

Senior News

Georgia

Providing Helpful Information for Mature Adults in GEORGIA!

Bee Farming is a Thing!

page 6



September 2025
Volume 39, No. 9

SeniorNewsGeorgia welcomes two new Travel Columnists with its September edition!

From the Publisher

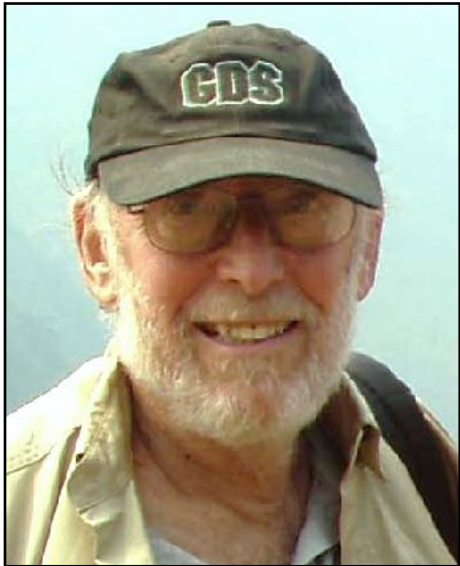
SeniorNewsGeorgia is happy to announce the addition of husband and wife travel columnists team Victor Block and Fyllis Hickman as guest writers beginning with our September 2025 edition. The two new travel columnists will contribute feature columns on a continuous basis in the coming months. Victor and Fyllis are an established team of experienced travel journalists who write separately... each having won a number of awards for their feature stories. SeniorNewsGeorgia looks forward with excitement to sharing the team's travel adventures with our reader audience on a monthly basis!

Fyllis Hockman is a multi-award-winning travel journalist who has been traveling and writing for over 35 years; and, is still as eager for the next trip as she was for the first. Her articles appear in newspapers across the country and on websites across the internet. When not traveling, she is almost as happy watching plays or movies, working out, and sitting on a bar stool next to her travel-writing husband.



In his decades-long career as a travel journalist and guidebook author, Victor Block has visited some 80 countries and won awards for his stories from a number of them as well as from U.S. states' writers' organizations and other venues. He belongs to the Society of American Travel Writers.

He believes that those who travel are introduced to people, places and pleasures they otherwise might miss, and that by bringing people from different countries, backgrounds and experiences together, tourism is a strong force for understanding and peace.



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Opinion

THE CRACKER BARREL VENUE!

by Daniel W. Gatlyn, USN Ret; Minister/Journalist – dangatlyn@gmail.com

The store gets a new CEO! And alters the basic logo! And loses millions! And the "persons of power" stand around with an eye on dollar signs! Without exception, Cracker Barrel has come a long way since Dan Evins opened the first store on September 19, 1969 in Lebanon, Tennessee.

For the most part, their specialty has been Breakfast, though such has been expanded many-fold in recent years... now serving in a grand total of 658 stores in forty-four states.

Since I was born in Hoover days, and presently older than dirt, I have dined in some of their first locations, have been to the Lebanon Headquarters; and, as brief President of a 35S Corporation, had a small contract with the company some thirty years ago.

I can speak in generalities of their means, methods, and motives! As in most Business endeavors which enjoy a rapid growth, a good many forfeit quality and service for a fast track to gold! That may (or may not) be the reasons for a recent loss in the till. I still eat at Cracker Barrel (nothing like a decent pancake); and, I'm aware of the standards.

As I am also a Journalist, I have made it my business to question the electorate as to what leads them to establishments which specialize in food. Waiters and waitresses, their attitudes, promptness and complete service is top of the list! Close by is the cleanliness and quality of victuals... followed by a reasonable price.

Do be aware that most customers have no trouble with shelling out an extra dollar (for price and tip) if other factors are up to par. Copious amounts are no viable trade for quality!

The recent quibble in the "News" has to do with the "Logo." I can assure you that hungry patrons could be scarcely concerned with "signs or signals!" And, rocking chairs, plus a peg board, are only welcome additions. Most folks are searching for "a good meal... within or takeout."

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Taking Care!

A strengths-based approach to caregiving... There are many ways to foster independence!

By Lisa M. Petsche – lmepetsche@gmail.com

Independence contributes to self-esteem and quality of life, and frail seniors are challenged with hanging on to as much independence as possible for as long as possible.

Participating to their full capability in personal care and other activities of daily living helps them maintain physical and mental functioning and ward off depression.



**Lisa
Petsche**

Unfortunately, well-meaning relatives who diligently assist in their care may focus primarily on disabilities rather than the person's remaining abilities. The result? Doing more for care receivers than is necessary or desirable.

If you're a family caregiver, here are some ways to empower your relative in their day-to-day life, through focusing on their strengths.

Nutrition

- If their nutritional intake is poor: arrange a dental appointment to have their teeth or dentures checked.
- If their manual dexterity is limited: look into adaptive equipment such as compartmentalized dishes and easy-grip utensils, available from medical supply stores.
- If drinking from a mug or glass is challenging: supply a straw, two-handled cup, travel mug, or break-resistant cup with a lid.

Personal care

- Purchase clothing that is easy to put on and remove, and can easily be mixed and matched.
- Look into adaptive equipment such as a long-handled shoe horn.
- Have grab bars installed by the toilet and in the bathing area.
- Obtain a raised toilet seat.
- Get a bath bench or shower chair and a hand-held shower head.
- Use non-slip mats.

Mobility

- If getting up from a chair is difficult: obtain one with arms and a high, firm seat. Another option is an armchair with a built-in lift.
- If getting out of bed is difficult: explore equipment options such as a floor-to-ceiling pole beside the bed, trapeze bar, partial bed rail, or electric bed.
- Look into a cane or walker if balance is a problem.

Other

- Keep in mind that there are different degrees of help – from setup and verbal prompting to demonstration and hands-on assistance – and offer only as much as needed.
- Give options whenever possible; for example, in choosing what to wear or what to eat for breakfast.
- Encourage the person to participate in their care as much as possible - combing hair or dressing or washing their upper body, for instance. Be creative, flexible, and patient.
- Try to find tasks they can complete independently, such as meal planning, sorting the mail, or folding laundry.

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- Try to find tasks they can complete independently, such as meal planning, sorting the mail, or folding laundry.
- Involve your relative in decision-making to the best of their ability.
- If vision is a problem, get the person a magnifier for reading small print, and consider other adaptive items such as a large-keypad telephone with speed dialing and a watch or clocks with oversized numbers.
- Schedule regular medical checkups for your relative. Bring a list of their medications and ask the doctor to review them. Request a hearing or vision evaluation as needed.
- Encourage activity and exercise to help maintain strength, stamina, flexibility, and balance.
- Allow adequate rest periods between activities.
- Arrange an occupational therapy evaluation to determine what activities of daily living your relative is capable of, the best way to perform them, and adaptive equipment that might be helpful.
- If a health setback has led to deconditioning, explore rehabilitation options that might help the person regain functioning.

Social and emotional well-being

- Encourage your relative to maintain important relationships through in-person or virtual visits, phone calls, or correspondence.
- Facilitate their involvement in activities that provide purpose or pleasure; for example, continuing hobbies or developing new ones, or volunteering (which can even be done from home).
- Encourage the person to get out to an adult day program, senior center activities, church functions, or other programs or events in the community. Arrange accessible transportation if necessary.

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

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Bee Farming Is A Thing!

By Carolyn Brenneman, Columnist

COVER: Colorful bee hives!

Yes it is! Did you know that there are many beekeeper farms in Georgia? Beekeeping in Georgia has been around for awhile. It’s a fascinating business. Who would ever think about these types of farms? Well, we do!

Okay, so what is it exactly? Bee farming or beekeeping is very popular in Georgia’s agricultural landscape. It is simply the practice of keeping honey bees to produce honey, beeswax, and other products like candles and soaps. It's like having a small farm, but instead of cows or chickens, you're raising bees.

Due to our warm climate, many beekeepers have great success in farming worker bees, drones, and queens for pollination creating a variety of honey and many types of bee products to sell to the general public.



Beautiful close up
of the honey bees!

A good beekeeper provides a safe home for the honey bees, usually in a wooden box called the hive. Sometimes, these wooden boxes are colored and sometimes they are just plain white. I’ve seen pink, lavender, yellow, orange and light blue boxes for the bees. Anyway, honey bees are the only insects that produce food for people. Did we ever realize that one hive contains over 40-60 thousand bees? Imagine that, when we see a white or colored hive – the box – it has thousands of bees inside it working hard. The bees work so hard and that’s why these “girls” are called worker bees. Yep, the worker bees are all female. But sadly, these worker honey bees only have a 4 to 6 week existence.



Cute Owl from
Blue Ridge Honey
Company!

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Deborah Sasser
with her bees!

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Anyway, the beekeepers make sure the bees are healthy, have enough food, produce and work hard and are protected against pests. The worker bees – the “girls,” themselves do all the work collecting nectar and pollen and returning back to the hive to turn it into honey. It’s hard work, but they are diligent.

Then what happens? Well, once the bees have made extra honey, the beekeeper carefully takes some of it. They use special tools to remove the frames from the hive, scrape off the wax caps, and spin the honey out. But it is important to leave enough honey for the bees to eat, especially during the winter. Then there is the beeswax. Bees must eat over six pounds of honey to secrete a pound of wax. Wow! And this coveted beeswax is used to make lots of things – candles, dental floss, crayons, lip balms, and soaps.

As mentioned, there are many honey bee farms here in our Georgia. One bee farm is located just outside Cleveland, Georgia, where beekeeper Lloyd Allison has built a very successful business with bee farming. It all started back in the 1940’s, with his grandfather purchasing land in the area of Cleveland, Georgia and his business has grown now to include other things, like vineyards.

Lloyd offers honey such as Wildflower, Orange Blossom, Blackberry, Cotton and Sourwood. At his farm store, he also offers a variety of all-natural lip balms, 100% beeswax candles, jams, and berries and grapes in season, mainly blackberries, and raspberries, generally available in July and muscadines ready in August to October. He is open everyday all year long. Want to plan a visit to this farm? Let’s round up our grandkids and away we go. They’ll love it. Just call [706.892.9898](tel:706.892.9898) for updates.

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I purchased a wonderful honey from Blue Ridge!



Lloyd’s assistants working the hive!



A vendor selling honey and wonderful items!

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Now I recently visited a lovely bee store, called Blue Ridge Honey Company, owned by Bob Binnie. He has owned his store for over 40 years, has many varieties of honey and unusual beeswax products for sale. He also has a display of honeybees working in a large see-thru box which is fascinating. Blue Ridge Honey sells a variety of honey and wax products and it's a wonderful place to visit when we are in the area. They are in Lakemont, Georgia and contact information is 706.782.6722.

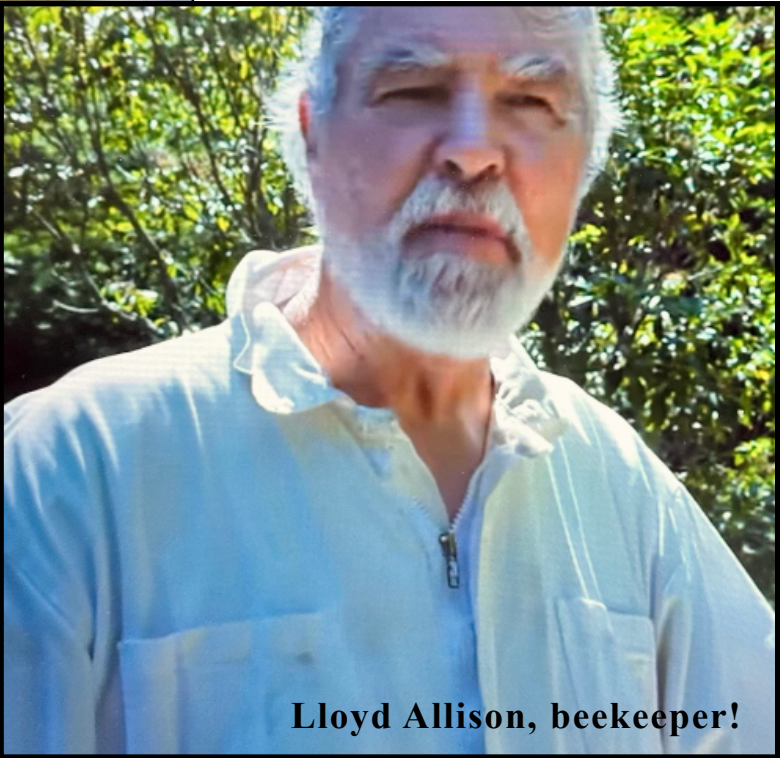
A third favorite of mine is Sasserfrass Hill Bee Farm, right here in Augusta. Deborah Sasser started her business as a hobby back in 2008 and now has over 20 bee hives. I met Deborah and she is working diligently to care for her honey bees. Deborah also has studied about diseases and pests that bees have to deal with. And she photographs the bees and has become a master of bee photography. She goes even further – educating the public about the honeybees through her lectures to civic groups, schools, women's clubs and church groups. She has 100% raw bee honey, with no preservatives and additives, and is non-pasteurized for sale. I have purchased several of

her wonderful products to give as gifts to friends. Her website is www.sasserfrasshill.com - check it out. Bring the grandkids over to her bee farm. They will love it.

Now we know some things about our fascinating honeybees and the creation of the marvelous sweet substance they produce. So let's plan a trip to a bee farm and bee happy!



Lloyd working with his bees!



Lloyd Allison, beekeeper!



More work on the many bee hives at Lloyd's!

City Springs Theatre Company Opens Eighth Season With Mel Brooks' Musical-Comedy *The Producers*, September 5 - 21!

Brooks' musical based on his own Oscar-winning film is still the winningest show in the history of Broadway's Tony Awards®
Submitted by Lesley Gamwell, Senior Director of Communications, Rountree Group Integrated Communications – Lgamwell@routreegroup.com
METRO ATLANTA

In 2001, American comedy legend **Mel Brooks** changed the face of Broadway forever with the musical version of his own 1967 film *The Producers*. Hailed as an instant classic, Brooks' musical won a record twelve Tony Awards® and has kept audiences across the globe laughing ever since. Now Atlanta's own **City Springs Theatre Company** (CSTC) kicks off their eighth season of musicals with Brooks collaborator **James Gray** directing and choreographing *The Producers: A Mel Brooks Musical*, having appeared as an actor in the show on both Broadway and in London's West End. The production runs September 5-21 at the Byers Theatre in Sandy Springs, GA.

In *The Producers: A Mel Brooks Musical* a down-on-his-luck New York producer teams up with his mild-mannered accountant to produce the biggest disaster in Broadway history, allowing them to run off with the surplus of money they raise. Together they do everything in their power to make sure the show (a wholly offensive musical titled "Springtime For Hitler") is a sure-fire flop, only to have their efforts spectacularly backfire. Arguably the funniest Broadway musical ever, *The Producers: A Mel Brooks Musical* overflows with the signature bold, unapologetic humor of its creator.

Brooks, 99, has been vocal over the years, defending his comedy. "After all the people that he was responsible for killing and after utterly destroying half the world," he has said, "I just thought the only weapon I've really got is comedy. And if I can make this guy ludicrous, if I can make you laugh at him, then it's a victory of sorts."

Tony-award winner Shuler Hensley is City Springs Theatre Company's Artistic Director, and he has had the pleasure of working with Mel Brooks on stage. "Working with Mel Brooks and being able to call him a friend is an unqualified privilege. He's a one-of-a-kind voice, a true craftsman of comedy, finding humor in impossible situations and maddening injustices. As an actor, an audience



roaring with laughter is a gift like no other - even more so than applause or a standing ovation. Nothing unifies an audience like the kind of outrageous, gut-busting laughter that has been Mel's hallmark for decades. It's his superpower and it's why he is still thriving at 99!"

Leading the cast of *The Producers* is New York-based actor **Adam B. Shapiro**, making his CSTC debut as the larger-than-life producer Max Bialystock. Returning to the CSTC stage is **Tyler Pirrung** (CSTC's *Jersey Boys*, *Spamalot*) as the nebbish accountant Leo Bloom. Also returning to CSTC are Atlanta theatre favorites **Jeff McKerley** as Roger De Bris, **Blake Fountain** as Franz Liebkind, and **Frankie Marasa 5th** as Carmen Ghia. Making her CSTC debut in the role of Ulla will be **Celine Sullivan**.

The Producers: A Mel Brooks Musical features Tony Award®-winning songs by **Mel Brooks**, and a Tony®-winning book by Brooks and **Thomas Meehan**. The production will be directed and choreographed by **James Gray**, based on the original Tony®-winning direction and choreography by **Susan Stroman**. The remainder of the production's creative team are **Jesse Kissel** (music director), **Naomi Kakuk** (associate choreographer), **Eric Luchen** (scenic designer), **Alyx Jacobs** (lighting designer), **Anthony Narciso** (sound designer), and **Shay Holihan** (production stage manager). The CSTC production will proudly feature the musical's original Tony Award®-winning costumes designed by Broadway legend **William Ivey Long**.

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The Producers: A Mel Brooks Musical contains adult language, adult situations, and includes mention and depictions of Adolf Hitler and Nazis. It is recommended for audiences 13+. *The Producers: A Mel Brooks Musical* is presented through special arrangement with Music Theatre International (MTI). Performances take place September 5th through September 21st at the Byers Theatre in the Sandy Springs Performing Arts Center, 1 Galambos Way, Sandy Springs, GA 30328. Tickets are now on sale at www.CitySpringsTheatre.com. For more information contact City Springs Theatre Company at 404-477-4365 during regular business hours.

Performance Schedule:

- Friday, September 5 @ 8:00pm
- Saturday, September 6 @ 2:00pm
- Saturday, September 6 @ 8:00pm
- Sunday, September 7 @ 2:00pm
- Wednesday, September 10 @ 7:30pm
- Thursday, September 11 @ 7:30pm
- Friday, September 12 @ 8:00pm
- Saturday, September 13 @ 2:00pm
- Saturday, September 13 @ 8:00pm
- Sunday, September 14 @ 2:00pm
- Wednesday, September 17 @ 7:30pm
- Thursday, September 18 @ 7:30pm
- Friday, September 19 @ 8:00pm
- Saturday, September 20 @ 2:00pm
- Saturday, September 20 @ 8:00pm
- Sunday, September 21 @ 2:00pm



Individual tickets to *The Producers: A Mel Brooks Musical* range from \$70 to \$172, including all fees, with discounts for seniors, students, groups, and active and retired military personnel. Call 404-477-4365 or visit CitySpringsTheatre.com for more information. Discounts for groups of 10 or more are available by calling the Box Office at 404-477-4365. CSTC’s Box Office is open Monday through Friday from 10:00am - 5:00pm. City Springs Theatre Company productions take place at the Byers Theatre in the Sandy Springs Performing Arts Center, 1 Galambos Way, Sandy Springs.

[City Springs Theatre Company \(CSTC\)](http://CitySpringsTheatre.com) is dedicated to entertaining, educating, and enriching lives by creating world-class entertainment experiences and innovative arts education programs that drive cultural 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 **Natalie DeLancey** as executive director, and Tony Award®-winner and Atlanta native **Shuler Hensley** as artistic director. To date, CSTC has served over 320,000 patrons and 150,000 students through its mainstage musicals and educational programs. For tickets and more information call 404-477-4365 or visit www.CitySpringsTheatre.com.



BBB Tips on Data Privacy

Submitted by Kelvin H. Collins, President/CEO, Better Business Bureau
Serving the Fall Line Corridor, Inc. • BBB.org/central-georgia • Office: 478.742.9034 (Direct)

OFFICES: Macon: 277 M.L. King Jr. Blvd, Ste 201, Macon, GA 31201. • Augusta: 119 Davis Road, Ste 3-B, Augusta, GA 30907
Columbus: 233 12th Street, Ste 911-B, Columbus, GA 31901

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news. While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can follow to help guard against losing important personal information to cyber thieves.

Quite a bit of personal information is already shared on the internet by cell phones, tablets, laptops or any other device that connects through wifi or an internet provider. These access points make it easier to shop, bank, make travel arrangements, and keep in touch with friends or family. When online, safeguard your information to help avoid scams, fraud, and identity theft. Periodically, it is a good idea to review who has your information. The [Better Business Bureau](http://BBB.org) and the [National Cyber Security Alliance](http://NationalCyberSecurityAlliance.org) offer the following tips to help secure the privacy of critical information:

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.
- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money: Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper and lower case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See [BBB's tips for creating a strong password](http://BBB.org) at BBB.org.
- **Keep tabs on apps.** Many apps ask for access to personal information, such as geographic location, contacts list, and photo album, before using their services. Be thoughtful about who gets that information and be wary of apps that require access to information that is not required or relevant to the services they offer. Delete unused apps on your internet-connect devices and keep others secure by performing updates.
- **Lock down your login.** For your online accounts, use the strongest authentication tools available. Your usernames and passwords are not enough; consider two-factor authentication for key accounts like email, banking, and social media, especially for access on mobile devices.
- **Don't click on unfamiliar links.** Whether at home or at work, don't click on links from unfamiliar sources or unexpected correspondence. One false click can infect a whole computer... or a whole business.
- **Pay attention to internet-connected devices.** Smart thermostats, voice control systems, cars, and even refrigerators are just the beginning of the growing list of devices that watch our homes and track our locations. Read the privacy policy and understand what data is being collected and how it will be used. Read [BBB's tips on smart devices and cyber security risks](http://BBB.org).

Charitable organizations should be aware of data privacy. Donors and others communicate online with charities via their websites, emails, and other online means and need to be informed about what policies are in place to address privacy concerns. [BBB Wise Giving Alliance](http://BBB.org) published a [blog article containing advice for charities regarding data privacy concerns](http://BBB.org).
For more information, see [BBB's Cybersecurity Resources page](http://BBB.org) at www.bbb.org/all/cyber-security-resources.

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 local BBBs 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 or E-mail: info@centralgeorgia.bbb.org.

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Scotland: Where Old Traditions are Alive and Well Today!

by Fyllis Hockman, Travel Columnist, fyllish@aol.com

Ask anyone what they think of when they think of Scotland and you'll probably hear bagpipes, kilts, clan tartans. And if the year were 1746, you would have heard the same thing. It was in that year, after the Battle of Culloden when the British decimated the Scots, that the British set about to systematically rid the country and its people of their identity and traditions. It didn't work, which makes it all the more remarkable that everything that defines the Scottish people today is the same as it was centuries ago – and it was my mission to explore them all: kilts, bagpipes, also whisky. Even the Gaelic language.



Fyllis Hockman
Travel Columnist



Many of the signs throughout the Scottish Highlands are in both English and Gaelic! Photo by Victor Block

And it was on a trip to the Scottish Highlands with UNTOURS, a company with its own unique traditions, that I got to relish in all of it. UNTOURS puts you up in unusual accommodations -- perhaps a castle, a vineyard, or a delightful old farmhouse. It provides a car, inundates you with information, connects you with a local contact to answer questions, and sets you off to see what YOU want to see when YOU want to see it.

We were spending our “live like a local” week in our own apartment, part of an 1837 church in a former life, near our home base of Inverness, where all the neighborhood signs sported the Gaelic translation below the English ID. Dead language? Not close. Very hard to understand though. But then again so is the language they speak, which they claim is English...

And alas(sie) to the Highland Games. A throwback to ancient Scotland, it is a unifying rite of passage for any Scot. Amidst the vast ocean of tartan, bagpipes and clans sits a cultural event steeped in skill, tradition and community going back more than a thousand years.

The music, of course, the incredibly distinctive bagpipes emanating from competing bands, never leave your ears. And, of course, every pipe band sports its own tartan so the multitudes of plaids create a fashion visual that is hard to forge from your eyes. And I can't tell you how many times

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Scotland's famous haggis should be tasted before actually identified – sheep's lungs, heart and liver! Photo by photocreations/Dreamstime.com



So many bands, so many colors, so many bagpipes highlight the summer Highland Games throughout the Scottish Highlands! Photo by Victor Block.

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I heard the words bonny, aye and laddie. To say, the Highland games are an assault on all the senses is a wee understatement.

And although some of the games such as track and cycling may be recognizable, the chanter, caber tossing, hammer throw and tug ‘o war are not. Men throwing heavy sticks, balls, hammers – and probably their arms out!

So kilts, bagpipes, Highland games all attesting to Scottish heritage. That still leaves whisky.

Scottish single malts – celebrated locally as whisky (no e) – are known all over the world for their richness and smoothness – and cost. With a history dating back as far as the 11th century, Scottish whisky is an important part of the country's identify, with most of the 140-plus distilleries in the Highlands. Being more of a pedestrian imbiber of alcohol, I was not the ideal candidate for a whisky distillery tour and tasting. But I soldiered on.

At the Glen Ord Distillery, serving up its single malts for almost two centuries, I sampled a flight of their 3 brands of whisky. Three very different flavors, or so I was told. They all tasted the same to me. I’m not proud. Then I added three drops of water to each dram to “separate the flavors.” And yes, I noticed they were more potent – but still tasted the same. I slinked out of the distillery.

A visit to The Highland House of Fraser reinforces the uniqueness that is Scotland because there, for a mere \$750, you can have your own personalized kilt made. And should you not have your own family tartan, you can choose from 750 different plaids from other clans. And you can even watch a kiltmaker weave your threads while, of course, listening to some bagpipe music.

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Among the many unusual skills exhibited at Scotland’s Highland Games is the hammer toss! Photo by Victor Block



The author did not do justice to appreciating the richness of Scotland’s famed whisky at a tasting! Photo by Victor Block



The front of our UNTOURS apartment in an old 1837 church in Inverness, Scotland! Photo by Victor Block



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And lest you think the kilt is itself a throwback to history, not so. They are often worn at every celebratory gathering from birthday parties to weddings to funerals – and sometimes just because. And as our local UNTOURS rep told us, he takes his kilt and bagpipes with him wherever he goes – apparently both wrap up well for traveling -- which conveys how very much a part of everyday living the old traditions are today.

So despite Britain’s efforts to destroy the language, the clothing, the traditions and the lifestyle of the Scottish people, it all remains alive and well today. And in UNTOURS own tradition, we picked up a roasted chicken and another bottle of wine in our home town and headed back to our cozy apartment to think about what other historic/modern Scottish traditions we would next explore.

For more information, visit www.untours.com/scottish-highlands.



Colorful tartans brighten up the entire country of Scotland! Photo by Victor Block



Kilts are often a part of everyday dress – only accompanied by a wee dram! Photo by Victor Block



The costumes and intricate steps of Scottish dancers are a big drawer to Scotland’s Highland Games! Photo by Victor Block