

Senior News

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***“Blues”
takes center
stage at WRLT!***

Story on Page 2

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On the Cover

"Blues" takes center stage at WRLT

By special arrangement with
Dramatists Play Service, Inc.

by JO GASKIN, WRLT

ON THE COVER: Venis Glover, director, is surrounded by cast and crew members.

In rehearsal now is one of the most powerful plays to be presented this year – "Blues for an Alabama Sky" – written by award-winning Georgia playwright Pearl Cleage.

Venis Glover, veteran WRLT director, has selected "Blues" as her current project. Being ably assisted by Katie Manning, who is producing, Venis is moving forward with rehearsals. Also supporting Venis is Stage Manager Heide Elba-Parsons and Lighting Director is Terri Hatton. All four of these theatre members have worked on many previous WRLT productions, including such successes as "Lizzie Borden" and "Rumors."

The play, set in Harlem, New York City, in the 1930s, features five characters who are on a firm path to achieve something. In spite of the Great Depression (which began in

the 1920s and erupted full force in 1929), disparate life styles, moral beliefs, and abilities, each character has a purpose. However, at times, each one seems to be following a singular path to arrive at the goal.

Angel Allen (portrayed by Maisha Akbar), a 34-year old black woman who looks younger, is a former back-up singer at The Cotton Club. Guy Jacobs (played by Benjamin Roundtree), a 30-ish black man, designs costumes at The Cotton Club. Delia Patterson (played by Kelli Smalls), a 25-year old black woman, is a social worker on staff at The Margaret Sanger Family Planning Clinic ("Birth Control"). Sam Thomas is a 40-year old doctor at Harlem Hospital. And completing this company is Leland Cunningham (Luther Jackson) a 28-year old black man from Alabama who is a six-week resident of Harlem.

Not seen, but lending tremendous presence, is a young Adam Clayton Powell who is feeding the hungry and preaching activist gospel at Abyssinian Baptist Church; Black Nationalist visionary Marcus Garvey (who has just been deported); and Josephine Baker – Baker, an African-American expatriate extraordinaire, sips champagne in her dressing room at The Folies Bergere in Paris,

France; she laughs like a free woman. We also hear about Langston Hughes, who would emerge in the 20th Century as a famous African-American writer and philosopher.

The part of Angel was played by Phylicia Rashaad when this drama world-premiered at the Alliance Theatre Company in Atlanta, Georgia. Issues of birth control, abortion, a woman's right to have control over her own body, the right for a man to know if he is a father, homosexuality, murder and suicide, are all issues which are faced with a sense of realism and urgency. They all continue as valid issues today.

The Abyssinian Baptist Church is still in Harlem. Look for powerful performances; the cast members are portraying powerful ideas.

Play Dates: Feb. 12-13; 18-21; 25-27 at WRLT in Warner Robins. Showtimes at WRLT are 8:00 p.m. evenings; 2:30 p.m. for the matinee. Call 478-929-4579 for reservations.

This play will be presented as a matinee at the Historic Douglass Theatre in Macon on Sunday, Feb. 28 at 3 p.m. For reservations call the Douglass Theatre at 478-742-2000.

We strongly recommend reservations for each performance you wish to attend. This play is appropriate for mature audiences.

Letter

To the loyal readers of Senior News

by DEBBIE BELL

About three years ago, and with several follow-ups, I wrote an article for SENIOR NEWS about Veterans being entitled to an unknown Benefit called the Improved Pension With Aid and Attendance. If the war Veterans were home bound or in assisted living or nursing homes they could qualify. To my surprise I received over 400 calls and was able to help a lot of people! Also, I had a lot of facilities calling to see if I could talk to the people who lived in their facility. One man said, "if you just helped one or two that would be incredible!" Well we helped 10 people in that facility who are now getting a monthly check.

I have been all over Georgia and South Carolina educating people about this benefit. So many Veterans tell me that in these hard times they might not have had enough money to last them much longer! Most people can not believe when they get these checks, especially the widows of Veterans. The money is quite substantial. Widows receive \$1056 monthly, the Veterans receive \$1644 monthly, and couples receive \$1949

monthly. And, it's tax free!

But, as with many things, there are now people out there who say they do this but they charge the Seniors a fee. Charging Seniors a fee for this service is illegal, however, they are finding a way around it. As of June 8, 2008 a person working with this benefit must be certified through one of our VA services such as Army, Navy, Marines, Air Force, Coast Guard, etc. I am certified by the US Marine Corp. and very proud of it! My son serves his country in the US Navy and is stationed on a marine base himself!

I know the fine folk at SENIOR NEWS want all their readers to be up to date on the Veteran benefits and want to be sure you are informed of any changes. Since I conduct meetings all over Georgia, I am happy to come and meet with your organization. If you have questions you can reach me at 478-956-2255, Monday through Friday, from 9:00 - 5:00 pm.

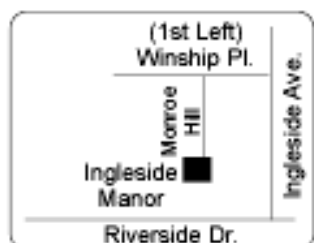
I know there are a lot of war Veterans out there that will be needing this help during 2010. Help me find them by giving me a call at the above phone number.

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Let us entertain you

by CLAIRE HOUSER DODD

Some people come into our lives, make footprints on our hearts and we are never the same.

Flavia

We're still enjoying Christmas, our delightful presents and gatherings with friends. It seems everybody who was out of town or too busy going to parties to have one made up for it in January. One great one was a dinner at the Evans-Cantrell House. Greg and Marti Comer really know how to throw a party and make it all so festive – especially with the help of Chef Louis of Atlanta.

They are planning at least one open to the public per month. What a deal. The Chef comes to us. Saves us the trip to Atlanta, and presents a gourmet meal practically unheard of here in middle Georgia. Thank heavens for this perk!

We've also got to mention one of our funniest presents – and useful, too! It's a pair of chartreuse bedroom slippers with (no less) mop grabbers on the bottom. Too funny. As you slip and sloop around the house, you're also mopping and dusting. Hey, warm too! Thanks, Pat! That and cleaning our plates are the only house hold chores we do anymore!

Our birthday comes up the 9th which means another cake. Please, let's do something else. We've had it with every kind of cake known to man, and (at this writing) NEVER want to see another one. Can't we be more creative than that? Michael's daughter would most certainly suggest a skate at Rockefeller Center. Say! It worked for her. Why not all of us. A bit of exercise instead of eating even more.

You know, we're car folks. That means car-crazy, or used to be. We knew just about every car... what it would do, what was under the hood, what year, model, make. Not so much anymore, but it has come to our attention lately that we've had outer cars with different innards, i.e., a Chrysler convertible with a Mercedes engine, a Porsche body with an engine, a pinto hard top convertible with a Porsche engine, etc. Now, we've got a Rolls Royce hood ornament and can't decide what vehicle deserves the honor.

Our friend, Connie has a Rolls Royce gold cart, and we had a friend in Atlanta who shall remain nameless who has a Rolls and couldn't enunciate R's. We suggested to him that he buy a Buick! He could say that one. He was always inviting us over for dinner and saying he'd send John over with the Wols. What an embarrassment. Maybe only to me. Given he'd lived with speech impediment his entire life and took it in stride. Anyway,

last heard from; still had a Wols.

Good friend (No Rolls) Bill Smith called from Atlanta to tell us good news! Inflation hasn't ruined everything! "A dime can still be used as a screw driver." He's digging deep, but we're always happy to hear a positive reaction.

Better of Byron Chair, Emily Griffin, is working on the murder mystery fund raiser set for March 13. It takes place in an Irish Pub, (the Evans-Cantrell House in Ft. Valley) and you know how volatile those Irish are. Amidst heavy hor d'oures and riotous entertainment in a St. Patrick Day setting with all that green, some red may ooze. Come and see for yourself, take a part, play a character and have fun. If last years mystery was a success, this years should top it. The house decorations, food and people will be tops. Then – add a murder for surprise. Stir it all up and you're set for a spectacular St. Patty's Day. All for \$25 per person or \$40 per couple. See you there.

The Barnum & Baily circus will be in Macon at the Centerplex on Feb. 5 - 7. Another good chance to be with the grands. Just think, when we were little (were we ever?) our parents and grandparents had to drive all the way to Atlanta to the circus and fairs. We remember wondering how in the world daddy could carry me in the house, cold asleep and stiff? Dead weight so to speak. But he did; and all in good humor. Those were the days.

Course it's Leap Year when you girls can purpose to your guys. Remember Lil Abner in the comic strip and all the races to get the guys? It was hilarious to us as youngsters. Might be just as funny

now. Who knows?

Reminds me of my Wesleyan roommate. The other day during one of our really cold days she mentioned to high school and college grands how she wished for a service station. Neither had a clue, and (worse still) she has a hard time explaining the prospect of just driving up and having everything done. Ouch, we've turned into our parents again!

Course Valentine's Day is coming on the 14th, but it's not too much fun without a "Valentine." We're thinking of having a dinner party for grands and their families and dates. Celebrate through their feelings. Thank goodness we have fond and romantic memories to heat up the occasion.

This year would be Johnny Mercer's 100th birthday. Too Marvelous for Words is on the

agenda at the Music Hall of Fame through June 6. 751-3334, \$8 adults, \$6 seniors, \$7 AAA members, \$3.50 children 4 - 17, free if under 4.

Macon Film Guild at Douglas Theatre 355 Martin Luther King Blvd. Sunday, March 14. "An Education" at 2, 4:30 and 7:30 p.m. Discussion follows 4:30 screening. 742-2000, \$5.

Wesleyan College, 4760 Forsyth Rd presents Paintings by Art Rosenbaum and Photographs by Margo Rosenbaum through Feb 27 at the East & West Galleries in the Fine Arts Building. Free and open to the public. 757-5189

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Ralph Waldo Emerson

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

Did I wish all of you dear readers a happy new year last month? I can't remember, but forgetting it sounds like something I would do.

Lately I have been reading every article I can find on the onset of Alzheimer's, dementia and snakes in the head. I do believe I have finally stripped my gears and am sliding back into an old-age abyss from which I shall never arise.

The number of problems I have from not paying attention is endless. For instance, the washing machine. Brand new and the little darling wouldn't even squeeze the water out of the clothes. It was taking two hours in the dryer to get my slacks dry. Sometimes I would wring water from garments by hand. That was no fun because it reminded me of the days when we had to wring all our clothes by hand after washing them in a tin tub with a rub board. Before we did that we had to haul wood for a fire to boil water in the wash pot before the real work began. Afterward, we heated flat irons on the wood stove in the kitchen and ironed until nightfall. Ah, the good old days.

Sorry, I got to rambling again – which is another sign of dementia.

Back to the washing machine. I called for repairs since it was still under warranty. A young man came, turned the machine on and ran it through a cycle. He tried to keep from laughing when he told me I had been washing everything on "extra delicate." "That cycle is for your silk Sunday School blouses" he said. I didn't see what he wrote on the repair report nor did I want to see.

Now we move on to other appliances. I know I am behind time but after having two fits and a bad spell for a new dish washer I finally won! It was installed and I quickly forgot it was there. After all, it takes a week to get a load of dirty dishes. A plate, fork, cup and spoon a day take little space.

I had friends over for dinner one night and my best friend remarked we should use the dish washer. Sounded good to me. I opened it and there were the instructions and warranty card still inside the plastic envelope. I had forgotten to use the dish washer for a year and a half. I felt sooo bad!

The story doesn't end there. We still have a brand new refrigerator that was knocking, huffing and puffing and scaring the wits out of me in the middle of the night. The ice maker sounded like someone empty-

ing a truck of gravel in the kitchen.

Again I called for help. This was last week, mind you. The repair man came after two days and by that time I had lost all my goodies stored in the fridge. I always have a door packed full of tiny jars of odd and exotic things like capers, relishes and sauces in addition to grape jelly that turned to sugar a year ago and mustard as hard as cement.

I also lost a big pot of chili and a gallon of spaghetti sauce because I didn't know for two days that the freezer part of the fridge was fine, but the bottom was nice and warm. It was packed full of goodies, too. Anyway, the nice man squatted down and stuck his arm in the fridge. He asked me to come over and stick my arm in, too.

Long story short, I had it packed so full of sacks of meat, fruit, cheese, milk and about a half dozen half-gallon bottles of pomegranate juice that the air from the freezer couldn't even flow down into the bottom of the fridge.

"I think we had better move a few of these sacks so we'll have better air flow," he said kindly and with a smile. Don't know what he wrote on his report either.

Then there is always an issue with car keys. I lost them the other day and really went into a tizzy. I didn't find them until I went outside to see if I had left them in the car and used the unlocking device I held in my hand. I could not believe for the life of me how I had gone all over the house looking for something I held in my hand.

I'm not even going to tell you about my lost glasses I found on my face.

The crux of this epistle is that these things are happening far too often and while I'm still smart enough to know it, I want to do something about it.

First thing I did (from reading advice in a magazine) was work a cross-word puzzle. At least I tried. I got one word before my nerves were shot to glory and I knew deep in my heart there was a better way to shape up my sanity.

My daughter laughs at me and so do others when I do stupid things like eating dinner in a friend's restaurant and then discovering I only had enough money for the tip – not the food. He now asks me if this is cash or charge. But then again, what are friends for?

By the way, this is the month for lovers; Valentine's Day, flowers, candy and gifts of gold. Having a sweetheart is like walking on sunshine. I had the best one once.

Have a blessed month and tell friends and family that you love them. Nothing sounds as sweet.

©1/25/10

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

Spiritual Notes

Facing The Giants

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Some time ago I saw a movie entitled "Facing the Giants." The movie was produced by the Sherwood Baptist Church in Albany, Georgia. It was the story of how a married couple and other members of that community dealt with different problems they faced in everyday living and how they resolved them through a strong faith in God.

As I reflected on my life's journey, after seeing this movie, so many issues and events seemed serious and sometimes insurmountable "Giants" in my life. They ranged from acceptance by peers at the grammar and high school level to a choice of a life's mate and eventually to what type of career or profession I would enter. Then during what we would call our most productive years, there was the raising of a family, the success of life's work and the planning for the retirement years.

My pastor recently delivered a sermon from 1 Samuel, Chapter 17, which is the story of David and Goliath. The title of his sermon was also "Facing the Giants." This Biblical text was quite different from the Giants in Albany, Georgia. David knew he was the servant of the Lord. In verse 45b, David said, "I've come

out to fight you in the name of the Lord All-Powerful." Further, in verse 47 David exclaimed, "Everybody here will see that the Lord doesn't need swords and spears to save his people. The Lord always wins his battles, and he will help us defeat you." And He did!

As senior adults, we now face different "Giants" in our lives. We are experiencing a plethora of issues such as health, finances and even death. As someone has said, "these things come with aging, like wrinkles." We will face them in different ways. The Albany story and the David and Goliath reference are different but they have the same victorious ending.

In the book of Romans 8:31, we are assured of God's love. It reads: "What can we say about this? If God is on our side, can anyone be against us?" And, in verses 37 and 38: "In everything we have won more than a victory because of Christ who loves us. I am sure that nothing can separate us from God's love – not life or death, nor angels or spirits, not powers above or powers below."

The lesson here is obvious. Face your "Giants" with the one who can help you resolve the challenges in your life. He is faithful!

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

Poets' Corner

Not Alone

By: Doris A. (Dot) Jones

I often wondered why, he liked to fish alone.
And now I understand,
He was with God and was not alone at all.

This was his quiet time, when the cares of the world he could shed.
He loved to fish with God, even if he didn't have a single bite on the line.

I often asked, "why don't you take a friend?"
I worried when he was on the lake alone.
I worried in vain when I look back and know,
He was with God and not alone at all.

Sometimes he would catch a lot of fish.
Then, maybe none at all.
But, he and the Lord had a good day,
just enjoying nature's call.
He was with God and not alone at all.

When the years took their toll, and he couldn't launch the boat, I often said, "you shouldn't go alone." But, he didn't listen to my plea and now I know, he must have thought God is there to catch me, if I fall.
He was not alone.

Time changed it all for him.
No more fishing time on the lake alone.
I know his memories where deep in his heart.
He was still with God and not alone at all.

Gift From Heaven

By: Lillie W. Scoggins

I could not be a Christian 'till God gave Grace to me
I could not be a Christian 'till Christ was born for me
I could not be a Christian 'till He died on that tree
There was no Gift from Heaven 'till it was given to me.

I want to be that Christian and to God be true;
I want to stay in prayer with praise to Him that's due,
I want to be a servant, as He would have me do.
Accept his Gift from Heaven, surely that I'll do.

I cannot be a worker, not knowing what to do;
I cannot be a shirker, and earn the pay that's due;

I want to be a servant as He would have me do;
Accept this Gift from Heaven, surely that I'll do.

I cannot be a worker, not knowing what to do;
I cannot be a shirker, not earning reward that's due;
I cannot be a leader unless I join the crew;
I can surely win the race if I follow through.

There will be no harvest if seeds I don't sow;
I will not have the grain if I don't let it grow;
There will be no reaping if my feet are too slow;
I cannot share His Bread, if I don't knead the dough.

I cannot move His boat if I don't try to row;
I cannot sail His ship without His winds that blow;
I cannot gain His wisdom if His words I don't know
I cannot love my neighbors until I share His woe.

I must not join a crew that crucifies my King.
I must not forget, in prayer, His Praise to ever sing;
I must love the brethren, and children I must bring;
I am in a Kingdom that lets my freedom ring.

God sent His only Son, a Saviour for you, too;
You must not reject Him; He paid the price for you.
His spirit He has given, for Life with Him anew -
Holy Trinity forever! We can be there, too!

The Change

By Mildred Boyd

The Dining Room here is the gathering place
And most residents return to their former spaces.
I was taken to the table that accommodates four;
All tables are alike - none seat any more.

I was surrounded by three ladies, seemingly nice
So it wasn't hard to break the ice.
I learned their names, then told them mine.
I think now we'll get along fine.

My hearing I've missed - here more so - I'd like to get acquainted - there are many to know.
In my ears there's a noise that keeps

on staying and far away voices - whatever they're saying.

So, my hearing is a problem that's a hindrance to me,
Yet their nods and gestures spell friendliness to see.
I'm a slow-moving person, could never be quick,
Because all of my life I was often sick.

I've a lovely apartment and they made adjustments for me.
To be reached from my wheelchair, this needed to be.

It creates a lot of clutter, keeping things handy;
I just wish it could always be neat and dandy.
If the foregoing statements sound negative and bad -
My blessings are countless, so many I've had.
And miracles brought joy to replace the bad.

I am hoping my countenance will somehow show.
The Source of Fulfillment that I've come to know.

Romans 8:24

"A Slice of Love"

By: Annel B. Martin

It seems so very small this token of my love

Remember, if you will, it came from God above
You are so very good to me each and every day
To give you all my heart it still would not repay

Faith, hope and charity within my heart dwells
Greatest of these is charity; love will never fail
Friends and my dear family help my love to glow
But I need to show the world so my love will grow

Not just on Valentine's Day should I spread the news
I need to show it everyday all the whole year thru
Because each and everyone of you are so very dear
So with this slice of love... I want you all to hear

The message I send to you... on this special day
Is I love you with all my heart, but I have more to say
Thank you for being near and offering me a hand
Sharing love everyday just the way God planned

So Happy Valentine's Day... to each and every one!
Enjoy this slice of love... including all the crumbs.

*To my friends and family on Valentine's Day 2010

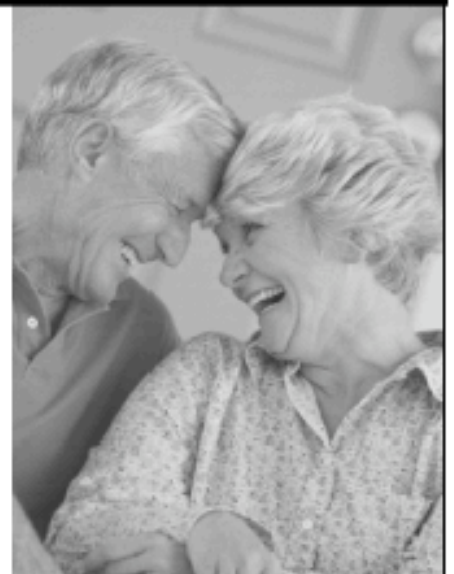
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It pays to volunteer

by CLAIRE HOUSER DODD

If you don't believe it pays to volunteer, just ask Katy Thompson of Macon. More than eight years ago, Jim Crisp of Theatre Macon, (our premier director of downtown Macon's theatre), called seeking help with choreography for his Youth Actors Company (YAC). They were doing "brigadoon" at the time and Katy was more than happy to comply. She has enjoyed all his hard work, and grown tremendously; from working not only with the youth but to directing and choreographing for main stage events and becoming a

board member.

Not to mention meeting the love of her life, Adam Carr of Peach County, at an audition at S. Pacific. Actually, they had been at another audition 3 years earlier but hadn't met. This time was different. Adam had been spending summers in New Hampshire with a theatre group, but had chosen to stay here for Mid Summer Macon and ended up co-directing Oklahoma with Katy Thompson.

One thing led to another, and "Eureka" now a marriage is planned for May 15, 2010, then on to New York City where Adam is already gainfully employed as Production

Assistant on the "Ugly Betty" TV hit.

Though busy enjoying her upcoming wedding plans, Katy is also working on resumes to send around in New York. Not necessarily in theatre. She says she loves volunteering and teaching children dance and acting. Katy is also interested in marketing and publicity which is more in line with her major and what she is now doing with "Backdrops Fantastic."

Katy wonders where her life would have led her were it not for her theatre volunteering, first with Jerry Mittlehouser of Macon Little Theatre, then with Jim Crisp of Theatre Macon for 8 years. She would not have met lots of wonderful people, up to and including Adam, her betrothed, or had the satisfaction of doing so much for so many. She is loved and respected by a whole generation of acting, dancing and singing want-a-be's. Who knows what stars of tomorrow may have gotten their start right here at Theatre Macon under her tutelage.

Congratulations and best wishes to Katy on her new adventure in NYC; and to you, dear readers, get out there and volunteer. Keep the arts alive. Call Jim Crisp at Theatre Macon at 478-746-9485. There's way more going on back stage than you can imagine, and help is needed. Remember, "It pays to volunteer!"



Katy Thompson, Jim Crisp and Adam Carr



Katy and Adam

2010 Census Cautions from the Better Business Bureau... be cautious about giving info to census workers

by SUSAN JOHNSON

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

The big question is: How do you tell the difference between a U.S. Census worker and a con artist? BBB offers the following advice:

- If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

- Census workers are currently only knocking on doors to verify address information.

Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.

REMEMBER, NO MATTER WHAT THEY ASK, YOU REALLY ONLY NEED TO TELL THEM HOW MANY PEOPLE LIVE AT YOUR ADDRESS.

While the Census Bureau might ask for basic financial information, such as a salary range, YOU DON'T HAVE TO ANSWER ANYTHING AT ALL ABOUT YOUR FINANCIAL SITUATION.

The Census Bureau will not ask for Social Security, bank account, or credit card numbers, nor will employees solicit donations. Any one asking for that information is NOT

with the Census Bureau.

AND REMEMBER, THE CENSUS BUREAU HAS DECIDED NOT TO WORK WITH ACORN ON GATHERING THIS INFORMATION. No ACORN worker should approach you saying he/she is with the Census Bureau.

Eventually, Census workers may contact you by telephone, mail, or in person at home. However, the Census Bureau will not contact you by Email, so be on the lookout for Email scams impersonating the Census. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

Here's their web site:
<http://2010.census.gov/2010census/>

Additional security related information to keep in mind:

Any request for census information from the Census Bureau will be clearly marked as coming from the U.S. Census Bureau and as OFFICIAL BUSINESS of the United States.

It is a federal offense for anyone to pretend they represent the Census Bureau, or any other office of the United States Government.

When the 2010 Census takes place, you will receive a letter from the Census Bureau Director, notifying you that, in a few days, your household will receive a form in the mail, or a phone call from the Census Bureau, or a visit from a Census Bureau representative.

Identifying the Census Taker

All census takers carry official government badges marked with just their name.

You may also ask them for a picture ID from another source to confirm their identity.

Some census workers might carry a "U.S. Census Bureau" bag.

If you still are not certain about their identity, please call the Regional Census Center toll-free number to confirm they're employed by the Census Bureau.

Most importantly, the Census Bureau will NEVER, under any circumstances, ask to enter your home.



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Georgia eye doctor helps legally blind to see again



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

by ELENA LOMBARDI

Atlanta, Georgia –

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

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

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

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

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

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

Randy Day of North Georgia

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

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

Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

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

To learn more about 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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Indian Footprints

"Mysterious vapors in middle Georgia"

by W. MAXWELL DUKE

To appreciate what conditions were like in middle Georgia during the early 1800s, we are fortunate enough to have an old manuscript written by two Moravian monks who resided on the Flint River at the Indian Agency near what is now Roberta, Georgia. In their journal they wrote down important events and observations.

Disease and "mysterious vapors" were just two of the topics of note. The following entries from their writings offer up what life was like



when middle Georgia was little more than a frontier.

Nov. 1809. At long last we have recovered from our fevers. But Mr. Burekhard's condition took on a different form. On the night of the 9th and 10th he suffered an attack which caused him to jump up from his bed and chase about in the room. On the 11th he lapsed into a comma for three days.

Sept. 1, 1810. Fever is so widespread that Mrs. Hawkins (Colonel Benjamin Hawkins, Indian Agent) and others have left home and are camping in the woods to escape it. I am told that the Indians are suffering great loss of life because of the fever. Eighty of them have died thus far.

Nov. 1, 1810. Brother Petersen has been coughing up blood. He had been having extreme chest pains which moved into his bowels.

Nov. 13, 1810. Colonel Hawkins had some castor oil seeds picked and boiled. He gave some of the oil to Brother Petersen for his bowel problem.

Nov 15. Brother Petersen got relief this afternoon and the pain eased.

Dec. 28. Brother Petersen has recovered but it has left him dragging his foot when he walks

April 18, 1811. I have been warned that the deep valleys are unhealthy places to live.

July 3, 1811. The construction of our building has been slowed because of Brother Burekhard's severe hemorrhoid problem.

Nov. 17, 1811. I discovered that my recurring headache and dizziness

is due to the unhealthy location of the shop. It is there that a visible vapor rises up from the floor and proves to be poisonous. I decided to investigate. I pulled up a board and discovered the underside of the plank to be wet and the source of the vapors. I built a roaring fire and threw sulfur and vinegar into it to rid us of this problem. I also breathed through a rag soaked in vinegar to get relief.

Jan 1, 1812. Colonel Hawkins took severely ill. His recovery is unlikely.

Jan 9, 1812. I was summoned quickly to Col. Hawkins' bedside. He asked me to formalize his common-law marriage to Mrs. Hawkins because he was sure he was about to die. I complied with his wishes and performed marriage ceremonies.

There is 12 inches of snow on the ground and the thermometer is at 6 degrees above 0 and the Col. is near death. He has made final changes to his will and given farewell to all.

AUTHOR'S NOTE: Hawkins' death-bed wedding and farewell were premature. Much to everyone's surprise, he recovered and lived another four years. ©

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**HOUSTON
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C'mon, let's eat

by FAYE JONES

Since February is the month for lovers, try the following menu to make your sweetheart happy. If this doesn't do the trick – perhaps you have the wrong valentine. Enjoy these wonderful recipes. Bet they'll become a part of your permanent collection!

SPECIAL SPINACH SALAD

1/3 cup olive oil
3 tablespoons sugar
2 tablespoons white wine vinegar
2 tablespoons sour cream
1/2 teaspoon ground mustard
1 package (6 ounces) fresh baby spinach
1/2 cup chopped walnuts, toasted
1/2 cup dried cranberries

In a jar with a tight-fitting lid, combine the oil, sugar, vinegar, sour cream and mustard; shake well. Divide spinach among four salad plates; drizzle with dressing. Sprinkle with walnuts and cranberries. Yield: 4 servings

CHERRY STUFFED PORK CHOPS

1 package (5.6 ounces) couscous with toasted pine nuts
6 boneless pork loin chops (1 inch thick and 6 ounces each)
1/2 cup dried cherries
1 tablespoon brown sugar
1 tablespoon butter, melted
1/2 teaspoon minced fresh gingerroot
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Prepare couscous according to package directions. Meanwhile, cut a deep slit in each pork chop, forming a pocket. Stir the cherries, brown sugar, butter and ginger into prepared couscous. Stuff 1/3 cup into each chop; secure with toothpicks. Sprinkle with garlic powder and pepper.

Grill pork chops, covered, over medium heat for 10 to 12 minutes on each side or until a meat thermometer reads 160 degrees. Discard toothpicks. Yield: 6 servings

GREEN BEANS WITH ALMOND BUTTER

1-1/2 pounds fresh green beans, trimmed
3 tablespoons butter, softened
2 teaspoons lemon juice
1/2 teaspoon grated lemon peel
1/4 teaspoon salt
1/8 teaspoon garlic powder
Dash pepper
1/3 cup slivered almonds, toasted and finely chopped

Place the beans in a large saucepan and cover with water. Bring to a boil; cook, uncovered, for 8 to 10 minutes or until crisp-tender.

Meanwhile, in a small bowl, combine the butter, lemon juice and peel, salt, garlic powder and pepper. Stir in the almonds. Drain the beans and return to the pan. Add almond butter and toss to coat. Yield: 6 servings

CHOCOLATE DESSERT DELIGHT

2 cups chocolate graham cracker crumbs (about 32 squares)
1/2 cup butter, melted
1/2 cup chopped walnuts
1 tablespoon sugar

Filling:
1/2 gallon chocolate ice cream,

softened
1 jar (12-1/4 ounces) each of caramel ice cream and hot fudge toppings
1/2 cup miniature semisweet chocolate chips
1/2 cup chopped walnuts

Topping:
2 cups heavy whipping cream
3 tablespoons sugar
1 tablespoon baking cocoa
1 teaspoon vanilla extract
1/2 teaspoon instant coffee granules

Additional miniature chocolate chips and chopped walnuts

For crust, combine crumbs, butter, walnuts and sugar, press into an ungreased 13-in. x 9-in. x 2-in. baking pan. Bake at 350 degrees for 10 minutes; cool completely.

Spread half of the ice cream over crust; spoon caramel and hot

fudge toppings over ice cream. Sprinkle with chocolate chips and walnuts; freeze until firm. Spread with remaining ice cream over the top. Cover with plastic wrap. Freeze for at least 2 hours.

In a large bowl, beat cream until stiff peaks form. Fold in sugar, cocoa, vanilla and coffee granules. Pipe or spoon onto dessert. Sprinkle with additional chocolate chips and walnuts. Return to freezer until 10 minutes before serving. ENJOY!
©1/25/10

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.

Local retired missionary writes book on Pakistan

Submitted by
Bettie Rose Addleton

“THE DAY THE CHICKEN CACKLED: Reflections on a Life in Pakistan” has just been published and released by Crossbooks Publishing. The author, Bettie Rose Addleton and her husband Hubert served as missionaries in Pakistan for more than three decades and retired from the International Mission Board of Southern Baptists in 1994.

As the title suggests, the book offers a personal perspec-

tive on life in a country which in recent years has figured prominently in media headlines and is more associated with violence and Islamic extremism.

However, Addleton's account goes beyond the sensational headlines, providing unique perspective on a traditional Islamic society. Her accounts of Muslim women in particular provide a glimpse into family life behind the veil, opening a window into a world only rarely seen by outsiders.

The book opens with her departure by freighter for Pakistan as a young 25 year old missionary. Taking a thematic

approach, subsequent chapters explore in greater detail such issues as language, celebrations, travel, children, food, and friendships.

Addleton, who was born and grew up in middle Georgia and spent most of her adult life in Pakistan, now lives in Macon. Her husband Hubert is pastor of Antioch Baptist Church in Taylor County. Macon City Council member Nancy White is her daughter.

The book is available at www.crossbooks.com or by contacting the author directly at braddleton@bellsouth.net, or telephone 478-755-1108.

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Macon/Central Georgia CALENDAR

Coliseum Health System

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Mon., Feb. 8, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete information call Nancy White at 478-464-8171.

Support Groups

• **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
• **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
• **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
• **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
• **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
• **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
• **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
• **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room.

478-475-1818.

• **Bipolar Support Group:** 1st & 3rd Thurs., 6-7:30 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355
• **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
• **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
• **Extending H.O.P.E. - Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
• **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their caregivers. 478-765-4805.

H2U Activities

For information call 478-757-6092

• **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
• **Joint Pre-Surgery Education Classes:** 3rd Thurs. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
• **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
• **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
• **Classes for Patients who are going to have Joint Replacement Surgery:** Offered once a week at Coliseum Northside Hospital; 478-757-6092 to schedule.
• **A-Z Diabetes Self-Management: Day Classes:** Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-

765-4338.

• **Look Good... Feel Better:** A free program by the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Medical Center of Central Georgia - Partners In Health Classes

Golden Opportunities
The Wellness Center
3797 Northside Drive, Macon 478-757-7817
• **Close Knit Bunch:** Tuesdays, 2 p.m., Free
• **Card Sharks:** Wednesdays, 1-3 p.m.
• **Man to Man Prostate Cancer Support Group:** First Tues., 7 p.m., 478-633-2229

Heartworks

389 First St. (Inside the MHC)
478-633-9090
• **Smoking Cessation:** Thurs., 5 p.m., Free

Central Georgia Rehabilitation Hospital

3351 Northside Drive
478-201-6500
• **Stroke Support Group:** Third Tues., 4 p.m.
• **Spinal Cord Injury Support Group:** First Tues., 6:30 p.m.
• **Brain Injury Group:** Third Tues., 6:30 p.m.

Support Groups

• **Lupus Support Groups:** Second Sat., 12:30-2 p.m. 478-238-6862
• **Parkinson's Disease Support Group:** Call Mary Michael Atkinson at 478-743-7092, x211
• **Caregivers Support Group:** Call Mary Michael Atkinson at 478-743-7092, x211
• **Adult Grief Support Group:** Call Mike Manley at 478-633-5660 or Larry Robinson at 478-633-8109
• **Parent Grief Support Group:** Call Mike Manley at 478-633-5660 or Larry Robinson at 478-633-8109
• **Goodbye Too Soon Support Group:** First & Third Tues., 7 p.m., 478-633-1785 or 866-633-7057
• **Alzheimer's Support Groups:** Carlyle Place, Second Wed., 478-405-4542. Peyton Anderson Building, Second Tues., 478-746-7030.

Houston Health EduCare

Diabetes Type 2 Support: 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion

EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

SeniorCare

A service of Houston Healthcare promoting wellness of mind, body and spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

Perry SeniorCare

Call 478-923-9771 for complete details.
• Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching.
• Mon., 1-2 p.m., Line Dancing. • Wed. only, PVO Bingo immediately following exercise.
• 2nd Fri. of month, optional healthy lunch (\$5) and a guest speaker targeting senior adults' mental, spiritual, and/or physical health is provided after exercise.

Warner Robins SeniorCare Water Aerobics

Call 478-923-9771 for complete details.
• Tues. & Thurs., 10 a.m., Cottages on Lakeview. Outdoor pool exercise class geared toward senior adults including strength and flexibility led by a certified instructor from June-Sept.

Centerville SeniorCare

Call 478-923-9771 for complete details.
• Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Exercise class including strength and flexibility led by a certified instructor.
• Once a Month. A mini-check will be provided focusing on recommended annual checks for senior adults.

TOPS Club, Inc.

Weight loss support group. Call 478-923-9771 for complete details.
• Perry Hospital Chapter: Wednesdays, 5-6 p.m., Perry Hospital Medical Library.
• Houston Health Pavilion Chapter: Thursdays, 6:30-8 p.m., Houston Health Pavilion EduCare Center.

Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups

Call 478-746-7050 for details.
Macon
• First Tues., 5:30 p.m., Carlyle Place, Stafford

continued on page 11

General Business Directory For Seniors

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CALENDAR

from page 10

Suites Activity Room, 5300 Zebulon Road, 478-405-4500

- Second Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., Peyton Anderson Room (Ground Floor), 478-746-7050
- Warner Robins**
- Second Tues., 10 a.m., Summer's Landing, 600 S. Kimberly Road, The Library, Belinda Johnson, 478-328-3800
- Fourth Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Health Connection Room, 478-746-7050
- Third Thurs., 7 p.m., Antebellum Grove, 1010A South Houston Lake Road, Activity Room, 478-746-7050
- Perry**
- Second Tues., 6 p.m., Summerhill Elderliving Home & Care, 500 Stanley Street, 478-987-3251
- Milledgeville**
- Fourth Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Agape Room, downstairs, 478-453-1374

Free Legal Services

Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.

Call the Macon Office at 478-751-6261 for an appointment.

Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

If you are interested in volunteering, please call Joyce Waller or Beverly McCard at

478-745-9140.

Macon-Bibb County Parks & Recreation Department

• Photo I.D.'s & Memberships for Seniors: Call 478-751-2790 for information.

Call centers for information and schedule of events.

Downtown Center
1283 Adams Street
478-751-2790

Bloomfield Park
4115 Lions Place
478-781-6000

East Macon Park
3326 Ocmulgee East Boulevard
478-751-9271

Frank Johnson Recreation Center
2227 Mercer University Drive
478-751-9274

Freedom Park Senior Center
3301 Roff Avenue
478-751-9248

Memorial Park
2465 Second Street
478-751-9210

North Macon Park
815 North Macon Park Drive
478-477-8526

Rosa Jackson Senior Center
1211 Maynard Street

• Bible Study for All Ages: Each Thurs., 7-9 p.m.

478-751-9169

Tattnall Tennis Center

478-751-9196

John Drew Smith Tennis Center

478-474-5075

Bowden Golf Course

3111 Millerfield Road

478-742-1610

Warner Robins Recreation

Department, Senior Citizens Services

Wellston Center

• AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.

• NARFE: 2nd Wednesday of each month.

Betty Northen, President, 478-929-1067.

• Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou

Lovain, President, 478-922-7774. Joyce

Hutcherson, Program Director, 478-929-6960.

• Warner Robins Senior Citizens Social Club:

2nd and 4th Tuesday of each month. Van

Adams, President, 478-923-2174. Joyce

Hutcherson, Program Director, 478-929-6960.

• MGCAA Senior Center: Monday-Friday, 8:30-

4:30. Lunch (by appointment only), transportation, trips information and referral services. For

more information call Renea McFeeters,

Manager, at 478-923-0229.

• AARP Mature Driving Classes: For more

information call 478-929-6960.

The Gospelaires Quartet

Outreach Ministry

The Gospelaires Quartet is ready to sing at

your Senior Meetings, Church, Reunions,

Assisted Living Center or Nursing Home, as

well as special Birthday Celebrations and Club

Meetings.

For additional information call 478-929-

3816.

Health Education

The Office of Health Education at the

Macon-Bibb County Health Department has

brochures-pamphlets on various topics available

in English and Spanish. These materials are

available to businesses, community-based

organizations, and faith-based organizations

upon request.

For additional information call 478-749-

0113.

Theatre Macon

438 Cherry Street, Macon

478-746-9485

• "Out of Order" by Ray Cooney: Feb. 19-27

Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village, Macon.

478-744-9557; middlegeorgiaart.org. Tues.-Fri.,

Noon-5 p.m.; Sat., Noon-3 p.m.

Divorce Recovery Group

First Baptist Church of Macon, located at

511 High Place, is offering a Divorce Recovery

Group for those interested. The meetings are

held on Wednesday evenings. Child care and

children's activities will be provided.

For additional information call the church

office at 478-742-6485.

DivorceCare Offered

By Central Baptist Church

Divorced? Separated? Find help at

DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-

9319.

Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon

478-397-6568. Hosting Sharron Kay King on

Feb. 21 at 6 p.m. in the Church Fellowship

Hall.

Substance Abuse Help Available

Did you know alcohol is the most-used

drug in the country and it's the number one

abused substance among teens? Although most

parents don't realize it, they are the best pre-

vention tool around when it comes to underage

drinking. Children do listen to their parents. Not

only can you be a good role model for drinking

behavior, you can have a meaningful, honest

discussion with your children about alcohol, its

pitfalls and risks. If you need more information

or help, Hoda, Inc. is here to lend a hand. You

can talk to trained professionals 24-hours a day,

seven days a week by calling the Georgia

Helpline at 800-338-6745. Making that call puts

you on the road to answers so why not call

today.

Vacation Bible School Preview

Thurs., Feb. 18, 6:30-8:30 p.m., The Lamb's

Well, 115 Margie Dr., Suite E, Warner Robins.

Free. Reservations:

Valentine Health Fair

Fri., Feb. 12, 2-4 p.m., Fort Valley Healthcare

Nursing Home. Free. Blood Pressure & Blood

Sugar checks. Call Paige Peckinpah at 478-

825-2031.

A Taste of the South

March 23-25, 12 noon, 730 College St., Macon.

\$20.00. Includes Southern lunch, house tour,

Neel Reid exhibit and garden lecture by photog-

rapher, Walter Elliot. House tours only available

at 10:30 a.m. & 2:30 p.m. for \$5.00. Sponsored

by the Federated Garden Clubs of Macon, Inc.

Lunch reservations required... call 478-742-

0921.

General Business Directory For Seniors

Vineville Christian Towers

An Apartment Home for Senior Citizens

- All utilities included in rent
- Stove, refrigerator and drapes provided
- Laundry Room
- Emergency Cords/Plumbing Necklaces
- Library/Exercise Room
- Activities/Grocery Shopping Day Trips
- Beauty Shop
- Cable or antennae
- Located in a park-like setting

2394 Vineville Avenue • Macon, GA 31204

478-743-4661

Macon and Middle Georgia
477-5501

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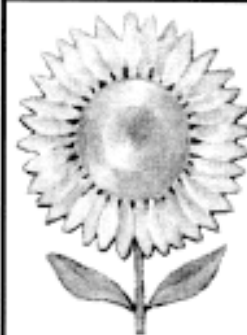


YOUR DONATIONS
When you donate your clothing and household items to Goodwill Industries, the merchandise will be processed by trainees and resold at Goodwill stores to fund job training and placement services for people with barriers to employment

YOUR TIME
Spend an afternoon, or a few hours each week giving back to the community. Make volunteering a part of your family activities.

CALL: Mid GA: 478.957.9741
OR CSRA: 706.790.5350

To find a location near you, visit
www.goodwillworks.org



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BUSINESS CARD SECTION

For Advertising Information Call
David VonAlmen at 478-213-5986

Billy Tucker at 478-939-3636

Jan Tassitano at 770-993-2943

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