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*Senior
Charlie Slater
brings skill to
the table!*

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Story on page 2

On the Cover

Senior Charlie Slater brings skill to the table

by GALE HORTON GAY
Courtesy of Champion Newspaper

Submitted by SUSAN LARSON

Photos courtesy of Neil Norton

ON THE COVER

Charlie Slater wins 2010 Senior Olympics table tennis championship

When Charlie Slater was 9 and living in the Bronx, he got hooked on playing table tennis. Decades later, Slater is still at it.

He's mastered loopers, backspin pushes and chiseling over the years and brought years of competition as well as his desire to win to the 15th annual DeKalb Senior Olympics held at the Decatur Recreation Center last May.

Slater, who is credited with

establishing table tennis locally, has competed widely in the United States and abroad. This past March the program reached its one-year anniversary.

Now a retired Delta Air Lines computer programmer, Slater, 67, said table tennis can be played and enjoyed for a lifetime.

"I can still do the kind of activity needed for this sport," said Slater. "I don't think I could play soccer or basketball. Knock wood, my reflexes are still there. I still feel I am near the top of my game."

Slater, who used his lunch hour at Delta to polish his table tennis game, has traveled throughout the country and internationally competing. In 1999, he attended a tournament in Zurich. He once competed in the U.S. nationals in Palo Alto, Calif., and he still attends the three-day Huntsman World Senior Games held annually in St. George, Utah in August.

And every Tuesday night, Slater, who resides in Decatur, along with



Mark Knight, Edwin Quiambao, and Charlie Slater practice weekly for table tennis competition.

30 other folks, can be found at the Decatur Recreation Center.

Slater prepared for the DeKalb Senior Games by playing three hours

a week as well as briskly walking a mile regularly with eight-pound weights in each hand and won the 2010 tournament in his age division.

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The Next Chapter

The Total Money Makeover impacts lives

Book Reviews by
ANNE B. JONES, PhD

The Total Money Makeover
Dave Ramsey
Thomas Nelson, 2009

When I wandered into a *Total Money Makeover* seminar at St. Phillip's in Atlanta, I had no idea the few minutes I spent there would affect my life. I was unaware of how a small change in my perspective could lead to a major change in ideas about money and open choices I never expected to be available. Dave Ramsey's *The Total Money Makeover* is a no-risk overview of

how everyone, including seniors, can increase their peace of mind and financial security.

Within the time it took to read this book, I made changes that have already made a difference. No money has gone out in get rich quick schemes, in fact, no money has gone out at all, except to a savings account. I have simply rearranged my mindset and my budget. Everyone can benefit in some way by reading this book and I highly I recommend it. Please put it on your gift list for your children, grandchildren and friends. I taught economics in High School and believe me if those students had this book as a text they would be empowered.

The Total Money Makeover is simply written, easy to read, motivational and entertaining. The book is jam-packed with individual success stories as well as explanations of how to implement the "Baby Steps" to financial success. My only criticism is that seniors might not be aware of how much they can benefit from the book, because it is marketed to a general audience. Steps one, two and three are safe and necessary steps for any of us who want financial peace, especially as we grow older.

Feedback and comments welcome: annebjones@msn.com; annebjones.com.

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Some gifts just hit the nail on the head

by SUSAN LARSON

I think it's easier to get tickets to the Masters than it is to get a volunteer spot at the processing center for Operation Christmas Child. People from Miami to Seattle schedule their vacations in mid-December so they can stand on concrete all day shuffling shoeboxes. Grayson resident Bunnie Davis has been volunteering for years.

"I love it," Davis said. "It gives me the opportunity to send my love and let kids know that God loves them even more."

This year, I was one of the lucky ones. We gathered in a 156,000 square-foot warehouse – about half a football field – where 1,000 workers per day processed 80,000 shoeboxes per day for one week, totaling over one million boxes.

The day began with a brief training session: The first team member opens the box to remove any money included for postage. The next two people check for inappropriate items such as liquids, chocolate, war-related toys or anything that looks like a weapon. These are dropped into a yellow bucket under the work station to be distributed to local shelters, nursing homes or other places where they'd be more appropriate. Then, for the real challenge, two people use their topological skills to fit exactly fourteen boxes – or as close as they can get – into a shipping crate, participating in what looks like a 3D version of Tetris.

"We ask people to pack a standard size shoebox and not men's boot boxes. The distributors are expecting 14 per crate, and if 14 don't fit, then some children don't get a box," our trainer said.

As I checked my boxes and deposited bubble bath and Hershey's kisses into my bucket, I picked up one that was unusually heavy. When I opened it, I found a hammer, screwdriver, pliers and two packs of nails.

Now I've worked in elementary schools where paper clips were considered weapons, so I motioned to Davis who was my supervisor.

"What about these?" I asked

"Oh, that's the best gift in the world for a teenaged boy," she said. "And especially today since all these boxes will be going to Haiti. Whoever gets that one will really love it."

Christmas music filled the air as I checked out about a dozen more "tool kits," but I hardly heard it. Another song by Peter Paul and Mary kept playing through my mind. "If I had a ham-

mer... I'd hammer out the love between my brothers and my sisters, all over this land." Care Center of Lawrenceville resident Gus Lang painted wooden toys for Operation Christmas Child shoe boxes last year, he inspired a fellow resident, Evelyn Maddox.

This year, Maddox is joining Lang in volunteering her time and creative talents to bless recipients of the boxes around the world. She is taking her own path, however, in painting small canvas bags and crocheting hats.

"I just love painting and knowing I will help (in some small way) to make a child happy this holiday," Maddox said.

Activities Director Sherry Forester purchases the bags and fabric paint for Maddox through a catalog. So far, Forester said, Maddox has painted almost 100. Designs vary from flowers and butterflies to stars and dots, but they all use bright and fun colors.

Forester noted that not everyone has to have artistic talent to bring happiness to a child. One thing they really need is small plastic bowls, because in some villages, when they give out porridge, they ladle it into the child's hand. If it's too hot, the child often drops it on the ground and doesn't get anything else to eat. She makes sure when the Life Care residents have their packing party that in addition to all the wonderful hand crafted items that there are enough bowls to go around.

Operation Christmas Child is conducted by Samaritan's Purse, a world relief organization headquartered in Boone, N.C., and headed by Franklin Graham. Participants fill a regular sized shoe box with a mix of small toys, hard candy, school supplies and personal hygiene items. They are also encouraged to include a picture of themselves to create a personal connection. In addition, Samaritan's Purse asks that, if possible, participants tape \$7 to the inside of the box top to cover shipping and transportation charges. And of course, for anyone just not wanting to pack a box, any and all cash donations to defray postage and handling costs are welcome.

Life Care Center of Lawrenceville, located at 210 Collins Industrial Way, is a drop-off point for completed boxes. For other drop-off locations, visit www.operationchristmaschild.com and click on "drop off locations" in the drop down list. Enter a zip code in the zip code search box down on the left. It will bring up the closest locations to that zip code and the hours of operation during National Collection Week, Nov. 15 – 22.

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Senior News & Views of Georgia

MEDICARE: General enrollment and general information

by **BOBBIE SIMS**
Social Security Public Affairs
Specialist, Marietta, Georgia

Need Medicare Part B? If you're eligible, now is the time to sign up. The general enrollment period for Medicare Part B runs from January 1 through March 31. Before you make a decision about general enrollment, let us fill you in on some general information.

Medicare is a medical insurance program for retired and disabled people. Some people are covered only by one type of Medicare; others opt to pay extra for more coverage. Understanding Medicare can save you money; here are the facts.

There are four parts to Medicare: Parts A, B, C and D. Part A helps pay for inpatient hospital care, skilled nursing care, hospice care, and other services. Part B helps pay for doctors' fees, outpatient hospital visits, and other medical services and supplies not covered by Part A. Part C allows you to choose to receive all of your health care services through a provider organization.

These plans, known as Medicare Advantage Plans, may help lower your costs of receiving medical services, or you may get extra benefits for an additional monthly fee. You must have both Parts A and B to enroll in Part C. And Part D is the Medicare Prescription Drug Program.

Most people first become eligible for Medicare at age 65, and there is a monthly premium for Medicare Part B. In 2011, the standard premium is \$115.40. Some high-income individuals pay more than the standard premium. Your Part B premium also can be higher if you do not enroll during your initial enrollment period, or when you first become eligible.

There are exceptions to this rule. For example, you can delay your Medicare Part B enrollment without having to pay higher premiums if you are covered under a group health plan based on your own current employment or the current employment of any family member. If this situation applies to you, you can sign up for Medicare Part B without paying higher premiums:

- Any month you are under a

group health plan based on your own current employment or the current employment of any family member; or

- Within eight months after your employment or group health plan coverage ends, whichever comes first.

If you are disabled and working (or you have coverage from a working family member), the same rules apply.

Remember: Most people are automatically enrolled in Medicare Part B when they become eligible. If you don't enroll in Medicare Part B when you first become eligible to apply and you don't fit into one of the above categories, you'll have to wait until the general enrollment period, which is January 1 through March 31 of each year. At that time, you may have to pay a higher Medicare Part B premium.

For more information about Medicare Parts A, B, C, and D, visit the Centers for Medicare & Medicaid Services (CMS) website at www.medicare.gov. Or read our publication on Medicare at www.socialsecurity.gov/pubs/10043.html.

Spiritual Notes

The Highest Relationship

by **Dr. Bill Baggett**
Minister to Seniors
Dunwoody Baptist Church

During Christmas we all celebrated by giving thanks for all kind of good things that have come our way over the years. They perhaps included a good marriage, wonderful family and friends, a free country, successful employment and many other special blessings.

All of us have been blessed with tangible things but have we given weight to the intangibles of life? What about relationships? We all treasure and acknowledge the importance of relationship in our marriage, children, loved ones and friends.

However, many times we have given too much weight and attention to the tangibles rather than investing in relationships.

Family relationships were primary as children. As we moved into adolescents our peers took over as we sought acceptance and we then moved to the young adult level. Marriage, family and career followed.

At certain intervals of our lives we were disappointed in a relationship that went "sour." On reflection, it was perhaps just an infatuation, a misjudgment or a misdirected assumption. This happens so often in friendships, marriages and in the work world.

Recently I read the following

epitaph: "Ma loves Pa, Pa loves women, Ma caught Pa with one in swimming, here lies Pa." This is an example of a relationship that did not "make it." Making relationships work requires a concerted effort on all parties to be committed to the process.

In a recent Bible study group I became aware of a relationship that should take a higher priority in my life. The Church and spiritual matters have been a part of my life since I was in high school. I have loved the Church and became a believer at the age of thirteen. All of my spiritual growth has been directed through the programs of the Church, which have been rewarding. However, I am convicted that I need to strengthen my personal relationship with Jesus Christ/God the Father. In Matthew, 12:30, we read: "Love the Lord your God with all of your heart and with all of your soul and with all your mind and with all your strength." Henry Blackaby has said that, "Everything in your Christian life, everything about knowing Him and experiencing Him, everything about knowing His will depends on the quality of your love relationship with God."

My desire and plan is to develop a stronger, loving relationship with God in the days ahead. This is the most important relationship of all.

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

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"Telescopic glasses can cost over

\$2,000 says Dr. Saunders. Low vision devices are not always expensive. Some reading glasses cost as little as \$475 and some magnifiers under \$100. Every case is different because people have different levels of vision and different desires.

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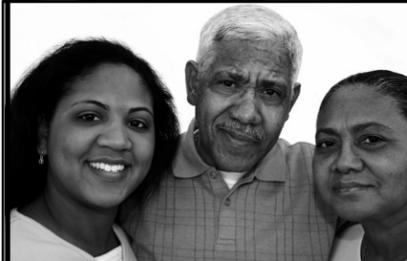
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Only use NovoLog[®] if it appears clear and colorless. There may be air bubbles. This is normal. If it looks cloudy, thickened, or colored, or if it contains solid particles do not use it and call Novo Nordisk at 1-800-727-6500.

NovoLog[®] comes in:

- 10 mL vials (small bottles) for use with syringe
- 3 mL PenFill[®] cartridges for use with the Novo Nordisk 3 mL PenFill[®] cartridge compatible insulin delivery devices and NovoFine[®] disposable needles. The cartridge delivery device can be used with a NovoPen[®] 3 PenMate[®]
- 3 mL NovoLog[®] FlexPen[®]

Read the instructions for use that come with your NovoLog[®] product.

Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog[®] before you start taking it.

- Take NovoLog[®] exactly as prescribed.** You should eat a meal within 5 to 10 minutes after using NovoLog[®] to avoid low blood sugar.
- NovoLog[®] is a fast-acting insulin.** The effects of NovoLog[®] start working 10 to 20 minutes after injection or bolus pump infusion.
- Do not inject NovoLog[®] if you do not plan to eat right after your injection or bolus pump infusion.**
- The greatest blood sugar lowering effect is between 1 and 3 hours after the injection or infusion. This blood sugar lowering lasts for 3 to 5 hours.
- While using NovoLog[®] you may have to change** your total dose of insulin, your dose of longer-acting insulin, or the number of injections of longer-acting insulin you use. Pump users given NovoLog[®] may need to change the amount of total insulin given as a basal infusion.
- Do not mix NovoLog[®]:**
 - with any other insulins when used in a pump
 - with any insulins other than NPH when used with injections by syringe

If your healthcare provider recommends diluting NovoLog[®], follow your healthcare provider's instructions exactly so that you know:

- How to make NovoLog[®] more dilute (that is, a smaller number of units of NovoLog[®] for a given amount of liquid) and
- How to use this more dilute form of NovoLog[®]. **Do not use dilute insulin in a pump.**
- Inject NovoLog[®] into the skin of your stomach area, upper arms, buttocks or upper legs.** NovoLog[®] may affect your blood sugar levels sooner if you inject it into the skin of your stomach area. **Never inject NovoLog[®] into a vein or into a muscle.**
- Change (rotate) your injection site within the chosen area (for example, stomach or upper arm) with each dose. Do not inject into the exact same spot for each injection.**
- If you take too much NovoLog[®], your blood sugar may fall low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (become unconscious). If you pass out you will need help from another person or emergency medical services right away, and will need treatment with a glucagon injection or treatment at a hospital. See "What are the possible side effects of NovoLog[®]?" for more information on low blood sugar (hypoglycemia).
- If you forget to take your dose of NovoLog[®], your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like loss of consciousness (passing out), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
 - increased thirst
 - fruity smell on the breath
 - frequent urination
 - drowsiness
 - loss of appetite
 - a hard time breathing
 - high amounts of sugar and ketones in your urine
 - nausea, vomiting (throwing up) or stomach pain
- Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

Your insulin dosage may need to change because of:

- illness
- change in diet
- stress
- other medicines you take
- change in physical activity or exercise

What should I avoid while using NovoLog[®]?

- Alcohol.** Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog[®].
- Driving and operating machinery.** You may have difficulty concentrating or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright to drive if you often have:
 - low blood sugar
 - decreased or no warning signs of low blood sugar

What are the possible side effects of NovoLog[®]?

- Low blood sugar (hypoglycemia).** Symptoms of low blood sugar may include:
 - sweating
 - blurred vision
 - trouble concentrating or confusion
 - dizziness or lightheadedness
 - hunger
 - shakiness
 - slurred speech
 - fast heart beat
 - tingling of lips and tongue
 - anxiety, irritability or mood changes
 - headache

Severe low blood sugar can cause unconsciousness (passing out), seizures, and death. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar. Talk to your healthcare provider if low blood sugar is a problem for you.

- Serious allergic reaction (whole body reaction). Get medical help right away, if you develop** a rash over your whole body, have trouble breathing, a fast heartbeat, or sweating.

- Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider. You may need to stop using NovoLog[®] and use a different insulin. Do not inject insulin into skin that is red, swollen, or itchy.

- Skin thickens or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.

- Swelling of your hands and feet**

- Vision changes**
- Low potassium in your blood (hypokalemia)**
- Weight gain**

These are not all of the possible side effects from NovoLog[®]. Ask your healthcare provider or pharmacist for more information. Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store NovoLog[®]?

All Unopened NovoLog[®]:

- Keep all unopened NovoLog[®] in the refrigerator between 36° to 46°F (2° to 8°C).**
- Do not freeze. Do not use NovoLog[®] if it has been frozen.
- Keep unopened NovoLog[®] in the carton to protect from light.

NovoLog[®] in use:

- Vials**
 - Keep in the refrigerator or at room temperature below 86°F (30°C) for up to 28 days.
 - Keep vials away from direct heat or light.
 - Throw away an opened vial after 28 days of use, even if there is insulin left in the vial.
 - Do not draw up NovoLog[®] into a syringe and store for later use.
 - Unopened vials can be used until the expiration date on the NovoLog[®] label, if the medicine has been stored in a refrigerator.
- PenFill[®] Cartridges or NovoLog[®] FlexPen[®]**
 - Keep at room temperature below 86°F (30°C) for up to 28 days.
 - Do not store a PenFill[®] cartridge or NovoLog[®] FlexPen[®] that you are using in the refrigerator.
 - Keep PenFill[®] cartridges and NovoLog[®] FlexPen[®] away from direct heat or light.
 - Throw away a used PenFill[®] cartridge or NovoLog[®] FlexPen[®] after 28 days, even if there is insulin left in the cartridge or syringe.
- NovoLog[®] in the pump reservoir and the complete external pump infusion set**
 - The infusion set and the infusion site should be changed **at least every 3 days.** The insulin in the reservoir should be changed **at least every 6 days** even if you have not used all of the insulin. Change the infusion set and the infusion site more often than every 3 days if you have high blood sugar (hyperglycemia), the pump alarm sounds, or the insulin flow is blocked (occlusion).

General advice about NovoLog[®]

Medicines are sometimes prescribed for conditions that are not mentioned in the patient leaflet. Do not use NovoLog[®] for a condition for which it was not prescribed. Do not give NovoLog[®] to other people, even if they have the same symptoms you have. It may harm them.

This leaflet summarizes the most important information about NovoLog[®]. If you would like more information about NovoLog[®] or diabetes, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about NovoLog[®] that is written for healthcare professionals. Call 1-800-727-6500 or visit www.novonordisk-us.com for more information.

Helpful information for people with diabetes is published by the American Diabetes Association, 1701 N Beauregard Street, Alexandria, VA 22311 and on www.diabetes.org.

NovoLog[®] ingredients include:

- insulin aspart
- zinc
- glycerin
- phenol
- metacresol
- sodium chloride
- disodium hydrogen phosphate dihydrate
- water for injection

All NovoLog[®] vials, PenFill[®] cartridges and NovoLog[®] FlexPen[®] are latex free.

Date of Issue: March 17, 2010

Version: 9

NovoLog[®], PenFill[®], FlexPen[®], NovoPen[®], NovoFine[®], and PenMate[®] are registered trademarks of Novo Nordisk A/S.

NovoLog[®] is covered by US Patent Nos. 5,618,913; 5,866,538, and other patents pending.

FlexPen[®] is covered by US Patent Nos. 6,582,404; 6,004,297; 6,235,004, and other patents pending.

PenFill[®] is covered by US Patent No. 5,693,027.

Manufactured by:

Novo Nordisk A/S

DK-2880 Bagsvaerd, Denmark

For information about NovoLog[®] contact:

Novo Nordisk Inc.

100 College Road West

Princeton, New Jersey 08540

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Poets' Corner

HOPE

by Vera King

*How will I spend this New Year
To deal with pain and strife
That has already entered
My country and my life*

*Oh for the days of yester year
These things seemed far away
For someone else to settle
But now they're here to stay*

*Perhaps I could ignore them
Like they were not a threat
Just pass them on to others
Whom I have never met*

*Except I would feel guilty
For things I've left undone
As I played away the years
For the sake of having fun*

*So this year let me pray for HOPE
A light for all to see
The beacon that can guide us
To our final destiny.*

Foolish Fears

by Jack Gilman

*It's always best to explore,
Mechanics of the brain.
When heartbreak is discovered,
Eliminate the pain.*

*We must hear life's laughter,
And we must feel the joy.
Of a child lost in play,
With life which is their toy.*

*So why not learn this lesson,
And wipe away our fears.
For we should always master,
Our worthless, foolish tears.*

*Moan when it is moaning time,
And wallow in your pain.
Joy will mend our broken heart,
There's everything to gain.*

The Search For Truth

by Doris Highsmith Charnock

*I searched for truth
in the homes,
and found it
packed away in the attic.*

*I searched for truth
in the churches,
and found it in a
dusty Bible.*

*I searched for truth
in the schools,
and found it underneath the
feet of progressive educators.*

*I searched for truth
in the courts,
and found it
locked in a safe.*

*I searched for truth
in the market place,
and found it on the
balance sheet marked "Liability."*

*I searched for truth
in the news media,
and found it in the
wastebaskets of the Liberals.*

*Finally, I searched for truth
in nature,
and found it
EVERYWHERE!*

On Earth

by Oliver Cantrell

*On this earth we all must be
So why not love and harmony.
Instead of all the war and hate
We all deserve a better fate.
Stamp out hunger, make air clean
Water that's blue, grass that's green.
A better day for you and me
Is all that we want to see.
But all the politics, greed and waste
Leave you with a bitter taste.
But trust in the Lord
And see the light.
And do all the things you can
To make life right.*

Retirement

by Fred Holland

*Retirement is so much fun!
I wish it for everyone.
If I had known what investing to do,
I would have retired at fifty-two.
No deadlines to meet,
No traffic to beat.
The beauty of retirement is you get
to do whatever you please,
I thank God for allowing me to
retire when I say a prayer on my
knees.
You get to do all those things you
previously wished for,
And stressful things you can mostly
ignore.
When you retire, don't just sit!
In order to stay healthy, you must
stay fit.
So I go to the gym at least twice a*

*week,
It's not muscles, but a good cardio
work-out I seek.
You have time to do all those
creative things that you always
wanted to do,
But while you were working the
spare moments were just too few.
I dabble in poetry, paint pictures and
make homemade wine,
And I still have idle time.
So I spend time with my
grandchildren, volunteer to help*

*those less fortunate, and get in
church activities.
Fishing with the buddies is also nice,
And some weeks I'll go bowling once
or twice.
With the travel club I go to
interesting places,
Sometimes we go to casinos, and I
try to pair-up Jacks and Aces.
Shake 'em up, shake 'em up! seven
or eleven!
Retirement is great, almost like being
in Heaven!*



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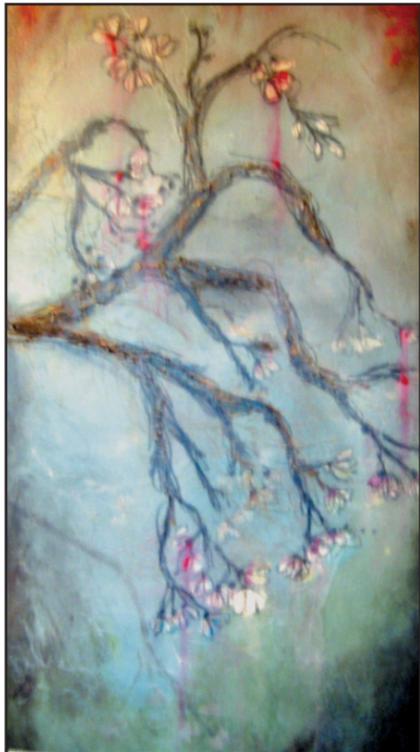
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Callanwolde celebrates winter

by MARY FRANCES

Saturday, December 11th, Callanwolde Outdoor Amphitheater held the "Callanwolde Cup" competition where leading ice sculptors plied their chisels to carve the most expressive frozen work of art. The winner will travel to Alaska for the World



Art by Justin Childers

Championship of Ice Carving, to be held in February and March 2011 by the National Ice Carving Association (NICA). This elimination event happened to be held during Atlanta's coldest day of the year when the temperature was 8 degrees!

Wreaths of holly, spruce trees, and glittering ornaments filled the interior of the 27,000 square foot historic Callanwolde Mansion, as excited guests ran in from the bitter cold to enjoy the warmth, good will, and cheer of Christmas. Open to the public from December 1st through the 12th, the mansion's Conservatory (greenhouse) showcased the works of instructors' and students' art and crafts. The Petite Hall displayed a village made of gingerbread which was created by Atlanta chefs and the Callan Irish Café was open serving a variety of hot and cold beverages, desserts and snacks.

The kick-off Premiere Party had live entertainment by Lindsay Appel and Telegram. Delicious gourmet hors d'oeuvres were served by Affairs to Remember Caterers. The rooms in the mansion, as well as the hallways, foyers, courtyards, entrances, and front terrace were creatively decorated in a 20's motif by Atlanta professional interior and floral designers. Paintings and period pieces were displayed and seemed to capture the old-world feel of a bygone era.



Callanwolde, a Tutor Mansion

Special events were Breakfast with Santa on Saturdays at 9:00 a.m. in the Courtyard and a Teddy Bear Tea on Sundays at 3:00 p.m. for the young folk.

Harking back to the Roaring 20's speakeasy days, Callanwolde Cabaret hosted a holiday happy hour from 6:00 to 9:00 on Wednesday evenings with live cabaret performers, Marsha DuPree, Madoca, Maria Howell, and Gwen Hughes.

Wine presentations by Don Hackett and Nancy Lutz, holiday wreath making led by Kerry Howard and daily performances on the 3,742

pipe Aeolian Organ were held in the elaborately decorated mansion.

"What a stunning festival. There is so much to take in," said Loretta, one of the guests.

Callanwolde, located on 12.5 lush acres with several outer buildings, is a non-profit historic registered mansion owned by DeKalb County and the headquarters for the DeKalb County Federation of Garden Clubs and is a center for arts programs throughout the year. It is located at 980 Briarcliff Road, N.E., Atlanta 30306. Phone 404-872-5338, e-mail: info@callanwolde.org, website: www.callanwolde.org.

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Paul Shivers, Maris Gill, and Kennon Mitchell featured at the Jazz combo Concert.



Sherieda Hill, Joslie Reynolds, Imadinala Sharif with gift baskets at the GPC Annual Art Show and Sale.

Georgia Perimeter College celebrates by hosting four art events

by MARY FRANCES

The Clarkston Campus of Georgia Perimeter College (GPC) hosted four art events at the school's Fine Arts Building. Fourteen talented GPC faculty members from five campuses exhibited thirty-three pieces of wall and sculptured art in the Annual GPC Visual Arts Faculty Exhibition from November 4th to December 2nd. A reception was held in their honor on November 10th from 5:00 to 7:00 p.m. The eclectic exhibit was the opening event for the 17th Annual Holiday Arts and Crafts Sale which was held December 1st and 2nd. Gift baskets, original jewelry, pottery, collage, and sculptures were on display. Visitors from throughout the community enjoyed viewing the art display coordinated by Professor Don Dougan, a member of the school staff.

On Wednesday afternoon, December 1st, a Jazz Combo Concert was held in the Cole Auditorium. Students performed under the directorship of Paul Vogler and instructor Jim Stallings. Poetry, percussion ensembles, and familiar jazz songs were performed. The romantic song, "Close to You" and the familiar song, Charlie Brown's "Christmas Time is Here" by Vince Guaraldi, brought smiles to the faces



Wisdom of a Child by Lorraine Brennan

of many of those sitting in the audience. Of special interest was the musical piece, "Spain and Chocolate" by Maris Gill and performed by the lively stringed instruments of Kennon Mitchell, Maris Gill and Paul Shivers. "Great, great, super," one audience member commented as they were leaving the concert.

The last event was a concert by the GPC Community Wind Ensemble which took place on December 2nd at the Cole Stage. Slava Michael Prudchenko conducted the 40-piece ensemble made up of students and members of the community at large. Among their selections, was the overture from the "Royal Fireworks" by George Handel, a song from "West Side Story" and two pieces from "The Divine Comedy" by Robert W.

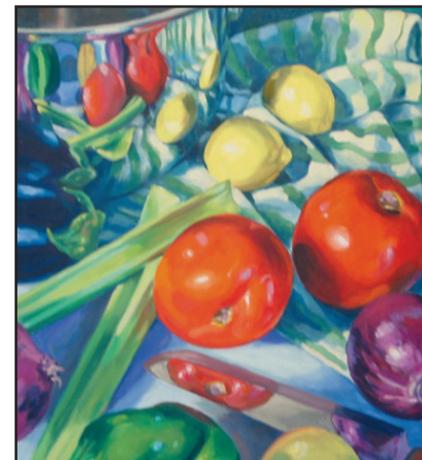
Smith. Also performed was Morceau Symphonique featuring Michael Files as the trombone soloist.

These four events, the faculty art show, sale of Christmas crafts, the Jazz concert and the Wind Ensemble Concert are annual December events at GPC. The Community is welcome to participate and enjoy. For more information, contact the Art Events Coordinator, Don Dougan who can be reached at 770- 427-4717 or e-mailed at



Trombonist Michael Files playing at the GPC Community Wind Ensemble.

dondougan.sculptor@gmail.com. If you wish to learn more about the GPC Wind Ensemble, contact Slava Prudchenko at 678-891-3563 or e-mail at slava.prudchenk.o@gpc.edu.



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Out & About



Lt. Col. Elizabeth Harris-Lamkin has been appointed State Chaplain in the Georgia Department of Defense with the responsibility for the spiritual well-being of the 14,000 Soldiers and Airmen of the Georgia National Guard. Harris-Lamkin is the first female to hold the senior chaplain position in Georgia Guard history.

Air officer becomes Georgia's first female state chaplain

Special to *Senior News*
CLAY NATIONAL GUARD CENTER, Marietta, Georgia

Being "joint" in today's military isn't just about service members, from the unit level on up, working together toward the common goal of defeating an enemy on the battlefield. It is also about the spiritual wellbeing and quality of life of those warriors – on and off that battlefield; before, during and after deployment; to include seeing to the wellbeing of military families.

In keeping with the joint concept, the Georgia Department of Defense has appointed Air Guard Lt. Col. Elizabeth Harris-Lamkin of Mableton the new Joint Forces Headquarters and State Chaplain. Harris-Lamkin, the former wing chaplain for Warner Robins' 116th Air Control Wing, replaces Army Guard Col. John Owings who retired from the position earlier this year. This is the first time Georgia has had an Air Guard officer or a woman as its senior spiritual leader.

"This, like any other leadership position, has its challenges, but with the help of my Army, Air and State Defense Force chaplains, and with God to guide me, those challenges will come and go, and we will improve on the already great things our spiritual care givers and counselors are doing," she said.

As far as being the first female senior chaplain is concerned, Harris-Lamkin seemed to brush that fact aside. For her, she said, it is not about gender, it is about dedication, professionalism and faith, just as it is been for many other chaplains.

Major Gen. William T. Nesbitt, Georgia's Adjutant General, who praised former Chaplain Owings for his love of his fellow service members, and his efforts to build a very robust and responsive chaplaincy program, said he has no doubts about her ability to do the job.

"Lieutenant Col. Harris-Lamkin has an outstanding record of service, both as a military chaplain and as an institutional chaplain in her civilian occupation as a chaplain for Spiritual Care Services and Palliative Care working with patients and the families of patients with chronic or terminal diseases at Atlanta's Piedmont Hospital," Nesbitt said. "She was chosen the Georgia National Guard's senior chaplain from a field of highly qualified candidates because of this record of service."

"Harris-Lamkin has impeccable credentials and is highly qualified for the posi-

tion," he said. "I look forward to working with her in the months and years ahead to improve the spiritual wellbeing and quality of life for our Army and Air Guardsmen."

As senior chaplain, Harris-Lamkin oversees the programs conducted through Marietta's 139th Chaplain Detachment, the Air Guard's 116th ACW and 165th Airlift Wing in Savannah, and the Georgia State Defense Force.

Helping her full-time on the Army side is Maj. Blair Davis. On the Air National Guard side are Lt. Col. Keith Doby at the 116th Air Control Wing and Capt. Brannon Bowman at the 165th Airlift Wing in Savannah. Captain Roger Lanter, soon to be named the senior chaplain of the State Defense Force, will act as her liaison with that organization.

Among the tasks on her to-do list is to continue to merge Army and Air chaplaincy programs. She and her staff will look for ways of strengthening that relationship for the good of the Guardsmen and families who often look to those chaplains for guidance.

"On the operations side, we'll start looking at the prospect of creating ministry teams that respond in a matter of hours during call-ups with the Guard's soon-to-be formed Homeland Response Force," Harris-Lamkin said. "We'll also begin looking at ways in which we build an even more competent, more skilled chaplaincy program, create greater mentorship for our chaplain candidates, and address how our chaplains might improve attendance to the diverse faiths of our Soldiers and Airmen."

It will no doubt be a tough job, she said, and the examples she gave are just a small part of what will go on now that she is the Guard's top religious leader.

"Much like my job at Piedmont, there's much to do and the challenges may seem, at times, a bit daunting," Harris-Lamkin said, "but God never gives us more than we can bear. With his help, and that of our wonderful chaplains and chaplain assistants, we will meet those challenges with great reflection and excitement."

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Out & About

Callanwolde Fine Arts Center and LYRA present LYRA and Friends with guest artist Robert Spano

Special to *Senior News*

Enjoy a star-studded evening as Conductor Robert Spano joins LYRA for an unforgettable evening of chamber music at Callanwolde Fine Arts Center. Maestro Spano performs as pianist with cellist Christopher French and members of LYRA for this not-to-be-missed event. Callanwolde sets the stage for great musical moments of some of the most profoundly moving music ever written. In a LYRA concert at Callanwolde the boundaries of stage and expectation dissolve.

LYRA and Friends with Robert Spano; Sunday, March 13, 2011; 7:30 p.m.; Callanwolde Fine Arts Center (980 Briarcliff Road, NE, Atlanta, Georgia 30306); Free on-site parking; Tickets: \$25 General Admission; \$18 Students/Seniors; \$3 Discount at the door for Callanwolde members.

For additional information or to purchase tickets please call 404-373-7756 or order online at www.lyraqartet.org.

Group tickets available. Tickets will also be sold at the door.

Proceeds to benefit collaborative educational projects undertaken by LYRA, Inc. and Callanwolde Fine Arts Center.

LYRA is about Chamber Music. LYRA began as an opportunity for artistry among a group of musicians in the Atlanta area in the late 1999's. Fostered by the efforts of two of its founding violinists, husband and wife team Judith Cox and Raymond Leung, LYRA has blossomed in the past decade into one of the most recognized and far-reaching community and educational resources in the city of Atlanta. A string quartet-based group, LYRA promotes chamber music performance, education, and community service throughout

the Southeast. In addition to its active performance schedule, LYRA is dedicated to sharing the joy and connective power of music to thousands of children of all ages throughout metropolitan Atlanta, offering coaching and teaching to students of all ages. LYRA presents the highest quality performances by musicians from the Atlanta area as well as internationally renowned guest artists. In its residency at Callanwolde Fine Arts Center, LYRA is actively involved with special events, performances, workshops, and educational outreach. For more information on LYRA's community engagement, to contact the musicians of LYRA, or to donate, please log on to www.lyraqartet.org. LYRA is a

non-profit arts organization serving Atlanta.

About Callanwolde Fine Arts Center

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Taking Care

Caregivers can thrive by reducing stress levels

by LISA M. PETSCHKE

Family caregivers provide practical assistance and enhance the quality of life for frail seniors who might otherwise require placement in a long-term care facility. Typically, they are spouses or adult children, many seniors themselves.

Their role involves physical, psychological, emotional and financial demands. It can be a heavy load.

If you are a caregiver, consider the following strategies for not only surviving, but also thriving, in the year ahead. Even if you're not a caregiver, these self-care tips are worth checking out.

Reduce your stress

- Learn as much as possible about your relative's illness and its management, and educate family and friends to help them understand. Knowing what to expect and how to deal with challenges can go a long way to reduce anxiety and foster a sense of control.

- Accept realities you can't change and focus instead on those you can influence.

- Pick your battles; don't make a major issue out of every concern.

- Use positive self-talk.

Emphasize phrases such as "I can," "I will," and "I choose."

- Practice relaxation techniques, such as deep breathing.

- Do things that bring inner peace, such as meditating, reading something uplifting, journaling or listening to soothing music.

- Create a relaxation room or corner in your home – a tranquil spot you can retreat to in order to rejuvenate.

- Develop a calming ritual to help you unwind at the end of the day. Avoid watching the news

before going to bed.

- Make healthy lifestyle choices: eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

- Seek ways to streamline your life. Set priorities and don't waste time or energy on unimportant things. Simplify necessary tasks, letting go of the need for perfection. If finances permit, hire a housecleaning service or a personal support worker or companion for your relative, to free up some of your time and energy.

- Be flexible about plans and expectations. Take things one day at a time.

- Minimize contact with negative people.

- Don't keep problems to yourself – seek support from family members, friends or a counselor. Join a community caregiver support group (some offer concurrent care), or an Internet group if it's hard to get out.

- Accept offers of help. Ask other family members to share the load, and be specific about the kind of assistance you need. Also find out about services in your community that may be of help. The local office on aging is a good resource.

- Take advantage of respite services in your community, such as day-care programs and facilities that offer temporary residential care.

Increase your joy

- Stay connected to people who care, through visits, phone calls, e-mail or letters.

- Cultivate a healthy sense of humor. Read the comics, watch a TV sitcom now and then, or rent funny movies. Don't take yourself or others too seriously.

- Do something you enjoy every day, perhaps savoring a cup of tea, reading the newspaper or engaging in a hobby (revive a former pastime or try something new). Make it a priority, even if all you can manage is 15 minutes.

- Put together a pamper kit of items that give you a lift – for example, a favorite magazine or CD, scented candles, fragrant shower gel or body lotion, or gourmet coffee or tea – and delve into it when you find your spirits drooping.

- Bring a bit of nature into your home: get a plant to nurture or buy fresh flowers.

- Do something nice for someone who is going through a difficult time. It will bring joy to both of you.

- Create little things to look forward to: telephoning or visiting with a friend, watching a movie, ordering takeout food or getting something new to wear.

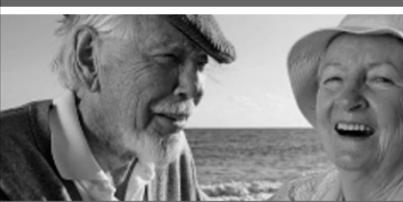
- Plan a special outing with or without your relative – perhaps to a restaurant or a cultural event.

- Focus on the good things in your life, such as supportive relationships, and seek beauty and tranquility through appreciation of art and nature. Learn to live in the moment, enjoying life's simpler pleasures.

Lisa M. Petschke is a social worker and a freelance writer specializing in adult care issues.



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Street, Marietta, GA 30060, 770-528-5355

• For events & activities: www.cobbse-niors.org

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(Seniors age 55+)

• East Cobb Senior Center: 3332 Sandy

Jes' Ponderin'

It's EARpealing!

by DOROTHY O'SAYER

Necessity, yes, the Mother of Invention... tho' this time it was a boy with an allergy and cold ears! Yes, EAR MUFFS were born when Chester Greenwood's ears got cold and wool in popular scarves caused problems. This 15 year old boy from Farmington, Maine, full of industrial thoughts, wanted a more comfortable way to keep his ears warm in Maine's uncomfortable weather.

Wire, beaver fur, some cloth and a pair of pliers were the ingredients for this "ear warming dish." Chester Greenwood certainly didn't have in mind that his hometown, a village settled in 1781 beginning with water powered mills, including a paper mill and a toothpick factory on the banks of Sandy river, would be honoring him.

In research I find Chester Greenwood died at the age of 78, in 1937. His EAR MUFF factory closed in WW II as there was a need for spring steel, it being hard to obtain. This particular steel was used for the headband of the EAR MUFFS.

Greenwood's influence in Farmington, Maine continues to be felt. There's a day set aside by the Legislature on the first Saturday in December as Chester Greenwood Day. Participants include dogs, horses, and spectators, all wearing GREEN EAR PROTECTORS! Even oversize EAR MUFFS adorn police cars, fire engines and other motorcade participants. This motorcade celebration even includes look-alikes of Chester and his wife. His family is well represented in a parade float... they wouldn't miss this special day! In research there's a special quote "...while celebrating his accomplishments, it isn't bad for the Christmas season business, and we do enjoy this quirky way, apart from other festivals..." This special day attracts 2,000 visitors, all lining up to purchase EAR MUFFS (most now thought being made in Taiwan or China). This inventor, Chester

Greenwood, is also responsible for folding beds, mechanical mouse traps, plus dozens of other devices, as well as installing and owning Farmington, Maine's first phone system.

So by the time he was 28, Chester Greenwood and Co. was shipping Champion Ear Protectors worldwide. By 1936, his factory was manufacturing more than 400,000 EAR MUFFS and half the town of Farmington was employed by Greenwood enterprises; and, according to my research of Mr. Greenwood, at 15 teachers used him as an example to show that kids can be inventors... and in the "wider lens," he influenced the character of the town he lived in."

So, as you walk in wonderlands of winter, (tho' perhaps with many breathing puffs), just greet along the way, "Have a Good Day." Wearing, of course, your EAR MUFFS.

Plains Rd., Marietta, GA 30066, 770-509-4900

• Freeman Poole Senior Center: 4025 South Hurt Rd., Smyrna, GA 30082, 770-801-3400

• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-975-7740

• West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA 30127-4488, 770-528-8200

• Windy Hill Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5320

• Senior Day Center: 277 S. Fairground St., Marietta, GA 30060, 770-528-5399

Neighborhood Centers:

(Seniors age 60+)

• Austell Senior Center: 5580 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200

• Marietta Senior Center: 32 N. Fairground St., Marietta, GA 30060, 770-528-2516

• North Cobb Senior Center: 4100 Highway 293, Acworth, GA 30101, 770-974-2984

Smyrna Senior Center: 1885 Roswell St., Smyrna, GA 30080, 770-801-5345

Fulton County Senior Services

The Fulton County Government coordinates a variety of services at 20 senior centers. For the nearest center or more information call the Fulton County Senior Information and Assistance at 404-613-6000, or visit www.myfultoncountyga.us.

Senior Multipurpose Facilities

• Dorothy C. Benson Senior Multipurpose Complex (Includes Sandy Springs Neighborhood Senior Center): 6500 Vernon Woods Drive, Sandy Springs, 404-

705-4900.

• H.J.C. Bowden Senior Multipurpose Facility: 2885 Church Street, East Point, 404-762-4821.

• Harriett G. Darnell Senior Multipurpose Facility: 677 Fairburn Road, NW, Atlanta, 404-699-8580.

Helene S. Mills Senior Multipurpose Facility: 515 John Wesley Dobbs Avenue, Atlanta, 404-523-3353.

Neighborhood Senior Centers

• Alpharetta/Crabapple Neighborhood Senior Center, 12624 Broadwell Road, Alpharetta, 770-751-9397.

• Auburn Avenue Neighborhood Senior Center, 300 Auburn Ave., NE, Atlanta, 404-224-3140.

• Bethlehem Neighborhood Senior Center, 87 Thayer Street, NE, Atlanta, 404-577-6017.

• Camp Truitt Neighborhood Senior Center, 4320 Herschel Road, College Park, 404-762-4802.

• Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.

• Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.

• Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.

• Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.

• Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.

• New Horizons Neighborhood Senior

continued on page 16



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CALENDAR from page 15

Center: 745 Orr St., NW, Atlanta, 404-730-7100.

- Northside Shepherd Neighborhood Senior Center: 1705 Commerce Dr., NW, Atlanta, 404-352-9303.
- Palmetto Neighborhood Senior Center: 510 Turner Ave., Palmetto, 770-463-4990.
- Roswell Neighborhood Senior Center: 1250 Warsaw Rd., Roswell, 770-640-1583
- St. Paul Neighborhood Senior Center (Tuesdays & Thursdays): 501 Grant St., NE, Atlanta, 404-688-7501.
- Sandy Springs Neighborhood Senior Center (In same location as Dorothy C. Benson Senior Complex): 6500 Vernon Woods Dr., Sandy Springs, 404-705-4901.
- Southeast Neighborhood Senior Center: 1650 New Town Circle, SE, Atlanta, 404-624-0641.

Roswell Recreation & Parks Offerings

- Roswell Recreation Senior Citizens Club: Meets each Wednesday. Activities include trips, parties, guest speakers, social functions and other activities. For membership information call 770-641-3950.
- Monthly Luncheon: Second Wed. of the month. Must RSVP one week in advance. Call for more information.
- Scrabble Club: First and third Tues. of each month, 10 a.m. and Mondays at 1 p.m. Call in advance to play, 770-641-3950.

Lawrenceville Senior Center

225 Benson Street, Lawrenceville
770-822-5180.

Gwinnett Senior Center

225 Bethesda Church Road, Lawrenceville, 770-822-5147

Bartow County Senior Center

Cassville, 770-383-7383
www.bartowga.org

Fayette Senior Services

4 Center Drive, Fayetteville
770-461-0813. Call for complete details on services offered.

CLUB 55

The Bridge Community Center
225 Willowbend Rd., Peachtree City
www.thebridge-cc.org

- Club 55: For adults 55 and older. Meets every 4th Wed., 1:30-3:30 p.m. for bingo, foosball, video games, movies and more. For details call The Bridge Community Center or visit www.thewypers@bellsouth.net.

Alzheimer's Support Group

On the third Monday of every month at 7:00 p.m., Cypress Court and Vinings Place and the Greater Georgia Chapter of the Alzheimer's Association are sponsoring an Alzheimer's Support Group. This support group is intended for families and friends of a loved one afflicted with Alzheimer's Disease. For additional information and directions call 770-803-0100.

Parkinson Disease Support Groups

For information on Parkinson Disease Support Groups in the metro area, please contact Lynn Ross, LMSW, Coordinator, American Parkinson Disease Association Information & Referral Center, Emory University, at 404-728-6552 or slross@emory.edu.

Multiple Sclerosis Center of Atlanta

Support group meetings second Tuesday each month, 4-5:30 p.m., MSCA in Buckhead, 3200 Downwood Circle, Suite 550, The Palisades Building. For additional information call 404-351-0205, ext. 110, or visit www.mscaatl.org.

Alzheimer/Caregiver Support Group

First Mon. each month, 10:30 a.m., Mt. Bethel UMC, Older Adult Center, 4608 Lower Roswell Rd., Marietta. Care is provided for your loved one while we meet. Call 770-579-9224.

Square Dance Class

Every Tues., 10 a.m.-noon. Basic & Mainstream. No partner needed. Living Grace Lutheran Church, 1812 Cooledge Rd., Tucker. Contact Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com; caller: Jesse Oliver, 404-346-7528.

Square Dance Class

FREE Open House, Thurs., Sept. 2, 7:30-9:30 p.m., Ben Robertson Kennesaw Community Center. Singles & couples welcome; free childcare, ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit www.squaredealers.com.

Button Gwinnett Society

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Greater Atlanta Archaeological Society

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Roswell Library

115 Norcross St., Roswell
770-640-3075

East Point Library

2757 Main St., East Point
404-762-2094

Buckhead Library

269 Buckhead Ave., Atlanta

Atlanta World War II Round Table

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East Cobb AARP

AARP New Members and Volunteers Welcome. First Thurs. of the month, 1:30-3 p.m., East Cobb Senior Center, 3332 Sandy Plains Road, Marietta. Contact Joan Ferrandino at 770-579-5191 or Arlene LeClair at 770-321-9789.

Woodstock AARP Chapter 5173

Meetings held 2nd Tues. of each month, 11:30 a.m.-1:00 p.m., Hearth Restaurant, 3055 Eagle Watch Dr., Woodstock. Call Alice Kuzniak at 770-928-5640.

PALS Lunch 'n Learn Sessions

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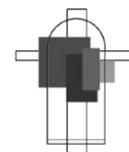
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CALENDAR
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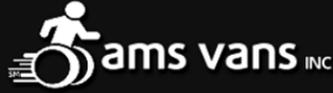
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CALENDAR
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SeniorNet programs at the MJCCA are available to both members and non-members. Trained volunteer instructors teach computer classes that are specially designed and paced for older adults.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

The Marcus Jewish Community Center of Atlanta (MJCCA), "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 MJCCA attracts a diverse audience from the entire community. Visit us on the web at www.atlantajcc.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 Lithonia. Call 770-455-7602 or register to volunteer online at www.seniorconnectionsatl.org.

Cong. Shema Yisrael - The Open Synagogue Services
 Services every Sat., 10:15 a.m., Jewish Family and Career Services, 4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100.

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, Scottsdale and Lithonia. Call Senior Connections at 770-216-2574.

Cong. Shema Yisrael
 The Open Synagogue holds services every Sat. at 10:15 a.m., Jewish Family and Career Services, 4549 Chamblee-Dunwoody Rd., Atlanta. Call 404-943-1100.

Achva Adult Day Club
 The Achva Adult Day Club meets at Ahavath Achim Synagogue on Wednesdays and Fridays, 11 a.m.-3 p.m. Open to the community and provide meaningful activities for those with memory loss or physical challenges. Contact Leah Steiner at 404-603-5756 for information.

VOLUNTEER OPPORTUNITIES FOR 55+
 The Metro Atlanta RSVP program, sponsored by the Atlanta Regional Commission, Area Agency on Aging, is currently accepting applications for volunteers to help educate older adults about issues that are important for remaining 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 in the community so older adults can make informed choices about available programs and services. Free training is provided for all volunteers and flexible

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CALENDAR
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Alzheimer's Support Group
 4th Thurs. of month, 6:30-8:00 p.m., GoldenCrest Assisted Living, 2160 Lake Harbin Rd., Morrow. For details call Gery Saunders at 770-961-2200.

Grandparents on the Move Meeting
 Every 3rd Thurs., 10 a.m.-12 noon, Helene Mills Center, 515 John Wesley Dobbs Ave., Atlanta. Everyone invited. For details call 678-938-6649.

Metro Atlanta RSVP Needs Volunteers 55+
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Volunteers Needed by CASA – Court Appointed Special Advocates
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Care & Share Support Group
 2nd Wed. each month, 10:30 a.m., Savannah Court of Marietta, 886 Johnson Ferry Rd., Marietta, 770-977-4420.

Harmony Grove UMC Events
 50 Harmony Grove Rd., Lilburn
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 • Dave Ramsey's *Financial Peace University*. Jan. 12, 6 p.m. \$6 adults; \$2.50 children. Information: daveramsey.com.

Yoga and Tai Chi Classes
 Thursdays Jan. 6-April 7, Sadie G. Mays Health & Rehabilitation Center, 1821 Anderson Ave., NW, Atlanta. Info: 678-420-2915 or visit www.sgmays.org.

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Sandy Springs AARP
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Times Not Forgotten

Fantasies have occasionally come true

by CHRISTINE COLEMAN

Do you remember having fantasies of one sort or another when you were young? I think most of us have. The first and most important one of mine was when I was a child and saw all the different candy bars in the grocery store downtown. They were arranged so pretty on the shelves. My heart's desire was to be able to walk into the store and have the manager hand me a bag and tell me to choose whatever I desired. He would supposedly tell me there

was no charge. This fantasy stayed with me until I grew older. As the years passed, I turned this dream loose. There were other things to think about.

Another fantasy of mine was to ride (or buy) a beautiful show horse. I would see them in the movies and in parades downtown. When they marched in parades with their glistening saddle blankets and saddles, they were picture perfect. Their long manicured manes and tails would flow in the breeze, and their stirrups were polished to a shine. I thought it would make my

dream come true if I could ride one of these beauties. My only riding was done on mules on the farm.

My chance to ride a show horse came when I was in my late teens. A rancher in Florida (a friend of the family) had a beautiful horse that he sometimes rode in parades. One day when the caretaker of the horse was getting ready to take him out for a ride, I begged to ride. The horse (El Tovar) was bedecked in his stone studded saddle blanket and his shiny saddle. The stirrups were let out much too long for me, but I was anxious to ride. Having

never ridden a prized animal as this, I didn't know you were supposed to guide the horse by laying the bridle rein on one side of his neck or the other. As you might imagine, the horse ran away with me, and the only thing that stopped him was when he approached the cattle gap at the road's end, he didn't want to jump it. That's when I dismounted, and that's when I decided I didn't really want a "show horse." When I see one, I stop and admire the beauty, but I'm done.

Another dream of mine was to ride in (or buy) a convertible car. I'd see them being driven down the highway, and I thought I'd like to ride in one. Well, the opportunity came for just that. A friend of mine was given the keys to a convertible for the day. The owner told her to drive it as much as she wanted. She invited me to ride with her, and we drove all over town. We were waving to people and having fun, but I realized my hair was blowing, blowing badly. The wind was whipping my hair into my eyes and it hurt. Needless to say, that settled my want for a convertible. I still like to see them drive by, but I'm over that fantasy.

Last month, on December 25, I had a present under the Christmas tree. It was addressed to me from me. I opened the gift and put the contents on a table before me. There was a Baby Ruth, a Butterfinger, a Mounds, an Almond Joy, a Snickers, a Mars, a 3 Musketeers, a Hershey Bar and a Mr. Goodbar. Folks, there's no way to describe the joy. I arranged the bars just the way I remembered them on display in the grocery store.

I got myself a Christmas plate and a coffee mug. I took a tiny piece of each of the bars, had myself a cup of hot Java and just reminisced. This dream was over 75 years in the making, but mind you, sometimes fantasies can come true.

Christine Coleman lives in Swainsboro. Feel free to E-mail her at cfc@reicomputers.com.



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