Dr. Thomas Marshburn navigates from Tucker to Outer Space!
Story on page 2
Dr. Thomas Marshburn navigates from Tucker to Outer Space

by SUSAN LARSON

ON THE COVER
Dr. Thomas Marshburn
Astronaut

Lots of kids dream of becoming an astronaut. And Dr. Tom Marshburn was among them. "I didn’t really think it would happen," he said, "but I was so fascinated with the idea of human spaceflight, that I made working with NASA in any capacity my goal, and read enough about astronauts to pattern my education and career path after theirs."

Marshburn grew up in Tucker as one of seven children. His father was a Presbyterian minister and his mother a stay-at-home mom. Reaching for the stars appeared to be a family goal as five of the Marshburn siblings are doctors, one a nurse and one a physical therapist.

Marshburn played football for Henderson High School and also enjoyed swimming, backpacking and, of course, studying outer space.

"I distinctly recall the day in ninth grade picking up a book in the library about the building and launching of our first weather satellites. It was a short time before I was reading about the first Americans that went into space, and read every book about Mercury, Gemini and Apollo that I could get my hands on," Marshburn said. "Also, my first major purchase with my own money I had made summers working favors was a telescope."

Even with his love of space, Marshburn decided on a more down to earth career as an emergency room physician. Then in the summer of 1993, NASA started a brand new program for flight surgeons. Marshburn applied, thinking maybe this was the closest he’d ever get to outer space, and began his new assignment in Houston in 1995. But just being there made him wonder how much farther he might be able to go.

"I had just arrived as a new flight surgeon, and the proximity to the Johnson Space Center and the operations of human spaceflight thrilled me. I just had to apply. And then apply three more times before I was selected in 2004," Marshburn said.

"As an astronaut candidate, or ASCAN, I trained with my classmates for two years after our selection, before being eligible for flight. After that I waited another year and a half before being assigned to STS-127. Then I had a year of training with my 127 crew before launch in the summer of 2009."

This month Marshburn turns 50. "This may not be as big a milestone as walking in outer space, but it did admit he felt like he was pulling a couple of g’s when his AARP invitation came in the mail.

Marshburn did a recent speaking tour at his alma mater and several other schools in the Atlanta area. He’s now back working at the center using his new knowledge and skills to help support those currently living on the space station, but he said, "Speaking with students is a joy and a high priority, so I hope to get out again soon."

As for making another trip into space, Marshburn said, "I’d love to go again. I think almost every astronaut does. Not only do we want to experience 0-g and the views of earth again, but we learn so much on our first flight that we feel compelled to use that knowledge again. I’ll be back at the end of the flight line waiting my turn again."

Dr. Marshburn on his STS-127 mission.

Dr. Marshburn pointing out a detail to fellow crew members.

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Value of estate planning is lost to half the population

by JOHN STEWART
Director of Estate and Asset Services
American Cancer Society

An estate plan aims to preserve the maximum wealth possible for the intended beneficiaries, while providing financial flexibility for the plan’s owners throughout their lives.

Most Americans can benefit from estate plans, but more than half don’t have one in place.

Why have an estate plan?

There are many compelling reasons to have an estate plan, including:

- Offers the most effective way to ensure your family is provided for and assets are distributed according to your wishes.
- Provides the best way to reduce the exposure of your assets to estate taxes.
- Gives you peace of mind that your financial affairs are in order and that your survivors will not face a costly administrative nightmare, creditors or lawsuits. Even small estates can have problems.

You have an estate if you own any property, including cash assets. Regardless of how large your estate is, proper planning can prevent your family from becoming embroiled in controversy over how to divide your assets after you pass away.

Elements of an estate plan

Estate plans have several elements:

- A Will is usually the plan’s core document for distribution of assets at death.
- A Power of Attorney provides management of assets during lifetime in the event of incapacity.
- An Advance Directive for Health Care authorizes someone else to make health care decisions if you are not able to, and allows you to communicate your wishes on the use of life sustaining procedures.

When to begin

A good time to begin your estate plan is when you get married, or when you are expecting your first child. Many people will do more extensive planning later, perhaps when they are in their 50s, or in the pre-retirement stage.

An appropriate time to take action and evaluate your assets is when your focus begins to shift from earning a living and taking care of yourself to making sure your loved ones and favorite charities are cared for after your death.

How to begin

The process of creating an estate plan begins by gathering all important documents and taking an inventory of assets. Most estates are larger than you or your parents realize.

Assets include the home, savings, insurance policies, investments, retirement plans and business interests.

Seek professional advice

When you are ready to design your estate plan, you should consult the help of professionals such as an attorney who specializes in trust and estates, your financial advisor, and your accountant.

Create a legacy

Including a charitable bequest in a Will does not cost anything now, but it enables you to address your wishes and create your legacy.

If you change your mind about a charity included in your Will, you can revoke the bequest the next time you update your Will.

Charitable bequests provide many tax advantages and offer a way to contribute to multiple charities, rather than having to pick just one.

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John Stewart is Director of Estate and Asset Services, American Cancer Society. For additional information call 1-877-227-1996. (Member of the national ElderCare Matters Alliance, Georgia chapter.)

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Walking on Sunshine

by Faye Jones

Where did spring and summer go? At times I feel I’m in a time warp. Wasn’t it only yesterday that all the winds had begun to blow and leaves danced in their red and gold splendor? Time is passing so quickly I can hardly catch my breath. Eighty years slipped through my fingers and I spend countless hours thinking of opportunities missed. I think of all the letters I didn’t write to old friends and the many calls I should have made but thought I was too busy. Oh, what peace could come from second chances were we given the opportunity to go back into the past.

And now, here I am, still recovering from surgery that went awry. After more than two months in the hospital I was finally on the road to recovery. A force operation that became infected with a rare bacteria had me off my feet once March. Things were looking better and I was planning to leave my daughter’s home and return to mine within a three week period. Did not happen. Went to my doctor of infectious diseases for a check-up. She recommended postponing any attempt to get on my feet and legs. A lovely lady entered the room and within minutes two nurses were putting wraps on the core of a house for four days. By day two I was flat on my back, writhing in pain and could not walk at all.

Long story short, the wraps were so tight they caused nerve damage which was diagnosed by my surgeon. He was not a happy camper and neither was I. I was back to square one with my therapy and my ability to walk – plus excruciating pain twenty four hours a day. My return home has been put on hold for a long time and I am beginning to like being with my children. It isn’t bad at all to have all my meals served chair-side and being pampered like a baby. Getting spoiled is soooo much fun! Another part of my recovery is physical therapy. We have a home health care company that visits me and does everything I need from baths to shampooing. But the best of all is my physical therapist. Jeff is young, energetic, full of energy and could probably pick up the core of a house with one hand. We argue from the time he walks in the door until the minute he leaves. He makes me do exercises that are impossible.

I repeatedly tell him that I am unable to raise my legs with three-pound weights on them. He assures me that when I finish my pity-party I will do just fine and he’s always right. He makes me pull on two reference bands to build my strength in my upper body. When I finish the exercises, my tongue is hanging out, I am sweaty and my sunny disposition has hit the dust. By the next day I am sore as a rabbit and can’t raise my arms to comb my hair. Jeff thinks it’s wonderful and tells me the therapy is working and I shall be strong again in no time.

My flossing and brushing with Jeff is all fun and he takes me all the stores. But outside from the fun, this young man is teaching me to walk again. I don’t know if I will ever be able to walk without a walker or a cane but I am giving it all I’ve got and am believing that one day soon I will be sky-diving or mountain climbing or taking down the deep valley to dip my toes in the Colorado river. Don’t you know that would be like walking on sunshine?

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A decision that breaks your heart

by EVA MOR, PhD
Author of Making the Golden Years Golden

M
dad was an elderly man who was well liked by his community. He had been a prominent figure in the local business community and had a positive impact on the lives of many people. He was known for his kindness and generosity.

As he grew older, his health began to decline. He had been diagnosed with Alzheimer's disease a few years prior, and his cognitive function was starting to deteriorate.

His family was shocked and devastated by the news. They had always thought that they would have time to say goodbye, but now that time was running out.

His family gathered around him, holding his hand and talking to him in soft voices. They knew that he could no longer understand or respond to their words, but they wanted to be there for him.

They arranged for his care in a skilled nursing facility, where he could receive the specialized care he needed. They visited him regularly, bringing him snacks and reading to him.

As the months went by, his condition worsened. He became more disoriented and confused. His family watched as he slipped away, feeling helpless and unable to do anything to save him.

Eventually, he passed away. His family was devastated, but they knew that he was in pain and that it was time for him to let go.

His passing was a difficult experience for his family. They struggled with the decision to end his life, but they knew that it was the right thing to do.

In the days following his death, his family gathered around him, holding his hand and saying goodbye. They knew that they would always remember him, and that he would always be with them in their thoughts.

His passing was a reminder to them that life is precious, and that they should make the most of the time they have with their loved ones.
Poets’ Corner

Editor’s Note: If you have written a well-worked poem which you would like considered for publication, please forward it to Senior News, P.O. Box 82880, Warner Robins, Ga. 31088. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

**********

God Cares
by Sandra B. Gilespic

My Friend, I pray for you today,
For God to wash your troubles all away.
To dry your tears, to dash your fears.
To make the clouds all disappear.
My Friend, I pray for you today,
For Happiness to soar.
For Life to be what God ordained,
For Sun and Stars, and joyful Pain.
To disappear, and Hope remain.
To clear the clouds away.

Our God hears every prayer we pray.
So let it be this very day.
See the rainbow in His sky.
Let the colors melt our tears.
Allow the sunshine to break through.
May all our dreams this day come true.
Because He cares for me and you.

My Friend, I pray for you today,
To give you back your life once more.
And mend the ugly part that tore.
That Kindness, Hope, and deepest Love.
Will come to you from God above.
Today and every day.

**********

Family
by Helen Gleeson

A family is a wondrous thing.
Bringing joy to hearts.
In trials it can comfort bring.
As love is deep important.
A family means belonging.
And standing by always.
We know we never are alone.
And together we can pray.

Our earthly family is a gift.
To be treasured with your love.

**********

Blessed in Abundance
by Mrs. Eddie Brooks

As I watch and listen to various local/national news reports concerning the turmoil that lingers within the world.
I can truly say that I am “blessed in abundance.”
Yet I am blessed in abundance for I have a loving, and devoted Christian mother who taught me to pray whenever the storms of life came my way.
I have a mother who taught me how to live with righteous living, and how to stand strong, even if it meant standing alone.
As I look back over my life I realize that I am blessed, truly blessed in abundance to be living in a country that allows freedom of speech, religion, and an equal opportunity to be whoever whatever God desires me to be.
I am blessed in abundance.

**********

Your Destiny
by Vera King

There’s always room at the top
The promise of your pursuit
Just be prepared to struggle
For whatever you want to shoot
Failure is not an option
If you see your sights on high
As you have always heard
The Empt is the sky
So think of the highest achievements
That could ever come your way
And you’ll be in the company of angels
Some bright and shining day.

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C'mon, let's eat

by FAYE JONES

Since we have little time to cook, let's make life a little easier by having some one-dish meals that are not only filling but delicious. Read on.

CHICKEN AND EGGPLANT PARMIGIANA
1 medium-sized eggplant, peeled and sliced 1/4 inch thick
3 tablespoons olive oil
1 large yellow onion, finely chopped
1 clove garlic, minced
1 pound ground chicken
1 can (14 ounces) Italian-style plum tomatoes with their juice, halved
3 tablespoons tomato paste
2/3 teaspoon dried basil, crumbled
1/2 teaspoon dried oregano, crumbled
1/2 teaspoon salt
1 teaspoon black pepper
3 tablespoons pasta
1/2 cup grated parmesan cheese
1 cup shredded part-skim Mozzarella cheese (4 ounces)
1. Preheat the oven to 350°F. Grease a large baking dish. Lightly brush both sides of the eggplant slices with the oil, using half the total amount. Place them on the baking sheet, overlapping slightly if necessary, and bake, uncovered, for 5 minutes. Transfer to a plate.
2. Meanwhile, heat the remaining 1 1/2 tablespoons oil in a 10-inch skillet over moderate heat for 1 minute. Add the onion and garlic and sauté, stirring occasionally, for 3 minutes or until slightly softened.
3. Add the chicken and salt, stirring for 10 minutes or until no longer pink. Stir in the tomatoes, tomato paste, basil, oregano, salt, and pepper. Bring to a boil and cook, uncovered, for 5 minutes.
4. Spoon a thin layer of the chicken mixture into an ungreased 11" x 7" x 2" baking dish. Sprinkle with 1 tablespoon of the pasta. Top with 1/3 of the eggplant, and sprinkle with 1/3 each of the parmesan and mozzarella cheeses. Repeat the layering twice, ending with the mozzarella. Bake, uncovered, for 45 minutes or until bubbling. Serves 4.

BARBEQUED CORNISH HENS WITH CHILI RICE
3/4 cup Long-Grain White Rice
2 Rock Cornish Hens (1 to 1 1/2 pounds each), split
2 tablespoons olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
1 can (12 ounces) corn kernels, drained
1 jar (6 ounces) pimientos, drained and sliced
1 can (4 ounces) green chilies, drained and chopped
1 cup shredded Monterey Jack or Cheddar cheese (4 ounces)
1/2 cup sour cream
2 1/2 cups bottled barbecue sauce
1. Preheat the broiler. Cook the rice according to the package directions. Meanwhile, brush the hens with the oil, then, sprinkle with the salt and pepper. Arrange them skin side down, into a lightly greased medium-sized baking pan and broil six inches from the heat for 10 minutes; turn and broil 10 minutes more or until nicely browned. Reduce the oven temperature to 400°F.
2. Mix the rice, corn, pimiento, cheese, chilies, and sour cream in a large bowl. Spoon the barbecue sauce over the hens, then arrange the rice mixture around them.
3. Bake, uncovered, for 20 to 30 minutes or until the legs move easily in the hip sockets. Serves 4.

HAM AND PASTA SALAD
8 ounces rotelli or penne pasta
1 cup buttermilk
1/4 cup mayonnaise
1 teaspoon dried tarragon
12 ounces botted or baked ham, cut into 1/2-inch cubes
1 cup cherry tomatoes, halved
1/2 cup shelled blanched pistachios or blanched almonds, coarsely chopped
1/4 teaspoon black pepper
1 teaspoon minced fresh tarragon (optional garnish)
8 ounces spinach, trimmed, rinsed, and drained well

1. Cook the rotelle according to package directions. Meanwhile, whisk the buttermilk with the mayonnaise and dried tarragon in a large bowl until smooth and set aside.
2. Drain the pasta well, then add to the buttermilk mixture in the bowl and toss until well coated.
3. Add the ham, tomatoes, pistachios, and pepper, toss well again, and sprinkle with the fresh tarragon, in desired. Serve over a bed of spinach leaves. Serves 4.

**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 byronj@uol.com.

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Into Thin Air


PaperBackSwap.com is the place for spectacular savings. Two neighbors recommended I try it, explaining the company is based in Atlanta, the site is simple to maneuver and it provides a wide range of books, new and used, for exchange. Once you join the site (at no charge), you simply list the ISBN numbers of five books you no longer want and can send to other members. In equipment for your effort, you are given two points. One point equals a book (hardback or paperback). Two points equal an audiobook (CD or tape). You simply select and receive. Later as members request your books, you pay the postage for shipping. When you select from their listings, they pay the postage to you. One of the most outstanding books I have received from the site is Into Thin Air by Jon Krakauer. There were two reasons I selected this work. It was well reviewed in major publications and, since it was based on a true topic I knew little about, I didn't want to risk paying big bucks for it. What a surprise! Into Thin Air was a well written non-fiction portrayal of Jon Krakauer's climbing of Mt. Everest that included the pacing, conflict, character building and setting one might expect from award-winning fiction. The book was an honest portrayal through competent prose of what has become the red-eye pursuit of mounting the highest peak in the world. This book is important. It speaks not only to those who would embark on such a venture but to all who circumvent paying their dues to reach the top, in whatever field they engage. The work is educational, filled with vivid descriptions of the grueling rigors of mountain climbing, depictions of the mental and physical challenges, and compelling portrayals of those who would conquer its heights. It is also a heartbreaking exploration into the why's people take risks and the dangers of commercialization of individual achievement. Feedback and comments welcome annebjoness@com.com

Veterans organization launches new assistance program to help retrain wounded vets

Special to Senior News

The Retired Enlisted Association (TREA) through their Annual Professionals Aid Campaign (APAC) is proud to announce a new program, Vocational Educational Training (VET). The new program will provide disadvantaged American and Iraqi veterans separating from the military an opportunity to receive educational training in an area that he/she would be suitable for with their experience and background. The program will cover some costs not provided by the Veterans Administration (VA) or other Department of Defense (DOD) government educational assistance programs.

VET assistance will be awarded on a case-by-case basis with allowances made for the severity of the disability, type of vocational training being sought, and the personal financial situation of the applicant.

TREA has a long and successful history of awarding scholarships and assisting service members and their families. Thousands of dollars in educational awards have been made over the last decade.

The new program is in response to a growing need among enlisted men and women who are being medically discharged from the military and find that service related disabilities prevent them from pursuing the careers for which they were trained. For example, a mechanical specialist who has suffered partial paralysis or lost a limb will likely need to change careers and move into an occupation with different physical requirements. While DOD programs cover some of the costs resulting from this, TREA has found that in many cases there is a need for additional financial assistance.

To see if you qualify and obtain an application, please contact: Bill De Boer, Chairman, TREA Memorial Foundation, 1111 South Abilene Ave., Aurora, CO 80012; Phone: 800-538-9537, Email: TREAMEMFND@comcast.net

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Proven Knee Pain Relief with New FDA Cleared Treatment

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New pain relief treatment for knee pain
Atlanta Medical Clinic now has a new FDA approved knee pain treatment that can restore your mobility, without having to go through painful surgery.

Would you like to get back to riding a bike, exercising, playing golf, or enjoying your activities without worry about your painful knee? Please call 404-872-8837 for an evaluation.

Are you right for this pain relief treatment?
Do you experience pain when walking? Is it painful to go up or down stairs? Do you feel pain when exercising or working? Does your knee pain keep you from enjoying activities? Are you taking pain medications without relief? Have you been told you need joint replacement surgery, but don’t want to suffer through a painful and long recovery? Please call us and we can evaluate your condition and recommend the right treatment.

What causes knee pain?
Wear due to your age, injury, poor posture or work habits or being overweight can result in knee pain. Often knee pain is the result of arthritis, especially the most common type, osteoarthritis which is degenerative joint disease. It causes the cartilage that cushions your bones to wear, so your bones rub together causing pain and swelling.

Get advice from our doctor
See our doctor and he'll evaluate your knee pain and advise you on the best way to get pain relief.

Atlanta Medical Clinic
404-872-8837
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Dunwoody Celebrates the Fourth!

by MARY FRANCES

“Dunwoody Salutes America’s Volunteers” was the theme of the Parade that greeted the crowd lined up along the 2.5 mile Mt. Vernon Road route at 10:00 a.m. on a sunny July 5, 2010. There were 148 entries with 2,500 participants that included bands, decorated floats, convertibles with waving political candidates, clowns on skateboards, people carrying banners, swim teams, antique cars, and decorated pick-up trucks. Sixty volunteers in distinctive tee-shirts managed the thousands who lined the parade route and were applauding for their volunteer efforts. An enthusiastic post-parade crowd gathered at Dunwoody Village to cheer the participants. “Great parade,” said Hayward Weesock.

Seventeen monetary prizes were awarded to the most splendid floats, vehicles, and musical groups. Atlanta Pirates and Wenches won the Most Original prize and Kingsley Racquet & Swim Club won the Overall Best Entry. The Dunwoody Women’s Club oversaw the annual event and served as the parade’s Grand Marshals. At the parade’s end, Boy Scout Troop 266 sold heaping full plates of BBQ and watermelon; the Calvary Church sponsored a play area for children and the 116th Army National Guard Band performed a cheering crowd.

Dunwoody High School ROTC Color Guard, Brownie Troop 2943, Cadet Troop 2542, Junior Troop 2843, Pastor Jason Whiener St. Luke’s Presbyterian Church, and the Dunwoody United Methodist Chapel Church united to present a stunning closing ceremony. “From start to finish, this parade ran smoothly,” said Eric Christ shaking his head in wonder. “My family and I have watched this wonderful event for many years.”

Organized by Penny Forman, Pam Tallmidge, Steicy Harris, and a host of talented locals, the Dunwoody Fourth of July Parade is held annually and the community is welcome to participate. Contact the Dunwoody Home Owners Association for information on future parades.
How to spot the red flags of an Investment Seminar Scam

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

Falling for a fraudulent investment scheme can mean losing anywhere from a few hundred dollars to your life savings. While most people might not see the harm in writing through an investment seminar, Better Business Bureau recommends scrutinizing the investment companies first, rather than run the risk of falling for a financial con song for a free lunch.

Investment scams and schemes can come in many forms and a common technique to lure people in is the offer of a free financial seminar or free lunch. For example, the Securities and Exchange Commission shut down a Ponzi scheme which stole $20 million from retirees in California and Illinois. The scammers invited senior citizens to attend seminars and then coerced their victims into buying promissory notes for purported Turkish investments.

Free lunch seminars can seem like an easy way to get a meal, but attention runs the risk of getting drawn in by the slick presentations and promises of big returns. Unsuspecting seniors often use the premise of a free lunch to lure in leisurely senior citizens who have time and opportunities to invest their money.

When listening to an investment pitch, BBB recommends looking for the following red flags:

- Executives that have a large up-front investment
- Unusually high returns or promises of significant gains with no risk
- Offers of a free financial seminar or free lunch
- Offers that promise you will make a lot of money quickly
- Offers that promise to guarantee your investment
- Offers that guarantee your return
- Offers that promise you will not lose money

For more advice from your BBB on financial planning and investing visit
http://www.bbb.org/FinancialTips/Finance/SmartInvesting.jsp

Kelin Collins is president/CEO of the Better Business Bureau of Central Georgia and the CSRA, Inc. serving 41 counties in Central Georgia and the

Central Savannah River Area (CSRA).

This tip column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at 1-800-763-2222. Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@central.bbb.org

Fine Arts Photography reflects Rural South in FREE Exhibition this September

Special to Senior News

ShowExposure 2010 concludes on Sunday, September 26th.

In addition to the primary collection of over eighty photos, a self-driving tour route features a map of the satellite shows and historic sites throughout picturesque Pike County.

ShowExposure is the annual fundraiser of Pike Historic Preservation and is dedicated to supporting the historical and cultural heritage of the rural South through contemporary photography.

The eighth showcase of photography opens on Friday, September 17th, 2010, in the 1887 B.F. Strickland Building (listed on the National Register of Historic Places), a late nineteenth century mercantile store, in historic Concord, Pike County, Georgia, located one hour south of the Hartfield Jackson Atlanta International Airport.

The photography exhibit features two events-filled weekends, includes salon and portfolio reviews, a local children's photography contest, satellite shows and a culminating ball on Saturday, September 25th.

ShowExposure 2010 concludes on Sunday, September 26th.

In addition to the primary collection of over eighty photos, a self-driving tour route features a map of the satellite shows and historic sites throughout picturesque Pike County.

ShowExposure is the annual fundraiser of Pike Historic Preservation and is dedicated to supporting the historical and cultural heritage of the rural South through contemporary photography.

All proceeds from the show and the accompanying events go toward the preservation of Pike County's historic buildings and landscapes.

ShowExposure attracts hundreds of visitors each fall to central Georgia's bucolic surroundings.

For more information, please visit www.showexposure.org or contact Show Exposures, PO Box 489, Zebulon, GA 30295, 775-897-9699.
Festival expands to offer great food, arts and entertainment

Special to Senior News

The 3rd Annual Taste of Chamblee will bring together local restaurants, arts, live entertainment, kid activities and more for the entire family to enjoy. The FREE admission Family Outdoor Festival will be held Saturday, August 21, 2010 from 11:30 a.m. to 8 p.m., in Downtown Chamblee, GA at Peachtree and Broad Streets in front of City Hall (5400 Peachtree Road, Chamblee, GA 30341).

The 2010 Taste of Chamblee is being expanded to include a variety of food from more than 30 local restaurants. In the metro Atlanta area, Chamblee is often thought of as the crossroads for international foods and restaurants. Taste of Chamblee will bring together the most diverse array of foods including Indian, Malaysian, Mexican, Chinese Dim Sum, BBQ, Cajun, Italian and more. Patrons will purchase food tickets from the event with food tickets valued at $5 per ticket. Participating restaurants will be serving up samples sized portions of their specialties for 1-4 tickets per serving.

In addition to the wide range of food, patrons will have much more to see and do at this year’s festival. The event’s ArtWalk will showcase more than 30 of the region’s best artists representing a variety of media including include paintings, photography, pottery, graphics, sculptures, jewelry and much more. Some of the best local antique dealers will be on hand offering unique items from their shops. The Kids Activity area will feature interactive games and art projects that are fun for all ages.

Grab a seat in the Beer Garden and enjoy a selection of craft beers while enjoying music on the main stage from some of the region’s best performers. Patrons can also visit the event’s Wine Garden and purchase a wine tasting wristband to sample and learn about various wines.

Taste of Chamblee is produced by the Chamblee Business Association in conjunction with the City of Chamblee. Atlanta area event producer Premier Events is providing event management services for this year’s festival.

For the latest details on Taste of Chamblee 2010 please visit www.tasteofchamblee.com.

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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 binocular 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 outlook. Binocular 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 fell unsafe while driving. Dr. Saunders fitted him with a pair of binocular telescopes (or driving aids). “I now read the street signs and feel much more comfortable driving again,” says James. Dr. Saunders also prescribed microscopic glasses for reading newspapers and playing dominoes.

Randy Day of North Georgia came to Dr. Saunders having trouble with everyday activities. “These binocular 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 computer, read books. As you know, I’m a ham radio operator and the new technology has made everything much smaller, but with my binocular glasses, it’s no longer a challenge for me.”

Telescopic glasses can cost over $2000, 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 devices.

Dr. Brian Saunders has offices located in Atlanta, Savannah, and Valdosta, Georgia.

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

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For an Application or More Information Please Call 770-435-6406 Website: www.ohn.org
Staying connected is good for your health... some tips to nurture relationships and foster new ones

by LISA M. PETSCHER

Research has shown that healthy relationships help maintain physical, mental and emotional well-being, not only enhancing quality of life but also contributing to longevity. As people age, however, their social network typically diminishes, due to retirement, relocation and friends moving away or passing on.

Preoccupation with health issues or caring for an aging relative may also cause relationships to wane. All too easily, social isolation may result. Thus separation from others can foster loneliness and precipitate depression. It’s important in spite of life’s changes to nurture relationships—vital sources of pleasure, validation and practical support—and forge new ones if needed. Here are some ideas for how to go about this.

Get busy

- Get out around people every day. To combat isolation, join a dinner club, fitness center or bowling league. Or hand in an indoor mail that has a morning walking program.
- Sign up for an adult education course or classes that interest you. Be sure to check out available programs at the local senior center or recreation center as well as those offered by educational institutions. Learning something new will energize you and boost your self-confidence, and you might make new friends in the process.
- Get involved in your community. Volunteer for a charitable or environmental cause, animal shelter, political campaign or, if appropriate, church ministry.
- Attend school, workplace and other types of reunions whenever an opportunity arises. Better yet, offer to help organize such an event. You might recapture some old friendships.
- Reach out
  - Take the initiative and invite friends over. Don’t wait for them to call or drop in. Some ideas for activities: try out a new recipe; watch a movie, work on a challenging jigsaw puzzle, or play card games or board games.
  - Organize among your friends a weekly coffee time (at a centrally located coffee shop or rotating in participants’ homes) or a monthly lunch date (for example, the first Friday of every month).
  - Keep in touch with out-of-area loved ones through phone calls (and a good long-distance savings plan), letters, email or instant online messaging.
  - If it is hard to get out or you are shy, meet new people with similar interests through Internet social networking sites aimed at seniors.
  - Get to know neighbors. An evening stroll is one way to do this. Another is to volunteer for a neighborhood association or community board.
  - Do nice things for others, especially those who are going through a difficult time. This takes your mind off your own situation, boosts your self-esteem and strengthens relationships.
  - If you are recently widowed, join a support group to connect with others who understand what you are going through. Information on relevant groups can be obtained from the local community information service or office on aging. If it is hard to get out or you prefer anonymity, Internet message boards, chat rooms and discussion forums are some alternatives.

Further tips

- Get a pet. Cats and dogs provide companionship and affection and give you a sense of purpose. A dog also ensures you’ll get out of the house. And while walking it you might meet new friends.
- If you do not have grandchildren or they live far away, find out from your local office on aging if there’s an Adopt a Grandparent program.
- Cultivate some solitary pastimes. Hobbies not only enable you to enjoy your own company but also give you something to talk about in social situations.
- If you live alone and don’t like consider taking in a boarder, sharing accommodations with a relative or friend, or moving to a senior living community.

Lisa M. Petscher is a medical social worker and a freelance writer specializing in business and senior issues.

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- For events & activities: www.cobbss.org
  - **Multipurpose Centers:** (Seniors over 55)
    - East Cobb Senior Center: 3350 Sandy Plains Rd, Marietta, GA 30068, 770-590-4900
    - Freedom Plaza Senior Center: 9225 South Rd., Smyrna, GA 30082, 770-430-6400
    - North Cobb Senior Center: 4100 Highway 290, Acworth, GA 30101, 770-973-7049
    - West Cobb Senior Center: 4950 Dallas Highway, Marietta, GA 30060, 770-358-1599
  - **Neighborhood Centers:**
    - **Sandy Springs**
      - Main Senior Center: 3583 Sandy Springs Circle, Sandy Springs, GA 30328, 770-919-5200
      - Senior Center: 1681 Sandy Springs Circle, Sandy Springs, GA 30342, 770-919-5200
    - **Marietta**
      - Senior Center: 32 N. Fairground Street, Marietta, GA 30060, 770-358-2254
    - **North Cobb Senior Center:** 4100 Highway 290, Acworth, GA 30101, 770-973-7049
  - **Fulton County Senior Services**
    - 3000 Old White Oak Rd., Atlanta, GA 30339, 770-588-5485

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**Peachtree Senior Services**
- **Alpharetta**
  - Main Senior Center: 2899 Old White Oak Rd., Alpharetta, GA 30022, 404-673-7600 (Mon-Fri, 8:00am-4:30pm)
  - Town Center Senior Center: 3200 Old White Oak Rd., Alpharetta, GA 30022, 404-673-7600 (Mon-Fri, 8:00am-4:30pm)
- **Sandy Springs**
  - Sandy Springs Senior Center: 5050 Bells Ferry Rd., Sandy Springs, GA 30342, 404-252-5600
  - Sandy Springs Senior Center (Community Center): 5200 Wieuca Rd., Sandy Springs, GA 30342, 404-252-5600
- **Marietta**
  - Main Senior Center: 2899 Old White Oak Rd., Alpharetta, GA 30022, 404-673-7600 (Mon-Fri, 8:00am-4:30pm)
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CALENDAR

from page 15

additional information call 404-351-0235 or ext. 110, or visit www.mcculatl.org

Alzheimer/Caregiver Support Group
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Check out the Center, 4098 Lower Roswell Rd., Marietta,
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Contact Alice at 404-746-7228.

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South Cobb Yellow Pages

Baptist Dance Club
Dances on the second and fourth Saturday nights, 8-
10 p.m., each month at the South Cobb Community
Center, 620 Lions Club Dr., Mableton. Call Marshall
Evelyn Ryan at 770-741-3252 or Roland Kathy
Beddow at 678-818-8158.

Volunteers Needed to Deliver Food
South Fulton Senior Services Meals on Wheels Program
in currently seeking dedicated volunteers to deliver hot
meals to senior citizens in the South Fulton County
region. Your warm and friendly face can brighten up a
senior’s day. Only takes 1 to 1 1/2 hours to deliver and
deal the meals. For details contact Harry Miller
of 404-599-0702.

Self Help for Hard of Hearing People
Hearing loss resource group meets the 2nd Wed. of
each month at 10 a.m. at the Woodstock Public Library.
For information, call 770-232-5336 or visit
www.woodstocklibrary.org.

Get Connected with SeniorNet

Kennesaw "Jewel" Community Center of Atlanta
SeniorNet is an international, non-profit computer
learning program open to adults ages 50 and
over. Computer literacy, The Moran Jewish Community
Computer Society.

continued on page 17
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CALENDAR
From page 16
Center of Atlanta hosts the unique distinction of being one of only three SeniorNet learning centers operating in the metro Atlanta area.

The SeniorNet curriculum covers a broad spectrum of computer-related courses including Internet basics, email, word processing, spreadsheet, discovering the Internet, how to buy a computer, the care and feeding of email, learning how to use a mouse, basic keying skills, buying and using a digital camera, digital photography and Adobe Photoshop elements, PowerPoint, buying and selling on eBay, designing web pages, and fun with graphics.

SeniorNet programs at the MCCCA are available to both members and non-members. Trained volunteer instructors teach computer classes that are specially designed and paced for older adults. Classes are limited to 12 students each allowing for a meaningful learning experience. All classes are held in the OKT Computer Technology Resource Center at the MCCCA’s Zaban Park campus.

The Marcus Jewish Community Center of Atlanta (MCCCA), “The Center of the Jewish Community,” is committed to strengthening the quality of life in Atlanta and is recognized as one of the most highly-regarded centers internationally. From preschoolers and children, to teens and singles, to adults and seniors - the MCCCA attracts a diverse audience from the entire community. Visit us on the web at www.maccacca.org.

Volunteers Need for Meals on Wheels
Senior Connections needs volunteers to deliver hot, nutritious meals to homebound seniors in your area. Three convenient pickup locations in Chamblee, Decatur and Atlanta. Call 770-445-7800 or register to volunteer online at www.seniornon connections.org.

New Neighbors of Chamblee
Prospective member orientation, every Wed. each month at the New Neighbors Welcome Center, 479 S. Atlantic St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Mon. For complete details call 770-628-5568.

Shenna Yuval - The Open Synagogue Services
Every Sat. 10:15 a.m., Jewish Family and Career Services, 4259 Chamblee-Dunwoody Rd. Atlanta. Call 404-945-1100.

Volunteers Need for Meals on Wheels
Meals on Wheels volunteers needed in DeKalb neighborhoods. Deliver hot, nutritious meals to homebound senior neighbors in your area. Three convenient pickup locations including Chamblee, Stone Mountain and Lithonia. Call Senior Connections at 770-216-2874.

C o n t i n u e d o n p a g e 1 8

August 2010 • Senior News • Atlanta • Page 17

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Atlanta, GA

CALENDAR
From page 17
Aeva Adult Day Club
The Aeva Adult Day Club meets at Aevum Ashem Synagogue on Wednesdays and Fridays, 11 a.m.-3 p.m. Open to the community and providing meaningful activities for those with memory loss or physical challenges. Contact Lisa Silver at 404-463-7596 for information.

Volunteer Opportunities for Seniors
The Metro Atlanta RSVP program, sponsored by the Atlanta Regional Commission, is currently accepting applications for volunteers to help educate older adults about issues that are important for maintaining healthy and independent in their communities. Join a force of talented volunteers, age 55 and over, whose members are utilizing their unique life experiences and skills to share important information with older adults. RSVP volunteers play a critical role in providing education and outreach to the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance. For more information, please call 404-463-3119 or email nrfmsr@atlare.com; www.agejust-useconnection.com/volunteer.

Alzheimer’s Support Group
4th Thurs. of month, 5:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Fountain Rd, Morrow. Details call: Gary Sanders at 770-563-2201.

N.A.R.E.E.
All federal civilian employees and retirees are invited to join N.A.R.E.E (National Active and Retired Federal Employees Association). Call E. Jerry Sampson at 770-297-2664.

Veterans Atlanta RSVP Needs Volunteers 55+
To help educate older adults or spics important to helping them live independent healthy lifestyles. For complete details call 404-463-3119 or email: nrfmsr@atlare.com

Lifespans Resources
3005 Howell Mill Rd, NW
An interfaith, non-profit volunteer organization recognizing and responding to the needs of older persons in North Atlanta. For details call: Laurie Stokes, Executive Director, at 404-237-3707 or visit www.lifespansresources.org.

Volunteers Needed by CASA – Court Appointed Special Advocates
Be a positive influence and help provide safety and leadership in a child’s life. Consider volunteering with CASA. For complete details call 770-345-9274 or visit www.casalsonline.org.

continued on page 19

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**CALENDAR**

**Newman-Coweta Habitat for Humanity ReStore**

Open Tues-Sat, 9 a.m.—5 p.m., 150 Pine St, Newman.

**NOCAD Needs Donations**

4900 Lewis Rd., Stone Mountain. NOCAD depends on your financial donations as well as on your donations of medical equipment and household goods to our thrift store. You can donate online. You can also donate your used automobile. For complete details call 770-401-5043 or email funddev@nocad.org.

**The Malt Adler Entertainers**

“The Malt Adler Entertainers,” a Grape Of Three” Seniors offers delightful entertainment for senior groups. One set plays, silent, mostly comedy. Call Alice Adler at 404-786-7288 or alice@adleres87@emindspring.com

**Georgia National Fair Concert Tickets Now On Sale**

Josh Turner with special guest Steel Magnolia, Oct. 9, 7:30 p.m. Call on Tour: Miranda Lambert, Revolution 2010 with special guest Eric Church introducing Josh Kelley, Oct. 16, 7:30 p.m. For details visit www.gonationalfair.com

**Back to School Worship**

Sund., Aug. 8, 11 a.m., Harmony Grove UMC, 30 Harmony Grove Rd., Lilburn. Church will host a great celebration of local school administrators, teachers, and students and parents. For details call 770-921-7747.

**Alpharetta Convention & Visitors Bureau Park Plaza**


**17th Annual St. John’s Fall Festival**

Aug. 29-30, 8 a.m.-10 p.m. Contact: 404-321-0600.

**Second Polish Festival**

Oct. 30, 4-6 p.m., St. Margaret’s, Hills. Call 678-325-9800 for more information.

**Appalachian Jam**

Every Sat. until Dec. 9, 2-5 p.m., Dahlonega Gold Museum Historic Site. 1 Public Square, Dahlonega. Call 706-386-4151 or visit www.dahlonegagoldmuseum.org.

**FREE BLADDER CONTROL PRODUCTS**

and money paid to people willing to test absorbent products at home.

If you or someone you know or care for has a bladder control problem, you might be interested to sign up for the program. The program information will be kept strictly confidential but will be used by a national manufacturer to develop improved bladder control products. Qualified participants will be paid for testing the privacy of their homes. If you or someone you know would be interested, please call.

**Ask for Janet at 404-321-0453**

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404-299-1141
Those Grand Old Four-Holer Buicks

by CHRISTINE COLEMAN

Today, Buicks are not considered as much "top-of-the-line" as they were when I was growing up in the 1930s. We now have more expensive cars with all sorts of accessories. These ultra-modern cars come equipped with TVs, global positioning systems, night vision cameras in rear and any other convenience one can imagine. That was not the case when I was a youngster. Our cars were "King Size," especially the ones with 4 "holes" in the fenders, which we termed "4-holers." To own a Buick back then meant a person had achieved much. It served as a status symbol.

During the depression years, my brother and I used to sit on the front porch of our house and make a game of naming cars. We lived on a farm beside the highway and saw cars going to Florida in winter and going North in summer. There were few cars on the road then, in fact, few folks allowed me to learn how to roller-skate on the highway - (Federal Highway #1, no less).

My family had a Model A Ford. That car served our needs and we were thankful for it. Some of our neighbors didn’t have a car. We didn’t allow ourselves to dream of having a newer or better one. We were farmers. Times were hard back then. That fact didn’t keep us from having fun learning to recognize the different makes and models of cars. We knew them all. We could identify trucks as well, most of which we called Big Macs.

While we were on the porch watching cars (of course this was when there were no chores to do) we always enjoyed seeing a Buick go by with 2 or maybe 3 "holes" in the fender. To our delight, every now and then a good-looking Buick would pass by with 4 "holes" in the fender. That was cause for cheering and hand clapping (and of course wishful thinking).

Most of the time, those Buicks were two-toned, and they had lots of chrome trim. Some even sported fender skirts over their rear wheels.

Years passed. Times became more prosperous. More people were able to purchase cars and join ranks with those who already owned them. People were enjoying their new cars as having reached a particular goal in life. For a long while, Buicks remained the single most desire of buyers. Then as growth continued, different cars became sought after. There are still lots of Buicks on the roads, but they don’t make those beautiful styles now. Today, they are smaller, have less chrome and the "holes" in their fenders don’t show as well.

Different makes have become more popular today. They cost more, have more modern accessories, and look sleeker. Today, as I look back, I still remember the pleasure we had watching and naming all those cars (whether fancy or plain) on our highway. No doubt about it, there will always be a special place in my memory for those grand old Buicks, especially the 4-holers.

Christine Coleman lives in Sylva, NC. Swivel stools. E-mail: ccf@sev.com.

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