan over high heat, remove from heat, and add dried fruit. Let stand 20 minutes.

Saute 1/4 cup shallot and garlic in 1 tablespoon hot oil in a large skillet until tender. Stir in fruit mixture and breadcrumbs, set aside.

Cut tenderloin in half lengthwise, cutting to within 1 inch of opposite side. Open halves, press flat. Place between two sheets of heavy-duty plastic wrap and flatten to 1/2-inch thickness, using a meat mallet or a rolling pin. Sprinkle both sides evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.

Spoon stuffing mixture down center of tenderloin, top with sage leaves. Close tenderloin, securing with string at 1-inch intervals. Wipe skillet clean with a paper towel.

Brown tenderloin on all sides in 1 tablespoon hot olive oil in skillet over medium-high heat (about 2 minutes on each side). Transfer to a lightly greased broiler pan.

Bake tenderloin at 350 degrees for 35 minutes or until done.

Wipe skillet clean saute remaining 1/4 cup shallot in remaining 1 tablespoon hot oil until tender. Add mushrooms, and saute 5 minutes.

Add remaining 1 cup broth and wine, cook until liquid is reduced by half. Stir in 1/8 teaspoon salt and 1/8 teaspoon pepper. Serve with tenderloin slices. Yield 4 servings.

## QUICK FRUIT DESSERT

Soft ripe peaches cut into wedges  
Blueberries  
Strawberries, cut in half  
Bananas, sliced in rounds

Mix fruit together and sweeten to taste with sugar or Splenda.

Chill before serving. Place in individual serving dishes and top with a dollop of sour cream or vanilla yogurt! Oh, so good! Enjoy!

©6/23/09

**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.

## A little Christian humor

Special to Senior News

Jesus and Satan were having an on-going argument about who was better on the computer. They had been going at it for days, and frankly God was tired of hearing all the bickering.

Finally fed up, God said, "THAT'S IT! I have had enough. I am going to set up a test that will run for two hours, and from those results, I will judge who does the better job."

So Satan and Jesus sat down at the keyboards and typed away. They moused. They faxed. They e-mailed. They e-mailed with attachments. They downloaded.

They did spreadsheets! They wrote reports, created labels and cards, created charts and graphs. They did some genealogy reports and every job known to man.

Jesus worked with heavenly effi-

ciency and Satan was faster than hell. Then, ten minutes before their time was up, lightning suddenly flashed across the sky, thunder rolled, rain poured, and, of course, the power went off.

Satan stared at his blank screen and screamed every bad word known in the underworld.

Jesus just sighed.

Finally the electricity came back on, and each of them restarted their computers. Satan started searching frantically, screaming: "It's gone! It's all GONE! I lost everything when the power went out!"

Meanwhile, Jesus quietly started printing out all of his files from the past two hours of work.

Satan observed this and became irate. "Wait!" he screamed. "That's not fair! He cheated! How come he has all his work and I don't have any?"

God just shrugged and said, "JESUS SAVES!"

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# What progress has preserved in Columbus, Georgia

Special to Senior News

Nestled along the banks of the Chattahoochee River in west central Georgia, Columbus was one of the last planned cities of the original 13 colonies. The city served as a major supply point during the Civil War and in fact, one of the last battles of the Civil War was fought in Columbus in 1865. Needless to say, Columbus is steeped in history.

In fact, history has been made again with the opening of the new National Infantry Museum & Soldier Center at Patriot Park, honoring the 233-year legacy of valor and sacrifice of the American Infantryman. This facility will serve to educate, honor, and preserve the legacy of the oldest branch of the United States Armed Forces.

Inside the Museum, you'll be able to traverse the "Last 100 Yards Ramp," where battles from each of the Infantry's major conflicts over the years are depicted in striking realism, then amble through interactive galleries tracing Infantry history from colonial times to the present and the training of today's Soldier. You will come to understand why Infantrymen do what they do, why they put themselves in harm's way in defense of a belief. You will leave transformed, just as the Infantry transforms the individual into the Soldier.

Truly a one-of-a-kind experience is a visit to the National Civil War Naval Museum at Port Columbus – the only museum in the country dedicated to taking a comprehensive look at this fascinating aspect of the Civil War. Get swept away with stories of powder monkeys, and even see how the navies used submarines and torpedoes. New on the grounds at Port Columbus is a full-scale replica of the USS Water Witch, representing one of the most exciting events in Civil War naval history. Climb aboard the Water Witch to get a taste of what life was like sailing the high seas.

And there's plenty more to see and do! You'll discover colorful legends and folklore when you trace the footsteps of the founding fathers in the Columbus Historic District. Take a guided tour of the district to see sites like the Pemberton House, home to Dr. John Pemberton, the originator of the formula for Coca-Cola; the Springer Opera House, the state theatre of Georgia; or discover our rich African-American her-

itage on a self-guided tour.

A stroll along the 15-mile Chattahoochee RiverWalk will bring you to the edge of Georgia and of history. As you meander beside the river, you can almost hear the whistle of an arriving paddleboat loaded with cotton. Walking, jogging, biking, or in-line skating down the RiverWalk is a treat year round.

But step back into today, and you'll experience the new...the RiverCenter for the Performing Arts, the crown-jewel in Columbus' new arts and entertainment district; the Columbus Museum, one of the largest museums in the South and offering a rich collection of regional history artifacts, Native American crafts made on the Chattahoochee River, and fascinating American impressionist paintings and vibrant contemporary mixed-media pieces; or you can literally gaze into the future as you study faraway planets and distant galaxies or even board the space shuttle and go on a moon mission at the Coca-Cola Space Science Center!

Make sure your plans include time to venture out from Columbus to explore all there is to see and do in our region, known as Presidential Pathways. Each of the 19 counties in west-central Georgia contains a wealth of heritage from United States presidents, Civil War relics, antebellum homes, and country fairs. There's Providence Canyon, known as Georgia's Little Grand Canyon, the 1850's Village of Westville, SAM Shortline Train,

Wild Animal Safari, and Callaway Gardens, a world-class resort.

From military history, art and science museums, to world-class entertainment, Columbus takes the best of the past and merges into the present, creating a place that is both timeless and comfortable. And with over 4,000 sleeping rooms, you'll find the finest hotel names and unique bed &

breakfasts.

Columbus, Georgia is a city unafraid of change...yet careful to uphold its heritage. Come experience this one of a kind city and her true Southern hospitality. Come see "What Progress Has Preserved."

For more information, contact the Columbus Convention & Visitors Bureau at 800-999.1613 or [www.visitcolumbusga.com](http://www.visitcolumbusga.com).

## LifeSpan Resources offers classes for adults 55+

Special to Senior News

Classes for adults 55+ are held quarterly at different churches in the Buckhead area, with a variety of courses taught by volunteer retired professors and local experts. The six-week summer session of classes offered by LIFESPAN Resources will be held at The Cathedral of St. Philip, on consecutive Thursdays, July 9 through August 13.

A sampling of courses include Sunday School on Thursday, Healthy Cooking for One, Historical Highlights of Atlanta, Organization 101, Tai Chi, Building a Care Team, Spanish Conversation, Reader's Theater, Be Your Own Legal Eagle, History of Symphony, Art History, Line Dancing.

After lunch we have recent

Academy Award winning Movies, Art Composition, or Bridge for Fun.

For a more detailed description of each class visit [www.lifespanresources.com](http://www.lifespanresources.com).

Cost per 6-week session is \$48. To register call 404-237-7307, or e-mail [lifespanresource@bellsouth.net](mailto:lifespanresource@bellsouth.net). Lunch is optional for \$7 or bring your own.

Lifespan Resources, Inc. is going into its 28th year of Lunch n' Learn classes. Our Education Committee, Co Chaired by Jeanne Merritt and Renate Seybold, enlist volunteers to teach a variety of classes each year. LIFESPAN is an interfaith, nonprofit, volunteer organization, which strives to provide opportunities for retired persons to use their knowledge, skills and experience through educational and other life enriching programs and services.

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# Art on Bennett Street

by MARY FRANCES

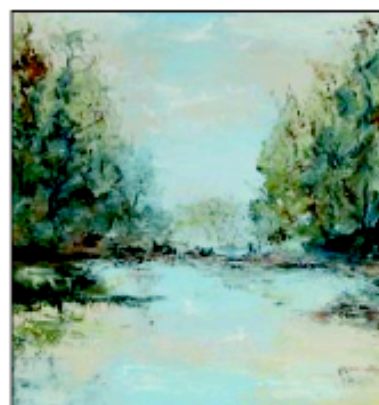
**T**he Bennett Street Galleries off Peachtree Road in Midtown is

currently exhibiting Barry Sons' oil paintings. Sons is an artist who has set aside the traditional brush and applies color with a pallet knife. His fresh, lively style reflects a passion for the Louisiana landscape. On his

canvases, sunlight plays across water, trees, and shrubs capturing the dream-like quality of a bygone time or a secluded world.

Upset by the "degradation of our coastal wetlands," dead oak trees, and the routing of canals through Hackberry Bayou, Sons pledged to paint the Atchafalaya Basin before it is lost forever. Sons said he "could only paint what was left of Eden." His tender treatments of the landscape may be seen on his website: [www.barryson-art.com](http://www.barryson-art.com). He may be contacted by phone at 404-271-8680; and, be met in person at his ongoing exhibit at 75 D-2 Bennett Street Gallery.

Big man Matt Haffner has not been asleep even though his exhibit is called *Dreams of a Sleeping Giant*. Using artistic techniques derived from film noir, graffiti, pop art and comic books (graphic novels), Haffner explodes his art with the assistance of the computer, X-Acto cut paper, and wheat paste. The end results are



Duet by Barry Sons

massive portraits in black and white that fill the room and explode the senses.

Impressive as these larger than life-like renderings are, Haffner goes one step further. For example, reflected on the piece entitled *Psychopomp* is a video projection of trees, birds flying, and leaves fluttering in the wind – a man stands still, as life goes on around him.

The arts of Matt Haffner were exhibited by the Museum of Contemporary Art (MOCA) on 75 Bennett Street from April 24 - June 6. For further information contact: [Info@matthaffner.com](mailto:Info@matthaffner.com). His works are represented by Lyons Wier Ort Contemporary in New York.



The Art of Matt Haffner, *The Psychopomp*, 54" x 100"



The Sleeping Giant by Matt Haffner, 240" x 540"



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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 —

**J**ust 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 bioptic 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 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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# The facts about blood pressure

by ANDREA CAUTHEN BUSSEY  
PharmD, CGP, FASCP

**H**igh blood pressure is also known as hypertension. About 50 million Americans are affected by this condition. National surveys show that over 50% of those 65 years old and older have hypertension. Even those with normal blood pressure at 55 years of age have a 90%



risk of developing high blood pressure in their lifetime. Having high blood pressure increases the risk of heart attacks, strokes, kidney disease, eye diseases, and other problems.

High blood pressure is common in older adults because blood vessels stiffen as we age. This loss of elasticity increases the resistance to blood flow, thus blood pressure increases. This loss of elasticity can be increased when blood vessels narrow due to the presence of fatty tissue that may be caused by elevated cholesterol and lipids in the blood stream. Aging also changes the way the body reacts to dietary salt. About two thirds of older adults are sensitive to salt, and their blood pressure will increase when too much salt is ingested. Kidney disease can increase the risk of high blood pressure associated with salt intake. Other important factors that increase the risk of high blood pressure include being overweight, being physically inactive, and the presence of other diseases such as diabetes, kidney or heart disease. Risks associated with lifestyle include poor diet or heavy drinking.

Blood pressure is measured in millimeters (mm) of mercury (Hg). Each blood pressure measurement is made up of two numbers, the top number and the bottom number. Blood being squeezed out of the heart into the arteries by the heart contracting is systolic blood pressure and is represented by the top number. Diastolic blood pressure is when the heart is relaxing and letting blood flow into it. This is represented by the bottom number.

Normal systolic blood pressure (the top number) is about 120-130 mm Hg. Normal diastolic blood pressure (the bottom number) is about 70-80 mm Hg. In early or pre-hypertension, systolic blood pressure (SBP) is 120-139 and diastolic blood pressure (DBP) is 80-89. As hypertension progresses, the SBP rises to 140-159 and the DBP rises to 90-99. In more advanced hypertension, the SBP can be 160 and higher and the DBP may be greater than 100.

People with high blood pressure don't usually feel sick or have symptoms. The only way to find out if you have elevated blood pressure is to measure or take your blood pressure. As we get older, blood pressure measurements become more variable and several measurements or readings are usually necessary before a diagnosis of high blood pressure is given. Some people get nervous or anxious when they go to the doctor. This can elevate blood pressure and is termed "white coat hypertension." At

home or ambulatory blood pressure monitoring may be necessary in these patients before hypertension is diagnosed and medications started. It is important to make sure hypertension exists before beginning medication therapy because there is a risk to lowering blood pressure too much. Low blood pressure or hypotension should be avoided in older patients due to the risk of injury.

The goal of treating high blood pressure is to reduce the risk of heart disease and stroke. This generally means having a systolic blood pressure of 135-140 or less and a diastolic blood pressure of 85-90 or less. If other conditions are present such as kidney disease, diabetes or a history of stroke or heart attack, the goal may be to lower your blood pressure to 130/80 or less. Maintaining normal blood pressure is important, but it is the top number or the systolic blood pressure that is most associated with heart disease and problems in older adults.

Blood pressure is usually lowered gradually over days or weeks. Older adults tend to be more sensitive to medications and lowering blood pressure too quickly can lead to dizziness, falls and fractures. That is why it is best to start with one medication at a low dose and increase the dose slowly. There will be times when more than one blood pressure medication will be needed, but adding medications one at a time is a better approach when the clinical condition allows.

Unless blood pressure is very high and/or there are other medical conditions that indicate medications should be started immediately, non-medication treatment is usually the first approach. Lifestyle changes include lowering the amount of salt and fat in the diet, drinking alcohol only in moderation, quitting smoking, exercising and achieving a healthy weight. Decreasing the number of medications needed or using lower doses of medications is always a goal in treating the older patient. This makes lifestyle changes important even for those taking blood pressure medications.

There are many types of medications used to lower blood pressure. The first type of medication used often is a diuretic or water pill. This type of medication lowers the amount of fluid in the body. Thiazide diuretics are commonly prescribed, taken once a day and are inexpensive. In addition to lowering blood pressure, they also decrease risk of stroke, heart disease and early death. These medications are generally well tolerated and easy to use.

When other diseases are present, or blood pressure is very high, a medication other than a diuretic may be prescribed. Other classes of medications work in different ways to lower blood pressure compared to diuretics. Some medications are preferred over others due to the risk of side effects and adverse reactions that older adults experience. Some medications lower blood pressure too fast leading to passing out, falling and breaking bones. Some medications impair memory and increase confusion. This can make symptoms of dementia worse. Some medications lower potassium and can cause irregular heart beats or muscle cramps. Your provider will

determine which medication or combination of medications is right for you.

High blood pressure is known as the silent killer because quite often there are no signs or symptoms to suggest blood pressure is elevated. Some people do not want to take high blood pressure medication because they do not feel sick. If you are experiencing side effects from your blood pressure medications, talk to your healthcare provider. Many side effects can be managed and research has shown that blood pressure treatment is older adults is safe and effective. As with all medications, there is a risk-benefit that must be considered. This is especially important when treating older adults.

Communication is the key to managing your medications. Talk with your Senior Care Pharmacist if you have questions about managing your medication therapy. Remember, pharmacists are considered the medication expert.

If you have questions or comments on upcoming topics to be covered by the Senior Care Pharmacist, visit HYPER-

LINK

\*<http://www.MySeniorCarePharmacist.com>, e-mail your questions and comments to [Doctor@MySeniorCarePharmacist.com](mailto:Doctor@MySeniorCarePharmacist.com) or call 803-202-1106. Look for the next article in the April 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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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:

**Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30045.**

Gwinnett Memorial & East Shawnee Memorial Gardens, Lawrenceville • White Chapel Memorial Gardens, Duluth

\*Not Affiliated With Any Government Agency

**Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30045**

I'm interested in taking advantage of this special opportunity

Veteran \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
Spouse's Name \_\_\_\_\_ Number in Family \_\_\_\_\_



## Taking Care

# Relinquishing primary care

by LISA M. PETSCHKE

When a person moves into a long-term care home, not only they but also their caregiver can find the transition difficult.



Lisa Petschke

Caregivers lose a companion and the rhythm of their days changes significantly. They must schedule visits in order to spend

time with their relative.

Transportation may pose challenges, especially if they don't drive.

Feelings about the situation may include sadness, anxiety, anger and guilt. Caregivers may wonder if they made the right decision. They may worry about their relative's ability to adjust. They may also worry about how well he or she is being cared for. And they may wonder what role they now play in their relative's day to day life.

If you find yourself in this position, read on for some suggestions.

### Relating with care providers

It's important to perceive and position yourself as an integral part of your relative's healthcare team.

Here are some ways to go about this:

- Share as much as possible about your relative's routines, likes and dislikes, and any tips that can help make care provision easier.
- Educate yourself about the roles of the various healthcare professionals, and ask about their goals and plans for your relative. You may need to adjust your expectations or negotiate changes to the care plan.
- Let staff know how involved you wish to be in terms of hands-on care, and discuss what is possible. (Facility policies may prohibit you from doing certain things, such as using mechanical lifters.)
- Get to know the staff, in order to develop a partnership of trust and mutual sharing. Show your appreciation if you are pleased with their care.
- Think twice before you criticize. Some family members initially find fault with virtually everything professional caregivers do, in an effort (often sub-conscious) to assert that no one can take care of their relative as well as they can. This makes it hard to establish constructive relationships.
- Address a concern directly with the relevant care provider. Express it as calmly as possible, and in a timely fashion. Involve the person's supervisor only if the issue doesn't

get resolved.

### Relating with your loved one

- Be prepared that your relative may have many complaints initially. If a concern seems legitimate, discuss it with staff and do some advocating if necessary. Otherwise, provide a listening ear, allowing your relative to vent. Be attuned to underlying feelings and empathize with them. Discourage him from dwelling on the negative, though; change the subject if necessary.
- If your relative asks you to take him home, gently but firmly reinforce that he needs more care than you can provide. Reassure him you'll be returning soon, and plan what you'll do together.
- If he shares a room, inquire about private areas for visiting.
- Develop a regular pattern of visiting so your relative knows when to expect you and can anticipate your next visit. Telephone between visits if you can't get in as often as you would like.
- When you visit, bring something, such as a newspaper, flowers from your garden or a favorite food.
- Re-create routines from home, such as playing cards, watching a favorite TV program together or sharing a meal.
- Show interest in your relative's daily activities. Join him for some special recreational events.
- Keep your relative up-to-date on news about friends and relatives, and continue to involve him in family decision-making.
- Plan activities outside of the facility. Go for a walk around the neighborhood or to a nearby park,

or take a drive. If your relative uses a wheelchair, register him with the local accessible transportation service. Then you can take him shopping or to community events.

- Continue to include your relative in family celebrations. If members' homes aren't accessible, choose a restaurant that is, or ask staff to help you plan a gathering onsite.
- If feasible, arrange for your relative to come home for a few hours.
- Keep in mind that just because you are no longer the 24-hour caregiver does not lessen the importance of your role. With that heavy responsibility lifted, you can focus your energy on meeting your rela-

tive's emotional and spiritual needs and enjoying your time together.

### Final thoughts

Spend time with friends and relatives who support the move to long-term care. Family members of other residents as well as staff, especially the social worker, are also valuable sources of support. Initially you may need lots of reassurance that this was a good decision. Be patient and give yourself and your relative plenty of time to adjust.

\*\*\*\*\*

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

## Renaissance Park Place South Senior SITE-BASED WAITING LIST OPENING

The site-based waiting list for the Project Based Rental Assistance (PBRA) Units at **Renaissance Park Place South Senior** will be open beginning on **June 22, 2009** and continuing until **August 22, 2009**. Announcements will be advertised in **Atlanta Journal Constitution and Senior News**.

Pre-application forms are available for pick up beginning June 22, 2009 and continuing until August 22, 2009 between the hours of 10 am to 3 pm. Pre-applications must be picked up and completed at: 240 Amal Drive, Atlanta, Georgia 30315

Distribution and acceptance of completed pre-application forms will close at 3:00 P.M. on August 22, 2009.

### Eligibility Criteria:

The head of household, spouse or sole adult member of the household is age 62 or older.

### Annual Household Income:

Annual Household Income cannot exceed the following amounts based on the number of persons in the household:

1 PERSON HOUSEHOLD	2 PERSON HOUSEHOLD	3 PERSON HOUSEHOLD
24,900	28,500	32,050

### Priority Categories:

Eligible applicants will be placed on the site-based waiting list and will be ranked by the lottery method. The random order in which the applicant is posted by the computer will determine the applicant's ranking on the waiting list.

All pre-applications will be prioritized according to the following:

- First, to a resident or former resident of an Atlanta Housing Authority (AHA) owned public housing community that has undergone revitalization where there are no longer any AHA-assisted units available as part of the revitalized community, who has not been permanently relocated;
- Second, to residents of other AHA owned public housing community who are required to relocate due to a scheduled demolition, which is not being done in conjunction with the revitalization of the community;
- Third, to all other applicants receiving assistance through an AHA program and is referred to the community by AHA; including AHA Demonstration programs
- Fourth, all other applicants.

It is the sole responsibility of the applicant to provide the appropriate priority category for their household. **Renaissance Park Place South Senior** will not verify the applicant's claim for a particular priority prior to final application for occupancy. If an applicant changes his/her preference claim, the applicant will be transferred to the appropriate category and placed at the bottom of that category. If it is determined that the applicant does not qualify for the priority category in which he/she indicated on the application, the applicant will be transferred to the appropriate category and placed at the bottom of the list for that category. Applicants who have committed fraud or have misrepresented the qualifications for a priority will be removed from the waiting list. **Due to limited availability, it is very unlikely that the applicants who do not qualify for a preference will be placed at this time.**



Request for Reasonable Accommodations during the pre-application process will be taken by telephone from 10 am to 3 pm by contacting 404-624-1771 or TTY/Relay 711. Future re-opening of the site-based waiting list will be publicly advertised.



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# Out & About

## History making NBA player appearing July 12 at local sports collectibles show

Special to Senior News

**M**ention the name Jackie Robinson and most sports fans will know you are talking about the first black player in major league baseball. Say the name Earl Lloyd and you will most likely get questioning looks. However, Earl "The Big Cat" Lloyd, holds a place in sports history as well. On October 31, 1950, he had the distinction of becoming the NBA's first African-American basketball player, beginning a solid nine year pro career with the Washington Capitals, Syracuse Nationals and Detroit Pistons.

The reason why most have not heard of Earl Lloyd could be attributed to professional basketball's lack of stature during the middle of the last century. The National Basketball Association (NBA) wasn't formed until 1948 and many looked upon it as a step-child sport; mainly tiding fans over between football and baseball seasons. "In 1950, basketball was like a babe in the woods; it didn't enjoy the notoriety that baseball enjoyed," Lloyd stated.

From 1948-1950 Mr. Lloyd was a three-time CIAA All Conference player and two-time All-American during his collegiate career at West Virginia State College. Known for his defensive prowess, the 6'6" forward had an opportunity to sign with the Harlem Globetrotters

after his college eligibility had ended.

Already the most famous name in basketball, the Globetrotters were arguably considered to be the best, most talented professional team as well. Lloyd traveled with them for a week. "They offered me a contract, but my coach at West Virginia State told me to not sign anything. He never explained why, but during those days, you did what your coach said to do," the soft-spoken 81 year old reminisced. What he didn't know was the Washington

Capitals contacted Coach Mark Caldwell to express interest in drafting Lloyd to play in the NBA.

Basketball enthusiasts and sports fans can meet Mr. Lloyd on Sunday, July 12 from 11:00 a.m. until 1:30 p.m. at the monthly East Cobb Sports Collectibles Show held at the Hilton Garden Inn on Windy Hill Road. He will answer questions about his experiences as a basketball pioneer, reminisce of seasons past, and sign autographs.

Joining Mr. Lloyd for a book

signing will be Ron Thomas, author of "They Cleared the Lane," a chronicle of the first black players in the NBA. Mr. Thomas, a former sportswriter for the San Francisco Chronicle, San Francisco Examiner and USA Today, is currently the head of Morehouse University's School of Sports Journalism.

Admission to the show is free, but autograph fees do apply for Mr. Lloyd. For more information about the sports collectibles show contact Frank Moiger at 678-644-6057 or by email: utvol69@aol.com.

## You've stayed active through menopause. Will you be sidelined by its symptoms?



We are conducting a clinical research study to test the safety and efficacy of an investigational drug in preventing postmenopausal osteoporosis and treating menopausal symptoms while ensuring endometrial (uterine lining) safety.

### You may be able to participate if you:

- Are currently 40 to 64 years old
- Are menopausal and experiencing menopausal symptoms
- Have not had a hysterectomy
- Have not used oral hormonal treatments such as estrogen, progestin, androgen-, or SERM containing products within the past 2 months

Study participation lasts for approximately 14 1/2 months. Participants can expect up to 8 visits to the study doctor. Qualified participants may receive study-related office visits, medical evaluations, mammograms, gynecological exams, bone density scans if eligible and the study drug at no cost.

For more information about this study, please contact:

**Atlanta Research Center**  
**404-292-6300**

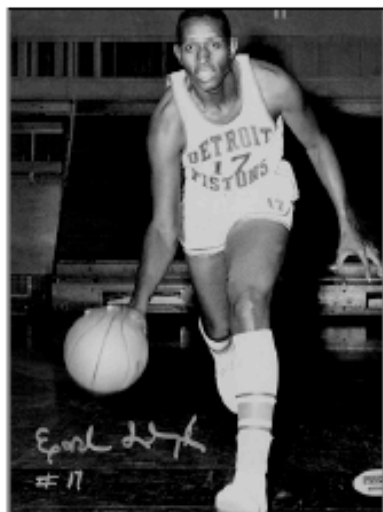


Photo of Earl Lloyd during his playing days with the Detroit Pistons of the NBA. Courtesy of Frank Moiger.



# Out & About

## Ashford Landing opened in June

Special to Senior News

**I**n June DeKalb County held its Grand Opening of the Ashford Landing redevelopment project in North DeKalb. The 117-unit apartment development for independent seniors is the second of a multi-phase redevelopment project of the former Johnson Ferry East public housing project near the intersection of Ashford Dunwoody and Johnson Ferry Road. The new live, work, play community has been named Brookleigh.

The entire 56-acre site, owned by the Housing Authority of DeKalb County (HADC), is being recreated through a public/private partnership as a mixed-use, mixed income community, designed around a central park. Construction is being managed in seven phases and the final result will include apartments for independent seniors, a restaurant-anchored retail village, luxury mid-rise apartments, and single family homes. In total, the new pedestrian-oriented community, Brookleigh, will be comprised of 768 residential units and 70,000 square feet of retail space. The

new development eliminates the old low-income apartments built in 1948. Brookleigh will be an economically and ethnically integrated community and will serve as a model for what can be achieved in mixed-income, mixed-use communities.

Development Partners include

the Norsouth Companies and the Collaborative Firm, development partners for Ashford Landing and Madison Retail, LLC, developer of the site's retail village.

For information contact Julie Herron Carson, 404-285-3434, [jhcarson@bellsouth.net](mailto:jhcarson@bellsouth.net).



### The Southeastern Railway Museum

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Columbus is a vibrant city offering the charm and ambience of the Old South with all the conveniences and excitement of the new. We are home to the National Infantry Museum, the only museum in America devoted to the foot soldiers of our great nation, as well as the National Civil War Naval Museum at Port Columbus, a site rich with a shared National history. Our city's story also looks into tomorrow at the Coca-Cola Space Science Center.

While you are here, experience a thriving downtown entertainment district with restaurants and pubs, shops and galleries. Take-in a performance at the Springer Opera House, the State Theatre of Georgia or the RiverCenter for the Performing Arts, both featuring world-class performances in music, drama and comedy. Explore a 26-block historic district of tree-shaded avenues and gracious Southern homes. All connected by a 17-mile RiverWalk and cycling trail.



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# Out & About

## Buckhead Library presents "Driven to Abstraction"

Special to Senior News

**R**ich colors and intriguing textures characterize an exhibition of 40 abstract works by Allison J. Smith and Lynn Edwards opening in July at Atlanta's Buckhead Library.

The oil, acrylic and mixed media collage paintings will be on view at the library from July 4-30, with an

artists reception on Saturday, July 25 from 3-5 p.m. During the reception the artists will present talks at 3:30 p.m., followed by Q&A sessions.

Free and open to the public. The library is located at 269 Buckhead Ave. NE in Atlanta, two blocks east of Peachtree Rd. between Paces Ferry and Pharr Rds. Library hours are Mon., Wed. and Thurs. 10 a.m. - 8 p.m.; Tues. 10 a.m. - 6 p.m.; Fri. and Sat. 11 a.m. - 6 p.m., closed on Sun. Handicap access; parking is free.

For more information, contact the

library at 404-814-3500 or visit the artists' web sites:

[www.allisonjsmith.com](http://www.allisonjsmith.com) or  
[www.lynnedwardsart.com](http://www.lynnedwardsart.com).

## The Atlanta History Center and Margaret Mitchell House announce Operation Homecoming Writing Workshops

Special to Senior News

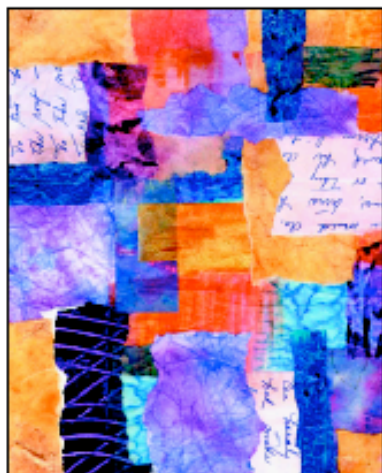
**T**he Atlanta History Center and Margaret Mitchell House proudly support Operation Homecoming: Writing the Wartime Experience. This unique literary program presented by the National Endowment for the Arts encourages American military personnel who have served our nation in both current and past conflicts to record their stories and reflections through a series of writing workshops held at the Atlanta VA Medical Center in Decatur on July 13, 20, 27, and August 3; 6:00-8:00 p.m.; Atlanta VA Medical Center, 1670 Clairmont Road, Decatur. Attendance is FREE and open to all active duty troops, veterans, and their families. Atlanta author and journalist Jedwin Smith will lead the writing workshops.

This groundbreaking program documents and preserves the wartime experiences of men and women in uniform and their families. Operation Homecoming is conducted in partnership with the

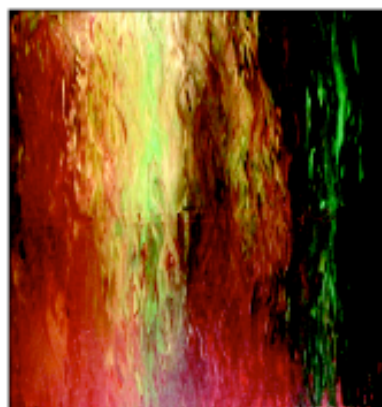
Department of Defense, and the Department of Veterans Affairs. Operation Homecoming will hold writing workshops for veterans as well as active duty troops at Department of Veterans Affairs (VA) medical centers, military hospitals, and affiliated centers in communities around the country. Operation Homecoming is made possible by The Boeing Company.

For more information on this National program, please visit [www.operationhomecoming.gov](http://www.operationhomecoming.gov) or call 404-814-2063.

For further information, call Melanie Eisenhart at 404-814-2063 or Anika Doucette at 404-728-7651.



"Love, Mom"  
© Lynn Edwards



"American Beauty"  
© Allison J. Smith

## Radio for Both Sides of Your Brain!

The left side of the brain is analytical, practical and processes facts and figures. **Business Radio 1160 - The CFO** feeds this hemisphere with talk radio dedicated to business and financial matters. Get up-to-the minute news from **Bloomberg Radio**, **CBS News** and the **Business Talk Radio Network**, and timely money advice from **CNBC's Jim Cramer**, **CNN's Lou Dobbs**, real estate expert **John Adams** and investment guru **Dr. Gene Henssler**. More than mere opinion, **The CFO** delivers what you need to stay in the black!



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!



To advertise on either station, contact Jeff Davis at 404-784-3226.



Important information about legal issues affecting seniors on  
**ELDER TALK WITH ATTORNEY MILES HURLEY**  
Saturdays at Noon on Business Radio 1160  
More info at: [www.hurleyclaw.com](http://www.hurleyclaw.com)



Mark Lloyd & Brian Byars help optimize your retirement plans on  
**FOCUS ON YOUR RETIREMENT**  
Saturdays at 1pm on Business Radio 1160  
More info at: [www.estateplannersofgeorgia.com](http://www.estateplannersofgeorgia.com)



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The Fox Theatre Box Office, Ticketmaster (800) 745-3000, [www.ticketmaster.com](http://www.ticketmaster.com) and Ticketmaster Outlets

Woodstock, 3 Days of Peace and Music (30th Anniversary) - Thursday, July 9th at 8:00 pm

Slumdog Millionaire (Academy Award Winner - Best Picture) - Friday, July 10th at 8:30 pm

UP - Saturday, July 11th at 1:00 pm

Do the Right Thing (20th Anniversary) - Saturday, July 11th at 8:00 pm

Breakfast at Tiffany's - Thursday, July 23rd at 8:30 pm

Star Trek - Friday, July 24th at 8:30 pm

Night at the Museum: Battle of the Smithsonian - Saturday, July 25th at 2:00 pm

2001: A Space Odyssey - Saturday, July 25th at 8:30 pm

August Movies TBA





# 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.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 Hunt 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](http://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 Henschel 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  
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](http://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](http://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.thewypens@bellsouth.net](http://www.thewypens@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](http://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 [aliceshodes357@mindspring.com](mailto:aliceshodes357@mindspring.com).

## Senior Ballroom Dance

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

## 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 LeChair 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., July 8, 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](http://www.atlantasacredharp.org).

## Monthly Singalong

Sat., July 25, 7:30 p.m. Group singing just for fun... no performances. Open to all. East Lake location. For complete information call Bob at 404-378-5424.

## South Cobb Yellow Rocks

**Square Dance Club**  
Dances on the second and fourth Saturday nights, 8-10:30 p.m., each month at the South Cobb Community Center, 620 Lions Club Dr.,

continued on page 21

## General Business Directory For Seniors

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## CALENDAR

from page 20

Mableton. Call Marshall/Edna Vix at 770-941-3632 or Ronald/Kathy Bickers at 678-838-8198.

### 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](http://www.srconn.org) or call 770-455-7602.

### Bleeding Disorders Testing

Women who have excessive bruising or prolonged menstrual bleeding can call Hemophilia of Georgia to be screened for von Willebrand Disease and for referral to specialists. For details call Ms. Crowe at 770-518-8272 or outside Atlanta call 800-866-4366.

### 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](mailto: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.

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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](http://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

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continued on page 22

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**CALENDAR**  
from page 21

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 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.

**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](mailto: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](mailto:christi.behrend@lifeenrichmentservices.org). Or, visit Life Enrichment's office at the Mack Love Center, 1340 McConnell Dr., Decatur.

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

**N.A.R.R.E.**  
All federal civilian employees and retirees are invited to join N.A.R.R.E. (National Active and Retired Federal Employees Association). Call T. Jerry Samples at 770-973-2834.

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**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](mailto:gazelle@womenbizowners.org).

continued on page 23

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## CALENDAR

from page 22

### 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: [enmann@atlantaregional.com](mailto:enmann@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](http://www.lifespanresources.com).

### Quiltfest 2009

Oct. 16-17, North Georgia Technical College, Highway 515, Blairsville. \$5 admission. Free parking. For entry forms and details visit [www.mistymountainquiltguild.com](http://www.mistymountainquiltguild.com).

### Volunteers Needed by CASA - Court Appointed Special Advocates

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### "The Voyage That Shooked The World"

Dallas Theater, Dallas, Georgia presents: The Voyage that Shooked the World and power point presentation by Creation Scientist. Aug. 27. Lobby doors open at 6 p.m. Call 770-723-6574.

### 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](mailto:fodac@fodac.org).

### The Academy For Volunteers In Aging

July 22. Great specialized training for those who volunteer with the aging. Deadline to register is July 10. Call Stephanie Park at 404-237-7304 or email: [lrsstephanie@bellsouth.net](mailto:lrsstephanie@bellsouth.net).

### Workshop For DeKalb Educators

2009 Talking Walls program for heritage education. July 27-31, 8 a.m.-4 p.m., Old Courthouse on the Square, 101 E. Court Square, Decatur. For complete details call Leslie Berger at 404-373-1088, ext. 20 or [dhs@dekabhistory.org](mailto:dhs@dekabhistory.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 "Fantastics," is the director. For complete details call Alice at 404-296-7288 or email: [alicerhodes357@mindspring.com](mailto:alicerhodes357@mindspring.com).

### 33rd Annual Collectible Glass Show & Sale

Sat., July 25, 9-5, & Sun., July 26, 10-4, Cobb County Civic Center, 548 S. Marietta Pkwy., Marietta, 770-528-8450. Presented by Peach State Depression Glass Club. For complete details call Ken Harper at 770-582-0907 or visit [www.psdgc.com](http://www.psdgc.com).

### Greater Atlanta Archaeological Society

Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.

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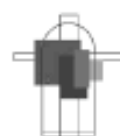
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## Times Not Forgotten

# Mysteries and mystery trips

by CHRISTINE COLEMAN

**W**ebster defines mystery as something secret, obscure or unexplained. Come to think of it, life itself is a mystery. Creation is baffling, to say the least.

When we were small children, we were concerned about why night had to shut out daylight hours. We wondered why we had cold weather sometimes and scorching hot weather at other times. Then as we grew older, we realized how these things come about. We noticed how tides come in and go out, how seasons change and babies are born and people die.

As I was growing up on the farm, there weren't that many mysteries. When my folks said, "We're

going to the fields to work" we knew where the fields were and what we were expected to do. When they said, "We're going to take the day off to go fishing," we knew what they meant. (We might not know the exact stream or river to which we were headed, but we knew we were going to have a day of fun and excitement).

When on Saturday they said "We're going to town," we knew we were going two miles (a long distance back then) to see a movie (including a weekly serial).

On Sundays when they said, "We're going to church today," we knew what they meant also. None of these things were mysteries. For the most part, grownups didn't pretend. They left that up to us youngsters. Today we run into mysteries

everywhere. If there's none at hand, we'll make up some. I'd like to comment on a certain fun type.

### MYSTERY TRIPS

Whether a Mystery Trip is for one day or one week, they are terrific. These trips are not for the faint hearted. Also, they won't necessarily please everyone. Complete trust and confidence in a director and guide is essential for any trip of this nature. You might say, "I'd never launch out on a trip anywhere when I didn't know where I was going." I've heard that statement, and I fully understand.

I must say I was apprehensive the first time my husband (now deceased) and I decided to give one of these mystery trips a try. We had traveled with the tour owner several

times and had always been pleased with the services rendered. So, off we went on our first Mystery Trip which lasted five days.

When we left our prearranged boarding place, we had no idea where we were headed and what was on the agenda. After a few hours of travel, everyone settled back and began to relax and have a good time. We had confidence in our director that we would be staying overnight at reputable hotels and eating good food.

That was exactly what we received. After making our first venture, I was never hesitant again about a Mystery Trip. I would not have you think that everything was always rosy, but it was the next thing to it.

As you are reading this, my new husband, Ron, and I are traveling on his first Mystery Trip. I have assured him that he will have loads of fun. For all of you out there who haven't tried the unknown, give it a go.

\*\*\*\*\*

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

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- Portable Travel Concentrators

### Respiratory Medications, Aerosol & Humidity Therapy

Hi-Tech Healthcare, Inc. provides aerosol therapy. This includes high humidity track therapy, nebulizers, and unit dose medications.

### Mechanical Ventilation

- Non-Invasive Positive Pressure provides augmented assistance and rest.
- Portable Ventilators provide life support.
- Pressure Support Ventilators

### Sleep Disorder Therapy CPAP / BI-LEVEL

- CPAP and BI-LEVEL for treatment of obstructive sleep apnea.
- CPAP with Humidification is often medically necessary.
- Nasal interface options are key to successful treatment and compliance. There are numerous options available.
- Compliance and comfort are our objectives.

### Durable Medical Equipment

- Hospital beds and accessories
- Wheelchairs are available with many options for safety.
- Walking aids

### Enteral Nutrition

- Tube feeding supplies

### Our Professional Staff

Medical Director, MD  
Licensed Respiratory Care Professionals  
Service Delivery Technicians  
Professional Office Staff

**Count On Us To Care.**

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## Remember your life before that wound?

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Call (404) 265-4325 for more information.

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