

Senior News

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*The TEN Tenors to
perform in Forsyth!*

story on page 8

October 2017
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Taking Care

Friends of caregivers can help... 10 ideas for providing support!

by LISA M. PETSCHKE

In approximately one-quarter of American households, care is provided to



Lisa Petschke

someone age 50-plus. In most cases, family members and friends provide all assistance.

These unpaid helpers enhance the quality of life for ill older people who might otherwise require placement in a long term care facility.

Typically, they are spouses or offspring, many seniors themselves.

The loved ones they care for have physical or mental impairment (perhaps both) caused by one or more chronic health conditions, stroke and dementia being the most common.

The caregiving role involves physical, psychological, emo-

tional and financial demands. It can also be one of life's most rewarding experiences.

The caregiving journey is often a long one, though, and particularly challenging when the elder has heavy hands-on needs, a demanding personality or mental impairment. Burnout is common.

The following are some things that you, as a friend or relative, can do to help prevent a caregiver you know from wearing down.

1. Keep in touch. Accept that you may have to make most of the effort in maintaining the relationship. If you live at a distance or otherwise cannot visit often, regularly call to see how the caregiver is doing. Send a card or note to brighten their day, and include a humorous anecdote or cartoon clipping.

2. Educate yourself about the care receiver's disease, to help you understand the kinds of challenges the caregiver might be faced with.

3. Listen non-judgmentally, demonstrate compassion and don't give unsolicited advice to the caregiver. You can't really understand unless you've walked in their shoes, and besides, no two caregiving situations are identical. Provide words of support and encouragement.

4. Offer to accompany the person to a caregiver support group meeting if concurrent care is available or they can make in-home respite arrangements; otherwise, offer to be the respite provider so they can attend a group.

5. Encourage the caregiver to practice self-care by eating nutritiously, exercising and getting sufficient rest in order to maintain good health. Do whatever you can to help make it possible. For example, bring over a meal or offer to sit with the care receiver while the caregiver takes a walk or takes a nap to catch up on lost sleep.

6. Ask, rather than guess, what kind of practical help is most needed by the caregiver. Perhaps it's dusting and vacuuming, doing laundry or running errands. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or muffins or, if you're a neighbor, sweep both walks or bring in both sets of

garbage cans. Encourage the caregiver to ask for and accept help rather than go it alone.

7. Surprise the caregiver with a treat, such as a magazine, a movie, fresh flowers or a plant, gourmet coffee or tea, or a gift certificate to a favorite restaurant that has takeout and delivery service.

8. When it comes to special occasions, keep in mind that the most valuable gift you can give a caregiver is the gift of time. Offer to sit with the care receiver for an hour while the caregiver goes to a hair appointment or to a religious service, for example, or for a longer stretch so they can attend a social event.

9. If the caregiver is planning to host a party or dinner, offer to help with preparations or cleanup, or to attend to the care receiver during the event so the caregiver can concentrate on hosting duties and mingle with guests.

10. Offer to get information about community support services if none are in place, and encourage their use as appropriate.

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

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Contestants sought to represent their city at Miss Georgia Pageant

Special to Senior News

The USA National Miss (UNM) Scholarship Pageant is seeking young ladies ages 4-25 to represent their city at the annual Miss Georgia state pageant. The Miss Georgia state pageant will be held November 4-5 at the Henry County Performing Arts Center. Contestants will compete in evening gown, interview and runway fashion to claim the six divisional Miss Georgia state titles and advance to the national competition in Florida with fees paid.

Winners will also receive a prize package that includes photo shoots, prizes and gifts. As a charity-oriented organization, USA National Miss' national platform is The Crown CARES (Creating a Respectful Environment in Schools) and state winners will become ambassadors for this 501c3 organization to promote the anti-bully message across schools in Georgia.

For more information about the USA National Miss Georgia state pageant, or to register as a contestant, go to www.USANationalMiss.com/georgia or email georgia@usa-nationalmiss.com.

Let us entertain you

by **CLAIRE HOUSER DODD**

There comes a time in every rightly constructed boy's life when he has a raging drive to go somewhere and dig for hidden treasures.

Mark Twain

Halloween is coming up, but we've already had our scare! What with Irma hitting the Keys and blowing on up I-75, no lights, no heat, no warm milk, no electricity, also now no juice for our cell phones. No TV, no lights. My, My, what can you do? We had five candles lit between a tripod mirror. Thought we were being so smart. Ha! Candle power may be better than nothing, but it is not much. Our bet is that all those ancient folks who read by candlelight went blind. We already were about as we had just had our eye operation to correct the bottom eyelashes from turning inward and scratching the eyeball. Neither of

those two were any fun!

So... here comes Irma. Naturally, we could watch the horror of it coming up from Florida, but when it came time for us to know what really mattered to us..., guess what? No TV... was down Monday during the worst of the storm, and with no juice for Cell, we couldn't very well call out.

Actually, we started out with a little power, but after checking on family and friends, it's gone. We are supposing the same thing happened to folks in Florida as we couldn't get in touch with them during the storm either. Our phone flashed "Closed," ...whatever that means! To us it meant we couldn't get through.

Actually, Harvey visited us too. About the time it hit Texas, our Grand Matthew was helping us get a load of clothes on, and then we were off to the grocery store, visiting neighbors, and finally putting on that nice big hen we bought for dinner and Matthew was cutting up vegies

when we said, "Oh, we almost forgot our clothes. Better go put them in the dryer. That's when we knew Harvey had hit us... we stepped into at least one inch of water over a thick wool rug. Oh well! Loveitt Wasson was in the back yard and brought over a large shop vac. It was Loveitt to the rescue!" Matthew thought that was wonderful! We invited him for dinner; and, don't think I've had a more grateful or complimentary guest. And you better believe he got the first class treatment. Matthew had eight candles on the table, Spode china and the deer antlers silver from Austria. 'Course nobody could see what they were eating, but it was festive!

That rug hung out for about a week and finally dried in not too bad a shape.

We've been decorated for Halloween since August. Guess he found werewolf footprints and skeleton footprints and taped them up the front steps, to the door, and all over the house. They are really weird looking. He told Barbara Davidson that nothing would scare her for Halloween, she had already been over here and seen Gammie early in the morning. WOW! Should we try to do something about that? Naw!

Wesleyan is already gearing up for the 2018 class reunion. Our year is one. Susan McDuffy, Edwina Beal and yours truly were guests at a

lovely Wesleyan chicken salad luncheon, Saturday before Irma, given by Cathy Coxey Snow in the new chapel. Andrea Williford, V.P. of Advancement, gave us an overview of Wesleyan and their new and foreign students. Some from countries we never heard of and certainly can't pronounce them. They don't eat junk food, but love fruit and fresh vegetables which they steam. It was a bit of a shock when they served their salads and put them in the microwave. Wesleyan had to make some changes in the dining room! Whitney Davis, Director of Annual Giving, was full of life and gave us a quick look at finances.

We received a list of graduates to phone, and lo, no phone – all fired up and no phone! DRAT!

At a time like this, one realizes how much we depend on our phones and TVs. Are we addicted? Or, are we just accustomed to keeping up with the world? One thing, if not for Irma, we would not have been at home for that long of a stretch. Praise the Lord, it could have hit us a lot worse. Let us be thankful for what we do have. And not complain. Turn that song on... Be Happy!

The man who is born stingy can be taught to give liberally – with his hands; but not with his heart.

Mark Twain

Don't get soaked buying a flood-damaged vehicle

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

Recent hurricane flooding has damaged a multitude of automobiles. If you are in the market for a used car, the Better Business Bureau cautions you to watch out for flood-damaged vehicles that will soon begin to pop up in our area. Unsuspecting consumers, particularly those living in regions of the country unaffected by hurricanes or flooding, are led astray by fresh upholstery, new carpeting and bargain prices.

After a vehicle has incurred flood damage, the insurance company may declare it a total loss. When a car is declared a total loss, it should be sent to the junk yard. However, many of these cars are often sold at auction as 'salvage' vehicles. Then, they may end up for sale on used car lots, in classified ads or online on Craigslist.

After a thorough cleaning, new carpet and floor mats, these cars may look just as good as any other car on the surface. Buying a car that has been exposed to flood waters can have hidden problems including mold and mildew, rusty wiring, computer malfunctions, airbags that don't inflate and much more.

BBB has 10 tips to help you spot these former flooded vehicles, which could be sold as "good clean used cars:"

- Ask to see the title of a used car. Check the date and place of transfer to see if the car came from a flood-damaged area and if the title is stamped "salvage."

- Check all gauges on the dashboard to make sure they are accurate, and look for signs of moisture.

- Test the equipment including lights, windshield wipers, turn signals, cigarette lighter, sound system, heater and air conditioner several times to make sure they work.

- Flex some wires under the dash to see if they bend or crack, since wet wires become brittle upon drying and can crack or fail at any time.

- Check the hard to reach interior of the trunk and glove compartment, and beneath the seats and dashboard for signs of mud, rust or water damage.

- Look for discolored, faded or stained upholstery and carpeting. Carpeting that has been replaced may fit too loosely or may not match the interior color.

- Check for a well-defined line, or 'watermark', and for musty odors resulting from mildew.

- Check the car dealer's BBB review to see if they have a history of complaints.

- Ask the dealer directly if the car has been damaged by floodwater.

- Get a vehicle history report based on its VIN number.

Before you buy any used car, you should always get a pre-purchase inspection by a trusted mechanic of "your" choosing, not a referral from the seller. The extra cost now may save you thousands of dollars in the long run if major problems are discovered.

For more tips you can trust, visit bbb.org.

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

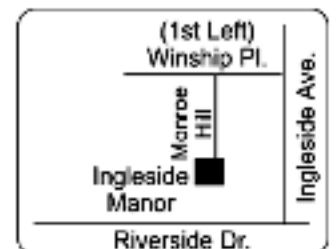
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Senior News & Views of Georgia

Poets' Corner

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

Stop! Listen & Think!

by Cynthia Underwood

Take on the power or opportunity to choose; but be selective in your choosing.

Your future is in jeopardy with every choice made. So let your mind, body and soul be in harmony, unity and agreement with your choices. Always think second-to-second, minute-to-minute, hour-to-hour and day-to-day about alternatives and roads to travel.

Down the line all choices made affect your outcome in life.

Remember that age does not mature you but choices and actions will tell the story.

Don't let peer pressure force your hand in decision making. Be a thinker for self and a doer for the right reasons. Be a doer of brave deeds and selectivity.

Friends

by Sandy Straughan

What would we do without friends? My friend listens to my troubles in the end!

She cares for me and helps me every day, She loves me like a sister, she often says.

One friend I have had for 50 years, We've been through a lot and many tears!

We watched our children grow up and become adults!

We are now both grandmothers and have a lot of FUN!

Friends are special and help us, too! They are special for me and you!

Autumn

by Shirley Glisson

Do you realize what's happening When Autumn comes around When the leaves start changing color And will soon fall to the ground?

So breathtaking is the beauty As the Artist paints the scene With bright arrays of colors, Red and yellow, orange and green!

The Magnificence is overwhelming, Yet, we do not understand As we drink in all the beauty That death has swept the land.

The leaves and flowers are dying As they fall to the sod, But the death today reveals next year The handiwork of God,

'Tis God's way of preparing For new life come next spring When trees will dress in foliage green And little birds will sing!

Grass will grow, flowers will bloom As sweet fragrance fills the air, Signs and sounds of new life Will be evident everywhere.

Opinion

World Appraisal!

by DANIEL W. GATLYN, USN Ret. Minister/Journalist

I have been questioned as to my appraisal of the world, it's history, humanity, wars, plagues, economy, leadership, governments, morality, idiosyncrasies, and such. Adequate comments would require a book; but, let me lend a precise edition.

First of all, my view is essentially worthless if I list values outside "the Script." In other words, there are millions who have been (and are) much wiser than I; but, generally speaking, I have to admit the "sparkle" for progress has been dimmed. In technical terms, we have excelled; in common sense... a disaster! Is there a word (or combination of such) that defines my overall view of past centuries... including the present hour? Confused? Surprised? Disappointed? Bewildered? Incensed? Accusatory? Commendable? Hurt? Elated? Optimistic?

Pessimistic? Promising? All of the above?

We have harnessed the atom... but not marriage! We have broken all barriers in engineering speed, the Internet, and food values... but struggle daily to place them in perspective! We glory in telling others how to live and progress... yet fail in steering our own ship! We legislate edicts and morals... but care little as to adherence! We place our valuables into a bag with holes... and, yet, acquiesce all standards to the highest bidder!

Our view of tomorrow is analogous to our embrace of world creation... it just happened! No author, no plan, no materials... and our sacrilegious stare at the "garden"... earns no honors! Wars, horrors, famine, pestilence, and degradation pursues morning and night! Our only hope is summarily dismissed as "fable!" Love, family, decency, and compassion are dismantled for selfish gain, and faltering foundations.

Back to "The Script"... and lest you are led astray... there is

only one; encompassed in select versions; but, (hopefully) each directing the heart of humanity to a virtuous path. The world conditions, and the chosen promise and instruction, perpetually polarized from each other and presents the most misunderstood paradox in all history. The "establishment" offers failure, misery... another "nine eleven"... while the Sacred Text is continually transforming the ugly, the unfit, and the undesirable into something progressive and beautiful. Only God can take the "dusty frame of mankind," and miraculously shift the gears of flesh and carnality into Spirit, charity, and wholesomeness!

Consider Houston and it's recent acts as proof! America (and the world) is often conditioned by adversity! So, How is the world? Lost without the Creator; but, plentifully "found" in Him who has made provision!

Rejoice in the hope that abounds amidst massive confusion!

Local teens to compete at national contest

Special to Senior News

Local youth will be representing Georgia 4-H at the Western National Roundup. Coached by Kellie Day, the team of Amelia Day, Jillian Douglas, Victoria Day, and Elizabeth Day earned the opportunity to compete in this national contest after placing third in the state Cotton Boll & Consumer Judging Contest that was held at Rock Eagle 4-H Center on December 10, 2016.

The youth and their coach will need financial assistance to fund their trip to the national contest in Denver, Colorado. The estimated cost for the trip and incidental

expenses is approximately \$7000. If you would like to contribute to the team's trip to competition, please contact the UGA Extension Office at 478-987-2028.

The Houston County 4-H Club is a recognized 501(c)(3) exempt organization and contributions may therefore be deductible for Federal Income Tax purposes under Section 170 of the Internal Revenue Code.

The team will compete at the Western National Roundup Family & Consumer Sciences Classic 4-H FCS Bowl Contest. The FCS Bowl will be held in January of 2018. Any additional funds not used for this event will be designated to the Houston County 4-H Cotton Boll & Consumer Judging Team.



2106 Cotton Boll & Consumer Judging Team. Left to Right: Amelia Day, Jillian Douglas, Victoria Day, Elizabeth Day and Coach Kellie Day.

Western National Roundup provides a place for youth to compete nationally while encouraging teamwork and self-confidence, and while

focusing on the 4-H Mission Mandates: Science, Engineering, Technology, Mathematics, Healthy Living and Citizenship.

BBB advice in the wake of the Equifax Data Breach

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

Equifax, one of the three major consumer credit reporting agencies, reported recently that hackers had gained access to company data that potentially compromised sensitive information for 143 million American consumers, including Social Security numbers and driver's license numbers.

Better Business Bureau serving The Fall Line Corridor offers up the following suggestions for consumers concerned that their credit or debit cards may have been compromised by a data breach.

- Stay calm. Consumers are not liable for fraudulent charges on stolen account numbers.
- Check the website of the company that was breached for the latest information. Type the company name directly into your browser. Do NOT click on a link from an email or social media message.
- If a credit card has been compromised, you will likely hear from the bank or card-issuer first. If you have questions, call the customer service number on your card.
- Consider putting a credit freeze or fraud alert on your credit reports with the three major credit reporting agencies (go.bbb.org/creditfreeze). A

credit freeze will prevent anyone from accessing your credit report or scores. This means you cannot apply for new credit without lifting the freeze. A fraud alert flags your account but does not automatically halt new credit being opened in your name.

• AnnualCreditReport.com is the only website authorized by the Federal Trade Commission to provide you with a free annual credit report. Be wary of ads, emails, and social media messages for other services. Everyone should check their credit reports annually, whether or not they have been the victim of a data breach.

If your credit card(s) has been breached:

- Monitor your credit card statements carefully (go online; don't wait for the paper statement).
- If you see a fraudulent charge, report it to your bank or credit card issuer immediately so the charge can be reversed and a new card issued.
- Keep receipts in case you need to prove which charges you authorized and which ones you did not.

If your debit card has been breached:

- Do all of the above as for credit cards, but pay very careful attention to your account. Debit cards do not have the same protections as credit cards and debit transactions withdraw funds directly from your bank

account.

- Contact your bank for more information, or if you want to preemptively request a new debit card or put a security block on your account.
- Beware of scammers who may purport to be from the retailer, your bank, or your credit card issuer, telling you that your card was compromised and suggesting actions to "fix" the problem. Phishing emails may attempt to fool you into providing your credit card information, or ask you to click on a link or open an attachment, which can download malware onto your computer.

For all businesses that collect customer information:

- Make sure you protect your customers' data. Data breaches can happen to any business.
- Check out BBB's online guide

Data Security - Made Simpler for free information on how to create a data security plan.

Kelvin Collins is President/CEO of the Better Business Bureau serving the Fall Line Corridor, serving 83 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia and Western South Carolina. This tips column is provided through the local BBB and the Council of Better Business Bureaus. The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB by visiting bbb.org, by emailing info@centralgeorgia.bbb.org, or by calling 800-763-4222.

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478-201-6500

Cancer Life Center
Information and Reservations: 478-
633-8537; www.cancerlifecenter.org

**Alzheimer's Association, Central
Georgia Regional Area Caregivers'
Support Groups**
Call 478-746-7050 or 800-272-3900
for details.

Bibb County
• 2nd Tues., 3:30 p.m., Alzheimer's
Association, 886 Mulberry St.,
Macon, 478-746-7050
• 1st Wed., 10 a.m., Martha Bowman
UMC, 500 Bass Rd., Macon, 478-
743-7050

Houston County
• 4th Thurs., 7 p.m., Peachbelt Rehab
Center, 801 Elberta Rd., Warner
Robins, 478-397-4669

• 4th Tues., 7 p.m., Houston Health
Care, Classroom #1, 1601 Watson
Blvd., Warner Robins, 478-923-2532
Dodge County

• 3rd Thurs., 5:30 p.m., Dodge
County Hospital, Educational Annex,
901 Griffin Ave., Eastman, 478-374-
0600

Lamar County
• 4th Tues., 6:30 p.m., First United
Methodist Church, 375 Thomaston
St., Barnesville, 770-358-4516

Laurens County
• 1st Thurs., 2 p.m., Carl Vinson VA
Medical Center, 12-A Family Room,
1826 Veterans Blvd., Dublin, 478-
272-1210, x2328

Monroe County
• 1st Thurs., 6 p.m., Monroe County
Hospital Dining Hall Downstairs, 88
Martin Luther King, Jr., Dr., Forsyth,
478-747-8754

Peach County
• 3rd Thurs., 7 p.m., The Medical
Center of Peach County Cafeteria,

1960 Highway 247 Connector,
Byron, 478-951-3613
Putnam County

• 3rd Wed., 10 a.m., First Baptist
Church, 115 N. Madison Ave.,
Eatonton, 706-485-3331

Upson County
• Last Thurs., 7 p.m., Thomaston
Reflections, 302 S. Bethel St.,
Thomaston, 706-647-1607

Telephone Support Group
• 1st & 3rd Tues., 7-8 p.m., "Care
Connection" facilitated by an
Alzheimer's Assoc. staff member, 1-
866-453-5550. To learn more about
"Caring Connection" call 800-272-
3900.

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 Middle Georgia, Inc.

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

If you are interested in volun-
teering, please contact our Volunteer
Department at 478-745-9140.

**Macon-Bibb County Parks &
Recreation Department Senior
Center**
1283 Adams Street Macon, Georgia
31201; Phone: 478-751-2790, 478-
751-9238; Daily activities 9:00-2:00

**Warner Robins Senior Citizen
Services (50+ Years Old)**
**Warner Robins Recreation
Department - Felicia Wright,
Director**
Email: FWRIGHT@wrga.gov; 478-
293-1066

Senior Activity Center
152 Maple Street, Warner Robins
Office: 478-293-1066

**Support Group for Caregivers of Frail
Elderly Family Members**
First & third Tuesdays of each
month, 3:30-5 p.m., 6060 Lakeside
Commons Place (off Bass Rd.),
Macon. Call Martha Duke at 478-
808-6957.

Houston County Council Of The Blind

The Houston County Council of
the Blind meets the first Saturday of
each month at the Centerville Lions

Club located on Houston Lake Road
voicing state and local concerns for
the blind or visually impaired.
Fellowship and membership are wel-
comed.

Georgia Leathercrafters Guild

The Guild meets every second
Sunday in the month at Geico on
Weaver Road. All who wish to learn
and/or expand their knowledge of
leather craft are invited. For addi-
tional information call 478-745-2320
or 770-688-2315, Tom Maldonado.

Central Georgia Genealogical Society

Meets 2nd Mon., 7 p.m., Flint
Energies Conference Room, 900
Hwy. 96, Warner Robins. For com-
plete details call 478-987-7260 or
visit www.cggs.org.

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, commu-
nity-based organizations, and faith-
based organizations upon request.

For additional information call
478-749-0113.

The Macon Arts Alliance

486 First St., Macon
478-743-6940

Massee Lane Gardens

For information call 478-967-2358

or www.camellias-acg.com (The
American Camellia Society.)

Macon Little Theatre

4220 Forsyth Road, Macon
Reservations: 478-471-PLAY

Museum of Arts & Sciences

4182 Forsyth Road, Macon
478-477-3232 or visit website
www.masmacon.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

Warner Robins Little Theatre

502 South Pleasant Hill Rd.
478-929-4579; www.wrlt.org
• *All the Great Books* (abridged)
(Comedy): Nov. 10-12; 15-18

Douglass Theatre

355 Martin Luther King, Jr.
Boulevard, 478-742-2000

Tubman Museum

340 Walnut St., Macon
www.tubmanmuseum.com

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.

continued on page 7

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EVENTS

from page 6

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.

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 prevention 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, Hodac, 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.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Carol Cannon, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: ccannon@mg-rc.org for details.

Open Sketching Portraits

Presented by the Fine Art Society of Middle Georgia, every Tuesday that is not a holiday, 6-7 p.m. at the Gallery of Fine Art, 149 S. Commercial Circle, Warner Robins. For details contact Leslie Hoops-Wallace at 478-396-9198, or email unicomsquest@hotmail.com.

Fine Art Society of Middle Georgia

Meets 4th Mondays at the Flint Energies Building, Hwy 96 & Sutherland Dr, Warner Robins. For details call 478-396-9198, email fasmidga@gmail.com, or visit www.fasmidga.org. FAS Gallery of Fine Art is located at 149 S. Commercial Circle, Warner Robins.

Houston County Council on Aging/Meals on Wheels

Houston County Council on Aging/ Meals on Wheels is a non-profit that delivers meals to home bound seniors. We have openings for seniors in need of meals and for vol-

unteers able to distribute meals. Please call Alesha Mathis, Meals on Wheels Coordinator, at 478-328-6070 for more information, to sign up for meals, or to volunteer.

Ocmulgee Audubon Society

Meets 2nd Monday monthly (except July), 7:30 p.m., Museum of Arts and Sciences, 4182 Forsyth Rd., Macon. Birders and visitors welcome. Additional information, call 478-477-7016; <http://ocmulgeeaudubonsociety.blogspot.com>.

Free Car Seat Checkup

2nd Wed. of the month, 10 a.m.-2 p.m., Bibb County Health Dept., 171 Emory Hwy., Macon. SAFEKIDS Central Georgia. For details call 478-749-0144.

The GeorgiaCares Program

The GeorgiaCares Program helps people with Medicare understand their benefits, make informed decisions about health care options and provide ways to protect themselves from Medicare fraud, error and abuse. Call 1-866-552-4464 (option 4) or (478) 751-6489 to schedule an appointment at a counseling station in Baldwin, Bibb, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson Counties. Visit www.mygeorgiacares.org for counseling site locations and hours.

Mid Georgia Orchid Society

Meets 2nd Tues. each month from Jan. through Nov., 7 p.m., Houston Lake Baptist Church, 2300 Houston Lake Rd.

(2300 GA Hwy 127 E), Perry. Meetings include social gathering and fellowship period, business discussion, "orchids" program, refreshments, show & tell and raffle (members only please). For additional information please email: rwfaber1@gmail.com.

An Evening with the Chuck Wagon Gang

Also appearing... *The Exhorters Quartet*. Fri., Oct. 27, 7 p.m., Old Mountain Hill Schoolhouse Auditorium, 47 Mountain Hill Road, Fortson, GA. Sponsored by Harvest Time Ministries. Tickets - Advance, \$10; At Door, \$12; Groups of 12 or More, \$8. To order call Ginny at 770-696-7548.

Storytelling Series For Seniors

In November, a two-part session will be offered to help participants craft stories from their lives.

Thurs., Nov. 9, 3 p.m.: Workshop session to gather ideas. Participants will then return home to work on their stories.

Thurs., Nov. 16, 3 p.m.: Storytelling session. Participants will share their stories.

Storytelling Series to be held at Lanford Branch of the Middle Georgia Regional Library System, 6504 Houston Road, Macon.

Retired educator Karen Shockley who has done a lot of Storytelling in the Bibb County School System will be the presenter. For details please send email to jardineh@bibblib.org.

General Business Directory For Seniors

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380 Hospital Drive Macon, GA 31217
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On the Cover

Internationally-acclaimed Australian performance group *The TEN Tenors* to perform in Forsyth

Submitted by Patrick Hamilton
Fine Arts Coordinator for the
Monroe County Board of
Education & Manager of the
Monroe County Fine Arts Center

The internationally-acclaimed Australian performance group *The TEN Tenors* will make

Forsyth a stop on its 2017 "Home for the Holidays" Christmas Tour this December.

The TEN Tenors will appear at the Monroe County Fine Arts Center on Friday evening, December 15. The stop will be one of 17 concerts across nine states. This year's Christmas Tour marks the 20th anniversary for the *The TEN Tenors*. Monroe County's

Fine Arts Center is the exclusive Georgia venue hosting the group this year.

Tickets for the event can be purchased at www.ticketalternative.com or through the Board of Education office.

In addition to providing a night of holiday entertainment to local and area music patrons, *The TEN Tenors* will offer choral students at

Mary Persons High School the opportunity to meet and interact with the performers. A student workshop will be held during the afternoon before the show. Additionally, Mary Persons High School students have been invited to take part in *The TEN Tenors* concert. The MPHS Chorus will perform as the opening act for the world-renowned vocal group.

Carla, Retired but Still Running!

by CLAIRE HOUSER-DODD

Carla Shy Gowen says, "I am retired now and have the time to work with our city to help Fort Valley become vital again, a place where people want to live, shop and work."

Carla is the daughter of the late Carlton and Carolyn Shy, and the granddaughter of Carlton, Sr. and Leila Shy. She grew up in Fort Valley when it was a magnificent little city. She remembers when all the stores were busy, and the schools were excellent. You didn't have to go anywhere else to shop or eat or seek entertainment. There was nothing anywhere any better than what Fort Valley had to offer.

The clothing stores carried the very best lines of clothing, the same as Goldman's in Macon and Allen's in Atlanta: Designer Fashions. There was a store for everything you could think of. Several Dry Goods stores, several hardware stores, drug stores, shoe stores, a wonderful jewelry store, cleaners, a photography shop, a pool room, quite a few restaurants, insurance agencies, real estate offices and a movie theatre. Fort Valley was fun.

Some of the outstanding names: The ParSan, Khoury's, Poole's Café, Pet & Gus's Restaurant, Houser & Lee Insurance and Realty, Strickland's and Reddick's Hardware, Beauty Parlors, Drs. Vinson and Marshall.

Since Carla was in Fort Valley at that happy time, she has a good feeling for what Fort Valley needs, "I know people and businesses all over town, am comfortable anywhere and I have a listening ear and a heart for people in Fort Valley. I am ready to be a go between for the people and the City Council.

Carla has been married to Ed for 49 years. They have a son, Zac, who works for the Utility Department as manager of the IT Department. He has four children: Emily, Erin, Jillian and Jacob, who all attend Peach County Schools. They are blessed to sit with them at the Church of Jesus Christ of Latter Day

Saints every Sunday.

Carla has an excellent work ethic, and has only left Peach County when her husband served in the United States Army for 20 years.

Mrs. Gowen worked at Peach County High School for six years, Ken Thomas Photo Studio for two, for the City of Fort Valley as a detective for 10 years and Fort Valley Main Street for three years. She also works now at Georgia Pecan during pecan season and just completed her term as President of the Fort Valley Kiwanis Club. Plus she serves on the Economic Development Council for the City of Fort Valley. She is a past member of the Peach Festival and the Hambone Jam.

Since Carla is now running for a seat on Fort Valley's Council, she has been asked many questions. Not the least of these is what she considers one of the major problems she sees with Fort Valley. She says, "Jobs, Jobs, Jobs. While the unemployment rate for Georgia is 6.7%, Fort Valley's is 11.9%. We need jobs for those with no or little skills, but we need new businesses which will bring new jobs. Then we can work toward making Fort Valley a place where people want to come; bringing people to Fort Valley to spend their money and to stay. Of course, we also want to attract new people and make them say, 'Wow! I want to live in Fort Valley!'"

It is wonderful to see a young

and retired grandmother so vibrant and interested in putting her spare time into helping her home town and the people in it. Carla has the time now to devote to the public, the time to meet with the people, learn their problems, listen to their particular complaints, and try to help solve them. As a retiree and a Senior Citizen, Carla can also understand the needs and problems of the older citizens who are on a fixed income.

It is a breath of fresh air to find a Senior Citizen with intelligence and energy to spare who is willing to get out there in the main stream and try to help others. Carla Gowen is a role model for other Seniors. Congratulations to her. Keep up the good work, Carla!

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