

# Senior News Georgia

*Providing Helpful Information for Mature Adults in GEORGIA!*

*Seniors Just Wanna  
Have Fun!*

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*The South... Dying  
for Sweet Tea!*

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March 2024  
Volume 38, No. 3

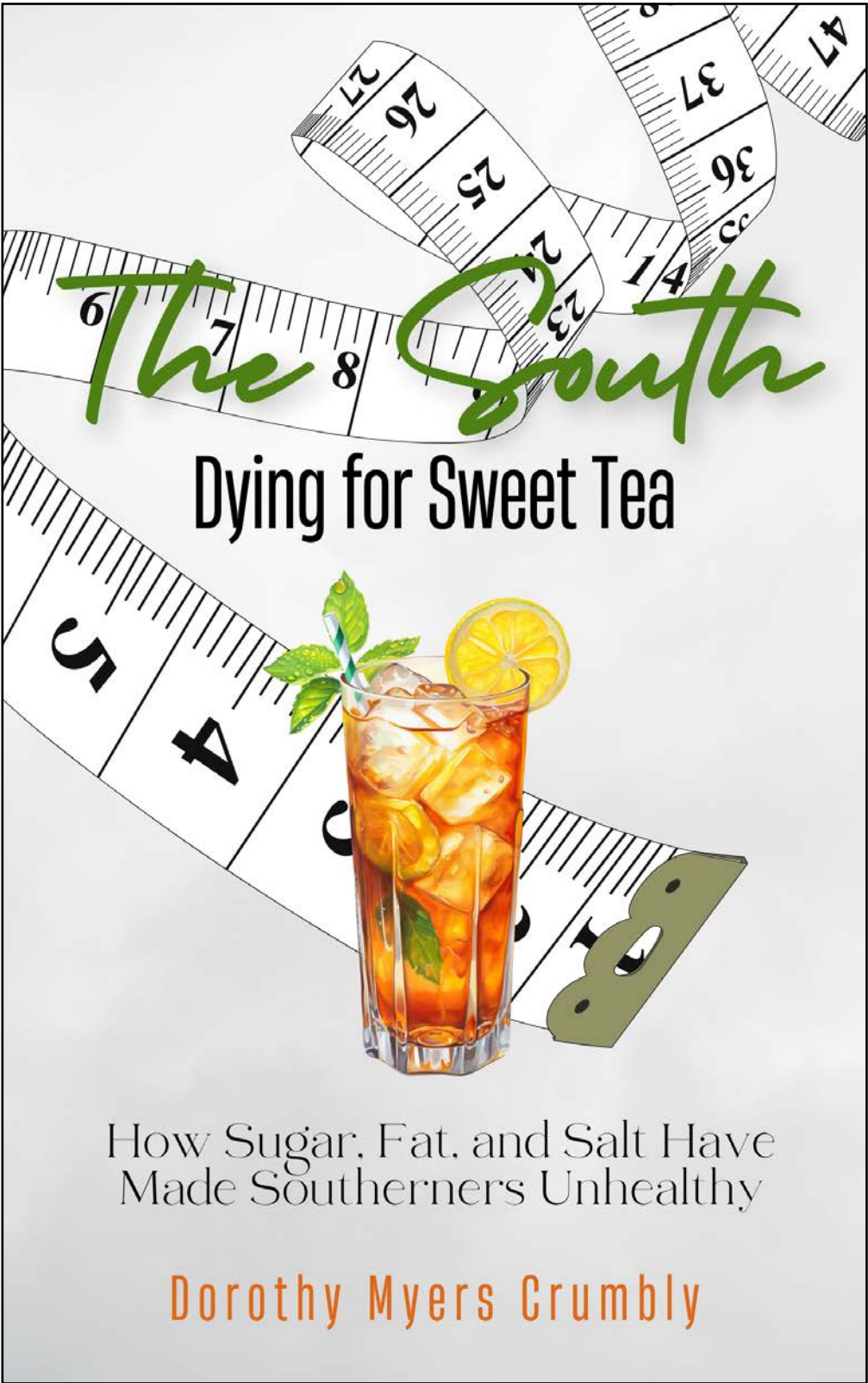


# The South... Dying for Sweet Tea!

by CLAIR HOUSER-DODD, COLUMNIST

My friend and colleague at Fort Valley State University, Dorothy Myers Crumbly, has written a book all about nutrition and health. It is one we should all not only read, but live by! We would live happier and longer; and, hopefully, without cancer and cardiac problems. Dot retired and spent time writing proposals for non-profits. And, she writes a health column for a local paper to help others learn to take a healthier road. The title of her book, *The South... Dying for Sweet Tea*, says it all. Well, maybe we should add salt to the list which is covered thoroughly in the book. For years Dot and I have had many health conversations about our families, and our students. One concern we had was “FAST FOOD!” A disaster for all! Now they are saying it is less expensive to eat out rather than to cook. Not so! Cook at home and stay away from processed foods. Shop for fresh everything... and do not fry anything. Dot and I discuss how our mothers cooked good, fresh, plain food; and, it was delicious. Hopefully Dot and I have passed these traits on to our kids in hopes they will pass good habits on to theirs. Also, we never went out to eat a lot; and, especially not for fast food. In fact, when I was growing up there were not many fast food

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Mrs. Dorothy “Dot” Myers Crumbly, author of the book, *The South... Dying for Sweet Tea*, which will be published in April and launched in May.



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restaurants; and, certainly not in small towns like Fort Valley, Georgia.

From Hattiesburg, Mississippi, Dot married Ike Crumbly and moved to Georgia. And we are so glad she did. Dot had a very important administrative position at FVSU before retiring. But, her husband, Ike, is still working and is the head of the Cooperative Developmental Energy Program. Ike has also raised the most money for the University.

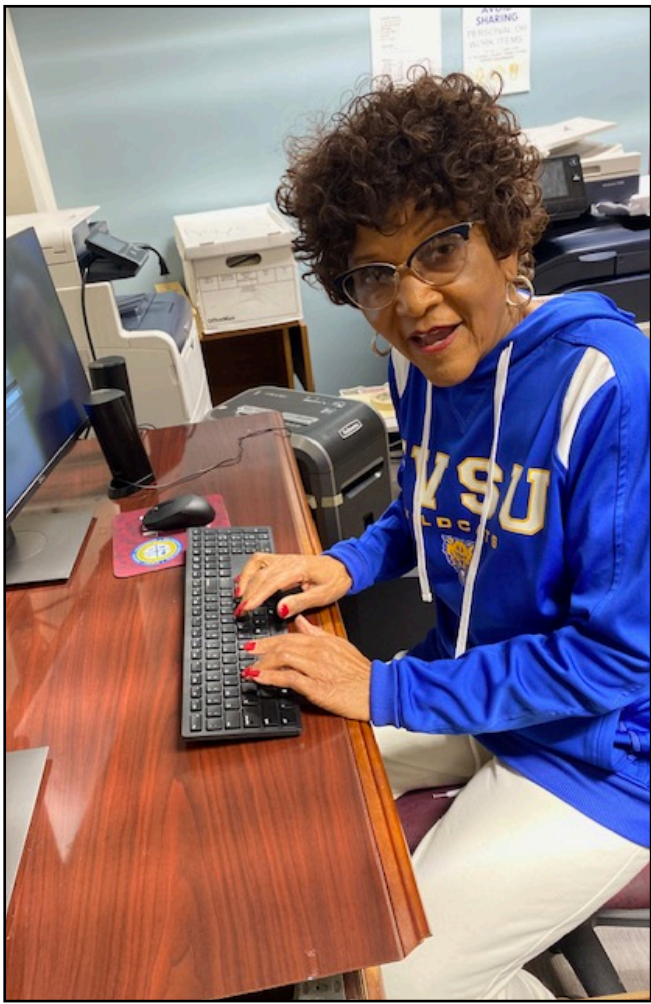
Dot says that Dr. Karam Soliman, Ph. D. at Florida A & M says you can cure cancer by eating fruits; and, that women should eat more flavonoids. He also says that sugar is toxic!

Dot’s book will be finished in March and out in April. She plans to do a book launching in May.

We want to send many thanks to Dot for caring enough; and, having a sincere desire, to keep us healthy!



Ike and Dorothy “Dot” Crumbly



Mrs. Dorothy “Dot” Myers Crumbly is busy writing!

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Senior News & Views of Georgia

## **Taking Care!**

# **Learning to live alone... A challenge and an opportunity!**

By Lisa M. Petsche – [lmepetsche@gmail.com](mailto:lmepetsche@gmail.com)

**W**hen the loved one they have been caring for moves into a care facility or dies, many caregivers face the challenge of learning to live alone. If they were part of a couple, this is a particularly big adjustment. Loneliness may be profound, and especially difficult to overcome if heavy caregiving demands have led to social isolation.

### **If you find yourself in this situation, here is some advice that can help.**

Be kind to yourself. Give yourself permission to feel all emotions that surface, including resentment and frustration. Recognize that there will be good days and bad days and be extra good to yourself on the bad ones. Try not to dwell on the past – it only fosters self-pity and keeps you from moving forward.



**Lisa  
Petsche**

Prepare a list of things to do on the bad days. Include small indulgences to give you a lift as well as tasks or projects that will give you a sense of satisfaction (for example, decluttering various areas of your home).

Look after your physical health. Eat nutritious meals, get adequate rest and exercise regularly. In addition to safeguarding your overall health, these measures will also help ward off depression.

Take things one day at a time so you don't get overwhelmed. Plan your days so you don't have too much free time on your hands.

If you don't like coming home to silence, leave the television or radio on when you go out.

Write down your thoughts, feelings and experiences in a journal, chronicling your journey of self-discovery and growth.

Nurture your spirit by doing things that bring inner peace, such as meditating, praying, practicing yoga, reading something uplifting, listening to soothing music or spending time in nature.

Get a pet. Cats and dogs provide companionship and affection and give you a sense of purpose. A dog also offers a measure of security and ensures that you'll get out of the house. And while walking the dog, you might make new friends.

### **Get busy**

Get out of the house every day. To combat isolation, join a dinner club, fitness center or exercise class.

Sign up for an adult education course or lessons that interest you – for example, gourmet cooking, pottery or modern jazz. Be sure to check out any available programs at the local senior center or recreation center as well as those offered by educational institutions. Learning something new is energizing and boosts your self-confidence. And you might make new friends in the process.

Get involved in your community. Volunteer for a neighborhood association, charitable or environmental cause, animal shelter or political campaign.

Cultivate some solitary pastimes. Take up crossword puzzles, woodworking, gardening, writing or sketching. Learn to enjoy your own company – recognize that it's possible to be alone without feeling lonely.

### **Reach out**

Take the initiative in calling friends and relatives to talk or get together. Instead of waiting for invitations, extend them.

Do nice things for others, especially those who are also going through a difficult time. This takes your mind off your own situation, boosts your self-esteem and strengthens relationships.

Find at least one person you can talk to openly, who will listen and understand, such as a close friend, spiritual leader or mental health worker.

Join a bereavement support group. Internet groups are another option if it's hard to get out or you prefer anonymity.

If feelings of isolation persist, you might take in a boarder, share accommodations with a relative or friend, relocate to a condominium or apartment in a senior living community or, if your health is frail, move into a retirement home. Don't make such a major decision hastily, though – give yourself plenty of time.

If you were a caregiver through your loved one's illness and put your personal life on hold, now is the time to re-invest in yourself by resuming former interests and pursuing new ones. Don't forget to nurture neglected relationships as well as expand your social network.

While the reality of being on your own may at first seem overwhelming and perhaps frightening, with time, patience and trust in your resilience, you will successfully adapt to your new circumstances. You may also end up growing in ways you could not have imagined.

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**Lisa M. Petsche is a social worker and freelance writer specializing in health and elder care. She has many years of personal experience with caregiving.**



# Steve Williams appointed to the Flint Energies Board

Submitted by Marian McLemore, VP of Cooperative Communications, Flint Energies: [mmclemore@flintemc.com](mailto:mmclemore@flintemc.com)

Steve Williams has been appointed by the Flint Energies Board of Directors to fill the vacancy created by the passing of Arthur Head of Warner Robins last month. Williams will represent Area IV, Post 3 – Houston, Bibb and Twiggs counties. Williams is a career banker with more than 36 years of experience and works as a commercial banker for Morris Bank in Warner Robins. He is familiar with Flint Energies, serving until today as a member of the Co-op’s Nominating Committee since 2008.

Williams has served in numerous capacities on more than 75 organizational boards and committees during the last nearly four decades. Currently, he serves as the Chairman of the Workforce Development Board, as the Treasurer of the Georgia Workforce Leadership Association and as the Membership Chairman of District 6920 of Rotary International. A community leader, Williams is a member of the Houston County Planning and Zoning Board, the Middle Georgia Community Action Agency Board, the 100 Black Men of Macon-Middle Georgia, the Warner Robins Rotary Club and the Georgia Community Reinvestment Fund. Previously, he has served as the Chairman of the Robins Regional Chamber Board, Chairman of the Robins Regional Chamber Foundation, Chairman of the Central Georgia Technical College Board and the Central Georgia Technical College Foundation Board.

"Mr. Williams is a servant leader and our cooperative, as well as our members, will be well-served by someone of his stature," says Jeremy Nelms, Flint Energies CEO. "The Board is delighted that he accepted the appointment to serve out the remainder of Mr. Head’s term."

As part of his education, Williams attended Talladega College in Talladega, Al., where he obtained a B.A. in Business Administration with a minor in Accounting, Marketing and Computer Science. He and his wife Theresa have three children and two grandsons. They attend Sacred Heart Catholic Church in Warner Robins.



Steve Williams

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Saturday by appointment



Let Us Entertain You!

By Claire Houser-Dodd, Columnist

Let us speak of cars, horns, and bright lights. Cars we love, horns are somewhat necessary, and bright lights are something else! The other night after taking my great grandson, Matthew, home, it got dark on me. Lights are very important to have at night. However, not those coming toward you. They are blinding. Especially when you are driving a sports car. The T-Bird is long and low. The lights coming toward me are ok until they get closer. It is like the other drivers are either putting on their bright lights or dimming their lights until the beams are shining right into your eyeballs, and it hurts. And of course, your are blinded by the lights and it feels like pins sticking in yous eyes. Cars are bad, but trucks are even worse. Their lights seem to be much brighter.

What to do? Get a truck and blind everybody else. I think not! Personally, I have decided to stay off the road at night. What about you?

Another year and another birthday and we decided to go to our favorite Mexican Restaurant, Tapatio, for dinner with daughter and grandson. We had a delicious dinner and a fun time talking. We spoke to some folks at the table next to us, a nice couple from Taylor County with a beautiful young daughter. Then came the wait staff with a huge sombrero for me to wear and a gorgeous dessert on the house as they sang Happy Birthday and all totally unexpected.

Lets top that off with the guy from the table beside us stopping by our table with a hug and a kiss for this birthday gal and informs us that our dinner had been taken care of. Whoever you are I am shouting out a special thank you for the generous gift. That is two shocks in a row. Who was that masked man? All we know is that he was from Taylor County and has a Plantation. I would like to send a thank you note. If you know who it was, contact me please.

Granddaughter, Denver, put my Birthday info on FB so I got a lot of Happy Birthday greetings. That was quite a perk especially for someone that doesn't have a computer. She also added some old pictures of me in my much earlier days. My Friend Andrew sent me a lovely white rose and another friend gave me a beautiful figurine made by Willow Tree. Both gifts are on my coffee table.

We also had a great Valentines filled with chocolates, valentine notes, a rose, visits, phone calls, and fun.

Oops, I almost forgot, I am now the owner of a smart T.V. that I got as an early birthday gift. The first thing I heard was an Elvis movie would play on Valentines. He was in cowboy form. We will take him anyway we can get him. So I went to sleep with Elvis and woke up with Ava Gardner and Clark Gable. Hey, I will settle for that any 'ole night!



VECTR

Georgia Veterans Education Career Transition Resource Center

### Free Legal Event

Carl Vinson VAMC, Dublin

Georgia Legal Services Program will provide an overview of the types of cases and services that are offered. Time will be allotted for individual sessions with veterans to pre-screen for potential cases.



## CARL VINSON VAMC

Veterans Justice Outreach & Georgia Legal Services Program

### FREE LEGAL EVENT

Carl Vinson VAMC • 1826 Veterans Blvd Dublin, GA 31021  
March 19, 2024 • 10:00 A.M. – 1:00 P.M.  
2<sup>nd</sup> Floor Auditorium Above Canteen

Georgia Legal Services Program will provide an overview of the types of cases and services that are offered. Time will be allotted for individual sessions with veterans to pre-screen for potential cases

Representation from various CVVAMC programs will be available to provide resources. VBA representatives will also be on site to offer assistance.

**REGISTRATION IS REQUIRED FOR VBA**

Contact Dana Leggett @ (478)246-9041 or email [dana.leggett1@va.gov](mailto:dana.leggett1@va.gov) to register by March 8, 2024

For more information please contact Veterans Justice Outreach staff [dana.leggett1@va.gov](mailto:dana.leggett1@va.gov) or [michael.bland@va.gov](mailto:michael.bland@va.gov)

Georgia Veterans Education Career Transition Resource Center

1001 S. Armed Forces Blvd, Warner Robins, GA 31088

(478) 218-3900

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# Be Our Guest! Broadway's Baayork Lee Directs City Springs Theatre Company's March Production of Disney's *Beauty and the Beast*

*City Springs Theatre Company's production celebrates the 30<sup>th</sup> anniversary of the iconic Broadway musical with performances March 8 –24 at the Sandy Springs Performing Arts Center*

Submitted by [City Springs Theatre Company](#)

Sandy Springs, GA, February 19, 2024



City Springs Theatre Company brings the legendary Broadway musical, Disney's *Beauty and the Beast* to metro Atlanta with performances from March 8 - 24, part of the 2023-2024 PNC Bank Season. For tickets visit [City Springs Theatre/beauty](#). "City Springs Theatre Company is exceptionally proud to bring this modern classic to Atlanta audiences this spring," said Tony Award®-winner and Atlanta native Shuler Hensley, who serves as CSTC's artistic director. "For three decades now this 'tale as old as time' has been delighting audiences of all ages, across the globe. With its colorful characters, dazzling musical numbers ("*Be Our Guest*", "*Gaston*") and the Oscar®-winning title song, *Beauty and the Beast* promises to be family theatre at its finest."

Directing and choreographing City Springs Theatre Company's production of Disney's *Beauty and the Beast* is renowned Tony Award®-recipient Baayork Lee, who has performed in some of Broadway's biggest musicals, including the original productions of *A Chorus Line*, *Promises, Promises* and *The King And I*. Ms. Lee has previously directed and choreographed CSTC's productions of *South Pacific*, *A Chorus Line* and *Cats*.

Disney's *Beauty and the Beast* will be performed in the Byers Theatre at the Sandy Springs Performing Arts Center, located at 1 Galambos Way in Sandy Springs.

"Disney's *Beauty and the Beast* is the most family-friendly show we've ever produced, and it's the perfect outing for groups of any kind looking for a truly memorable theatrical experience," noted CSTC Executive Director Natalie DeLancey.

Disney's take on the classic story tells of Belle, an idealistic young woman trapped in a provincial town, and The Beast, who is himself a prince trapped under the spell of an enchantress. If The Beast can learn to love (and be loved), the curse will end, and he will be transformed back into his former princely self. But time is running out. If The Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

Disney's *Beauty and the Beast* features a book by Linda Woolverton (author of the original animated film's screenplay), with music by Alan Menken, and lyrics by Howard Ashman and Tim Rice.

**CAST:** Belle - Diane Phelan (Broadway: *School of Rock*, *The King And I*, *Into The Woods*); The Beast - Christian Magby (TV: "*The Flash*") ; Mrs. Potts - Candice Song Donehoo (Broadway: *The King And I*, National Tour: *Jekyll and Hyde*); Gaston - Stanley Allyn Owen (National Tour: *CATS*); Lumiere - Nick Walker Jones ; Cogsworth - Luke Grooms; LeFou - DJ Plunkett (National Tour: *Wicked*); Maurice - Russ Williamson; Babette - Maggie McCown; Madame de la Grande Bouche - Grace Choi; Chip - Cece Fields and Michael Wood; Silly Girls - Grace Arnold, Hannah Morrison, Emma X. O'Loughlin

**THE ENSEMBLE:** Ian Blanco, Emmanuel Cologne, Sammy Fossum, David Grindrod, Imani Joseph, Ben Ohnemus, Meaghan Paetkau, Javar La'-Trail Parker, Ryley Perry, Zac Pritts, Caitlyn Savage, Wendell Scott, Amanda Fallon Smith

**CREATIVE AND PRODUCTION TEAMS:** Director/Choreographer - Baayork Lee; Associate Choreographer - David Grindrod; Music Director - Griffin Strout; Conductor - Greg Matteson; Lighting Designer - Mike Wood; Sound Designer - Anthony Narcisso; Scenic Designer - Kelly Tighe; Costume Designer - Ryan Moller; Production Stage Manager - Shay Holihan

The production will also feature students from City Springs Theatre Company's acclaimed pre-professional program, who will appear as additional ensemble members in the show.

Disney's *Beauty and the Beast* is included in current subscriber season packages. Individual tickets (\$38 - \$98) are on sale now, with discounts for seniors, students, groups, and active and retired military personnel. Visit [www.CitySpringsTheatre.com](http://www.CitySpringsTheatre.com) or call 404-477-4365 for more information. Discounts for groups of 10 or more are available by calling the box office at 404-477-4365. Gift cards are also available by calling the box office. CSTC's Box Office is open Monday through Friday from 10:00 a.m. - 5:00 p.m.

**PERFORMANCE SCHEDULE:** Friday, March 8 | 8:00 p.m.; Saturday, March 9 | 2:00 p.m. & 8:00 p.m.; Sunday, March 10 | 2:00 p.m.; Thursday, March 14 | 8:00 p.m.; Friday, March 15 | 8:00 p.m.; Saturday, March 16 | 2:00 p.m. & 8:00 p.m.; Sunday, March 17 | 2:00 p.m.; Thursday, March 21 | 8:00 p.m.; Friday, March 22 | 8:00 p.m.; Saturday, March 23 | 2:00 p.m. & 8:00 p.m.; Sunday, March 24 | 2:00 p.m.

#### About City Springs Theatre Company:

[City Springs Theatre Company \(CSTC\)](#) is dedicated to entertaining, educating, and enriching lives by creating world-class entertainment experiences and innovative arts education programs that drive cultural enrichment and economic vitality. Through musical theatre productions that utilize the talents of local and national artists, CSTC provides Broadway-quality entertainment to the diverse Atlanta populace, helping to establish Sandy Springs, Georgia, as a growing cultural center. City Springs Theatre Company is a 501(c)(3) non-profit organization, led by Executive Director Natalie DeLancey, and Tony Award®-winner and Atlanta native Shuler Hensley as artistic director. To date, CSTC has served over 174,000 patrons and 135,000 students through its mainstage musicals and educational programs. [www.CitySpringsTheatre.com](http://www.CitySpringsTheatre.com). For tickets and information call 404-477-4365 or visit [CitySpringsTheatre.com](http://CitySpringsTheatre.com).



On the Cover

# Seniors Just Wanna Have Fun!

by Carolyn Brenneman, Columnist

On The Cover: Ginny is always ready to have fun!

Yes, you are never too old to have lots of fun! Just look at some of the fun activities these seniors are having – and they range in age from 55 to 92 years old. Did you know that scientific studies found that people of all ages, who participate in fun activities are better able to learn new skills? Okay, we have all heard this – being active also improves your memory, increases your social skills, helps you establish and maintain friendships. It also improves your emotional state, making you happier, and reducing your stress levels. Who would not want that? We all do! We feel better, think better and look better!

Let’s face it. It is fun to participate in many activities like regular bingo, music bingo, golf, jewelry making, pottery making, walking, exercising with others, dancing, and playing pickleball! Having community gatherings and parties with lots of food and fun activities are great for us too. Yes, we can enjoy all of it!



Jane playing golf!

Well, I just signed up for line dancing lessons and it is great fun, good exercise and when I attend a dance event, I don't need a partner, I can engage with the music and band by line dancing. Hum, and it even looks really good! Yes, line dancing is not that easy, but after a few lessons, we can all do the repetition of steps. It’s like a form of synchronized dancing in which dancers are arranged in rows facing either in the same direction or each other. We just move in unison and do not come into physical contact with one another during the dance. Anyone can join a line dance just by knowing a few simple steps like the “grapevine!” Try it out!

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A senior pickleball group!



continued from page 8

Of course, physical activities like pickleball are very popular at senior centers, recreation sites, and the YMCA's. Yep, it is way easier than tennis, so... if we ever played tennis in our younger days, try pickleball. We will all be naturals.

In the afternoons, let's play card bingo or music bingo. While regular bingo is calling out numbers, music bingo is an exciting take on the classic game of bingo. With songs replacing the numbers on a bingo card, this game can be played by many. After receiving a card, the host will play music, and if you have that song listed on your card, you check it off. When I first played music bingo, I didn't realize that this game has been around since 1958! In fact it was a famous and popular TV show.

And of course, socializing with other seniors through sharing dinners and potlucks, and costume parties are great fun. My senior center recently had a dress-up potluck in which everyone wore colorful outfits or hats. It was such a great event.

So let's all get moving and get involved in some fun activities!



Diane is dressed in bright colors!



Ruth and Jane at the hat party!



Line dancing is so popular!



A festive group of seniors!



# 6 Reasons Why You Should Get Help For Your Mental Health

by Stan Popovich, Author: <http://www.managingfear.com>

Many people underestimate the impact that mental illness can have on an individual or family. It can be difficult to admit that you have a mental health problem in your life. Secondly, it can be just as difficult in getting the people you know to understand your situation without making any kinds of judgments. As a result, here are six reasons why you should make your mental health an important priority in your life.



Stan Popovich

1. Your situation will improve if you get help: Your anxieties and fears can be challenging to manage and more than likely you will need some help. Just as you talk to your doctor about your regular health, you should not be hesitant in seeking help for your mental health. If left untreated, your anxieties and fears may not go away.
2. Drugs and alcohol are not the answer: Drugs and alcohol can make your problems more complicated. Many people have said that drugs and alcohol will only add more problems to your situation. Be smart and learn how to cope with your mental health issues by talking to a qualified professional. There are many health professionals in your area that can give you some ideas on where you can go for assistance.
3. You will save time and money: Eventually, you will have to confront your fears and mental health issues. Save yourself the time and heartache and confront your problems now rather than later. You will save months of struggling by getting help right away. The sooner you get assistance the faster you will start getting some relief.
4. You are not alone: Everyone deals with fear, stress, and anxiety in one's life whether your friends and others care to admit it. In addition, do not be embarrassed that you are getting help. We all learn new things from others on a daily basis and learning how to manage your anxieties is no different. In addition, your goal is to get your life back on track and not to get everyone's approval. If people start asking you questions, just say your dealing with stress. Most people can relate to dealing with stress and anxiety!
5. Do not make the mistake of doing nothing: There are many people who struggled with anxiety and other mental health related issues, and they tried to ignore their problems. As a result, some of these people struggled on a daily basis and eventually things became more difficult. It can be scary asking for assistance, but the key is to take things one day at a time.
6. You have a variety of options: There are many mental health support groups, organizations, and counselors in your area that can help get your life back on track. Talk to your doctor to get more details on where you can go for some assistance. Help is available but you must be willing to make the choice of getting better. Remember that every problem has a solution. You just have to make the effort to find the answers.

## BIOGRAPHY

Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>.



The most important trial in the history of the World.  
You are seated in that courtroom  
where Governor Pontius Pilate resides.  
Witness the testimonies of THE WITNESSES.  
Hear the Evidence that ends in a Verdict  
that will forever change the  
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Click here - Cast 1

We would like to introduce  
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Click here - Cast 2

Click the links to watch the  
video announcements!

Tickets ON SALE May 11th

### Ticket Prices:

Adult - \$24  
Child (under 12) \$18  
Senior (65 and up) \$20  
Groups of 10 or more \$20 each

Performed at ENOPION's Flowing Wells Theatre  
286 Flowing Wells Rd., Martinez GA 30907  
706-771-7777

### Show Dates and times:

Friday April 12th @ 7pm  
Saturday April 13th @ 3pm  
Friday April 19th @ 7pm  
Saturday April 20th @ 3pm  
Thursday April 25th @ 7pm  
Friday April 26th @ 7pm  
Friday May 3rd @ 7pm  
Saturday May 4th @ 3pm  
Thursday May 9th @ 7pm  
Friday May 17th @ 7pm  
Thursday May 23rd @ 7pm  
Friday May 24th @ 7pm

### What to expect:

The scene begins in the courtyard, just outside  
of Pilot's judgement hall.  
The Clerk will call the trial to order and  
the witnesses will enter and take their seats beside you.  
The Trial begins as Pontius Pilate takes his place.  
Each witness bears testimony **for** the defendant,  
telling of miracles, his character, and proof  
that the man on trial is indeed...  
God.  
At times, those in the room with you, react to the testimonies  
and to Pilate as he wrestles to make a decision.  
The verdict is given, the sentence pronounced -  
Crucifixion.  
But just wait 'til you see what happens on that third day!  
**Since this trial takes place all around you,  
once you are in the courtroom, please do not leave your  
seat until recess is called.**  
**Silence all cellphones, no pictures or video allowed.**  
**Concessions will be Available.**

Connect with us









Homeowners should avoid contractors practicing aggressive tactics or insisting on receiving full payment before beginning the project, and most deposits should range between 10-30% of the total project cost. Some contractors may require a more significant down payment due to the price of materials or other communicated issues. Still, BBB recommends that homeowners should avoid contractors that ask for more than half of the total project cost upfront, unless a viable reason for a higher deposit is confirmed.

Some ideas on reviewing a company's previous work include viewing photos or videos of a company's completed project on their BBB Profile, website, or social media channels. (Social media is usually the best option to find recently completed work). Also, consider asking prospective contractors to share recent project photos that share similarities with your needs.

**As you check their references, consider the following questions:**

How was the overall experience with the contractor? How was the contractor's communication? How is the quality of their work? Did the contractor stick to the project's estimated budget and completion date? Is there anything you would have done differently? Would it be possible to inspect the contractor's work yourself?

If you have questions or you need more information and related tips on home building and improvement projects, please visit [BBB.org/HomeHQ](http://BBB.org/HomeHQ).

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**Kelvin Collins is president & CEO of the Better Business Bureau serving the Fall Line Corridor, serving 77 counties in East Alabama, West Georgia, Southwest Georgia, Central Georgia, East Georgia, and Western South Carolina. This tips column is provided through the local BBB and the International Association of Better Business Bureaus (IABBB). The Better Business Bureau sets standards for ethical business behavior, monitors compliance and helps consumers identify trustworthy businesses. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: [BBB.org](http://BBB.org) or E-mail: [info@centralgeorgia.bbb.org](mailto:info@centralgeorgia.bbb.org).**

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