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July 2014
Vol. 28, No. 7

Story on page 8

Georgia Golden Olympics scheduled for September 17-20

**20 Sports – Over 55 events
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Special to *Senior News*

If you are competitive, interested in meeting new friends or just having fun, plan to participate in the 32nd annual Georgia Golden Olympics scheduled for September 17-20, 2014 in the city of Warner Robins. The competition is open to ages 50 and older. Events include tennis, golf, swimming, track and field, cycling, bowling, 5k run and walk, horseshoes, billiards, Wii bowling and much more. Ballroom dancing will be offered again this year and Pickle Ball will be offered for the

second year. Events are divided into age categories and medals are awarded for each.

A registration fee of \$40.00 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 and qualifies athletes in even years for the National competition held in odd years. The 2014 Georgia event is the qualifying event for the 2015 National Senior games scheduled for July 3-16 in St. Paul, Minneapolis and Bloomington, MN. Over 500 athletes qualified in Georgia for the last

National games in Cleveland, OH.

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 founding organizations of the event are: Georgia Department of Human Resources, Div. of Public Health (now the Ga. Dept. of Public Health); Robins Air Force Base, Services Divisions; Georgia Recreation and

Park Association, Senior Citizens Section; Georgia Health Care Association; the University of Georgia, J.W. Fanning Institute for Leadership and Community Development and the Georgia Department of Natural Resources.

For more information contact Warner Robins Senior Services Center at 478-923-1066; the Georgia Golden Olympics office at 770-867-3603; or, visit www.georgiagoldenolympics.org.

Working Women of WWII

Special to *Senior News*

Archives.

American Rosie the Riveter Association is a patriotic/non-profit organization whose purpose is to recognize and preserve the history and legacy of working women during WWII. This organization was founded in 1998 by Dr. Frances Carter, Birmingham, Alabama and now has over 4600 members nationwide. Current elected officers from Oregon, Maryland, Georgia, Arizona and Alabama, all serve on a volunteer basis.

If you are a woman (or descendant of a woman) who worked during WWII, or if you are just interested in more information, please call the toll free number 1-888-557-6743 or email: americanrosietheriveter2@yahoo.com. We can also be contacted at American Rosie the Riveter, P. O. Box 188, Kimberly, AL 35091.

American Rosie the Riveter Association is trying to locate women who worked on the home front during World War II. Thousands of women worked to support the war effort as riveters, welders, electricians, inspectors in plants, sewing clothing and parachutes for the military, ordnance workers, rolling bandages, clerical, and many other jobs such as volunteer workers collecting scrap metals and other critical materials. These women have stories of their WWII experiences that are of historical value and perhaps have never been told. American Rosie the Riveter Association would like to acknowledge these women with a certificate and have their stories placed in our

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The Next Chapter

Book Recommendations by ANNE B. JONES, PhD

Floor Sample: A Creative Memoir, Julia Cameron, Jeremy P. Tarcher/Penguin, 2006

Untying the Knot, Karen Paul Holmes, Aldrich Press, 2014

Occasionally, we review books that have been out for a while and this is one of them. For years, I have recommended Julia Cameron's *The Artist's Way* to friends and strangers as having a powerful impact on my life. *Floor Sample: A Creative Memoir* is another powerful book by Cameron. In this work, she is brutally honest in describing her early experiences with alcohol and drugs, her recovery, increased creativity and her battle with mental illness. Written in a conversational tone, *Floor Sample* is unassuming and easy to read. Parts are beautiful, especially when she discusses the tie between one's creativity and God. She aptly explains how faith and the giving of talent for service can result in unexpected achievements. In the Artist's Way she put forth a process of how one can grow and become successful in creativity and life management. In *Floor Sample* she tells how she put her own advice into practice, becoming a "sample" of what

that process could achieve.

From *The Artist's Way*, I learned many lessons about writing, how people could help maintain their psychological stability, and how to tap into one's identity. *Floor Sample* reinforced this. But, and this is a big BUT, the book brought joy then distress as Cameron revealed her growing mental illness' impact on her life.

In our last review, *The Rosie Project*, Graeme Simsion presents a fictional Asperger's sufferer who, despite his shortcomings, has many wonderful attributes. We are all sometimes guilty of labeling people, of seeing them as totally one way or another, forgetting the gray. I felt so for Cameron's suffering, such a beautiful person having to go through so much. Thank God, she had resources for treatment and was able to elicit the compassion everyone who suffers needs. Today, she continues her spiritual mission, writing, teaching and coping.

Sadly, that is not what always happens. In our society, we frequently ignore the plight of the mentally ill. A friend recently mentioned that our nation's prisons are, perhaps, the biggest mental institutions in the world. Far from providing adequate treatment, our society tends to label people, and, lock them up. I wish there had been more in Cameron's book related to her diagnosis. It would be interesting to have had her be more

specific. I also wish, as a society, we had more resources for everyone.

A musician once told me he often takes a "music bath," surrounding himself with his favorite songs, played one after the other. Karen Paul Holmes' *Untying the Knot* is a poetry bath. As with many poetry books, this one has a theme, divorce and beginning again. An accomplished wordsmith, Holmes paints poetry pictures and stories with which we can identify and immerse ourselves. I fell in love with "Drawn into Circles," (Excerpts: "How life loves a circle... Why do we box ourselves into corners...") and am somewhat ashamed to say I especially enjoyed "To She Who Will Not be Named," (a person for whom the best is not wished, due to obvious reasons.

All women will like this one.) A key indication of talent is the willingness to reveal oneself on the page and in so doing elicit the emotions of others. This, Holmes has accomplished. As William Wright, series editor of the "Southern Poetry Review," comments, the work is one that "dignifies the sadness so many feel." Her poems will touch your heart.

Karen Paul Holmes is a freelance writer. She founded the Side Door Poets group in Atlanta and Writer's Night Out in the Blue Ridge Mountains.

You may contact Anne at annebjones@msn.com... (*Tides of Fear, Gold Thunder, A Light on Peachtree, All Around the Track, Brave at Heart*).



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Advair	250/50	60 doses	\$175	\$110	N/A	39%
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Senior News & Views of Georgia

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.

AMERICA by Collane Lisa Caffey

*My native land from which I stand,
Thou splendid beauty is what I see.
Of God's favor bestow on thee:
From the peak majesty mountains,
To the steep valley below.
Of the river flowing fountains,
To the hot red desert bestow.
The flat plain prairie, the green
tree forest,
And the ocean's beaches of sand
Were all created by God's hand.
America. Yes, America, God's
Blessings has rest upon thee –
And with gratitude I will in return,
Serve God as I serve humanity.*

Book: *Seasons of My Life
Inspirational Poetry - 2012*
Author: Collane Lisa Caffey
Publisher: AuthorHouse

THE CHURCH by Gerry Noel

*When I was young... I read the Bible
three times
From the beginning to the end
Not really understanding
Reading words I did not comprehend*

*I went through my teens to an adult
With questions of thee, thou and
begets
Going to all kinds of churches
Some of which I had lots of regrets*

*So one day my son said "try this
church"
A small church in Georgia located
on Davis Drive
So a Philly born listener... listening
to a southern pastor
Getting past the dialect... I knew I
had arrived*

*Because he just didn't read out of the
Bible
He took the time to explain almost
every word
There were explanations of passages
And verses I had read and heard*

*Now I can at last enjoy going to
church
Where a pastor cares about the
community
Where parishioners are loving and
caring
And where the pastor's words seem
to give you
A level of (what I call the devil's
immunity)*

THE FRIENDSHIP BOOK by Dot A. Jones

*If you've been blessed to live to a
golden age, your friendship book
should be filled on each page.
Each name written there is a
memory to treasure that touches a
heart way beyond measure.*

*Friends you made as a child, come
into mind as you scan the years
from long ago and remember a
special tie that may bind.*

*As you entered college, then the
workplace too, certain people gain
a place in your heart. You've keep
this special one in your friendship
book, still cherishing a time and
place that will never depart.*

*When you grow older and mature in
God's love, the friends in your
church family are written on each
line. You can say the heart is
filling with these precious friends
of mine.*

*You have lived to be blessed with
friends from so many years, you
can open your book and recall
each one, as over the name you
look.*

*Some are still here in your life to
share, others are in their heavenly
home, but friendship memories
never cease and when you open
the book, you may say, I've not
much of this world, but greatest of
all will never decrease.*

*My friends' names written in my
friendship book will hold a
treasure in my mind and heart.
God has given me this love to
share and impart.*

*It is said you can't take anything
with you when you go, but friends
in Christ will be there, so cherish
the names in your friendship book
as they travel with you. Always
have many and hold them dear.*

Spiritual Notes

"Men, Step Up!"

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

An old Chinese proverb says:

*If there is light in the soul,
there will be beauty in the
person.*

*If there is beauty in the person,
there will be harmony in the
house.*

If there is harmony in the house,

*there will be order in the nation.
If there is order in the nation,
there will be peace in the world.*

Harmony in the home is the God-given responsibility of each family member. We have recently celebrated Father's Day and as I reflect on this proverb it reminds me of my role in the family. I encourage all fathers to examine their role as "the Man of the House." Are you the husband, father and grandfather that brings harmony, beauty, love and security to your home?

As men we need to "step up" and take our role in the home seriously. We will miss a swing or two, but many times we will "hit the ball." Our families and nation need a lot of "home runs." Dr. Billy Graham says, "In my judgement, a nation cannot rise higher than its home life. Bitterness, crime, alienation, even way, starts in the

home." We must set the right example for our children, grandchildren, neighbors and our fellow-workers.

As believers, we know that to "be light" we must know "THE Light of the World." This is the beginning of the beauty that leads to harmony that will lead to order, which will lead to peace, peace in the home, and in the world.

It is said that people relate to God, our Heavenly Father, in the same way that we related to our earthly fathers. Fathers, I challenge you to "step up" and examine your role in your home.

At the same time, let us thank God for His example of a loving, giving, caring Father.

*Dr. Baggett can be reached at
Dunwoody Baptist Church, 1445 Mt.
Vernon Road, Atlanta, GA 30338;
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IRS phone scam demanding money or jail time

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

The Better Business Bureau (BBB) is again warning consumers about a phone scam that is demanding money and threatening jail time. The BBB is still receiving phone calls from local consumers who have been contacted by the "IRS" saying they owe money and it must be paid promptly. Consumers are instructed to buy a preloaded debit card or wire transfer funds to pay the debt. If the victim refuses to cooperate they are threatened with arrest, deportation or suspension of business or driver's license. The caller often times becomes very demanding, hostile and insulting. The BBB wants consumers to know that the IRS will never ask you for credit card numbers over the phone or request a pre-paid debit card or wire transfer. The IRS will most likely contact taxpayers via mail in regards to tax issues. These callers are simply trying to scare consumers into paying them money they don't owe. Consumers should not be threatened into making any payments they are not certain that they owe. The scammers use these strong arm tactics because they know many people will pay the money to avoid being arrested. Some other characteristics of this

- scam:
- Scammers use fake names and IRS badge numbers
 - Scammer may have the last 4 digits of your Social Security number.
 - Scammers can spoof IRS phone numbers making appear the call is really from the IRS
 - Victims can hear background noises of other calls being conducted to mimic a call site.
 - After threatening jail time or deportation, scammers hang up and soon call back pretending to be from the local police, to help support their claim.
 - Never trust callers who use threats and hostility to bully their targets into doing what they want. This is a scare tactic many scammers use.

- The BBB recommends the following if you receive a similar type call:
- If you know you owe taxes or think you might owe taxes, call the IRS or your accountant.
 - If you know you don't owe taxes, call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484 or treasury.gov.
 - If you've been targeted by this scam you should also contact the Federal Trade Commission and use their Complaint Assistant at FTC.gov.
 - Also report your experience to the BBB so we can track the activity and warn others.
 - If you are not sure if the call is

legitimate or not, contact the BBB at 1-800-763-4222 or at bbb.org

Kelvin Collins is president/CEO of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA).

This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org; E-mail: info@centralgeorgia.bbb.org; or, info@csra.bbb.org.

“The Federal Occupation of Roswell” scheduled for July 12th & 13th

Special to *Senior News*

Barrington Hall will present the “Occupation of Roswell” and the arrest of the textile mill workers in 1864 by the Union Army. The reenactment will be on July 12 & 13, 2014 in the city's Town Square. The Roswell Visitors Center is assisting with the event, as part of the state-wide commemoration of the Sesquicentennial of the Civil War In Georgia.

In July of 1864, The Union Army arrested 400 mill workers for treason and sent them north via train to prison camps. The arrest will be reenacted at 1:00 p.m. and again at 3:00 p.m. both days of the reenactment, July 12 and 13. The actual people being reenacted in the square are Theophilus Roche, Fanny Whitmire, Daddy Prince and the Reverend Pratt. The mill worker women will be generic characters.

- In addition, the two day event will feature:
- An encampment by Federal troops on the front lawn of Barrington Hall
 - Demonstrations of 1860s formal dancing by the Stately Vintage Dancers of Jonesboro, GA
 - Civil War Era music provided by the Eighth Regiment Band of Rome, GA (Saturday only) and the 97th Regimental String Band of Madeira Beach, FL (both Saturday and Sunday)
 - Demonstrations in the Barrington Hall barn meeting space of mid-1800s games, clothing, etc. by Phillip and Janine Whitman
 - 1860s style (wet plate) photographers – weather permitting

- Food vendors
- And a sutler (1860s merchant who followed the troops)

Admission to the event is free. Call Bill Browning at 770-640-3855 for further information. Roswell's Convention and Visitors Bureau is located at 617 Atlanta Street, Roswell, GA 30075. For additional information visit www.visitroswellga.com.

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Taking Care

Summer Lovin'... Enjoy summer's pleasures with your loved one!

There are many ways to treat yourself or your loved one to the joys of the outdoors and warmer temperatures.

by LISA M. PETSCHÉ

Many people consider summer to be a time of living and being relatively carefree. The mild temperatures and increased daylight have a positive effect on our moods and allow more time for outdoor activities. We dress lighter, driving conditions are better and oftentimes we go on vacation, experiencing a change of scenery and peace.

If you are caring for someone with a chronic illness, it may not be possible to completely kick back. However, there are many things you can do, together with your loved one, to enjoy summer's many pleasures.

Even if you are not a caregiver, the following ideas are worth checking out.

Refresh the décor

Decorating to reflect the season can help put you in a lighter frame of mind. Here is how to do it:

- Bring in flowers from your garden and display them around your home.
- Accessorize indoors with light, bright colors. Room accents can take the form of cushion covers, tablecloths, placemats or a mantel scarf, for instance.
- For color inspiration, think summer flowers and tropical fruits. Do not overlook white, which gives a crisp, fresh look.

For patterns, try florals and gingham checks.

- Choose ocean blues and greens for a psychological cooling effect.
- Marine themes are always popular at this time of year. Bring out that collection of seashells and display them in a bowl.
- Summer is a good time to be whimsical, so have some fun with decorating.

Make the outdoors great

Here are some ideas for creating a welcoming outdoor space:

- Set up a bird feeder, install a pond or other water feature, or create a butterfly garden so you can enjoy the sights and sounds of Nature in your own backyard.
- Get a set of patio furniture. Include an umbrella to shade you from the hot summer sun. If you already own outdoor furniture, replace worn chair pads for a new look (and to increase seating comfort).
- Buy some colorful acrylic dishes for outdoor meals.
- String miniature white lights around the porch, deck or backyard fence.

Indulge a little

Summer is a good time to treat yourself. Why not:

- Buy toiletries in a favorite summer scent, such as lily of the valley or peach.
- Grill your favorite meats and vegetables. Try some new marinades or salad dressings, for variety.
- Stock up on refreshing drinks, such as lemonade and iced tea, or the necessary ingredients to make your own, if you prefer.
- Buy a box of favorite ice cream treats the next time you are at the grocery store. Or head out to the local dairy parlor for an ice cream cone, sundae, milkshake or float.

• Purchase something seasonal to enjoy. For example, wind chimes, a hanging plant, decorative flowerpots, solar garden accents, and attractive privacy trellis or a lounge chair and side table.

• An addition to your summertime wardrobe is another great idea. Shop by mail order if it is hard to get out to the mall.

• Invest in some satiny smooth bed sheets.

• Buy votive candles in floral or fruit scents and place them in decorative holders.

• If you do not have central air conditioning, get a window air conditioner or oscillating fan for the room(s) you use most.

Keeping cool will help to prevent irritability.

Ideas for activities

Here are just a few activities you might pursue this summer:

- Look through photo albums or watch home movies from summers past.
- Have a picnic in your backyard or a nearby park.
- Go for a stroll around the

neighborhood.

• Plan an outing to a cultural or sporting event, such as a baseball game, summer arts festival or outdoor concert. If your relative uses a wheelchair, investigate accessible taxi options or register him or her with the local accessible transportation service.

• Go to a park or other outdoor public space and people-watch.

• Go to the local farmer's market and marvel at the offerings. Pick up a variety of fresh fruits and vegetables, as well as favorite meats, cheeses and baked goods.

• Take a drive in the country.

And remember; do not automatically pass up an opportunity for a vacation. Even if your relative relies on a wheelchair to get around, travel may still be possible with some research and planning to ensure his or her needs are met during every stage of the trip.

Lisa M. Petsche is a medical social worker and a freelance writer specializing in elder care.



Lisa Petsche

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Georgians encouraged to learn about elder abuse warning signs

Special to Senior News

The Georgia Department of Human Services Division of Aging Services encourages Georgians to learn about warning signs of elder abuse and help raise awareness about the abuse of older adults and people with disabilities.

"Abuse doesn't always result in bruises," said Dr. James Bulot, Director of the Division of Aging Services. "It can take many complex forms that affect victims emotionally, physically, sexually, or financial-

ly." Key signs of elder abuse are listed at <http://www.aging.ga.gov> under the tab, "Report Elder Abuse."

According to the Administration on Aging, one in 10 older Americans become victims of abuse, neglect or exploitation each year. And that's only part of the picture: Experts believe that, for every case of elder abuse or neglect reported, as many as 23.5 cases go unreported.

The National Center on Elder Abuse, located at www.ncea.aoa.gov, offers consumer information along with community education resources for faith-based organizations, coalitions and other groups. Click "Get Involved" on the NCEA website for fact sheets, project ideas and other awareness-building tools.

Georgia's statewide Adult Protective Services team accepts reports of suspicious activity by phone, by fax and online. To report abuse, neglect, or exploitation of an older person or an adult with a disability in community or residential settings, call DHS Adult Protective Services Central Intake, toll-free, at

866-552-4464.

For emergencies, dial 911. Georgians can join the cause against abuse, neglect, and exploitation. To report concerns, request a brochure, schedule a presentation, or volunteer, contact the Division of Aging Services at 866-552-4464 or visit <http://www.aging.ga.gov>.

Opening of the Gateway DFCS Service Site

Special to Senior News

The Georgia Division of Family and Children Services is pleased to announce a new partnership with Gateway Center that will provide Atlanta's homeless population with greater access to nutrition assistance.

The Division now issues food stamp benefits in tandem with other services provided by Gateway Center at its 275 Pryor St. location in downtown Atlanta.

Gateway Center works with individuals to end their homelessness through therapeutic programs and job training courses provided in a supportive and compassionate setting.

"The opening of the Gateway DFCS Service Site, unique in the nation, helps to guarantee that those experiencing homelessness do not go hungry," said Vince Smith, executive director of Gateway Center.

At the new service center, DFCS will help clients apply, verify eligibility and receive food stamp benefits through an Electronic Benefits Transfer card.

Clients can also receive food stamp-related mail through the center, which will assist them with maintaining their nutrition assistance as long as they are eligible.

"We are excited to work with the Gateway Center on this initiative to meet Atlanta's most vulnerable residents where they are and help them along their path to independence and self-sufficiency," said Georgia DFCS Director Bobby Cagle.

The Gateway DFCS Service Site will operate between 8:00 a.m. and 4:00 p.m., Monday through Friday.

Clients seeking assistance from the Gateway site must provide a referral from a local agency that works with the homeless.

For more information on becoming a referral agency, contact Lyric D. Cosby, Gateway DFCS Service Site Supervisor, at ldcosby@dhr.state.ga.us or 404-215-6632.

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When the Department of Community Health last visited for their annual survey, we did not receive any citations of non-compliance in the areas used to monitor state and federal guidelines related to the care and services we provide our residents.

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On the Cover

Proud to be an American

by SUSAN LARSON

ON THE COVER:
Bruce Maney and Leslie Watkins
proud to be Americans

Proud to be an American. For Leslie Watkins of Snellville, that is more than a song title. It's a way of life.

As a proud and active member of the William Day Chapter - Daughters of the American Revolution, Watkins spends her days traveling around presenting living history presentations on lifestyle during colonial times.

Working with her brother-in-law, Bruce Maney, a member of the Button Gwinnett Chapter - Sons of the American Revolution, they carry their "Traveling Trunk," one of 13 such visual aids supplied by the Georgia Society of the SAR. Dressed in period costumes, Watkins and Maney display over 130 items people used during the time of the American Revolution.

While their presentation is extremely entertaining, it is not mere play acting. Yes, Watkins has a B.A. degree in speech and theater, but add to this her M. Ed. in English, multiple state certifications including Gifted Education and 32 years experience in her field, with 24 of those years spent teaching at Brookwood High School.

Her Education Outreach Program is geared towards the Fourth Grade Social Studies Performance Standards and fully complements the curriculum.

Taking the subject matter beyond the text book, Watkins and Maney make lessons real with such items as buffalo horns, a quill pen and a turtle shell with rattles. Maney dresses like a continental soldier, but this program does not include any weapons. However, they dramatically present details of military battles and survival battles of every day life, adding humor when they can by calling boys' corn husk dolls "home-made action figures."



Leslie Watkins dresses as historic figure, Nancy Hart

Watkins said her favorite part of the program is performing a first person narrative of Nancy Hart, who even if she hadn't had bright red hair would have been considered one of the most colorful characters of her time.

Wearing a red wig and getting into Hart's spunk and spirit, Watkins says her goal is to empower fourth grade girls to realize they can do whatever they need to do.

Since 2010, Watkins and Maney have visited over 200 schools and interacted with over 18,000 school children and

there is evidence of a positive correlation between their presentation and students' CRCT scores. And the best part of the program is that it is entirely free.

But you don't have to be a fourth grader to get in on this act. Watkins and Maney perform for historical organizations, genealogical societies, senior groups and historic events. They also lay wreaths on newly discovered graves of Patriot soldiers.

To schedule a program, contact Bruce Maney at 770-972-1751 or milusbruce@aol.com.

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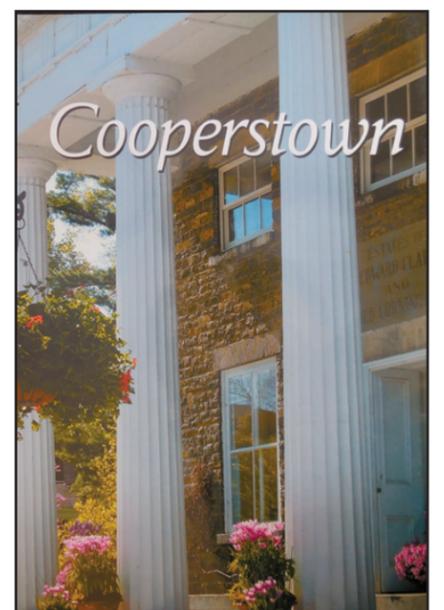
For information on all of our equipment options or to apply, call 1-888-297-9461 (Voice/TTY) or visit gachi.org/gatedp.

~ Correction ~

We wish to correct a statement from last month's feature article on the book "Breathing Life Into Stone, The Sculpture of Henry DiSpirito."

Although there was much work done by his daughters to bring this book to life, it was not published by them, but actually published by the Fenimore Art Museum in Cooperstown, N.Y.

Dr. Paul D'Ambrosio, President and CEO of the New York State Historical Association, Fenimore Art Museum who wrote the foreword to the book, extends an invitation for all to visit this prestigious museum located on beautiful Otsego Lake at the



foothills of the Adirondack Mountains. You may also visit it's web site at www.fenimore-artmuseum.org.

Reach for the stars but keep your feet on the ground

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

Whether you're interested in a modeling career, looking to make it big in the music industry, or hoping to break into the acting world, be on the lookout for people whose main objective is to separate you from your money. The Better Business Bureau warns that some talent agencies are just trying to make a fast buck and have no intention of keeping their promises of fame and fortune.

BBB offers the following advice to avoid becoming a victim of a talent business scam:

- No company can guarantee your success. You should recognize that your talents, no matter how outstanding, may have little or no commercial potential, and you should expect nothing more than personal satisfaction from the experience.

- Use caution when entering into any agreements in the talent industry. Ideally, a licensed attorney with knowledge of and experience in the field of entertainment law should review any contracts and advise you about the terms of the agreement before you sign any documents. At a minimum, carefully read all documents for specific details of services to be performed by both you and the contracting business (or individual).

- Be especially cautious of agreements that require you to pay advance fees to the agency for services that will not necessarily result in a tangible return.

- Be aware that many contracts will bind you for several years, making it virtually impossible to get out of the deal in order to pursue a better opportunity. Although many businesses may fulfill the terms of the contract, their efforts on behalf of the artist, musician or songwriter to produce a commercially profitable product may not necessarily be successful.

- Ask around. Get referrals from friends and business organizations and check out the company's BBB Business Review at

bbb.org.

- Look for credentials. Find out if the company is affiliated with any professional organizations or licensing agencies and check their status. Just because they have the most advertising, doesn't make them the best company to use.

Consumers can obtain additional advice by contacting the music industry trade associations listed below:

- The American Society of Composers, Authors & Publishers

(ASCAP) at 800-952-7227 or www.ascap.com.

- Broadcast Music, Inc. (BMI) at 404-261-5151 or www.bmi.com.

- SESAC at 404-897-1330 or www.sesac.com.

- Nashville Songwriters Association International (NSAI) at 800-321-6008 or www.nashvillesongwriters.com.

For more tips you can trust, visit bbb.org.

Kelvin Collins is president/CEO

of the Better Business Bureau of Central Georgia & the CSRA, Inc. serving 41 counties in Central Georgia and the Central Savannah River Area (CSRA). This tips column is provided through the local BBB and the Council of Better Business Bureaus. Questions or complaints about a specific company or charity should be referred directly to the BBB at Phone: 1-800-763-4222, Web site: www.bbb.org or E-mail: info@centralgeorgia.bbb.org or info@csra.bbb.org.

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Out & About

Train fire at Southeaster Railway Museum: Seven treated on-site for minor burns

Special to Senior News

At approximately 10:40 a.m. on June 24, the locomotive operating the historic train ride at the Southeastern Railway Museum experienced a small fire. The fire was quickly suppressed by the train crew, and resulted in minimal damage to the locomotive. However, cinders were thrown into the air through a smoke stack, resulting in minor burns for seven of the fifty-plus passengers on the ride at the time.

Gwinnett County emergency personnel responded quickly and treated the affected passengers, part of a group of preschoolers touring the museum on a field trip. Fire department personnel identified first and a few second degree burns, which were treated on the site. The seven children treated had one or two small burns apiece.

Museum Administrator Randy Pirkle expressed appreciation for the rapid response of emergency services, and gratitude that the injuries were few and minor. "Our first concern is always the safety of our guests, and it is a relief to know that the response to this incident went so smoothly. Museum personnel quickly killed the fire and assisted the passengers from the train; the daycare staff worked with our team to keep the children calm and see to immediate care until the EMS arrived. Gwinnett Fire and Emergency personnel arrived

quickly and in force, and responded with exemplary professionalism. We are grateful that the injuries to our guests were minor, and that all of the participants were treated and released without the need for further emergency care."

In response to the incident, the Museum will temporarily cease operation of the historic train ride while it investigates the cause of the fire and verifies the safety of the locomotive. The ride will remain out of service until such time as the evaluation is complete and the Museum can ensure that guests will not experience a recurrence of the incident. The rest of the Museum, including the popular miniature park train ride, will continue to operate normally.

According to the train crew, the Museum's 1950 EMD GP7 locomotive (formerly Georgia Railroad) #1026 experienced an exhaust system fire. The crew immediately suppressed the fire by shutting down the engine and closing off the exhaust system. The fire sent soot and embers floating into an open caboose used on the train ride, and seven of the children on the ride were burned by the embers. The burns were generally small (about the size of a quarter or smaller) and identified by emergency services personnel as first and second degree. The affected passengers were treated and released, with no anticipated need for further emergency care.

The Museum has operated its



historic train ride since the early 1990s. The June 24 incident was the first time any passenger was injured aboard the ride.

As both a history museum and an operating railroad, the Museum maintains its operating fleet to

manufacturer specifications. This retains the historic character of the locomotives while ensuring the safety of Museum guests.

Additional information about the museum is available at SoutheasternRailwayMuseum.org.

All Aboard for Summer Fun!

Locomotive Celebration
Saturday & Sunday, June 7 & 8, 10-5
Kick off your summer in style at the annual Locomotive Celebration!
More than just a day at the Museum, it's a real celebration, including special activities for kids, plenty of food, and much more!

Trains, Trucks & Tractors
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770-476-2013
SoutheasternRailwayMuseum.org
3595 Buford Hwy., Duluth, Georgia

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Atlanta CALENDAR

ATLANTA METRO AREA Opportunities Directory

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Guidelines: "Opportunities" are provided FREE of charge for certain "truly" nonprofit organizations. In order to provide for an orderly and timely processing of requests, we must receive your materials request by the 15th of the month prior to the desired month of publication. Please email requests to: seniornewsga@cox.net for consideration. All publication requests will be considered; however, it is understood and agreed upon as a requirement of submission that publication determination of each request is reserved entirely as a decision right of the publishers and refusals of publication requests require no explanation. Senior News & seniornewsga.com reserve the right to reject publication of any/all requests at the sole discretion of the publishers.

For additional Opportunities listings, please visit our website at: seniornewsga.com.

Senior Citizen Services

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

Cobb Senior Services

- Administrative Office: 1150 Powder Springs St., Suite 100, Marietta, GA 30064, 770-528-5355
- For events & activities: www.cobb-seniors.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 Old Highway 41, Acworth, GA 30101, 770-975-7740
- West Cobb Senior Center: 4915 Dallas Highway, Powder Springs, GA

30127-4488, 770-528-8200

Neighborhood Centers:

(Seniors age 60+)

- Austell Neighborhood Center: 4915 Austell-Powder Springs Rd., Austell, GA 30106, 770-819-3200
- Marietta Neighborhood Center: 1150 Powder Springs St., Marietta, GA 30064, 770-528-2516
- Senior Wellness Center: 1150 Powder Springs St., Suite 100, Marietta, GA 30064
- North Cobb Neighborhood Center: 4100 Old Highway 41, Acworth, GA 30101, 770-974-2984

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.

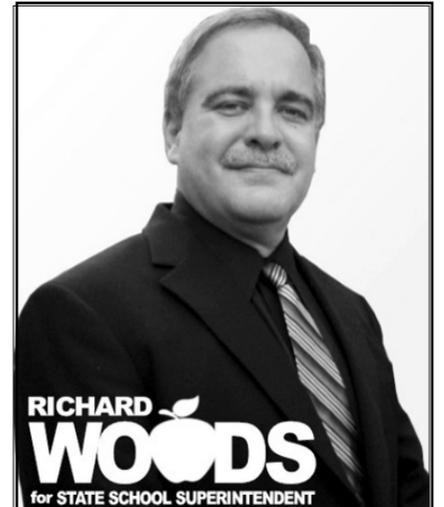
- Cosby Spears Neighborhood Senior Center: 355 North Ave., NE, Atlanta, 404-876-4031.
- Dogwood Neighborhood Senior Center: 1953 Bankhead Hwy., Atlanta, 404-792-4964.
- Fairburn Neighborhood Senior Center: 109 Milo Fisher St., Fairburn, 770-306-1555.
- Fulton County QLS Senior Center: 4001 Danforth Road, SW, Atlanta, 404-699-1686.
- Hapeville Neighborhood Senior Center: 527 King Arnold St., Hapeville, 404-762-3660.
- New Horizons Neighborhood Senior 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.

continued on page 12



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CALENDAR
from page 11

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Lawrenceville Senior Center
225 Benson Street, Lawrenceville
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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.

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225 Willowbend Rd., Peachtree City
www.thebridge-cc.org
• Club 55: For adults 55 and older.
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www.thewypers@bellsouth.net.

Alzheimer's Support Group
On the third Monday of every
month at 7:00 p.m., Cypress Court and
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Chapter of the Alzheimer's
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Alzheimer's Support Group. This sup-
port 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.

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Atlanta History Center
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Atlanta; 404-814-4033,
LMassey@AtlantaHistoryCenter.com

High Museum of Art
1280 Peachtree St., NE, 404-733-
4437; www.high.org

Center For The Arts At Georgia Tech
404-895-9600; www.ferstcenter.org

**Schwartz Center For Performing
Arts, Emory University**
1700 N. Decatur Rd; 404-727-5050;
www.arts.emory.edu

The Michael C. Carlos Museum
Emory University, 571 Kilgo Circle
404-727-4282; www.carlos.emory.edu

**Fernbank Museum of Natural
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www.fernbank.edu/museum

Theatre In The Square
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atreinthesquare.com/library_dragon

Callanwolde Fine Arts Center
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www.uga.edu/gamuseum/press

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Atlanta Artists Center and Gallery
2979 Grandview Ave., 404-237-2324,
www.atlantaartistscenter.org

The Breman Museum
For information call 404-575-3767 or
visit www.thebreman.org/jgsg.htm.

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404-577-5257

Rialto Center for the Performing Arts
Georgia State University, 404-651-
4727, www.rialtocenter.org

Jimmy Carter Presidential Library
441 Freedom Parkway, 404-865-7100,
www.jimmycarterlibrary.org

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www.AtlantaOpera.org

continued on page 13



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770-817-4961

**Hollander Senior Living
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www.hollanderseniorliving.com
404-477-3800

Lenox Summit Apartment Homes
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404-231-1580

Life Care Center of Gwinnett
3850 Safehaven Drive
Lawrenceville, GA
770-923-0005

Park Trace Apartments
700 Atlanta Avenue, Decatur, GA
404-371-0887

The Zaban Tower
3156 Howell Mill Road, NW
Atlanta, GA
www.wbjh.org
404-751-2255

CALENDAR
from page 12

The Mable House Arts Center
5239 Floyd Road, Mableton
770-819-3285; cobbcounty.org; mable-house.org

Marietta Museum of History
770-794-5710 or mary@mariettahistory.org

Tellus Science Museum
All Aboard... a 100 foot long HO scale model train exhibit, Cartersville, I-75 exit 293. For information call 770-606-5700 or visit www.tellusmuseum.org.

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

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

Scott-Candler Library
1917 Candler Rd., Decatur
404-286-6986

Atlanta World War II Round Table
Preserving History. For information

call John Kovach at 770-928-4579 or visit our website at <http://atlantawwi-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
Thurs., July 10, 7:30-9:30 p.m. Early American hymns sung 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.atlantasacred-harp.org.

Monthly Song Circle
Fri., July 25, 7:30 p.m. Group singing just for fun... no performances. Open to all. Folk music, old standards, spirituals, 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 Inc. (SFSS) is a non-profit agency. Its mission is to provide a range of services and activities which promote wellness, wholeness and self-sufficiency for adults, sixty (60) years of age and older, who reside in South Fulton County.

SFSS has serviced the South Fulton Community for 21 years. In order to enhance the level of support and services, volunteers are needed to help deliver meals on wheels. Service areas include: East Point, Hapeville, College Park, Union City, Fairburn, Rico, Palmetto, and Chattahoochee Hills. If you would like to become a volunteer for meals on wheels, please contact Debra Hood or Adam Surfus 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.

continued on page 14

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404-299-1141

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• 440 Ernest Barrett Pkwy., Marietta, GA

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Veteran		Address	
City	State	Zip	Phone
Spouse's Name		Number In Family	

CALENDAR

from page 13

New Neighbors League Club

Prospective member orientation, first Wed. each month at 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, Scottdale 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

Congregation Chabad of North Fulton

10180 Jones Bridge Rd., Johns Creek, 770-410-9000;
www.chabadnf.org.

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

For more information, please call 404-463-3119 or email mnewton@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.

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.lifespanresources.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.

Newnan-Coweta Habitat for Humanity ReStore

Open Tues.-Sat., 9 a.m.-5 p.m., 150 Pine Rd., Newnan. Donations accepted 9 a.m.-4:30 p.m. Tues.-Sat. Call 770-252-4061.

Atlanta Scrabble Club

Meets the 2nd Sat. each month, 10 a.m.-noon, Centerville Community Center, 3025 Bethany Church Rd., Snellville. Bring Scrabble games and

dictionaries. Cost \$1 per person per game (in cash – exact bills, please). For details call 770-557-1343 or email doc2barbara@earthlink.net.

FODAC Needs Donations

4900 Lewis Rd., Stone Mountain. FODAC depends on your financial donations as well as your donations of medical equipment and household goods to our thrift store. You can donate online. You can also donate your used automobile. For complete details call 770-491-9014 or email: fodac@fodac.org.

The Matt Adler Entertainers

“The Matt Adler Entertainers,” a Troupe O’ Traveli’ Seniors offers delightful entertainment for senior groups. One-act plays, skits, mostly comedy. Call Alice Adler at 404-296-7288 or alicerhodes357@mindspring.com.

Care & Share Support Group

First Mon., 6 p.m., Arbor Terrace of East Cobb, 886 Johnson Ferry Rd., Marietta, 770-977-4420.

continued on page 15

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CALENDAR

from page 14

Harmony Grove UMC Events
50 Harmony Grove Rd., Lilburn
770-921-7747

Columbia Presbyterian Church
711 Columbia Dr., Decatur
404-284-2441

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., 2:30-5:00 p.m. For complete details contact Dorothy Parker at 770-993-2059 or e-mail arw1935@att.net.

Volunteers Needed

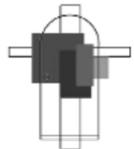
Court Appointed Special Advocates (CASA) connects qualified, compassionate adults to advocate for children in the foster care system, one child at a time. You will be trained and equipped to advocate for a child's right to be safe, to be treated with dignity and to learn and grow in the security of a loving family. Connect with CASA by calling 770-345-3274, email at info@casacherokee.org or visit www.casacherokee.org.

Hospice Volunteer Opportunities

Seasons Hospice is looking for angels who can make a difference by providing companionship for hospice patients and their families. Volunteer selection begins with an application and an interview in which potential volunteers may express their personal goals, availability, interests and talents. Our volunteers are carefully screened through a criminal background check, motor vehicle report, and personal references. Volunteer training give volunteers an opportunity to learn new skills and become aware of skills they already possess. Volunteering for hospice can enrich your life by enriching the lives of others. If you are ready to make a commitment to caring for others, we would love to hear from you. Please email Janice Danford at jdanford@seasons.org or call 404-250-4950.

38th Annual Collectible Glass Show & Sale
Sat., July 26, 10 a.m.-5 p.m. & Sun., July 27, 10 a.m.-4 p.m. Cobb County Civic Center, Marietta.
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Still crazy (in love) after all these years

by SUSAN LARSON

“How terribly strange to be seventy.”

Paul Simon.

No, not me. The man I'm married to.

He was 23, one third of the way to that ominous age, when Paul Simon wrote those words. A 1966 graduate of Georgia Tech, he was working at Collins Radio when he received his draft notice in 1968. He enlisted as a 90-day wonder in the Air Force Officers Training School, then worked for four years in ELINT (electronic intelligence) rising to the rank of Captain.

Fast forward to October 1978 when we met at a church supper. Our first date, a walk in the woods at Fernbank, was in May of 1979. We announced our engagement to his parents on his birthday, May 24 and tied the knot with our ready-made family (his daughter Chrisa and my son, Ian) on July 7 that year. So, 2014 actually marks two milestones for him: 70 years of living and 35 years, exactly half his life, of putting up with me.

All kidding aside, through those 70 trips around the sun, he's had to carry some pretty heavy baggage:

two bouts with cancer (thyroid and prostate,) a near fatal gall bladder infection and a severe head injury when he was thrown off the lawn mower when the brakes gave out going down a steep hill. He's been there for me through two major medical emergencies, he's had to face two of our children having cancer, and together we buried our youngest child, Loren, in 1998. And it was only through his faith and strength that I was able to keep going.

But then there were good times, lots of them, which far outweighed the bad. In the wake of being laid off from Scientific Atlanta, he started his own company, Telesync, Inc., along with fellow GT grads Sam Davis and the late Moti Shacham. In 2004, he proudly watched our son, Leif, follow his footsteps by earning his GT degree in electrical engineering.

While the kids were growing up, he was right there sharing and shaping their lives. At both of our houses in Lilburn, he built the boys a super deluxe tree house. But most projects with the kids were joint efforts. He had Ian helping to wire circuit boards when he was only three. He taught them all how to fish, chop wood, fix a flat tire on their bike and make split pea soup from scratch. One year he showed them all how to make a reindeer with a light up nose

with clothespins, battery and an LED as Christmas gifts for their teachers. He taught all my Cub Scouts how to make bluebird houses and as far as I'm concerned deserves some special life achievement award for having chaperoned a middle school retreat at Rock Eagle three times.

How terribly strange to be seventy? No, how wonderfully blessed. For him. And for me.

Susan Larson is a writer from Lilburn. E-mail her at susanlarson79@gmail.com.

Georgia Writers Museum Creative Writing Contest

Deadline for submission: August 15, 2014

Special to Senior News

Entries shall be original, unpublished literary works in the genre of a short story, flash prose/creative fiction, essay, biography or memoir. No poetry will be accepted.

Entries must be in English, titled and limited to 750 words. Font size 12, Times New Roman, and double spacing are preferred for ease of reading.

Mail a typed copy of the entry, a submission form and check for entry fee to: Georgia Writers Museum Contest; P.O. Box 3429; Eatonton,

GA 31024.

When submission is received, you will be contacted via email with instructions on submitting an electronic copy for judges.

Entry fee is \$20 per submission. Limit three entries per author

The author agrees to give the Georgia Writers Museum permission to publish their entry for the purposes of publicity, marketing and promotion without regard to copyright infringement.

First Prize: \$125; Second Prize: \$75; Third Prize: \$50; Honorable Mention: Ribbon

An Awards Reception will be held for writers and guests at the Georgia Writers Museum on Friday, October 10, 2014.

For a submission form and more detailed information e-mail susanlarson79@gmail.com.

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