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*Daughter honors
Veteran-POW
father!*

Story on Page 2

ALBERT KNIGHT
US ARMY - POW
1939-1947

July 2009 • Vol. 23, No. 7

On the Cover

Daughter honors Veteran-POW father

by FAYE JONES
Editor

COVER & INSIDE: A daughter feels humble to honor her father and other heroes of war.

This is a multi-faceted story that started when a dear friend of mine, Peggy Cranford, told me that her children had given her a brick for Mother's Day. After having a good laugh, she explained that the brick was one on which her father's name, rank and status was etched. It was presented to her by her children.

Getting a memorial brick to honor any man or woman who has given a part of their life in the service of their country makes an exemplary gift. But you have to know the story of the relationship between this woman and her father.

Peggy was born a "daddy's girl," and even though he is no longer living, she remains as devoted as she was all her life. Family members say her father Albert Knight would pick her up and put her to bed when her feet dragged the ground. That may be a bit of overkill but it shows a bond that lasted a lifetime in this beautiful father-daughter relationship. She even admits to being a little "spoiled."

In Peggy's home there are reminders of her love for her father everywhere. His memorial flag is displayed in its case on the mantle as are pictures of him at different ages. A day never passes that she doesn't see his presence around her. She makes frequent pilgrimages to Cochran, Georgia to the graves of her parents, keeping them in pristine condition.

The beauty of this story is that it is not about a U.S. Army veteran who later became rich and famous. Albert Knight was a simple man; a working, family man who was caught in the middle of battle during WWII - the war to end all wars - but didn't. He began his army stint at the same time the Germans invaded Poland. He was in the allied invasion of Germany and lived through the hell of some of the most intense fighting in history.

Peggy said her father didn't talk about the war very much around her and did not share his POW experiences. But back then, she was a little child. She was interested in her father, not war.

It was a surprise to her when her daughters Sara Grier and Angel Elliott and their children decided to give her something different for mother's day. There was nothing she really needed but the family always celebrates holidays in a big way. The girls felt she would be pleased to have a brick honoring her father to be placed at the



Leo and Peggy Cranford

Veteran's Wall of Honor in McDonough.

Many to whom we have spoken did not know of this beautiful monument dedicated to veterans from all over the nation who fought in all wars. The Opening of the wall to the public was held on Veterans Day, Tuesday, Nov. 11, 2008 at Heritage Park in McDonough, Georgia.

The wall contains the names of veterans going back to the Revolutionary war and even Indian wars. All men who ever served their country can be memorialized there. It is a beautiful monument to see and one of the finest tributes to veterans in the State of Georgia.

The wall contains pictures from various wars and quotes from former Presidents, including Abraham Lincoln about war. The long pathway, the walk of honor, leads away from the huge wall. Along the walk the bricks with the names of servicemen, forever etched in stone for all to see. Small bricks placed in memory of loved ones that will forever be a part of history.

Peggy was brought to tears when she received the brick and again when she, her husband Leo, and her entire family journeyed north to see where Albert's brick had been installed.

So this is a story of a sweet friend, a special mother's day gift she received and also a reminder that those who are left behind when any loved one dies do not forget. Those who paid the ultimate price in war should forever be revered by the people of this Nation. Without them, we would have no home.

We are happy for you Peggy and Leo and all your loving family. Love is shared in small ways - by things no larger than a brick.



Peggy admiring memorial brick

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Let us entertain you

by CLAIRE HOUSER DODD

Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone.

Jim Fiebig

Well, we've had the nice chairs stolen off the patio, along with the huge umbrella, but not the table. Guess they'll be back for that? Eli said he'd take the swing in a hurry so they'd miss that! We reckon when you're moving, some people think your stuff is in public domain and free for the taking. Not yet. Let us leave and IF we leave anything, then it's yours – whom-so-ever you happen to be. As my daddy always said about thieves, "If you can live with it, I can sure live without it." Meaning your conscience won't be clear, but mine will!

Yes, we're moving. Back to home in Ft. Valley. Dr. Dodd and I divided our time between here and there and Atlanta. He loved my Ft. Valley & Atlanta friends as they adored him. When and wherever I walked in with Billy Dodd everything stopped and here come all the girls saying, "Here comes Claire with our Teddy Bear." And it was the truth. He was just one great big huggy Teddy, and so happy to get and give hugs to all my friends. No party will ever be the same without him. Of course, he played the piano beautifully and entertained us royally, then he'd dance with the girls and have them giggling and complimented. It was always a happy time, and is always missed and bemoaned. At least we all have those wonderful memories.

Oh, boy! Did summer come rolling in like a great ball of fire, and we were already complaining and dragging over the heat. Those few really cold natured individuals we know are indeed fortunate. Our mother was one of those, so naturally, she thought real ladies with "proper breeding" did not ever perspire! Of course, I was on the path of daddy. Hot with a relapse. Our only advice is drink plenty of ice water and stay in the AC. Good luck. This looks like a hot one!

Hurricane season is here and we already have 9 to 14 named storms, and expecting 1 to 3 really bad ones. Let's hope and pray not. A bad one is a

category 3 or above. Watch your weather man.

Whether weather is hot or cold we'd rather have weather whether or not! (Borrowed from an old children's poem.)

One June, we lost a famous and beloved Blues singer, Koko Taylor. As Dr. Dodd inspired EG Knight to sing and play jazz, Koko was her idol in the Blues world. A sad but still wonderful played two days at the Rookery where she paid tribute to both, and performed "Billy Bailey Won't You Please Come Home," the song Billy Dodd taught her to sing, for John Houston. After they performed, directors of Wise Blood by Flannery O'Connor, told the *Macon Telegraph*, he had not heard such great Jazz in thirty years. And tried to take Dr. Dodd to Hollywood with him, but Doc couldn't leave his patients. Our going Hollywood's loss. A real professional, that gal!

Well, here comes the 4th of July again. One of our very favorite holidays. Yep! We wear patriotic things with family and friends. This year, it'll be a swim & BBQ at daughter's with Little Matt's first 4th. He'll be six months old and entertains us with his coos, ooths, aaahs, bubble blowing, winking, squealing, giggling and wiggling. What delightful entertainment. He is really an artist of magical talents with bubble blowing! Who knows what that might turn into? Glass blowing? We'll have to wait and see.

We've been complaining of dry skin lately, so a dear friend (we think) brought us a new cream to try. Udderly S-MOO-th in a cow painted tube. Have you heard of it? We had not, but it works. Course it smells a little funny. Or is that our imagination?

There's still time for those discount tickets for Six Flags and White Water at Bibb County Extension & 4H Club Office 736 Riverside Dr. Call 751*4250.

The Fish & Pig is hosting the Big Swiz from 7:30 - 11:00 with different bands throughout July 11th. You're invited to come and party under the stars and on the lake at 6420 Moseley Dixon Rd., 476-8837.

Don't miss "Chicago" at the Macon Little Theatre n July 10th. Yes, it's still playing on Broadway on 49th St. and coming to Theatre of the Stars which we used to never miss. We took our silver candelabras and covered butlers and delicious food and either

burned up or drowned and got sent home. We loved it – so much drama: on and off the stage! Now it is sensibly held at the Fox where you can sit in comfort and starve! No food or drink in the theatre. However, in the lobby is a whole new story!

The Golden Bough on Cotton Avenue is offering watercolor classes for ages 5 - 12. The artist in residence is Heatherly Darnell. Doesn't it make you want to crawl in and play – like you're about 10 and start all over with your art?

Want to practice your speech?

Why not join the Toastmaster of Warner Robins every second and fourth Tuesday at 6:45 p.m. in Building A, Room 225 Middle GA Tech Campus of GA 96. Call Laird VanGorder at 953-0759 for details.

On July 18 at the Museum of Aviation at Robins Air Force Base, Warner Robins (923-6600) is the Foundation Auction, Raffle, and Taste of Local Cuisine. At 6:30 p.m. the open bar opens for 1 hour and the silent auction begins. At 7 p.m. Taste of Local Cuisine and 8 p.m. the live action. Raffle tickets \$75.00 which includes entrance for two. It's fun and one year my girl friend won a red mink coat! Nope, we didn't win anything, but we all did a lot of Christmas shopping. It was fun and you'll see everybody you know – well practically. Anyway, it's a fun outing.

Wave those flags, play those CD patriotic disks, eat good food, and celebrate our freedom. Have a fantastic

Fourth!

Too much of a good thing is wonderful.

Mae West

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Senior News & Views of Georgia

Walking on Sunshine

by FAYE JONES

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

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

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

We notice our girth every time we pass a mirror. Personally I never look at myself naked. Did that once and hurt my own feelings so badly I had to stay in bed for a week. It was

like seeing Dolly Dimples in person. The only thing I could think of was where to buy a luffa sponge. Remember when the magazine ads proclaimed that the luffa gourd would rub away cellulite? I learned as thousands of others that there is no gourd out there that is going to smooth out the ripples in a 200 pound woman. One does not scrub away fat!

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

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

On and off during the years, I

have probably lost about 5,000 pounds and found them again one by one. My wonderful friend and family doctor (now retired because of patients like me) said I had fat genes in my family. To my demented mind, that meant "go get 'um girl!" That was not what the dear man meant I'm sure but I didn't diet for years.

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

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

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

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

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

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

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

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

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

Spiritual Notes

What's Your Story?

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

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

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

many ways they influenced our lives.

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

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

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

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

Poets' Corner

All Aboard By Vera King

Age is a number
Recorded in time
Some people say
I'm still in my prime

Then there are others
Who aren't so kind
They see the real me
They aren't as blind

The way I see it
I am who I am
The meat of the matter
Instead of the spam

So stick to the subject
Of what life's about
To end up in Eden
With never a doubt.

Are you on the right track?

(For my Mama on her birthday
2/22/09 who put me on the right
track 85 years ago. VK)

Look Down My Master By Vicky Harper

Look down, look down
eternities Master.

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

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

Pride of The Toil By Charles W. Cook

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

With her soul she loved the soil,
The pride of toil, and job well done;

She burst the red-clay clods one by
one,
Laying off rows with her rake and
hoe.

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

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

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

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

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

A Patient Loving Dad By Charles W. Cook

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

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

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

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

Although I miss his guiding hand
And may feel somewhat sad;
I hope that I can be like him -
A patient loving dad.

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

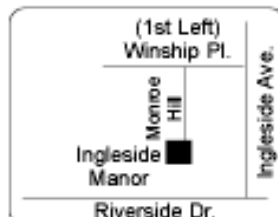
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Warner Robins Little Theatre to present "RUMORS"

by JO GASKIN, WRLT

Photos by Alexander Raines

If the person who was shot is not the Sheriff, then "Who is her?" And how can a simple dinner party turn into confusion, especially when the hostess is missing? How? ... With Neil Simon, of course! Please join us as we present this truly classic Neil Simon laugh-a-minute comedy. Be a conspirator along with members of the cast, or just relax and simply go along with the *mis-information*, *mis-takes* and *tiny acts of moral bravery* as this plot moves swiftly into "Good Evening" through "but I thought you said" and "he was wounded where?" to "they're hiding a City Politician - again?" Directed by Alexander Raines, a veteran of many plays with WRLT, "Rumors" is Alexander's debut as a Director. Most recently, he provided technical support for "All the Way Home" and "Lizzie Borden."



Ben Daniel as Glenn Cooper and Katie Causey as Cassie Cooper. Cassie accuses her politician husband Glenn of having an affair.

Producing the show is Whitney Sheffield, who was Right Hand Stage Manager for "Lizzie Borden" and a member of the cast of "All the Way Home." Laura Silsbee ("Lizzie Borden"), another WRLT veteran, is Production Assistant. Stage Manager is Dennis Shema, who has stage-managed many plays and was recently a cast member of "All the Way Home."

Featured in this hilarious send-up of life in Manhattan above the Twenty-first Floor are the following courageous actors: Katie Causey as Cassie Cooper; Sarah-Saidee Goodwin as Chris Gorman; Lacey Brantley as Claire Ganz; Rosie Johnson as Cookie Cusack; Mark Baron as Ernie Cusack; Ben Daniels as Glenn Cooper; Matt Waldrep as Ken Gorman; Tyler G. Bryant as Lenny Ganz; Jerry Walker as Officer Pudney; and, Corey Dinkins as Officer Welch. The stage crew includes Rayven Armstrong, Celia Hohnadel, Lester Hatfield and Heidi Parsons on lights, props and costumes.

Join us for this one... it's just too good to miss!

"Rumors" by Neil Simon will be performed at the Warner Robins Little Theatre, 502 S. Pleasant Hill Road, Warner Robins, on the following dates: July 10 & 11; 16-19; and, 23-25. Times: 8:00 p.m. Evenings, 2:30 p.m. Matinee. Reservations are required. Opening night will include a Green Room Reception in the WRLT lobby with refreshments and a chance to meet the cast and crew. To make reservations please call 478-929-4579.

Be a WRLT Sponsor: Call Fred Hardin at 478-397-7352.

WRLT's next production is "Driving Miss Daisy" by Alfred Uhry. Auditions: July 27 & 28 at WRLT.

WRLT announces 2009-2010 Line-up

The Warner Robins Little Theatre Board of Directors recently voted approval on plays for the new theatre season. Cathy Collins, WRLT President, said that this presents a variety of subjects which hopefully will entertain and captivate audiences during the coming months. Cathy also recognized the Script Committee for their hours of diligence in reading and reviewing many plays. Expressing thanks to all who had submitted play materials for consideration, Cathy noted that the number and high quality of the submissions is a strong indicator of the importance of community theatre in Middle Georgia.

Scheduled for 2009: "Rumors" by Neil Simon (comedy/farce). Directed by Alexander Raines. Auditions were held May 26 & 27. Play is now in rehearsal. September: "Driving Miss Daisy" by Alfred Uhry (comedy/drama). Directed by Jo Gaskin. Auditions: July 27 & 28, 7:30 p.m. at WRLT. November: "Jacob Marley's Christmas Carol" by Tom Mula (comedy/drama). Directed by Fred Hardin. Auditions: September 28 & 29, 7:30 p.m. at WRLT.

Scheduled for 2010: "Blues for an Alabama Sky" by Pearl Cleage (drama).



Mark Baron as Ernie Cusack, Jerome Walker as Officer Pudney, and Corey Dinkins as Detective Welch. The police question Ernie about the gunshots.



Matt Waldrep as Ken Gorman and Saidee Goodwin as Chris Gorman. Chris speaks to the Doctor on the phone while her husband Ken tries to tell her what to say.

Cleage is a Georgia playwright. Directed by Venis Glover. Auditions: January 4 & 5, 7:30 p.m. at WRLT. April: "The Curious Savage" by John Patrick (comedy). Directed by Katie Manning. Auditions: March 8 & 9, 7:30 p.m. at WRLT.

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Houston Medical Center • Perry Hospital

Art to Live By

by CLAIRE HOUSER DODD

We went to the Middle Georgia Art Association opening reception last month at 2330 Ingleside Avenue in Macon and were so impressed by the paintings of Catharine Liles, Wesleyan graduate and Macon native married to Marion (Brother) Liles whom we've known forever as he was our first cousin Burton Collins' roommate at Darlington.

Anyway, Catharine being much younger than all of us decided to become an artist at the tender age of four. We see her in our minds eye working with that unforgiving tempura paint; a real challenge! She was inspired by her uncle, J. P. Homes, and artist who was her mentor and instructor. He must have been a fantastic inspiration, and she an apt pupil.

Mrs. Liles has gone from tempura to pastels, water colors, acrylics and finally oils; her favorite because of the lovely depth of colors, and consistency that allows one to paint with a palette knife. She started oils while studying at Wesleyan under Elizabeth Bailey after her high school tutelage with Teresa English.

Then, all of this jelled when she went to study for her masters with the University of GA Art Department. She has now run the gambit of style and Medium and finished her Masters at Mercer.

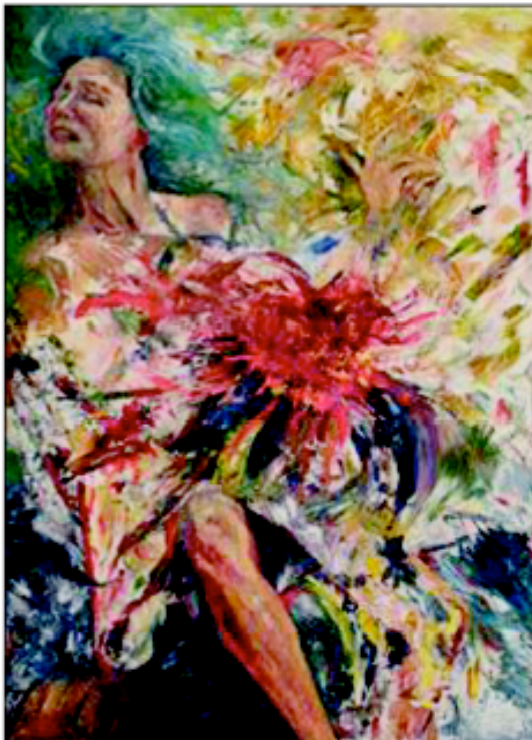
Several years ago Catharine was stricken with viral encepholitra and suffered quite a few ground mad seizures. At this time, she started to paint what she felt, and let the picture speak to her. The abstract art studied in Italy seemed

to come to the forefront and also served as great therapy. The landscapes and mountains are apparent and soothing.

Later Catharine had a heart attack and even painted that. What courage, what perseverance! She says the painting started out with the severe pain, and that is obvious in the red splashed center. It is a most dramatic picture; thought provoking with an explosion of color. Later she saw her hair, and again she let the painting speak to her where we believe to be true art, and we love her depth of both color and the 3-D look and feel.

We have always admired Catharine's paintings, but now that we understand what she has suffered and overcome, our admiration for her has no limits. We only wish everyone with adversities could channel them into a positive force as Catharine Liles has done.

Congratulations, Catharine, for doing and sharing your marvelous talent for art, and your spiritual nature. You are indeed a very exemplary person and we appreciate you two-fold.



"Heart Attack" by and of Catharine Burns Liles. Oil. 30" x 40"

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Tuesday, July 21 Chi-Chester's Homecare

1042 Gray Highway • Macon • 9:00 a.m. - Noon

- "Gizmos & Gadgets": Demonstration of various products designed to make life easier and safer for seniors.
- Connie Cleveland, RN, Coliseum Psychiatric Senior Center: Presents "What are the Normal Aspects of Aging?"
- Sheila Fowler, Physical Therapist at Coliseum Rehabilitation Center: Presents "Lebed Exercises & Motivation - How Wii Games Can Keep You Fit."

Wednesday, July 22 Chi-Chester's Homecare

1042 Gray Highway • Macon • 4:00 p.m. - 6:00 p.m.

- Sherri Goss, MEd, CFP, Senior VP Rosenberg Financial Group: Presents "Staying Secure from Identity Theft and Other Rip-Offs."
- Patti Jones, CLTC, Owner Central Georgia Financial Services, LLC: Presents "Importance of Long Term Care Insurance."
- Wallace Brown, Better Business Bureau: Presents "Avoiding the Latest Scams."
- Macon Police Department: Presents "Staying Safe."

Thursday, July 23 Walmart Super Center

5955 Zebulon Road • Macon • 9:00 a.m. - 5:00 p.m.

- "Gizmos & Gadgets": Demonstration of various products designed to make life easier and safer for seniors.

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Georgia eye doctor helps legally blind to see again



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

by ELENA LOMBARDI

Atlanta, Georgia —

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

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

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

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

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

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

Randy Day of North Georgia

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

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

Low vision devices are not always expensive. Some 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 bioptic

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

TOZAL Eye Health Formula

Vitamins clinically proven to help maintain macular function.
www.tozalformula.com/26702
or call 1-877-948-7784.

— Paid Advertisement —

Indian Footprints

Patriotism – Indian Style!

by W. MAXWELL DUK

We know how patriotic the American people are today, but what about our predecessors, the American Indians? To answer this question, some of the best evidence comes from a writer named James Adair. During the



early 1700s he lived among the Indians for many years, learned their ways and even went to war with them. The following is a paraphrased summary of part of his work. Most of the terminology and style of writing has been left intact to convey the ambience and flair of the early 1700s.

Through the whole continent, and in the remotest woods, are the traces of their ancient warlike

disposition. We frequently met with great mounds of earth having a strong fort around them. These they used as security against an enemy. They called these old fortresses, "Nanne Yah" which meant "the mounds of God."

Indians are all equal except by gains made through superior virtue, speech making skills, and war. They esteem themselves by the fact that they are bound to live and die in defense of their country.

Each warrior holds his honor, and the love of his country, in so high esteem that he prefers it to life. He will suffer the most exquisite tortures rather than to denounce it.

There is no such thing among the Indians as desertion in war. They do not fight for hire, instead they fight for wreaths of white swan feather (a symbol of peace

and purity).

They confer rewards based upon merit. These rewards and recognition are motives for which they war. It is from such motivation that they arm their hearts with a strong and permanent love for their country.

AUTHOR'S COMMENT

Sort of sounds like our fine soldiers in our modern day military does it not? Support our troops – an ancient American tradition!

TIDBIT OF TRIVIA

The Southeastern Indians held true to their homelands during the War Between the States. They sided with the Confederacy fighting valiantly – and, in similar fashion, they were punished right along with the other Southerners after the war.©

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HOUSTON LAKE

C'mon, let's eat

by FAYE JONES

PEACHY PORK MEDALLIONS

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

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

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

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

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

PORK TENDERLOIN WITH FRUIT STUFFING AND SHIITAKE SAUCE

1 1/2 cups vegetable broth, divided
1 cup chopped mixed dried fruit
1/2 minced shallot, divided
1/2 teaspoon minced garlic
3 tablespoons olive oil, divided
1/4 cup Italian-seasoned bread crumbs
1 (1-pound) pork tenderloin, trimmed
1/4 teaspoon salt
1/4 teaspoon pepper
4 to 6 fresh sage leaves
8 ounces shiitake mushrooms, thinly sliced
1/4 cup dry red wine
1/8 teaspoon salt
1/8 teaspoon pepper

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

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

Cut tenderloin in half lengthwise, cutting to within 1 inch of opposite side. Open halves, press

flat. Place between two sheets of heavy-duty plastic wrap and flatten to 1/2-inch thickness, using a meat mallet or a rolling pin. Sprinkle both sides evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.

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

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

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

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

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

QUICK FRUIT DESSERT

Soft ripe peaches cut into wedges
Blueberries
Strawberries, cut in half

Bananas, sliced in rounds

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

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

Enjoy! ©6/23/09

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

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

Macon/Central Georgia CALENDAR

CALENDAR NEWS GUIDELINES

"CALENDAR NEWS" is provided FREE of charge to "true" not for profit organizations. In order to provide for an orderly and timely processing of requests, we must receive your editorial materials by the 15th of the month prior to the preferred month of publication. Please mail your requests to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

Coliseum Health System

• Advance Directives for Final Healthcare: Mon., July 13, 9-10 a.m., Coliseum Northside Hospital, Conference Room. For complete details call 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

Macon Health Club

478-743-5262
Heartworks
389 First St. (Inside the MHC)
478-633-5090
• Smoking Cessation: Weds., 5 p.m., Free
• Living with Lymphedema: 478-633-7040

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

continued on page 10

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CALENDAR

from page 9

p.m. 478-405-0450

• 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

• 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 of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

If you are interested in volunteering, please call Joyce Waller or Beverly McCard at 478-745-9140.

Macon-Bibb County Parks & Recreation Department

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

Northenor, 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 McPeeters,

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 Outreach Ministry
The Gospelaires Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.

For additional information call 478-929-3816.

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

ROSEMONT COURT

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CALENDAR

from page 10

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 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 lifelong 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 "Jeanie Kay Truesdale" on July 12 at 6 p.m. in the 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.

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