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Story on page 8

July 2012 • Vol. 26, No. 7

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Artists' work adorns senior center

by MARY FRANCES

The Sawnee Artists Association (SAA) and Sexton Hall Enrichment Center of Cumming have teamed up to exhibit local artists along the hallowed halls of the senior center. On May 29, 2012, Chairman Rick Rennick, greeted thirteen artists, who came to exhibit their work. Their artworks consisted of 26 paintings composed in acrylic, oil, pastel or pencil and a number of ceramic pieces. The exhibit will be on display for two months.

Sexton Hall, serving South Forsyth County seniors, is one of three activity centers available for their use. Besides hosting the art exhibit, the Center offers classes in computer, bridge, yoga, Zumba, strider, body conditioning, scrapbooking, pinochle, ballroom and line dancing, Tai Chi, canasta, watercolor, oil, and Mah Jong. Many of the classes are for individuals 18 years and older. The art exhibit is open to the public.

The members of Sawnee

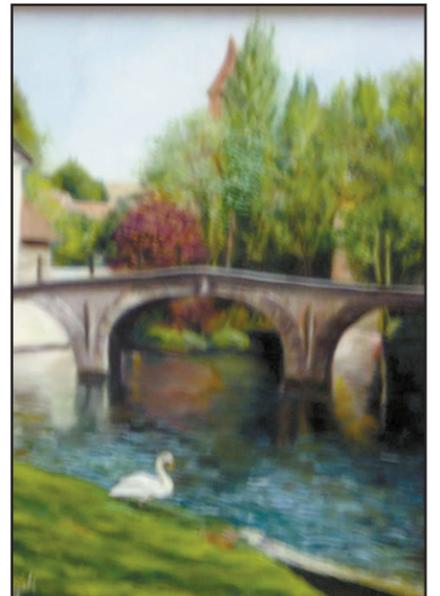
Artists Association meet on the 4th Monday of the month at McDonald's Funeral Home located at 150 Sawnee Drive Cumming. Members typically socialize from 6:00 p.m. to 6:30 p.m., when the business portion of the meeting begins. Guest speakers are scheduled for 7:00 p.m. Guests are welcome. Membership is open to all artists and art supporters. For further information, interested individuals should contact SAA's website at www.SawneeArt.org or call Rick Rennick at 770 843-2970.



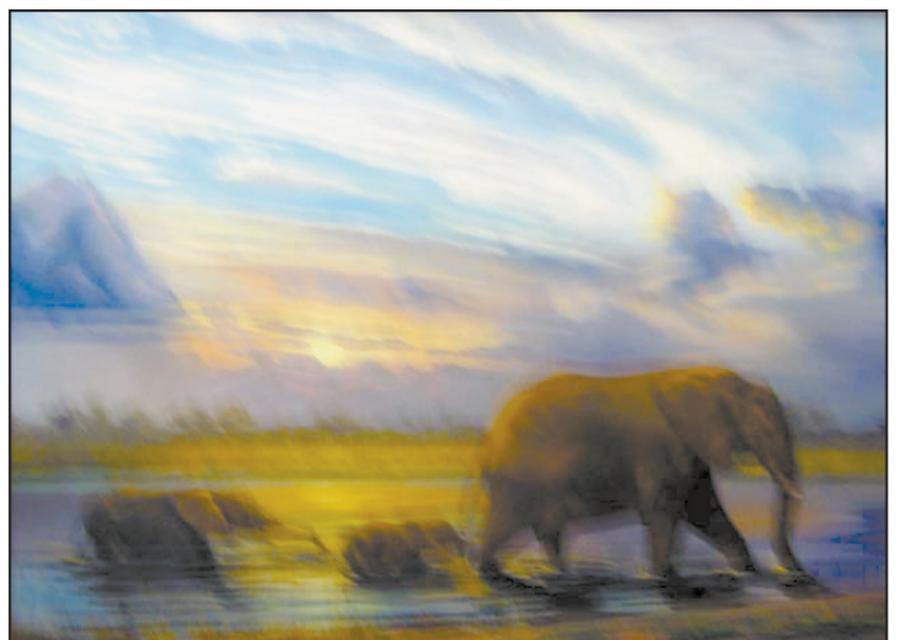
Playing in the Surf by Earlan Gill



Tools of the Trade by Emily Miller



Budge in Burge by Earlan Gill



Crossing the River by Rick Rennick

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 8389, Warner Robins, GA 31095-8389. Please include your name and address on your poem. We will publish selected poems (or excerpts) as space permits.

YOU ALWAYS LOVE THE ONES YOU HURT

by Johnny T. Hampton

Her eyes, burn with the passion of honey on fire
And she taste just like the Earth, dark and beautiful.
Full and fulfilling is to conquer this conquest
I've been overly cautious? It's true,
I have waited for someone worth my while
Instead of squandering my time on someone worthless.

I am incognizant of myself,
So I glance at her with an insincere smile,
Even though I am confident and happy with everything.
And even a cartographer couldn't map the finer details about my future,
And actually, I wouldn't want to know the murky brilliance
That daylight can bring.

I'm not accustomed to the likes of a real lady,
The last woman I was with, suffered from a lesser shade of dementia
And ignorance was her favorite color.
And the Orion nebula couldn't explain
The emotional distance between her and I.
I guess you have to put up with a lot of sunshine,
In order to appreciate the rain.
And sometimes perfect weather is ruined by a picnic.

This woman, inhumanly angelic,
Is brilliant like Sunday morning skies.
The jealousy within,
Is that both the left and right hemisphere of my mind
Think equal thoughts of you.
And gravity is a traitor
Because it has allowed me to fall madly in love.
And I wonder if her heart
Flutters and flies away
Or if butterflies reside in her stomach?

Aquatics is an acquired condition,
Like learning to live without you.
Fortunately, you are near
But even if you weren't,
Your heart is never faraway from my thoughts.

And you thought you always hurt the ones you love.

A POEM ABOUT WWII

by Norman A. Minton
(circa 1946)

Mighty war, king of all beast!
How cruel, destructive, and heartless you were
As over hills and plains and seas and sky you swept,
Until over the whole face of the earth you have surged.
A world war indeed you were.
Battle fields were made of Europe, of Asia, and of Africa.
And the waters of the seas were crimson with blood
From the veins of men from all continents of the world, including the Americas.

Mighty war, king of all beast!
You gifts to the world have been gifts of destruction.
Not once did you build a city great and beautiful,
But many, many, as you raged through, were left in corruption.
Yes, you committed crimes during all your blunder
That will be hard to forget and forgive,
For as many as were in your path you put asunder.

Might way, king of all beast!
Do you remember the screams of agony and pain of the helpless weak?
They did not invite you, no they sought happiness and peace,
But upon them, who wee innocent and guiltless, the most cruel of all beast, you did creep.
Yes, they were made to suffer the horrors of the evil seed that you were sowing
When they were caught up in your mighty hands of death.
It was the harvest of your folly
That from the innocent was taken their last breath.

Might war, king of all beast!
From many a mother a son was taken
And from many a wife a husband, and from many a child a father,

And while gone from their presence to fight your battles, their peace and happiness were shaken.
Those who endured the battles and survived
Are returning to their loved ones to begin life where they left off.
But they who were not so fortunate
Received at the head of their graves for their reward a small white cross.

Mighty war, king of all beast!
Into the hearts of men hatred and fear you have instilled.
But, if into their hearts men would invite God,
Love and peace would abound, for God has so willed.
Come back! Come back! O men of the world, come back to God!
Put your hearts and souls into the hands of the Lord of lords and King of kings,
And live together as brothers and sisters

As that king war will step from the throne
And give way for the Prince of Peace forever to reign.

Publisher's Note: This poem is submitted and shared by Cathy Minton, Dr. Minton's daughter. Dr. Minton was born in 1924 in Spring Garden, Alabama. After having served in the European Theatre during WWII, he was then re-assigned to serve in Japan. After arriving in Japan, he and his buddies were ordered to "pile onto trucks" and go to Hiroshima to see the horrible devastation caused by the atomic bomb which had been dropped there. The young men were horrified by the scene they saw. This poem of his thoughts about war was written around 1946 and is the only known poem ever written by Dr. Minton.

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Senior News & Views of Georgia

Liberated to Live

by DR. CHARLES F. STANLEY
From LPN

Freedom is one of the most-prized human ideals, and as Americans, we are blessed to live in a nation where we can serve



Dr. Charles Stanley

God with unre-served obedience. Throughout our great history, people have fought and given their lives to be liberated from tyranny. We know that the rights and privi-

leges we enjoy today have come at an awesome price. So as we celebrate the anniversary of our founding fathers signing the Declaration of Independence, I challenge you to consider both the freedom from oppression we enjoy in the United States, and the liberty from sin we have through Jesus Christ our Savior.

These are important subjects to consider because as our nation

enters another election season, we must be wise and watchful. The decisions being made and the direction the country will take in the months and years ahead are sure to impact many generations to come. If we make the mistake of surrendering control of our lives and country to those who act contrary to God's Word, we will find ourselves bound by the same chains our forefathers cast off so long ago.

That is why it is critically important for all Americans to seek and obey God, because it's only through Him that we have true liberty to live life at its best. Therefore, the first thing we need to do is make the choice to put the Lord first in everything we do. We must reject the destructive ways of the world and choose to live in submission to our heavenly Father (John 8:34-36).

Second, we must trust God to change the course and character of our nation. We are to be salt and light in our communities, stepping

out in obedience with the faith that He will hear from heaven and heal our land (2 Chron. 7:14).

Third, we are to fight this battle for America's future on our knees. It is our duty as Christians to pray for our leaders in the hope that they will turn their hearts to do the will of God. Only He can transform them into men and women who will truly honor Him (1 Tim. 2:1-4).

We may not know who will hold the seats of power throughout the land a few months from now, but we do know the King of kings and the Lord of lords. So let us embrace the freedom He's given us and thank Him for liberating us to live for His name's sake. And may God continue to bless America.

Adapted from the Life Principles Bible and the Handbook for Christian Living.

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Spiritual Notes

Precious Memories

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

Summertime brings back memories of times spent with family on vacations, weddings, family reunions and many other events that are in our memory banks. It is also a time when we visit with friends and family and reminisce about events which impacted our lives both positively and negatively.

Recently, my wife, her sister and I drove out in the country to

their old "Home Place." It was amazing to hear them discuss memories of the relatives, church, school, and neighbors that had impacted their lives. As we walked through cemeteries it was obvious that the memories of yesteryear were precious to them. Their recall of instances of happiness and sadness were still very clear as they discussed so many of the significant milestones that occurred in the places we were visiting.

"Precious memories, how they linger, how they ever flood my soul" are words from an old hymn I used to hear in my country

church. The writer of these words must have a keen insight into human nature because many memories are precious and they do linger. We could have sung the hymn as we walked through the earlier history of my wife's life.

I read the following recently: "The Bible commends and commands the preserving of precious memories, especially memories of what God has done. The Passover, commemorating the Exodus from Egypt, stirs precious memories among the Jews when it is celebrated as it has been throughout the centuries. Also, the stones which God directed Joshua to place on the bank of the Jordan River after the Israelites crossed were to prod the memory of future generations to recognize what a mighty God had done at that place. Jesus directed his disciples to drink the cup and eat the bread in remembrance of him."

I believe it is important to pass on our precious memories to the younger members of our families. It is also our responsibility to preserve many things concerning the work of God in our lives and pass those things forward.

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

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Out & About

The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

- *Calico Joe*: John Grisham, Random House Audio, 2012
- *Victims*: Jonathan Kellerman, Ballantine Books, 2012
- *Paradise Valley*: Dale Cramer, Bethany House, 2011
- *Deadly Resolutions, Red Roses for a Dead Trucker and Metamorphosis for Murder*: Recently released E-Books

As with many of John Grisham's works, *Calico Joe* deals with issues which are currently having an impact on our culture and that many know little about. In this book, Grisham's readers face the reality of intentional sports injuries head-on as the author depicts their disastrous effects, not only on those hurt, but on others involved in sports and their families. The controversies now surrounding football injuries and bounties have gained national attention. Grisham expands our knowledge with a look at what can happen in baseball.

This tale of the fictitious Cubs sensation Joe Castle, his effect on fans and other players, and on the son of an aggressive pitcher for the Mets, takes us into a world rarely seen by spectators. The story also gives insight into the nar-

cissistic psychopathic type of behavior our society tends to assume is limited to greedy CEOs, power-hungry politicians and serial killers. Grisham presents an obvious argument for not blindly accepting inappropriate behavior, not only in law-breaking criminals, but in what is displayed in our everyday lives.

All of this occurs in a relatively short work that is entertaining, well-crafted, and appealing to those who are sports fans AND those who are not. Beginning with a young boy's fascination with a rookie wonder, the author takes readers on an emotionally-compelling journey from the dreams of youth to the realities of life and adulthood. This is a timely and important work, which is available on CD.

Victims is classic Jonathan Kellerman. When a deranged murderer begins a brutal killing spree, legendary LAPD Detective Milo Sturgis calls on his psychologist-sleuth friend Alex Delaware to visit the crime scene and help him analyze clues. Beginning with the killer's signature, a blank piece of paper with a question mark, they piece together the life and mind of a madman, only to discover there is more than one missing part to the puzzle.

This police procedural includes the usual political demands to solve the crime and avoid panic, a pressure that intensifies as more murders occur. Struggling to link the victims, Milo and Alex explore the disparate world of mental health treatment, past and present, in a race to prevent more deaths.

Their journey to resolution puts them within the madman's grasp as they uncover the horrific truths behind his crimes.

A real-life psychologist, Jonathan Kellerman is the #1 New York Times bestselling author of more than thirty best-selling crime novels and has written numerous non-fiction works. His character-driven mysteries are irresistible.

Dale Cramer is a personable area author who has found his niche. A rare breed, he is a man from an Amish family who writes Amish fiction. An award-winning author, his books have wide appeal because of their firm foundation in a tradition about which many are curious.

Described as "A tale of love, danger and redeeming faith," *Paradise Valley* is inspired by actual events. The story serves as a reminder of how those most devoted to following their beliefs can run afoul of the law. At the same time, it demonstrates the power of family bonding, hard work and service to God.

I was intrigued by the book's premise and its setting. The work delves deeper than much Christian fiction in

providing skillful exploration of issues related to racism and pacifism during the time period of the 1920s. The plot centers on the disruption that occurs when the Bender family is faced with leaving their beloved home for a far-away land. Choosing their beliefs over the safety of their comfortable lifestyle, they embark on a journey both geographically and emotionally. The story is one that will tug at your heart while giving insights into a little understood way of life. Cramer is to be praised for his ability to bring forth compelling aspects of a faith many of us know little about and his uncanny skill at getting into the minds of his female characters.

Among the new E-books now available are Anna Ashwood Collins' *Deadly Resolutions, Red Roses for a Dead Trucker and Metamorphosis for Murder*. Collins first decided to become a writer when she learned she could work in her pajamas! A former New York auxiliary police officer and an ongoing environmentalist, she draws from her expertise in both areas in writing her mysteries.

You may contact Anne at annebjones@msn.com; annebjones.com.

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Taking Care

A common but under-diagnosed disease

by LISA M. PETSCHÉ

Chances are good that you have never heard of hemochromatosis, also known as iron overload disease, despite that it is the most common genetic disorder in the western world. Although it can affect males and females at any time in life, it typically manifests itself in middle age. The disease is potentially fatal, but the earlier it is diagnosed, the better one's chances are of being able to lead a long and health life.



Lisa Petsche

The cause of iron overload can be genetic or non-genetic. The genetic type, which is by far the more common variety, is known as hereditary hemochromatosis or HH for short.

According to the Center for Disease Control and Prevention (CDC), "in the United States more than one million people have the gene mutation that can cause HH. This mutation is most common among people whose ancestors came from Europe." Typically, those who have it are unaware.

A metabolic, multi-system disease, HH causes the body to absorb and retain too much dietary iron. Since there is no regular mechanism for eliminating iron from the body, the excess iron is stored in tissues and can cause damage in many areas, including joints, the

heart, brain, liver, pancreas and endocrine glands. "The speed at which iron builds up and the severity of the symptoms vary from person to person," says the CDC, and "many people do not have any early symptoms." Typically, by the time they are diagnosed, if they are ever properly diagnosed, they have sustained irreversible damage.

Take the case of Lorraine, for example. After several years of increasing health issues – including fatigue, weakness, abdominal and joint pain and Parkinson-like symptoms – and visits to numerous medical specialists who were puzzled by her seemingly unrelated symptoms, she was extremely frustrated and discouraged that no underlying cause could be found. Meanwhile, her physical functioning became more and more compromised. It was a naturopath she eventually turned to for help who suggested iron testing, querying hemochromatosis. In 2006, at age 69, Lorraine was diagnosed with the disease.

Her iron levels were life-threateningly high but gradually returned to normal as a result of weekly phlebotomies (blood removal treatments from the arm, similar to blood donation) over the course of a year. She was told she was lucky that her internal organs had not been damaged. However, her joints have been severely affected, leading to the need for multiple joint replacements. The management plan includes regular blood

testing to check her iron levels, and periodic phlebotomies as indicated.

Diagnosis of HH is difficult because symptoms are vague, often masking themselves as other, more common conditions, such as hypothyroidism, liver disease, arthritis, heart disease, diabetes or even chronic fatigue. Some people may develop a bronze skin tone; Lorraine was not one of them.

In her journey through the healthcare system, Lorraine discovered that most healthcare professionals know little if anything about HH. (Up until recently, medical students were taught that the disorder is rare.) And the vast majority of lay people have never heard of it. She had to do her own research, and eventually found valuable books, research articles and other materials through the Hemochromatosis Society (for information, call their toll-free line at 1-888-

655-IRON (4766) or go to the website at www.americanhs.org).

Talk to your doctor, because two simple and inexpensive blood tests – transferrin saturation (TS) and serum ferritin (SF) test – can detect iron overload and may save your life or that of someone you love. These tests are not part of the standard blood testing ordered with regular medical checkups. If someone in your family is diagnosed with HH, DNA testing is available to determine if other members may be at risk.

Author's note: Lorraine is my mother, and we are on a mission to spread awareness about hemochromatosis.

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

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Out & About

Compete in the 30th Annual Georgia Golden Olympics

Submitted by Mary Ealer

If you are competitive, interested in meeting new friends, or just having fun, plan to participate in the annual Georgia Golden Olympics scheduled for September 19-22, 2012, in the city of Warner Robins. The annual competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, 5K run/walk, cycling, bowling, horseshoes, billiards, racquetball and much more. Events are divided into age categories and medals are awarded for each.

A registration fee of \$35.00 allows the participant to enter 3 events. Additional events are \$6.00 each. Bowling, tennis, golf, cycling, and archery require an additional fee. Fees are non-refundable. All registrations must be received by August 1.

The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. The 2012 event is the qualifying event in Georgia for the 2013 National Games to be held in Cleveland, Ohio in July 2013. Over 400 athletes qualified for the National games in 2011 held in the Houston, Texas.

The purpose of the games is to create an awareness of the abilities

of older adults, to maintain and improve health and wellness, and to promote an interest in lifetime sports, recreation and physical activity. The competition is coordinated by the Georgia Department of Human Resources, Division of Public Health; Robins Air Force Base, Services Divisions; Georgia Recreation and Parks Association, Senior Citizens Section; Georgia Nursing Home Association; the University of Georgia, J. W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For more information call Warner Robins Senior Center at 478-293-1066 or the Georgia Golden Olympics office at 770-867-3603; or visit www.georgiagoldenolympics.org.



Philadelphia Winn NSDAR Observes Memorial Day In Dacula Parade

Left to right: Peggy Freeman, Chapter Regent Lawrenceville Philadelphia Winn NSDAR, and Philadelphia Winn daughter Rita Valeri stand before a 1969 Buick Electra convertible owned by Gus Valeri, Rita's husband. Gus drove Rita, Peggy, and her husband Jim in the 19th Annual Dacula Memorial Day Parade held May 28. The theme of the parade was "Their Sacrifices, Our Gratitude." If you are interested in joining the Philadelphia Winn Chapter, please email philwinndar@gmail.com.

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The Conyers-Rockdale Bike & Trail Coalition

by SUSAN LARSON

ON THE COVER

Conyers-Rockdale Bike and Trail Coalition Officers: Brent Taylor (Outgoing Chairman), Shawn Bilak (Secretary), Patricia Shirey, Eddie Shirey, Kuni Takeuchi (Treasurer)

The Conyers-Rockdale Bike & Trail Coalition may sound like a high falutin' big time government agency, but according to Eddie Shirey, pictured on the cover, it is in fact a group of citizen activists. Most are senior citizens that use their years of experience to effectively work within the system to make sure all of their community's active citizens have safe opportunities to travel by bike or on foot for recreation or practical purposes.

A few years ago in Rockdale County, citizens were asked for input for how money should be spent for an upcoming Parks and recreation SPLOST. These active seniors spoke up and suggested that a multi-use path for biking and walking fit the bill perfectly. But they didn't just sit around waiting for the government to do all the work. They got their own wheels turing.

For five years now, they have sponsored a Pave the Path 10K run and Metric Century bike ride every May in Olde Town Conyers. The event raises

funds to bring more awareness to cycling and walking along the South River Trail and in the community.

This year, the organizers added several new events, including rides for children and the Metric Century (62 miles) bike ride in which bikers won cash and other prizes by participating in a poker challenge as they rode the path, in which riders picked up cards at designated checkpoints.

Shirey, who was instrumental in starting the Pave the Path event, said participation has grown steadily over the years. This year's Pave the Path drew over – 200 – participants.

"It has grown, and we are working to grow it," Shirey said. "The purpose in this is to get more and more of our neighbors out walking, running and riding bicycles. And then, in a different picture, to encourage our elected officials that way, to demonstrate to them that we have a lot of folks who are interested, and not only for recreation but for transportation."

The Coalition is particularly proud of the South Rockdale Trail that, when completed, will link Alexander Lakes to the Monastery of the Holy Spirit. Parts of this trail are already complete. For this trail an important trailhead park, officially the Lorraine Trailhead, has been completed at the intersection of Georgia Highway 138 and the South River. For some it's easier to recognize this park by it's former life as junkyard, hence the nickname "Junkyard Trailhead." Rockdale County cleaned up



Eddie Shirey getting ready for Pave the Path event

the eyesore, removing the junk cars and thousands of old tires and has made a lovely park.

"It was a wonderful thing the county took on," Shirey said. "They removed tens of thousands of tires from this site."

These senior cyclists encourage people to not only exercise their bodies, but also their brains. At the Pine Street School they provide safety information for kids who ride their bikes to school, bring in speakers from the League of American Cyclists and deliver bicycle safety lectures at a local Drivers Education School. They have also held a bike festival for kids at the Boys and Girls Club in Conyers and look forward to future events there.

But biking for fun is still a big priority. And the more the merrier. So on the fourth Sunday of every month at 4 p.m (weather permitting), a free ride for

everyone starts at the Conyers Depot, which is also the Welcome Center, and ends at Creamberry's, where everyone is treated to free ice cream.

Publisher's Note: You may be asking yourself, "didn't I see the photo above and the cover photo in the June edition of Senior News?" Well, if your are, you're correct! Unfortunately, your Publisher made a huge mistake in our June edition... he published these photos along with a column which had nothing to do with them. The Conyers-Rockdale Bike & Trail Coalition's article wasn't included. So, to give appropriate recognition to this excellent organization, we're publishing the photos again in this edition along with the correct article. We apologize for any inconvenience this error may have caused.

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"What a wonderful place for the children! I have prayed and prayed for somewhere for them. This then is my answer. I am thankful for the opportunities this will open for them and am especially happy that they will be raised in a Christian home with both a mother and a father." —Grandparent

"I came to live in a WinShape home when I was 15. During my time at WinShape I was cared for and nurtured by parents who loved me unconditionally. WinShape Homes is more than just a foster home...it is a place that embodies family, love, security and stability." —Leslie

"I first became familiar with the WinShape Homes when I was 11 years old. My mother was deceased, my father was dying and my 90 year old great-grandmother could no longer care for my sister and me. Through my 10-year journey living within the family, I have learned to put God first and to serve others. Living in a WinShape Home has been a true life-changing experience!" —Jessica

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**FlexPen®. Insulin
 delivery my way.**

Individual results may vary.

Indications and Usage

NovoLog® Mix 70/30 (70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin]) is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Important Safety Information

Do not take NovoLog® Mix 70/30 if your blood sugar is too low (hypoglycemia) or if you are allergic to any of the ingredients in NovoLog® Mix 70/30. If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia). NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject it up to 15 minutes before you eat a meal. If you have type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.

Check your blood sugar levels regularly. Ask your health care provider what your blood sugars should be and when you should check your blood sugar levels. Do not make any changes to your dose or type of insulin unless your health care provider tells you to. Alcohol, including beer and wine, may affect your blood sugar when you take NovoLog® Mix 70/30.

NovoLog® Mix 70/30 is a prescription medication. If you need assistance with prescription drug costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Talk to your doctor about the importance of diet and exercise in your treatment plan.

*Intended as a guide. Lower acquisition costs alone do not necessarily reflect a cost advantage in the outcome of the condition treated because there are other variables that affect relative costs. Formulary status is subject to change.

Before using NovoLog® Mix 70/30, tell your health care provider about all medicines you take and all of your medical conditions, including if you have kidney or liver problems or if you are pregnant or breastfeeding. It is not known if NovoLog® Mix 70/30 will harm your unborn baby or pass into breast milk. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Do not inject NovoLog® Mix 70/30 with any other insulin products or use in an insulin pump.

Do not share needles, insulin pens or syringes with others.

The most common side effects of NovoLog® Mix 70/30 include skin thickening or pits at the injection site (lipodystrophy), weight gain, swelling of your hands and feet, and vision changes. Serious adverse events may include low blood sugar (hypoglycemia), low potassium in your blood (hypokalemia), local allergic reactions at the injection site (like redness, swelling, and itching), and whole body reactions. Get medical help right away if you have any of these symptoms of an allergic reaction: a rash over the whole body, have trouble breathing, fast heart rate, sweating, or if you feel faint. Ask your health care provider or pharmacist for more information.

Please see Brief Summary of Prescribing Information on adjacent page.

†For patients with type 2 diabetes.

‡Partial LIS beneficiaries are required to pay up to 15% of drug costs up to the out-of-pocket threshold of \$6,657.50. After this threshold, LIS beneficiaries have co-pays of \$2.60 for generic drugs and \$6.50 for brand name drugs. Note that human insulin is not a generic drug.

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NovoLog® Mix 70/30

70% insulin aspart protamine suspension and 30% insulin aspart injection, (rDNA origin)

Patient Information

NovoLog® Mix 70/30 (Nō-vō-log-MIX-SEV-en-tee-THIR-tee)

(70% insulin aspart protamine suspension and 30% insulin aspart injection, [rDNA origin])

This is a BRIEF SUMMARY of important information about NOVLOG® MIX 70/30. This information does not take the place of talking to your healthcare provider about your diabetes or your treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have any questions about managing your diabetes.

What is NovoLog® Mix 70/30?

NovoLog® Mix 70/30 is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus. It is not known if NovoLog® Mix 70/30 is safe or effective in children.

Who should not use NovoLog® Mix 70/30?

Do not take NovoLog® Mix 70/30 if:

- Your blood sugar is too low (hypoglycemia)
- You are allergic to any of the ingredients in NovoLog® Mix 70/30. See the end of this leaflet for a complete list of ingredients in NovoLog® Mix 70/30. Check with your healthcare provider if you are not sure.

What should I tell my healthcare provider before taking NovoLog® Mix 70/30?

Before you use NovoLog® Mix 70/30, tell your healthcare provider if you:

- have kidney or liver problems
- **have any other medical conditions.** Medical conditions can affect your insulin needs and your dose of NovoLog® Mix 70/30.
- **are pregnant or plan to become pregnant.** It is not known if NovoLog® Mix 70/30 will harm your unborn baby. Talk to your healthcare provider if you are pregnant or plan to become pregnant. You and your healthcare provider should decide about the best way to manage your diabetes while you are pregnant.
- **are breastfeeding or plan to breastfeed.** It is not known if NovoLog® Mix 70/30 passes into your breast milk. You and your healthcare provider should decide if you will take NovoLog® Mix 70/30 while you breastfeed.

Tell your healthcare provider about all medicines you take, including prescriptions and non-prescription medicines, vitamins and herbal supplements.

NovoLog® Mix 70/30 may affect the way other medicines work, and other medicines may affect how NovoLog® Mix 70/30 works. Your NovoLog® Mix 70/30 dose may change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show your healthcare providers and pharmacist when you get a new medicine.

How should I take NovoLog® Mix 70/30?

- Take NovoLog® Mix 70/30 exactly as your healthcare provider tells you to take it.
- Your healthcare provider will tell you how much NovoLog® Mix 70/30 to take and when to take it.
- Do not make any changes to your dose or type of insulin unless your healthcare provider tells you to.
- **NovoLog® Mix 70/30 starts acting fast. If you have Type 1 diabetes, inject it up to 15 minutes before you eat a meal.** Do not inject NovoLog® Mix 70/30 if you are not planning to eat within 15 minutes.
- **If you have Type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.**
- **Do Not mix** NovoLog® Mix 70/30 with other insulin products.
- **Do Not** use NovoLog® Mix 70/30 in an insulin pump.

- **Inject NovoLog® Mix 70/30 under the skin (subcutaneously) of your stomach area, upper arms, buttocks or upper legs.** NovoLog® Mix 70/30 may affect your blood sugar levels faster if you inject it under the skin of your stomach area. Never inject NovoLog® Mix 70/30 into a vein or into a muscle.
- **Change (rotate) injection sites** within the area you choose with each dose. **Do not** inject into the exact same spot for each injection.
- **Read the instructions for use that come with your NovoLog® Mix 70/30.** Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog® Mix 70/30 before you start using it.
- NovoLog® Mix 70/30 comes in:
 - 10 mL vials for use with a syringe
 - 3 mL NovoLog® Mix 70/30 FlexPen®
- **If you take too much NovoLog® Mix 70/30, your blood sugar may fall too 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 (loss of consciousness).
- **If you forget to take your dose of NovoLog® Mix 70/30, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like passing out (loss of consciousness), 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
 - frequent urination
 - loss of appetite
 - high amounts of sugar and ketones in your urine
 - nausea, vomiting (throwing up) or stomach pain
- Do not share needles, insulin pens or syringes with others.
- **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
- stress
- change in diet
- other medicines you take
- change in physical activity or exercise

See the end of this patient information for instructions about preparing and giving your injection.

What should I consider while using NovoLog® Mix 70/30?

- **Alcohol.** Drinking alcohol may affect your blood sugar when you take NovoLog® Mix 70/30.
- **Driving and operating machinery.** You may have trouble paying attention 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 for you 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® Mix 70/30?

NovoLog® Mix 70/30 may cause serious side effects, including:

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

Very low blood sugar can cause you to pass out (loss of consciousness), seizures, and death. Talk to your healthcare provider about how to tell if you have low blood sugar and what to do if this happens while taking NovoLog® Mix 70/30. 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. Your dose of NovoLog® Mix 70/30 may need to be changed.

- **Low potassium in your blood (hypokalemia)**
- **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.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you have any of these symptoms of an allergic reaction:**
 - a rash over your whole body
 - have trouble breathing
 - a fast heartbeat
 - sweating
 - feel faint

The most common side effects of NovoLog® Mix 70/30 include:

- **Skin thickening 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.
- **Weight gain**
- **Swelling of your hands and feet**
- **Vision changes**

These are not all of the possible side effects from NovoLog® Mix 70/30. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What are the ingredients in NovoLog® Mix 70/30?

- **Active Ingredients in NovoLog® Mix 70/30:** 70% insulin aspart protamine suspension and 30% insulin aspart injection (rDNA origin).
- **Inactive Ingredients in NovoLog® Mix 70/30:** glycerol, phenol, metacresol, zinc, disodium hydrogen phosphate dihydrate, sodium chloride, protamine sulfate, water for injection, hydrochloric acid or sodium hydroxide.

All NovoLog® Mix 70/30 vials and NovoLog® Mix 70/30 FlexPen® are latex free.

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

More detailed information is available upon request.

Available by prescription only.

For information about NovoLog® Mix 70/30 contact: Novo Nordisk Inc. 100 College Road West Princeton, New Jersey 08540 1-800-727-6500 www.novonordisk-us.com

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Version: 8

Novo Nordisk®, NovoLog®, and FlexPen® are registered trademarks of Novo Nordisk A/S.

NovoLog® Mix 70/30 is covered by US Patent Nos. 5,547,930; 5,618,913; 5,834,422; 5,840,680; 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.

Manufactured by: Novo Nordisk A/S DK-2880 Bagsvaerd, Denmark

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Atlanta CALENDAR

Senior Citizen Services

1705 Commerce Drive, NW, Atlanta. For information on programs offered call 404-351-3889.

Cobb Senior Services

• Administrative Office: 32 N. Fairground Street, Marietta, GA 30060, 770-528-5355
• For events & activities: www.cobbse-niors.org

Multipurpose Centers:

(Seniors age 55+)

- East Cobb Senior Center: 3332 Sandy 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. "Council on Aging," Mon.-Fri., 8:30 a.m.-5 p.m.
- 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 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 Meeting

First Mon. each month, 10:30 a.m. Free respite care for your loved one during meeting, must call in advance. Aloha to Aging, Inc. located in the Mt. Bethel Community Center, 4608 Lower Roswell Rd., Marietta. Call 678-439-1177.

Square Dance Class

Singles & couples welcome; free childcare, ages 5+. Hosted by Kennesaw Square Dancers. Call 404-808-8689 or visit www.squaredealers.com.

Button Gwinnett Society

Meets quarterly at the 1818 Club for fellowship and interesting speakers. Meetings begin at 6 p.m. For complete details call Elliott at 770-840-1003 or elliott@brack.net.

Greater Atlanta Archaeological Society

Meets 2nd Tues. of each month, 7:30 p.m., at the Fernbank Museum of Natural History, just off Ponce de Leon at 767 Clifton, Rd. NE, Atlanta. Call 770-242-2249 for recorded message.

Senior Ballroom Dance

First & third Tuesdays, 7:30 p.m., Mason Mill Park, 1340 McConnell Dr., Decatur. Live band, refreshments. Call 404-679-1349.

Friends of Smyrna Library

100 Village Green Circle, Smyrna
www.friendsofsmyrnalibrary.org
770-436-8062; Third Thursdays

continued on page 12

THE ZABAN TOWER



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*Amount of federal rent assistance varies. Must meet age and income qualifications set by the Department of Housing and Urban Development (HUD). Assets are not considered income, but can be used to pay for supportive services. Call 404.751.2255 for details.



NOTICE TO ALL VETERANS

Who Have Honorably Served Their Country in War & Peace



Because of the lack of burial space land devoted to a national cemetery, we at Gwinnett Cemetery Group proudly... have dedicated a Garden of Honor to accommodate honorably discharged Veterans and SPOUSES. As an Honorably Discharged Veteran who does not already own cemetery property, you qualify for a space at NO CHARGE. Payment of endowment care and deed transfer fees required. However, you must register for the space and show proof of an Honorable Discharge Certificate for the space. Spaces will be granted on a first come, first-served basis. To assure a reservation for you and your spouse mail coupon below to:

Service & Planning • 87 Scenic Hwy. • Lawrenceville, GA 30046.

Gwinnett Memorial & East Shadowlawn Memorial Gardens, Lawrenceville • White Chapel Memorial Gardens, Duluth
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City	State	Zip	Phone
Spouse's Name	Number In Family		

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2449 East Club Drive
Atlanta, Georgia


404-231-1580

CALENDAR

from page 11

Georgia Center for the Book
DeKalb County Public Library
215 Sycamore Street, Decatur
404-370-8450, www.georgiacenterforthebook.org

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
Preserving History. For information call John Kovach at 770-928-4579 or visit our website at http://atlantawwii-roundtable.org.

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.

Sandy Springs AARP
Meets the 2nd Tues. of each month at 2:00 p.m. in The Dorothy C. Benson Senior Center, 6500 Vernon Woods Drive, Sandy Springs. Contact Miriam Hahn at 404-252-2989 for information.

PALS Lunch 'n Learn Sessions
For details call PALS (Perimeter Adult Learning and Services) at 770-698-0801.

Senior Connections' Adventures In Learning Classes
Mack Love Senior Center, 1340 McConnell Dr., Decatur
Online catalog available at www.seniorconnectionsatl.org or call 404-321-6060.

Monthly Sacred Harp Singing
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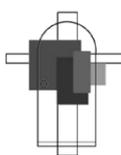
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CALENDAR

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in powerful, exuberant style, as seen in *Awake My Soul*. Beginners welcome, instruction provided. Emory Presbyterian Church, fellowship building, 1886 N. Decatur Rd. For details and directions call 404-892-6836 or visit www.atlantasacredharp.org.

Monthly Song Circle

Fri., July 27, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, gospel, political songs, pop, freedom songs, country, show tunes, and more. East Lake location. For directions and more information call Bob at 404-378-5424.

Volunteers Needed To Deliver Food

South Fulton Senior Services Meals on Wheels Program is 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 collect and deliver the meals. For details contact Harry Miller or Jerrell Hall at 404-559-0070.

Get Connected with SeniorNet

at the Marcus Jewish Community Center of Atlanta
 SeniorNet is an international, non-profit computer learning program designed to teach adults ages 50 and over computer literacy. The Marcus Jewish Community Center of Atlanta bears the unique distinction as 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 learning beginning, intermediate, and advanced Microsoft Windows applications (word processing, database, spreadsheets), discovering the Internet, how to buy a computer, the ins and out's of email, learning how to use a mouse, basic typing 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 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. Call for new class offerings.

New Neighbors League Club

Prospective member orientation, first Wed. each month at

continued on page 14

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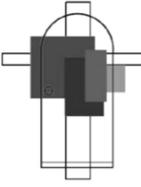
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CALENDAR
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the New Neighbors Welcome Center, 479 S. Atlanta St., Roswell. Luncheon and program second Wed. each month at various locations. Volunteer orientations are conducted every Monday at 1 p.m. For complete details call 770-993-7886.

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.

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

Congregation Beth Shalom
 5303 Winters Chapel Rd., Atlanta
 770-399-5300; www.bshalom.net

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 schedules are available. Volunteers 55+ are eligible to receive mileage reimbursement and supplemental insurance.

For more information, please call 404-463-3119 or email enaumann@atlantaregional.com.

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.

N.A.R.F.E.
 All federal civilian employees and retirees are invited to join N.A.R.F.E. (National Active and Retired Federal Employees Association). Call T. Jerry Samples at 770-973-2834.

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The Metro Atlanta RSVP Volunteer Program, sponsored by the Atlanta Regional Commission, Area Agency

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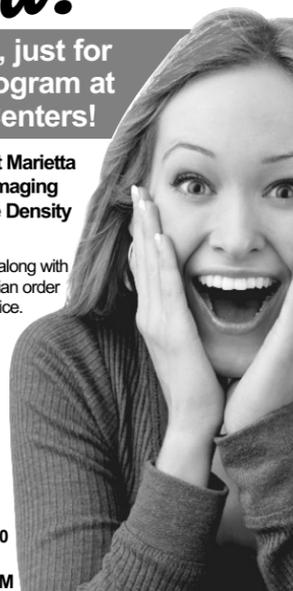
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CALENDAR

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on Aging, is recruiting volunteers 50+ years of age for the CATCH Healthy Habits Program, an innovative and fun way to make a difference in the life of a child and in your community and improve your health at the same time! CATCH Healthy Habits will help you help children learn the benefits of healthy eating and physical activity. For one hour each week after school, you will team up with children grades K-5 to encourage healthier eating and fitness. Each class includes education about good nutrition, a healthy snack that is fun and delicious, and a half-hour of fitness activity. You'll learn more about nutrition and healthier food choices. It's a Win-Win for all! Classes start in March at the Heard's Ferry Elementary School in Atlanta, and at the 4th/5th Academy in Decatur. We'll provide training and materials. To learn more or to volunteer, contact Mary Newton, CATCH coordinator at 404-463-4554 or mnewton@atlantaregional.com.

Volunteers Needed by CASA – Court Appointed Special Advocates

Be a positive influence and help provide stability and leadership in a child's life. Consider volunteering with CASA. For complete details call 770-345-3274 or visit www.casacherokee.org.

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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 770-921-7747

Lifespan Resources, Inc.

3003 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 404-237-7307 or www.lifespan-seniorresources.com.

Southern Winds Concert Band Welcomes 50 & Older Musicians

Members meet together to share their love of music and the joy of playing together. No auditions. Typically, the band plays one concert each month. The band rehearses at Northbrook United Methodist Church, 11225 Crabapple Rd., Roswell, every Thurs., 3-5:30 p.m. For complete details contact George Cekis at 770-751-7210 or email: gvcekis@comcast.net.

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- *The Importance of Being Ernest*: July 3-Aug. 3

• *The Emperor and the Nightingale*: July 14-Aug. 3

Georgia State Games 22nd Annual Open/Masters Track & Field Championships

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Philadelphia Winn Chapter NSDAR Installs New Board Members

The Philadelphia Winn Chapter NSDAR of Lawrenceville has installed new board members for 2012-2013. From left to right: Librarian Janice Rinaldo of Dacula, Registrar Cathy Hyer of Suwanee, Treasurer Jean Axelberg of Auburn, Corresponding Secretary Kaye Germaine of Dacula, Georgia State Society Regent-Elect Virginia Lingelbach of Warner Robbins who conducted the installation, Regent Peggy Freeman of Lilburn, First Vice Regent Lydia McGill of Snellville, Second Vice Regent Kitty Watters of Duluth, Chaplain Emily Tindall of Suwanee, and Recording Secretary Jennifer Clark of Lawrenceville. Not picture: Historian Helen Machida of Duluth. Anyone interested in joining the DAR, please email philwinndar@gmail.com.

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Cumming Arts Festival

by MARY FRANCES

The Cumming Arts Festival was bigger than ever in 2012, with an entire week of visual art, music, dance and film held at the Cumming First United Methodist Church (FUMC), April 22 through the April 29 from 1:00 p.m. to 8:00 p.m. daily.

Created in 2008, the Festival sought to feature professional and student visual arts in a juried gallery setting as well as performance art, in a concert setting.

More than 200 professional artists

from Georgia, Florida, and North and South Carolina displayed their work in the festival's galleries. Three hundred and fifty pieces of art work were on display in the professional show and more than 200 pieces of student art-work were on display. The students are from 19 Forsyth County Public elementary, middle and high schools.

This year the Cumming FUMC Festival of Arts expanded to include a Film Festival where the films were featured in a continuous loop throughout the week. Film makers received an honorarium for participating. Four films ranging from five to fifteen min-

utes in length were created by students from three local public high schools. The AMC 12th Avenue Forsyth Theater hosted the film program from 7:00 p.m. to 8:00 p.m. on Tuesday, April 24th. Movie goers munched on popcorn while enjoying the movies and then were able to vote for the "Audience Choice Award."

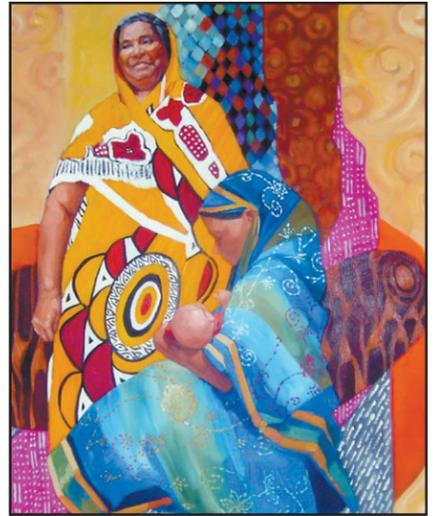
The Festival also featured a series of concerts by both professional and student musicians on Sunday, Wednesday and Saturday afternoons and evenings. Of special interest was the Rising Stars Concert and competition on Wednesday, the 25th, held at 7:00 p.m. "This concert featured world-class young musicians from Forsyth and other metro counties," said John Hutchinson, Director of Music and Arts at the festival.

The "Bach's Lunch" series took place Monday through Friday at Noon. The 30-minute concerts were held at the Art Café. The David Bros Jazz combo played on Wednesday, City Gate Dance Company entertained on Thursday, and on Saturday the music program concluded with the North Georgia Symphony concert at 7:30 p.m. with the presentation of monetary awards.

"We are so thankful to be surrounded by exquisite beauty and grateful to those who created such beauty and thrilled to share that beauty with you (the community)," said John Hutchinson.



Goldfinch by Ellen Bayley



You Shall Be Heard by Kristina Laurendi Havens



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