

Senior News

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

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

Story on Page 6

November 2009
Vol. 23, No. 11

10 Warning signs of Alzheimer's disease

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

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

Just like the rest of our bodies, our brains change as we age. Most of us notice slowed thinking and occasional problems remembering certain things. However, serious memory loss, confusion and other major changes in the way our minds work are not a normal part of aging and may be a sign that brain cells are failing.

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

In recognition of Alzheimer's Awareness Month in November,

here is information from the Alzheimer's Association that may help you better understand and recognize this dementia.

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

1. Memory changes that disrupt daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

For people with dementia and their families, an early diagnosis has a couple of advantages. First, it leaves time to make choices that maximize the quality of life through appropriate treatment. Second, it lessens anxieties about unknown problems, allowing more time to plan for the future.

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

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

A diagnosis of Alzheimer's disease is life-changing for the individual diagnosed and all those close to him or her. One of the most important goals of the

MCGHealth Memory Disorders Clinic is supportive care for patients and families through education and awareness.

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

Blessing of the Animals

by CLAIRE HOUSER DODD

Although a long tradition in the Roman Catholic Church, blessing the animals has spread to other churches. It is a very special service held in early October on the feast day of St. Francis of Assisi, the patron saint of animals and the environment.

St. Andrews Episcopal Church on Central Avenue in Fort Valley held its Blessing of the Animals at 2 p.m. on Oct. 4 on the church lawn. Many species of pets were present. All well behaved. Was this the result of the blessing? We believe so as we know some of the animals and have never seen them so calm and well behaved.

Father Donald Tate went from pet to pet offering a blessing while

his wife Dr. Reverend Ruth Tate performed the same ceremony in Montezuma.

My friend Jane brought General Robert E. Lee, a well behaved and handsome Jack Russell Terrier. Friends Barbara and Billy had two adopted cats with them and a dog who adopted them. Billy was about to drop from carrying one of the original Fat Cats in captivity.

Marion Joiner had her two best friends with her and there were many other animals in line to be blessed which Father Tate did with love and dignity which gave us – pets and people – a very spiritual feeling.

*All things bright and beautiful
Creatures great and small,
All things wise and wonderful,
The good Lord made them all.*

Volunteer Medical Clinic holds Azalea Fine Art Auction

by JACK STEED

Just in time for the holidays. Save the date: December 4th from 6:00 to 10:00 p.m.

This event to be held at 508 Osigian Boulevard in Warner Robins will include beverage and cheese tasting and an art auction; as well as exceptional artwork given as door prizes.

All proceeds will be donated to the Houston County Volunteer Medical Clinic, a non-profit institution dedicated to providing free medical care to uninsured working citizens of Houston County. The clinic depends on donated funds in order to provide quality and compassionate medical care by volunteer physicians, nurses, medical technicians and lay citizens.

For ticket information call 478-923-9730.

Open Enrollment for Medicare Part D Plans

by BUTCH SWINNEY
GeorgiaCares Coordinator

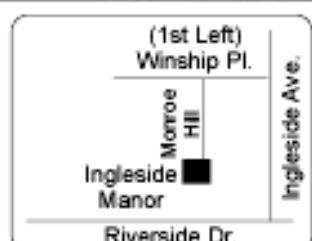
Open enrollment for those with Medicare Part D plans will be held beginning November 15, 2009 and ending December 31, 2009. GeorgiaCares Staff and volunteers will be available to assist you with choosing a Part D plan, or choosing a better Part D plan. You may call the GeorgiaCares office directly at 478-751-6489 or 1-800-669-8387

toll free. Please have your red, white, and blue Medicare card and a list of all of your medications, including the strength and number of times per day that you take the medication, ready when you call. A high volume of calls can be expected during "Open Enrollment." Please leave a voicemail message, and a GeorgiaCares representative will return your call as soon as possible. All calls will be returned. There is no charge for this service. Assistance is available to non-English-speaking consumers.

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Let us entertain you

by CLAIRE HOUSER DODD

To Yankees: If you do settle in the south and bear children, don't think we will accept them as southerners. After all, if the cat had kittens in the oven, we ain't gonna call 'em biscuits.

Joyce Burke

Sometimes we just can't help it, we have to go southern. Several years ago daughter Emily and your writer were at a swanky party in Atlanta. There were a bunch of northerners present. They said to us, "You and your daughter aren't rednecks like the rest of these South Georgia girls." We quickly informed them that we can and would turn red in a New York second!

Course we're not against yankees; we know a few, and even like a few of those! One of my best friends says when in school in the "North" she thought The War Between The States was ancient history but learned better when she came south and realized we still had slaves and slave children living in their original homes and being taken care of by their original owners with the love and respect of all connected. She realized it is a real and current affair.

We had Doctor Minnie, and believe you me, Doc ruled the whole family. She told everybody what to do, when and how. She was respected and obeyed. She was the matriarch of our family. She was also the doctor-in-house. She knew everything and you'd better believe it. We did. Doc was the one who bathed us after birth. We'll never forget those kind, loving, gentle hands.

When Doc left this world, daddy stayed with her day and night for days in her lovely own home which was always open and inviting to all of us. We all still talk about our Doctor Minnie and miss her to this day. She was a member of our family and we loved her.

Are you a Cuban food lover? We are and used to drive to Coco Loco's in Atlanta after school to meet a friend and eat Cuban, drive back or spend the night with her and leave early in the a.m. to beat it back to the University. That and trips to Miami and Little Havana introduced me to yucca, a Cuban vegetable kinda like our sweet potato; cooked differently and delicious. Never having seen one, we asked our Mexican friend (who does not like them) what that pinkish base ball bat was. Low and behold, it was yucca.

We had to have it!

Come to find out, this plant is as hard to peel as a rutabaga and just as hard to slice. Mexican friend, Candy, came on in, peeled it, sliced it and got the right seasoning (Goya's Adobo), told us how to cook it, said "yuk" and left. We sorta steamed onions and yucca in boiling water, added Adobo oil and vinegar and voila! We were happy as a lark in our own kitchen. Ate the whole thing ourselves except for grands who were kind enough to imbibe with us and were almost enthusiastic! We love it. Try it if you're game!

Lots of great fun coming up in November and some of it FREE. In this economy, doubtful as it is, we look for the economical. Wesleyan has "Divinity Lessons" by artist Logan White set up in the Murphy Art Bldg. running from Nov. 5 - Dec. 11. Opening reception: Thurs., Nov. 5, 6 - 7:30 p.m.; Gallery talk 5:30 - 6:30. Hours: m-F, 10 a.m. - 12 a.m. and 12:30 - 5 p.m. Logan White has shown her work internationally. Free and open to the public 478-757-5189.

Running almost simultaneously is Meg Cambell, ceramist and Wesleyan Alumna with opening reception Thurs. Nov. 12, 6 - 7:30 at the Porter Fine Art Building, East Gallery. Hours: M-F, 10 a.m. - 12 p.m. and 12:30 p.m. - 5 p.m. This will show Meg's pottery, painting, sculpture and recent paintings and collages.

And the Freebie is Wesleyan's Annual Fall Recital on Monday, Nov. 16 at 7 p.m. at Porter Auditorium featuring the music students - also open to the public.

This next one on Nov. 14 will

cost you \$6 and your kids \$4. and will be well worth it. It's the Annual AXIS Dinner in the Anderson Dining Hall. The WORLD Cooks for you at Wesleyan's Annual International Dinner prepared and cooked by her international students. It is delicious, delightful and delectable. If you haven't been to one, you don't know what you're missing. Proceeds go to scholarship funds. 757-5137.

On the other side of town, 5171 Eisenhower Parkway at Anderson Conference Center at Goodwill, enjoy free music each Friday night at 7 p.m. We went to Edgar's to eat, loved the food and the music.

Don't forget First Friday downtown. We missed it last month but don't expect to this month. Always fun.

First Saturdays at noon - 2 p.m. GA Music Hall of Fame, 200 Martin Luther King Blvd. has Athens musician Pam Blanchard performing original songs for children. \$3.50 for ages 4-17 including museum admission. 751-3334.

Masterworks # 2, "The Excitement Continues" with Maestro Gnam's magic. The Macon Symphony Orchestra with guest artist Xiang Gao, violin. Grand Opera House, Sat. Nov. 14, 7:30 p.m. Don't miss this one and tell them we sent you when you buy your tickets as we're on Audience Development with Susan McDuffie and may get boiled in oil if we don't sell enough tickets. Be a vulture for Culture and join the symphony! You'll love it!

We also enjoy the Macon

Film Guild at the Douglas Theatre on M.L.K. Nov. 8 they'll present "Seraphine." We can't remember it, but plan to go and refresh our memory. Movies are shown at 2 p.m., 4:30 p.m. and 7:30 p.m. Discussion follows 4:30 screening. More info 742-2000. \$5 at the door.

Have a good month, great Thanksgiving with family and friends and just ENJOY!

*Roses are red
Violets are blue
Fall have fell,
We have, too!*

Happy Thanksgiving!

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Spiritual Notes

Perseverance!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

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

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

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

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

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

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

Poets' Corner

Time to Download By Vera King

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

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

Long term memory lingers
Because its been around
Ever since we were aware
Of what was earth and ground

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

Flowers Speak a Universal Tongue By Jean Davis Elam

Flowers speak a universal tongue -
A language by bard and artist sung.
Across the international line,
From Alpine heights to tropic clime,
Their sunset colors, rainbow hues
Have whispered clear, unchanging
truths.

The cherry blooms of Orient sway;
The lilies grace Israeli way;
The heather nods in Scottish braid;
And roses greet an English May.

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

Grace By Vicky Harper

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

Show me the flow of grace.

Between The Raindrops By Henry Newton Goldman

Exposed to life's turbulent falling
rain,
Struggling in life's sometimes raging
storms;
I skip and dodge to avoid stinging
pain,

And try to walk where trouble does
not form;
There between the rain drops.

Life's gusting winds of unrest often
plague
This fragile form like some great
sweeping hand.
These times, I must be careful in
storm's rage,
To find some peaceful place my foot
steps land;

Somewhere between the raindrops.

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

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

Special to Senior News

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

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

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

Some other changes that would normally take effect in January 2010 based on the increase in average

wages also will not take effect, even though average wages did increase. Since there is no COLA, the statute prohibits an increase in the maximum amount of earnings subject to the Social Security tax as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2010. Information about Medicare changes for 2010, when available, will be found at www.Medicare.gov. The Department of Health and Human Services has not yet announced if there will be any Medicare premium changes for 2010. Should there be an increase in the Medicare Part B premium, the law contains a "hold harmless" provision that protects about 93 percent of Social Security beneficiaries from

paying a higher Part B premium, in order to avoid reducing their net Social Security benefit. Those not protected include higher income beneficiaries subject to an income-adjusted Part B premium and beneficiaries newly entitled to Part B in 2010. On September 24th, the House passed legislation by 406-18 that would, on a fully paid-for basis, prevent abnormally large premium increases. The President is calling on the Senate to enact this legislation before it becomes too late for the Social Security Administration to update its computer systems to implement this needed change.

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

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On the Cover

Task Force Patriot veterans continue to serve

by SUSAN LARSON

ON THE COVER:

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

For some people, service is just a way of life and nowhere is this more obvious than what you witness among the members of Task Force Patriot. When Jim



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

Freeman and his wife Peggy started TFP, it was intended just to be a way to help military people connect with one another.

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

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

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

And even though they enjoy their monthly gatherings, TFP is more than a

mere social club. The members' commitment to their country goes way beyond their tour of duty in the military.

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

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

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

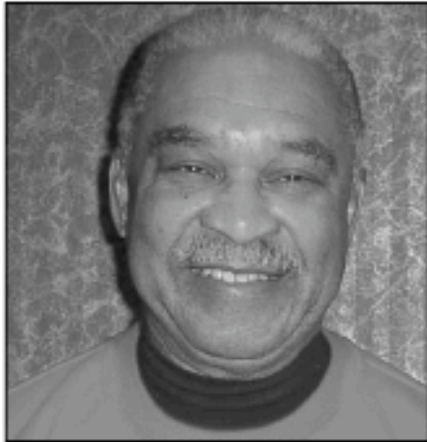
Every December, TFP honors the veterans from WWII with a special dinner,

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

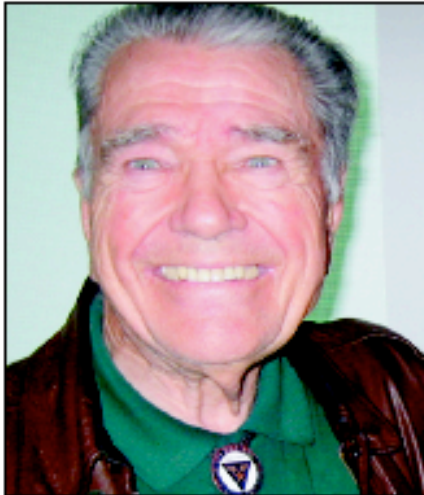
TFP welcomes all veterans to join them. For information contact Jim Freeman at jimfreemane@comcast.net or visit www.taskforcepatriot.com



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



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



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



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



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



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"Jacob Marley's Christmas Carol" – A Comedy/Drama by Tom Mula

by JO GASKIN
Warner Robins Little Theatre

So Scrooge has a Guardian Angel, you say? Ebenezer Scrooge? Charles Dickens and Tiny Tim's "Scrooge?" YES! Award-winning playwright, actor and director, Tom Mula, has arranged it all. "Surely there is a mistake about this!" you may exclaim. But as sure as Charles Dickens wrote "A Christmas Carol," Mula has kindly provided a Guardian Angel for poor Ebenezer.

But – and this is v-e-r-y important – it's called a Bogle and it uses Jacob Marley (poor, inadequate, quaking, desiccated Jacob Marley) to seek redemption for Scrooge and also for himself. This Bogle, while serving as some sort of convoluted guide through pain, torment, terror and laughter, also has its own agenda. The Fates truly seem to be out of whack when your "help" comes via a small being like Bogle. On the journey, poor Jacob Marley encounters the Record Keeper, Cratchit, Marley's father and a myriad of other beings – with each holding an

important key to Redemption. And each being has its own agenda, of course!

Join Warner Robins Little Theatre as we present this intriguing play which will challenge your thoughts, your imagination and your sense of self. Directed by Fred Hardin, and featuring a truly all-star cast of Alexander Raines as Jacob Marley (and other "beings"); Whitney Sheffield as the Bogle (and other "beings"); David Kelley as Scrooge & A Damned Soul; and Ben Daniels as the Record Keeper, Fezziweg, the Shadow and other

"beings," this plot is sure to mystify and entertain you! As Marley speaks to Bogle: "You speak as if I had a choice." Bogle: "You do." Marley: "I thought I was here forever." Bogle: "You can stay if you like. Most people do." Marley: "You mean I don't HAVE to stay?" For the first time in a great while, Marley's face was lit with a kind of hope. – JOIN US!

Play Dates: Nov. 6-7; 12-15; 19-21, 2009. Location: Warner Robins Little Theatre, South Pleasant Hill Road, Warner Robins, Georgia.

Please call for reservations: 478-929-4579.



Left to right: Alexander Raines, Ben Daniel, Whitney Sheffield and David Kelley. Photo by Fred Hardin.



Alexander Raines, left, and Whitney Sheffield. Photo by Fred Hardin.

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SOME RESTRICTIONS AND CERTAIN BLACKOUT DATES MAY APPLY. OFFERS ARE VALID THROUGH OCTOBER 31, 2009. OFFERS ARE NOT VALID IN CONJUNCTION WITH ANY OTHER PROMOTION OR OFFER.

Georgia eye doctor helps legally blind to see again



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

by ELENA LOMBARDI

Atlanta, Georgia –

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

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

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

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

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

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

Randy Day of North Georgia

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

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

Low vision devices are not always expensive. Some 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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or call 1-877-948-7784.

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Indian Footprints

"Rules for the holidays"

by W. MAXWELL DUKE

All cultures have "rules for the holidays and the prehistoric Indians of Georgia are no exception. Some of their rules make absolute sense and could be applied to our modern day gatherings.

The following is a list of the Indians' guidelines to make for a better holiday and observe those things that make it fun to eat and get together. The ones that are not similar to our own "rules" have an explanation attached to them.



1. First on the list is DO NOT SPEAK TO YOUR MOTHER-IN-LAW. (The Indians considered having a conversation with the mother-in-law would almost inevitably end up in social upheaval – in other words, make a bad scene!)

2. DO NOT WEAR A TATTOO THAT YOU HAVE NOT EARNED. (In modern words: don't brag! Indians would rip off the tattoo, and the skin it was etched on, if the tattoo had not been earned honestly.)

3. DO NOT EAT THE LAST PIECE OF MEAT THAT IS LEFT ON THE PLATE. (The last piece belongs to God and should be thrown into the fire as an act of gratitude.)

4. ASK THE BLESSING. (This rule can be complied with by following number 3 above.)

5. DO NOT SPIT IN THE FIRE. (Spit is unclean. Fire is holy. Putting spit in the fire is blasphemous.)

6. DO NOT EAT THE SALAD. (Indians believed that everything should be cooked WELL DONE. Anything not done was repugnant to their palate.)

7. DO NOT ALLOW A WOMAN WHO IS HAVING HER

PERIOD TO HANDLE YOUR FOOD. (Accepting food from the hands of such a woman was an extremely unhealthy and unclean act.)

8. MEN ARE SERVED FIRST. (Being a man, the author declines a comment on this rule.)

9. BE SURE TO PRESENT A GIFT BUT TAKE IT BACK BEFORE YOU LEAVE. (It was the custom to give a gift and then take it back. The person who gave you a gift would do the same.)

10. DON'T EAT THE LEFT-OVERS. (A ghost may have touched them overnight rendering them extremely unfit for human consumption.)

TIDBIT OF TRIVIA

Except for special holidays and other special occasions, Indians did not eat at a special time each day. They would eat when they got hungry. Some days they would not eat at all. ©

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**HOUSTON
LAKE**

C'mon, let's eat

by FAYE JONES

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

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

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

BLUEBERRY CAKE

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

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

CREAM CHEESE FROSTING

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

TOPPING. MAKE THIS FIRST BEFORE BAKING LAYERS!

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

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

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

BEST CARAMEL CAKE ON EARTH

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

Cream butter and sugar. Add eggs 1 at a time. Add salt and flavoring. Add sour cream and flour alternately, then add scalded soda which

has been dissolved in 2 tablespoons boiling water. Mix all ingredients well but do not over-beat.

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

CARAMELICING

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

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

Brown 2/3 cup sugar in an iron

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

AUNT FANNY'S CAKE

2 1/2 cups self-rising flour
2 cups sugar
2 eggs
1 cup Wesson oil
2 cups chopped cooking

apples such as Rome or Granny Smith

1 cup pecans, coarsely chopped

Mix first 4 ingredients by hand. Add next two ingredients and mix well by hand. Line an oblong baking pan with foil. Do not grease or spray the foil. Pour batter in pan and bake for 1 hour at 325. Great with vanilla ice cream or a cup of hot coffee!

Enjoy! ©10/26/09

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

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

Macon/Central Georgia CALENDAR

Coliseum Health System "Medicare Made Easy"

Mon., Nov. 16, 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 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, 2 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.

H2U Activities

For additional 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:** 2nd & 4th Wed., 10-11 a.m., 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:** 1st Wed., 9:30 a.m.-1:30 p.m.; 3rd Tues., 3-7 p.m. Coliseum Northside Hospital. 478-757-8200 after March 1st.

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)
478-633-5090
• **Smoking Cessation:** Weds., 5 p.m., Free

Central Georgia Rehabilitation Hospital 3351 Northside Drive

478-201-6500
• **Stoke 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

continued on page 10

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CALENDAR

from page 9

- Parkinson's Disease Support Group: Call Mary Toole at 478-743-7092, x211
- Adult Grief Support Group: First & Third Tues., 6:30-8 p.m., 478-633-5660
- Parent Grief Support Group: Third Tues., 6:30-8 p.m., 478-633-5660
- 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., 478-746-7050.

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 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 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 volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

Macon-Bibb County Parks & Recreation Department

Call centers for information and schedule of events.

- Photo I.D.'s & Memberships for Seniors: Bibb Senior Center: Each Tues. & Thurs., 1-3 p.m. Cost, \$10. Call 478-751-2790.

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 Northern, 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.

Senior Activity Center

For information call 478-929-6960.

The Gospelaires Quartet

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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.

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

continued on page 11

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

General Business Directory For Seniors



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CALENDAR

from page 10

Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.

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.

The Macon Arts Alliance's Arts Art Gallery

451 Martin Luther King, Jr. Blvd.
478-743-6940

Massee Lane Gardens

For information call 478-967-2358 or
www.camellias-acsc.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.masma-con.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

Douglass Theatre

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

Georgia Music Hall of Fame

200 Martin Luther King Jr. Blvd., Macon; 888-GA-ROCKS
www.georgiamusic.org

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.

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.

NAMI-C.A.R.E. Support Groups

Support groups for persons having any diagnosis of mental illness. Meet the 1st and 3rd Mondays of each month, 10:30 a.m.-12:00 noon, at the Pavilion Educare Center located at 233 N. Houston Road (old Houston Mall). For additional information call 478-329-8498.

Senior College Offers Variety of Programs

Wesleyan and Macon State Senior College offers older adults a variety of educational opportunities designed to enable continued life-long learning and lifestyle enrichment. Courses are held on either the Wesleyan College campus, Macon State College campus, or Carlyle Place and are available to anyone over the age of 50.

For additional information call 478-471-2770.

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
478-788-2262 or 478-397-6568
Hosting the popular singing group "New Grace" on Nov. 15 at 6 p.m. in the Church Fellowship Hall.

FAMA Meetings

FAMA (Families Against Methamphetamine Abuse) meets the 3rd Tues. of each month, 6 p.m., Centerville Lions Club. Call 478-953-6955 or visit www.middlegafama.org for complete details.

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.

A Confederate Christmas

Westeria Hall Living History Presentation in 19th Century Georgia. Fri. & Sat., Nov. 13 & 14, 6 p.m. - 6:45 p.m. - 7:30 p.m., 824 Myrick St., Waynesboro, GA. For details call 706-437-1323; westeriahall@bellsouth.net.

"Black and White" Exhibition and Competition

Through Nov. 13. Sponsored by the Middle Georgia Art Association, 2330 Ingleside Ave., Ingleside Village, Macon. Gallery Hours: Tues.-Fri., noon-5 p.m.; Sat., noon-3 p.m. Call 478-744-9557.

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