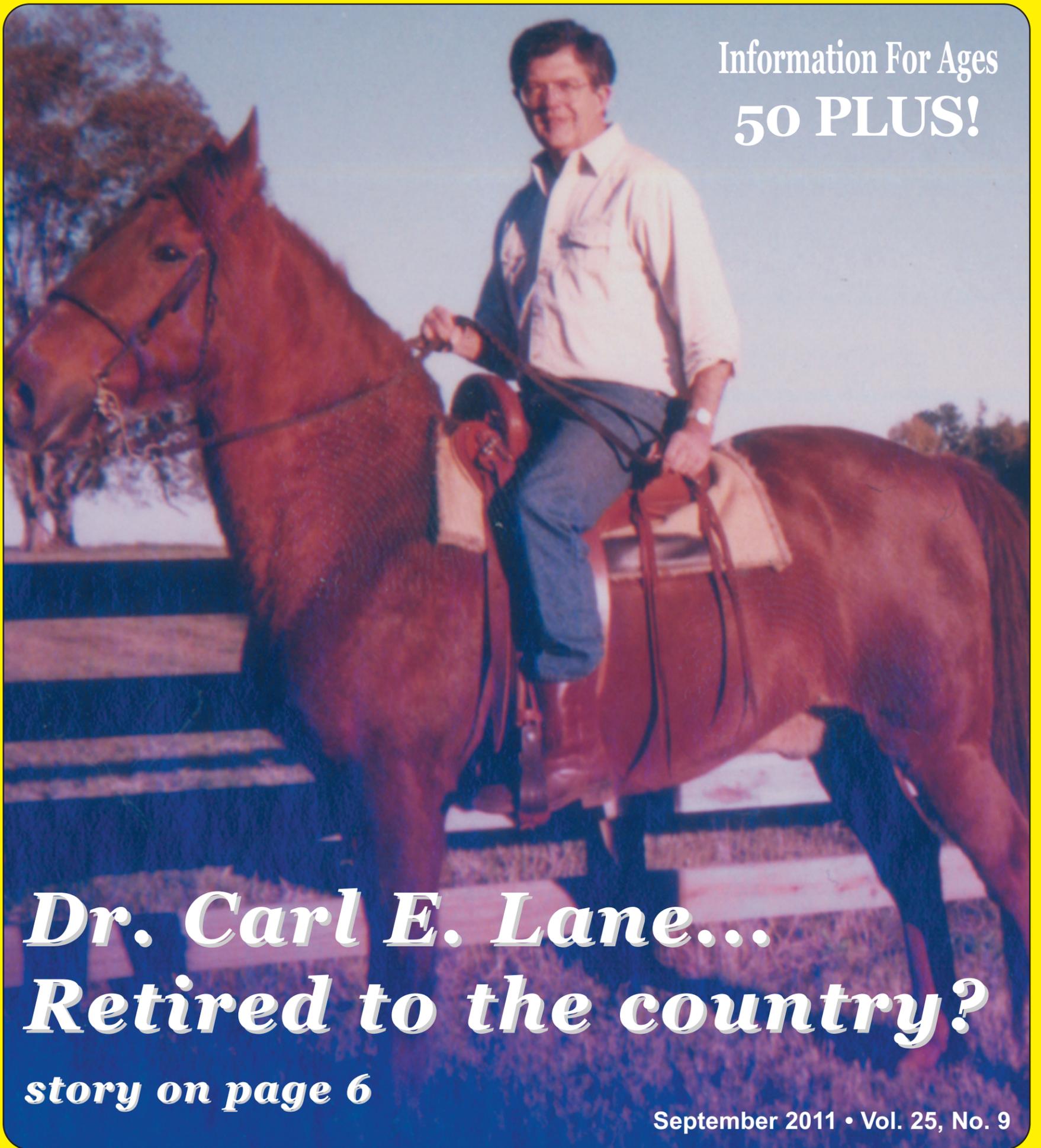


Senior News

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*Dr. Carl E. Lane...
Retired to the country?
story on page 6*

September 2011 • Vol. 25, No. 9

Taking Care

What's next when kids leave the nest? Tips for embracing this new phase of life.

by LISA M. PETSCHÉ

When the last of your children has left home, the adjustment can be difficult. This may be particularly so if you have focused the majority of your time and energy on raising your children, or if you are a single parent and now find yourself living alone.

Feelings of emptiness may be profound and challenging to overcome. If you are in this situation, here are some suggestions that can help.

Be kind to yourself

- Recognize that it will take time to adjust to this new phase of life. Try not to dwell on the past, as it will keep you from moving forward.
- Prepare a list of things to do

when you find yourself feeling lost or blue. Include small indulgences to give you a lift as well as tasks or projects that will give you a sense of satisfaction (for example, de-cluttering various areas of your home),

- Look after your physical health. Eat nutritious meals, get adequate rest and exercise regularly. (This is a good time to take that Palates class or join a local gym.) In addition to safeguarding your overall health, these measures will also help ward off depression.

- Keep a positive attitude about life and aging, and associate with people who have a similar outlook.

Nurture your spirit

- Write down your thoughts, feelings and experiences in a journal, chronicling your journey of self-discovery and growth.
- Do things that center you and bring inner peace, such as medi-

tating, listening to music or spending time in nature.

- Do things that provide you with meaning and purpose, such as writing a family history, getting a pet or helping someone you know.

Get busy

- Think back to former pastimes that perhaps fell by the wayside once you had a family – for example, playing a musical instrument or a particular sport – and revive one you think you might still enjoy.

- Take of something new – for example, gourmet cooking, sculpting or modern jazz.

- Get involved in your community. Volunteer for a neighborhood association, charitable or environmental cause, animal shelter or political campaign. Along the way, you may make new friends. If you miss being around young people, volunteer at a local school or community center, or a church youth group.

- Cultivate some solitary pastimes. Take up crossword puzzles, a handcraft, woodworking, gardening, writing or sketching. Learn to enjoy your own company.

- If you have been out of the work force while raising your family, look for a part-time or full-time job.

- Return to school, for a certificate or diploma, or perhaps even a degree. Or just take some courses here and there for personal interest. Check out the offerings from the local school board's adult education center, as well as post-secondary institutions.

- If you are married, go on reg-

ular dates with your spouse. Get creative, trying new activities and types of food, or revisiting activities from your courting years. Take turns doing the planning. This is a good chance to step up the intimacy and generate some romance and excitement.

- Plan some trips, with your spouse or friends, or perhaps on your own or with a tour group, depending on your situation and preferences.

Reach out

- Keep in touch with your offspring through modern technology. Learn to become comfortable with the communication methods they favor, such as texting, e-mail, instant messaging and social media such as Facebook, Just don't overdo it.

- Take the initiative in calling friends and relatives to talk or get together. Instead of waiting for invitations, extend them.

- If you find that you are not adjusting well to your new circumstances, seek support from a counselor.

Whether or not you anticipated being an empty nester at this point in your life, the reality may initially seem unsettling. But with time, patience and trust in your resilience, you will successfully adapt and find yourself growing and enjoying life in ways you never imagined.

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

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by **CLAIRE HOUSER DODD**

Some days you tame the tiger, and some days the tiger has you for lunch.

Tug McGraw

Last call for hadacol... whatever that was... we're not sure, but according to the old ads, we need it.

Yep! We took the 2-year old Matt-Matt to the beach. That was a no-no to begin with. This sort of thing is only for twenty year olds, and we do not fit that category in anyway. That baby is an enlarged Duracell battery. There is no slowing down. Forget about stopping. He runs from early AM to late PM!

Matthew was real excited to go to the beach and talked (in his way) about it for weeks, had his shorts and shirts all ready. And his super swimmer suit too. This is his one-piece bathing suit and life jacket makes him Superman. He jumps, he swims, and he even counts to three. We told him he had to count: one-two-three before he jumps in. Amazing! He believed us.

When we got to Tybee Beach, he was a little shocked by the size of the ocean and the waves kept knocking him down. He ran up to his Gammie (I was sitting in the shade under the pier, eating Cheeto's.) And whispered "pool?" The message was very clear... "where's the pool?"

After a delicious lunch at the Crab Shack we went back to the motel and the pool. Happy days were here again. We were pretty worn out, but it was well worth the trip to see a little boy have so much fun.

A Fort Valley friend, Loraine Khoury, has recently accepted the job of Director for the Forsyth, GA Downtown Development Authority and Forsyth Better Hometown. Under the direction of Loraine Khoury with assistance from Tip Top Music Productions & Entertainment, the D.D.A. and FBHT just recently held their first Forsyth Alive Concert featuring the Soul Purpose Band from Atlanta, GA. The outdoor concert was a tremendous success with a large contingent of music lovers from Thomaston, GA. A bunch of us from Fort Valley attended this event and we had a blast! Sandee Davis and yours truly had the pleasure of spending the night with William and Loraine Khoury at their beautiful home in the River Forest Subdivision and we had a

very special treat to boot!

The Forsyth Downtown Development Authority and Forsyth Better Hometown will be sponsoring an encore event on Saturday, September 10th with the 2nd Forsyth Alive Concert featuring the multi-talented band, CELEBRATION. If you enjoyed the first Forsyth Alive Concert, here is your chance to "do it again." Saturday morning a gigantic yard sale will be held as well as sidewalk sales by participating vendors. The pre-concert music begins at 7:00 PM, followed at 8:00 PM by CELEBRATION. Be sure to bring your lawn chairs and refreshments, and get there early to claim your spot.

The annual Fort Valley Hambone Jam will also be held on Friday and Saturday (September 9th & 10th) in downtown Fort Valley. This BBQ cook-off is sanctioned by the GEORGIA BBQ ASSOCIATION. If you would like to enter as a cooker, you can contact COMSOUTH the partnering Sponsor for this event for a registration form or you can simply log onto the Hambone Jam web site for more information.

E.G. Kight, "the Georgia Songbird," had a CD release party for her new CD, "Lip Service" at the Cox Capitol Theater. She was joined by special guests, Randall Bramblett, Tommy Talton and the Abby Owens Band. It was a full house and a very successful night. E.G. was at her best!

We keep hearing about more tires being slashed in Kathleen and one man has already been locked up, unless he's been released. This is a serious and expensive crime. It snowballs and interferes with lots of lives besides your immediate family, your boss, your job, and your cohorts. All are affected and become victims.

Here's hoping the criminals get caught soon before they bring more misery to many more families and businesses.

I have forgotten to keep you posted on our Toxic Topsy Turvy tomato plant. Our one tomato, we'll call it our \$60.00 tomato, never turned red; stayed green but appeared to be getting a black slash on it. We peeled it off, sliced it, dredged it in cornmeal and fried the sucker in bacon drippings. It was good to say the least. However, not \$60.00 worth of good and not worth the man hours or watering each and every morning of this unbelievable hot summer. After this we're through with tomatoes and flowers. Too much trouble and not worth the effort or expense!

We just received a wonderful antique card from Wesleyan with a turn-of-the century lady decked out in lace of the period announcing "Wesleyan Treasures." The school will be celebrating 175 years of history through art, artifacts, and archives. This event will be held at Wesleyan College, 4760 Forsyth Road on Saturdays from 9:00 AM to 11:00 PM on September 10th, October 8th, and November 12th. The venue exhibits will show priceless objects; d'art, silver, textiles, archive papers and paintings dating from the early Renaissance to Dali an Warhol, plus the world's first college degree earned by a female with a display of period dress. You may also enjoy a walking tour of our historic campus guided by live performers representing Wesleyan students from the founding of the school in 1836 through the 1980's. This event is open to the public and is free. In addition to the Saturday venues, you are invited to tour the galleries, Monday through Friday, 1:00 PM – 5:00 PM. For more information call, 478-757-5171.

Betty Lou Groover just saw Robert McDuffie and his violin at the Aspen Music Festival. He will also be performing at the first Macon Symphony Orchestra's venue on September 24, 2011, beginning at 7:30 PM at the Grand Opera House.

The quickest way to do many things is to do only one thing at a time.

Anonymous



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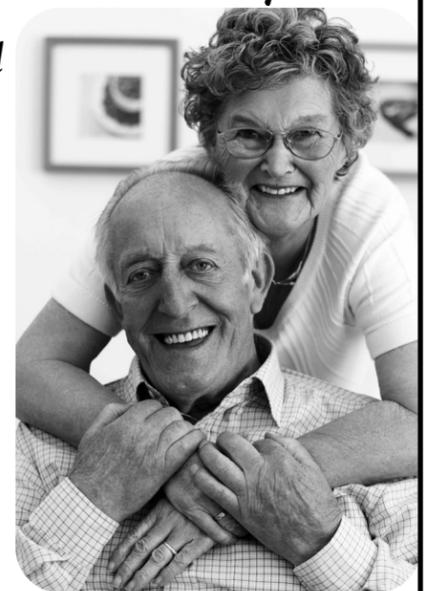
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Senior News & Views of Georgia

Times Not Forgotten

Those dreaded shores on the farm

by CHRISTINE COLEMAN

Today, we seldom think about how things were long ago. We have all the modern conveniences, so we tend to forget how life was on the farm. There were several tasks that had to be done which was bothersome and disliked by all. Today's children need to know how it was "back then," and the rest of us need to be reminded. Now, I know folks living in town had their unpleasant tasks also, but I don't think theirs were as bad as ours.

I recall when I was young, Papa and my older brothers "mopped" our cotton stalks each year. Several pieces of cotton material were tied on the end of a stick (much like the way people mop barbecue today while it is being cooked over coals). In a bucket, strychnine, water and syrup were mixed. Our men folks would dip a mop in the bucket and walk along each cotton row. They'd dip each cotton stalk in its top.

The result was boll weevils were either killed or slowed down in their devastating work on cotton bolls. Only grown-ups mopped cotton. There was no way children were allowed to come into contact with the poisonous mixture used.

Later when weevils "punctured" cotton squares, all of children walked down the cotton rows and gathered the punctured squares while eggs were still inside. These squares were destroyed before weevils could hatch and enter other healthy squares still on the stalk. Next, farm folks walked along each row and sprayed the stalks with a dry mixture of arsenic. This method was not as messy as the first, and it helped some too. Again, only grown-ups handled this procedure. As more years went by, however, nothing could stop the boll weevil. Farmers had to stop trying to grow cotton. They had to turn to other crops for their livelihood.

Fodder pulling

This was another dreaded job, but one which was very necessary. Leaves had to be stripped from corn stalks after the stalks had died. The leaves were pulled, tied into bundles and carried to the barn to feed our mules during the winter. I didn't pull fodder, but I helped carry the tied bundles to a designated area to be picked up when the wagon came for it.

Then, there were the Velvet Beans. They hung pretty on the vine, but pretty stopped there. One portion of our corn

acreage was designated to have these beans planted between each stalk of corn. The beans were used to feed our farm animals. We shelled the beans without use of gloves, but that was another chore that was necessary.

Cleaning the stalls where our mules were housed was a job dreaded by my brothers; but, again, it was something that had to be done. After the farm chores were ended for our mules, they spent much time in their stalls eating and drinking. Their stalls had to be cleaned. My father believed in caring for his animals

After many years, King Cotton has become prosperous again. Farmers are busy planting and growing. The boll weevil is no longer a threat. Science has eradicated him. With their modern equipment, farmers can plant, tend and gather at will. Added to this, there is not the need for mules as was the case "back then."

I didn't mention cotton picking, corn pulling or woodcutting. There was always something that had to be done on the farm.

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

Spiritual Notes

"Weeding"

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

During a visit with friends in Santa Fe, New Mexico, this summer my wife and I attended a stimulating Sunday morning worship service at the First Presbyterian Church. The pastor's sermon topic was entitled, "Weeds," based on the parable of the Wheat and the Tares (weeds) found in the book of Matthew, the 13th chapter.

The biblical story is a familiar one. Jesus is telling stories (parables) according to one writer so that the people might better understand their

relationship to God. In verses 24-26 He said, "The Kingdom of heaven is like a man who sowed good seed in his field; but while men slept his enemy came and sowed weeds among he wheat and went his way. But when the grain had sprouted and produced a crop, then the weeds also appeared." This disturbed the servants who thought the man did not sow good seeds and wanted to pull them up. He responded that an enemy had done this and if you pull the weeds you will also uproot the wheat. He instructed them to "let both grow together until harvest time; then first, gather the weeds, bundle and burn them, but gather the wheat into my barn." The disciples asked Jesus to

explain the parable. In verses 37-39 he answered, "He who sows the good seed is the Son of Man. The field is the world, the good seeds are the sons of the kingdom, but the weeds are the sons of the wicked one."

As we are sowing seeds in our daily lives, are they falling on fertile soil or do they fall on gravel or stone? If they do fall on good soil, weeds are sure to sprout. The Message points to the fact that "the seeds cast in the weeds is the person who hears the kingdom news, but weeds or worry and illusions about getting more and wanting everything under the sun strangle what was heard and nothing comes of it. The seed cast on good earth is the person who hears and takes in the News and then produces a harvest beyond his wildest dreams."

On our return home the first thing I noticed was the weeds in the flower beds next to the driveway. After getting luggage inside the house I immediately changed clothes and went about pulling the weeds from around the flowers. Sure enough, if I wasn't careful, the flowers came out with the weeds. Reflecting on the sermon I had heard, I realized that in life if we aren't careful we can destroy the good things as we attempt to erase the bad. The lesson is to cast your seeds on fertile soil and take care when the weeds appear to carefully remove them.

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



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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.

ANOTHER DAY BEGINS

by Nina Clauss

As I plant my feet in the light of day,
I'll not feel bad, I will pause to pray.
When I awake in the morning from
the bed I fall,
What happens today Lord, is yours
to call.
Please show me the path you want
me to take,
Your guidance I live by and will
never forsake.
I've trusted you forever it seems,
You've been there for me, even in
dreams.
Answered my prayers most of the
time,
I call on Jesus, when I've a
mountain to climb.
When I talk to Jesus everything
becomes clear,
It's almost like I hear your voice in
my ear.
I talk to the Lord every day in
prayer,
It is comforting to know how much
He cares.
I know there are people who never
pray,
Could be they don't know there's a
judgement day.
I've lived for the Lord all of my
years,
He has helped me dry so many of my
tears.
You bring joy and happiness to all
who know,
Of your mansion above, where we all
want to go.
What a glorious reunion when we all
meet above,
Seeing my family, multiplied by
God's love.

A SILENT STUDY

by Vera King

There's a skeleton in my closet
My silent bodyguard
Altho it has no body
I'll give it an award

It helps me keep from pride
As tho I had something to hide
Or wonder what's my status quo
If everyone knew what I know

This hanging rack of shaky bones
Instills also humility
As I try to make amends
For things that only I can see

I wish I knew the ending
Of this story I now tell
Have you checked your closet lately
YOU may have one as well.

A POEM ABOUT TRACY

by Frederic Holland, Sr.

Tracy's office is located on the first
floor,
The title of Resident Activities
Manager is on her door.

But to the residents of our senior
citizens' home,
She is much more.

Her smile is vivacious, her
enthusiasm is great,
Her value to us is too high to rate.

She's our doctor, our lawyer, our
therapist and much, much more,
We, the residents, love her to her
very core.

Tracy, you give us hope and a zest
for living,
We thank you for the love and
support you've been giving.

You give us the ambition to do things
in our advanced age we wouldn't,
Without you, the activities we've
done.... we couldn't.

Selfishly we wish you would never
leave,
But we wish you and your family the
best... you better believe.

OUR CHURCH

by Doris A. "Dot" Jones

It's not a cathedral with spires
reaching high. Our building is not
mightily grand to the eye.

But, it's what's inside that beauty can
make, the people who are there, the
Lord's grace to partake.

The congregation is not large, in
comparison small, but their hearts
are loving and open to all.

Our Church is proud to have the
Lord in attendance, as we gather in
His name to worship and honor, in
glory as we praise and remember
why He came. Hoping all who enter
will do the same.

It's not in grandeur and style, ritual
and worshipping a building or the
people in charge.

No... it's giving ourselves in a man-
ner so large, the Lord dwells within

and He's in charge.
So... remember when you enter the
door, He's there to welcome with
open arms, anyone who truly
believes Jesus is the Church and it's
His love that warms, not the building
that calms.

THE LITTLE GIRL IN ME

by Brenda G. Partridge-Brown

The little girl in me,
feels oh' so very happy,
well loved without one
responsibility!
That's the little girl in me!
She often thinks about how sweet
and easy life used to be!
That's the little girl in me!
The little girl in me,
still believes in fair tales,
wishing wells,
blowing out my birthday candles,
and dreams come true!
That's the little girl in me!
The little girl in me's imagination is
so wide,
it's deeper than the deep blue sea!
That's the little girl inside of me!
She will never let me forget what life
was like,
being a little girl growing up in a big
world.

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On the Cover

Dr. Carl E. Lane... retired to the country?

by CLAIRE HOUSER-DODD

COVER:
Dr. Carl E. Lane and "Copper" on Timberlane Farms

Just what does a cardiovascular surgeon retired after 30 years who graduated from the medical School of Yale University School of Medicine, did his residency in general surgery, cardiovascular and thoracic surgery at Vanderbilt University Medical Center do for an encore?

Retire to the country for a long overdue rest, you think?

The country part is correct, but the REST part is nowhere in sight.

It seems Dr. Carl Lane has unbelievable energy and drive and his country place, Timberlane Farms, is a working Metropolis. Besides a cattle farm, 300 brood cows, 200 calves on 1,300 acres, there are also horses, ponies, quail, geese, doves, cardinals, hunting dogs, plus the occasional interlopers: deer, coyotes, black & brown bears, wild hogs, fox (both red & gray) and wild turkeys

to boot. Besides all that he used to keep buffalo to breed to his beef cattle for producing beefalo's. (this unique breed is much lower in cholesterol)

Timberlane is also a hunting preserve, where people can go to hunt and fish by the day, the week or weekend. Timberlane is registered with the State and has a manager, Dan McLeod, who handles that end of the business for the good doctor who oversees the farm, land and animals or his famous stud, a handsome, Tennessee walking horse named Ebony.

This time of the year is given up to selecting and cutting timber and feeding and grooming the land. August is an especially hard working time for Timberlane and the Doc.

Where was Dr. Lane raised, and what spurred his interest in medicine and how did he settle in the Macon-Middle Georgia area?

He is from upper state New York and his favorite place to be was on his mother's family farm. Now the pieces are beginning to fit. Sadly, his father died in his arms when he was only 14 and he realized then that had he any medical knowledge he could

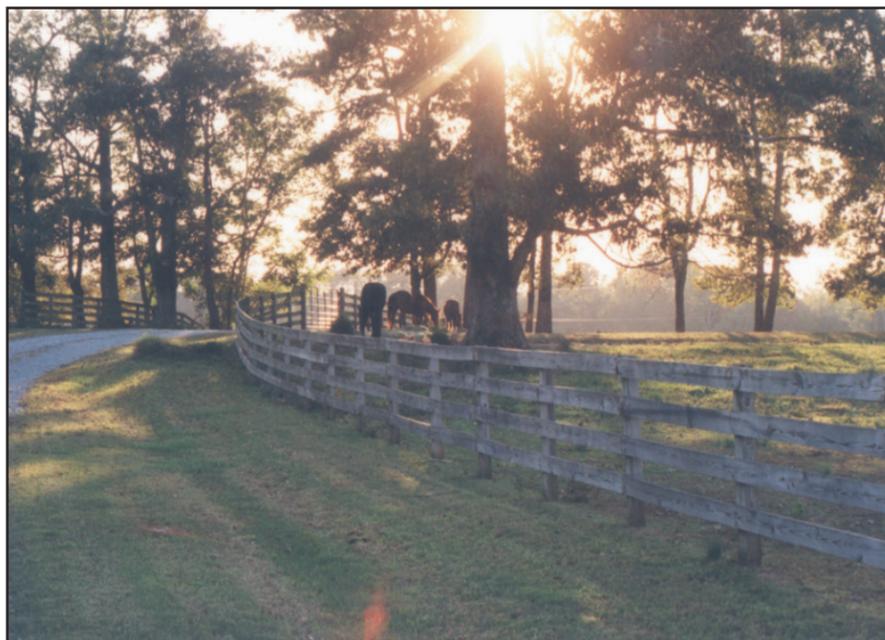
have saved his father. A tracheotomy would have sufficed; having no medical training he was ineffectual and devastated. Hence, the medical degrees.

While at Vanderbilt University Medical Center, he became friends with Dr. Sam Shaker who was coming to Macon, to start the open heart program and invited Dr. Lane to go into practice with him. That is where he has been up until his recent retirement.

And just what does Dr. Lane do

in his spare time? Believe it or not he is still participating in teaching seminars at Mercer University and the Medical center of Central Georgia. On top of all this Dr. Lane enjoys playing his trusty guitar with Keith Williams at the Shamrock and around town with some other doctors.

Thank you Dr. Carl Lane for your many years of devotion to your patients and for the lives you have saved, we are glad that you came to the South!



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Honoring Heroes in Our Hometown

Special to Senior News

In commemoration of the tenth anniversary of the September 11 attacks, the Henry County Fire Department and the Forsyth-Monroe County Chamber of Commerce are hosting a memorial celebration at the Georgia Public Safety Training Center (GPSTC) in Forsyth, Ga. on Sunday, Sept. 11 at 1 p.m.

This ceremony is open to the public and features the Henry County Honor Guard, a traditional ringing of the last alarm, a twenty-one-gun salute, retired equipment from FDNY, as well as, a

pass and review of the guards. More than 40 honor guards representing the state's law and fire agencies will be in attendance. This will be the first time in Georgia's history that this number of honor guards will be participating in the same event. Special invited guests include Governor Nathan Deal, Senator Ronnie Chance, Brenda and William Rabbit (District of Columbia Fire Department, Ret.) who responded to the attack at the Pentagon, as well as other federal, state and local officials.

For more information, visit www.gapsg.com or contact the Forsyth-Monroe County Convention & Visitor's Bureau at 478-994-9239; 888-642-4628.

Perry Players to present the classic *Arsenic and Old Lace*

Special to *Senior News*

Photos provided by Michael Deibert

Perry Players will this fall be presenting the classic *Arsenic and Old Lace* which was their first show 30 years ago.

Way back thirty years ago, a small group of friends in Perry thought it would be great fun to start a theatre group and present plays. They were fresh off an exciting experience performing and working

behind the scenes of a community-wide production called *Perry Presents Pizazz*, a vaudeville show featuring local folks and produced by the Perry Area Chamber of Commerce as a fund-raiser project. They talked to everyone involved in the show and set up a meeting in the basement meeting room of the New Perry Hotel. Perry Players was chosen as the name of the group and a 21-member board of directors was chosen with Joyce Jones, a Perry High English and Drama teacher, serving as president. The first play

chosen to perform was *Arsenic and Old Lace* by Joseph Kesselring.

The play was scheduled for the middle of November 1982; but, as fledgling enterprises go, it had to be rescheduled for early December to coincide with the Christmas-At-The-Crossroads celebration and was presented in the old High School auditorium. The play was a success being attended by over 800 people in three shows and Perry Players was up and running.

A second show, *Barefoot In The Park* by Neil Simon, was performed the following Spring. More comedies and even musicals were successfully produced in schools, local dance academy gyms, and restaurants; and, by 1992, a mere ten years later, Perry Players was ready to look for their own theatre building. A vacant car dealership building in Downtown Perry filled the bill. Ironically, this was the building that was used to rehearse and build the sets for the



Left to right: Bill Johansen, Jack Norden and Sam Bowers

Perry Presents Pizazz and even *Arsenic And Old Lace*. Perry Players bought the building and converted it into a very comfortable theatre seating 175 people that is used not only by Perry Players but also by community groups for dance and music recitals, awards presentations, special events and more.

The Perry Players' show dates for presenting *Arsenic and Old Lace* are: September 29 – Dinner Theater (call for prices and reservations); September 30, October 1 & 2, 5-9 – nightly at 7:30 and Sunday Matinees at 2:30. Prices: Adults, \$15.00; Seniors, \$12.00; Students & children, \$10.00.



Perry Players' *Arsenic and Old Lace* cast members

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Georgia eye doctor helps legally blind to see again

High technology for low vision patients allows many to drive again!

Atlanta, Georgia –

Ever looked through a pair of field glasses or binoculars? Things look bigger and closer and much easier to see. Georgia optometrist Dr. Brian Saunders is using miniaturized telescopes to help people who have lost vision from macular degeneration or other eye conditions. Dr. Saunders is one of only a few doctors who prescribe bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Here are some stories from Dr. Saunders' Low Vision patients:

Randall Day of North Georgia writes, "I am writing this letter to thank you for changing my everyday living with the bioptic glasses. It has greatly changed my outdoor activities, as well as the things I do in the house – like seeing TV, the computer, and reading books. This letter can in no way explain the changes in my everyday living and no words could ever express my gratitude. I truly thank you."

"I wish to thank you for the telescopic lenses you fitted for me. The game plan of reading the Wall Street Journal and watching FOX NEWS at the same time is working perfectly. Thank you for a good job." J. W. Buckley.

Many states now allow the use of telescopic glasses to help meet the vision requirements for driving.

"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks to you and your staff." H. H. Paul of Atlanta.

"Telescopic glasses can

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

For more information, contact Dr. Brian Saunders at 1-877-948-7784, 770-948-7784 or visit our website at www.IALVS.com.

– Paid Advertisement –



The Next Chapter

Winged Obsession: The Pursuit of the World's Most Notorious Butterfly Smuggler

Book Reviews by ANNE B. JONES, PhD

Winged Obsession: The Pursuit of the World's Most Notorious Butterfly Smuggler

Jessica Speart
William Morrow, New York, 2011

Haunted Inns of the Southeast
John F. Blair Publisher, 2001

Living in an isolated area by a state park lake lends itself to wildlife stories. One night, as my husband and I were returning home from town, a large cat jumped in front of our car. I was convinced it was a cougar. Weeks later, the moon was full and its light was as bright as day. I awakened to a noise and gazed out my bedroom window. Between the lake and our house, I saw a large animal creeping fluidly and catlike through the dark. The next morning, our neighbor discovered cougar tracks. Wildlife experts denied there are any left in Georgia and suggested I was mistaken. They said if

I'd seen one, it was an escaped exotic pet.

Several years ago, a motorist found a zebra near our I-75 exit. Police named it Evidence, believing it had fallen from a truck headed to an illegal animal auction. Last year, there was a raging Watusi African bull and heifer ravaging through our countryside. "They were calm when I bought them," stated their owner to the Sheriff, while trying to explain his purchase. Recently, two neighbors claimed to have seen a big gray cat with large black spots and a bushy black tail.

In the wake of these incidents I decided to learn more about the illegal importation of non-native species by ordering *Winged Obsession* for our review. This nonfiction work by Jessica Speart explores the profitable and prolific butterfly trade.

The most fascinating aspect of *Winged Obsession* is Speart's undercover work. A freelance journalist specializing in wildlife enforcement issues, Speart was determined to learn firsthand about the world of butterfly smuggling. Putting herself at risk, she plunged into the seething underbelly of this criminal activity.

One of the most well known insect transporters is Yoshi Kojima, known as the "Kingpin of Butterfly Smugglers." Calling himself, "The Indiana Jones of Insects," he is a lead character in the book, as is U.S. Fish

and Wildlife Agent Ed Newcomer, whose attempts to capture the elusive Kojima are continually thwarted. Working in secret, Speart befriended Kojima in order to betray him, unaware the clever scoundrel planned to turn the tables and use her as his patsy.

Puzzled about how the author developed the courage to do this, I contacted Speart. This is what she replied:

"I'd never done any real undercover work before flying to Japan to track down Kojima. However, I'd been an actress for years and knew how to play a role. The most important thing I learned was to never let your guard down. You have to be ready for anything and be prepared to improvise."

Another thing she learned is the ecologically dangerous business is a cutthroat \$200 million enterprise. As lucrative as the illegal transporting of gorillas, pandas and rhinos, it presents a challenge to both wildlife agents and the regions these specimens represent.

Winged Obsession is fast-paced, fascinating and educational. The book is filled with descriptions of intoxicatingly beautiful butterflies as well as beetles, and gives startling insights into the dark and deceitful world of illegal insect trafficking.

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

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NIA Tips for Older Adults to Combat Heat-related Illnesses

Special to *Senior News*

As people age, their bodies lose some ability to adapt to heat. They may have medical conditions that are worsened by heat. And their medications could also reduce their ability to respond to heat. The National Institute on Aging (NIA), part of the National Institutes of Health, has some advice for helping older people avoid heat-related illnesses, known collectively as hyperthermia. Hyperthermia occurs when the body overheats. Conditions involving hyperthermia have different names, including heat stroke, heat fatigue, heat syncope (light-headedness or fainting in the heat), heat cramps and heat exhaustion.

Health-related factors that may increase the risk of hyperthermia include:

- Pre-existing diseases such as congestive heart failure, diabetes and chronic obstructive pulmonary disease
- Decreased ability to move around

- Dementia or cognitive impairment
- Certain medications that may cause dehydration or that may affect the responses to heat by the heart, blood vessels or sweat glands
 - Being substantially overweight
 - Drinking alcoholic beverages
 - Being dehydrated
- Age-related changes in the skin, such as decreased functioning of small blood vessels and sweat glands

Lifestyle factors that can also increase the risk of hyperthermia include hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions. Older people, particularly those at special risk, should pay attention to any air pollution alert in effect. People without fans or air conditioners should go to shopping malls, movie theaters, libraries or other places with air conditioning. In addition, they can visit cooling centers which are often provided by government agencies, religious

groups and social service organizations in many communities. Heat stroke is an advanced form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. In heat stroke, the body temperature is at least 104 degrees Fahrenheit. Someone with heat stroke may have a strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering and mental status changes such as confusion, combativeness, disorientation or even coma. Seek immediate medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- Move them into an air conditioned or other cool place
- Urge them to lie down and rest
- Remove or loosen tight-fitting or heavy clothing
- Encourage them to drink water or juices if they are able to drink without choking, but avoid alcohol and caffeine
- Apply cold water, ice packs or

cold wet cloths to the skin

- Get medical assistance as soon as possible

For more information on hyperthermia from NIH, please visit <http://www.nia.nih.gov/HealthInformation/Publications/hyperthermia.htm>

To view the Center for Disease Control and Prevention's (CDC) recommendations for heat stress and older adults, please visit <http://www.cdc.gov/nceh/extremeheat/index.html>

The Low Income Home Energy Assistance Program (LIHEAP) within the Administration for Children and Families in the U.S. Department of Health and Human Services helps eligible households pay for home cooling and heating costs.

Individuals interested in applying for assistance should contact their local or state LIHEAP agency. For more information, go to www.acf.hhs.gov/programs/ocs/liheap/ or www.acf.hhs.gov/programs/ocs/liheap/brochure/brochure.html.

Macon/Central Georgia CALENDAR

CALENDAR NEWS GUIDELINES

"CALENDAR NEWS" is provided FREE of charge to "true" not for profit organizations. In order to provide for an orderly and timely processing of requests, we must receive your editorial materials by the 15th of the month prior to the preferred month of publication. Please mail your requests to: Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

Coliseum Health System Support Groups

- **Bosom Buddies:** A support group for breast cancer survivors. 1st Wed. each month at noon, Coliseum Medical Centers, Cancer Center, Bldg. C, Suite 120. Free. Call 478-765-4805.
- **Bosom Buddies Too:** A support group for breast cancer survivors. 2nd Thurs. each month at 6 p.m., Macon Northside Hospital, 1st Floor Conference Room. Free. Call 478-765-4805.
- **Chronic Fatigue/Fibromyalgia Support Group:** First Sat. every month, 1-3 p.m., Location varies. Call 478-475-4908.
- **G.L.A.D. (Good Living Around Diabetes):** 2nd Mon. every other month at 5:30 p.m., Coliseum Diabetes Management Center, Bldg. C, Suite 120. Free. Call 478-765-4338.
- **Surviving Together... Strive From Stroke Support Group:** 3rd Thurs. each month, 11:30 a.m.-1 p.m. Lunch is served. Coliseum Medical Centers cafeteria. Patients, families and caregivers whose lives have been touched by stroke. Call 478-765-4413.
- **United Ostomy Association Support Group:** 4th Sun. every month, 3 p.m., Coliseum Medical Centers, Private Dining Room. For people who have had colostomy, ileostomy, or urostomy surgery. Call 478-765-4185.
- **Helping Hands Grief Support Group:** Meets every Mon. at 2:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Call 478-464-1401 or 478-765-4805.
- **Middle GA MS Support Group:** 3rd Thurs. each month, 6:30-8:30 p.m., Coliseum Northside Hospital, 1st floor conference room. 478-475-1818.
- **Bipolar Support Group:** Meets every Thurs., 6-7:30 p.m., First Floor Conference Room, Coliseum Psychiatric Center, 478-741-1355

- **US TOO for Prostate Cancer Education and Support:** 3rd Mon., 6 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **Survivors of Suicide Support Group:** 2nd Wed., 6-7 p.m., Coliseum Psychiatric Center, 340 Hospital Dr. 478-741-1355.
- **Extending H.O.P.E. - Lymphedema Support Group:** 1st Wed., 1:30 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. 478-765-4805.
- **HOPE Network:** 1st Thurs., 2 p.m., Coliseum Medical Centers, Bldg. C, Suite 120. Support group for all cancer survivors and their care-

givers. 478-765-4805.

H2U Activities

- For information call 478-757-6092
- **Improving the Chemotherapy Experience:** Coliseum Medical Centers' Cancer Center, Bldg. C, Suite 120. 478-765-4805.
 - **Joint Pre-Surgery Education Classes:** 3rd Wed. each month, Coliseum Medical Centers, 1st Floor Classroom. 478-751-0189
 - **Focus on Healing Classes (Lebed exercise):** Advanced: Mon. & Thurs. 8 a.m.-9 a.m.; Beginner: Tues. & Thurs., 11 a.m.-12 noon. Coliseum Medical Centers, Bldg. D, Suite 230. \$34 per month. 478-765-4413 to register.
 - **Perspectives:** Mon., 12:30 p.m.; Tues., 9 a.m.; Fri., 7 p.m. Cox Cable channel 15
 - **Joint Classes at Coliseum Northside Hospital:** Offered weekly for Patients who are going to have Joint Replacement Surgery. Coliseum Northside Hospital; 478-757-6092 to schedule.
 - **A-Z Diabetes Self-Management: Day Classes:** Last Thurs. of month with exception of Nov. & Dec., 9 a.m.-5 p.m. Coliseum Diabetes Management Center, Bldg. C, Suite 120. 478-765-4338.
 - **Look Good... Feel Better:** A free program by

the American Cancer Society designed to help women overcome the appearance-related side effects of cancer treatment. Coliseum Medical Center, Bldg. C, Suite 120. Registration required. 478-765-4805 for dates.

Medical Center of Central Georgia - Partners In Health Classes

- **Golden Opportunities**
The Wellness Center
3797 Northside Drive, Macon 478-757-7817
- **Heartworks**
389 First St. (Inside the MHC)
478-633-9090
- **Central Georgia Rehabilitation Hospital**
3351 Northside Drive
478-201-6500

Houston Health EduCare

- **Diabetes Type 2 Support:** 1st Weds., 1 p.m. & 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

continued on page 10

Social & Golf Memberships Available

478-218-5253

www.houstonlake.com

HOUSTON LAKE

CALENDAR

from page 9

SeniorCare

A service of Houston Healthcare promoting wellness of mind, body and spirit for senior adults. All exercise participants must acquire a signed Physician Release Form from their personal doctor.

Warner Robins SeniorCare

Call 478-923-9771 for programs provided.

Perry SeniorCare

Call 478-923-9771 for complete details.
 • Mon., Wed., and Fri., 10 a.m. at Rozar Park. Includes an exercise class featuring strength and flexibility stretching.
 • Mon., 1-2 p.m., Line Dancing, Rozar Park
 • Fri., 9:30-11:30 a.m., Line Dancing, Houston Springs
 • 2nd Fri. of month, optional lunch (\$5) and a guest speaker is provided after exercise.

Centerville SeniorCare

Call 478-923-9771 for complete details.
 • Mon., Wed. & Fri., 8:30 a.m., Centerville City Hall. Exercise class including strength and flexibility led by a certified instructor.
 • Once a Month. A mini-check will be provided focusing on recommended annual checks for senior adults.

TOPS Club, Inc.

Weight loss support group. Call 478-923-9771 for complete details.
 • Thursdays, 6:30-8 p.m., Houston Health

Pavilion EduCare Center.

Alzheimer's Association, Central Georgia Regional Area Caregivers' Support Groups

Call 478-746-7050 for details.

Bibb County

• 2nd Tues., 3:30 p.m., Peyton Anderson Building, 277 MLK, Jr. Blvd., 1st Floor Meeting Space, 478-746-7050
 • 2nd Wed., 10 a.m., Carlyle Place, 5300 Zebulon Road, Macon, Stafford Suites Activity Room, 478-405-4500
 • 3rd Thurs., 6 p.m., Flint River Memory Community, 250 Water Tower Ct., Macon, 478-471-9433

Houston County

• 2nd Tues., 6 p.m., Summerhill Senior Community, 500 Stanley Street, Perry, 478-987-3251
 • 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706
 • 4th Tues., 7 p.m., Houston Health Pavilion, 233 N. Houston Road, Warner Robins, 478-923-2532

Baldwin County

• 4th Tues., 10 a.m., First Baptist Church, Corner of Franklin & Liberty Streets, Milledgeville, Agape Room, 478-453-1374

Laurens County

• 4th Tues., 4 p.m., Benton House, 212 Fairview Park Dr., Dublin, 478-275-9888
 • 1st Mon., 3:30 p.m., Sheridan Place, 504 Firetower Rd., Dublin, 478-279-0235

Lamar County

• 4th Tues., 6:30 p.m., First United Methodist Church, 375 Thomaston St., Barnesville, 770-358-4516

Putnam County

• 3rd Wed., 10 a.m., First Baptist Church, 115 N. Madison Ave., Eatonton, 706-485-3331

Upson County

• Last Fri., 3 p.m., Thomaston Reflections, 302 S. Bethel St., Thomaston, 706-647-1607

Telephone Support Group

• 1st & 3rd Tues., 7-8 p.m., "Care Connection" facilitated by an Alzheimer's Assoc. staff member, 478-746-7050

Free Legal Services Available to Seniors

The Macon Office of Georgia Legal Services provides free legal services to seniors (60 and over) as resources allow. We interview clients in the following counties BY APPOINTMENT ONLY: Bibb, Baldwin, Crawford, Houston, Jones, Monroe, Peach, Pulaski, Putnam, Twiggs and Wilkinson.

Call the Macon Office at 478-751-6261 for an appointment.

Meals on Wheels of Macon and Bibb County

Meals on Wheels of Macon and Bibb County needs volunteers to help deliver meals to home-bound clients. Volunteers must have a valid Georgia driver's license and a positive attitude. If you can spare two hours a day one day a week, then you may just be the person needed. We especially need help on Thursdays and Fridays. Meals of Wheels is a wonderful organization which takes pride in everything it does. This program would not exist without volunteers.

If you are interested in volunteering, please call Joyce Waller or Beverly McCard at

478-745-9140.

Macon-Bibb County Parks & Recreation Department Senior Center

1283 Adams Street Macon, Georgia 31201; Phone: 478-751-2790, 478-751-9238; Daily activities 9:00-2:00

- Senior Tax Assistance: Free confidential income tax assistance for senior citizens. Call Larry at 478-751-2790 for an appointment.
- Senior Citizen Choir: Mondays at 10:00, Macon-Bibb Senior Center, 1283 Adams St. Call Brenda for information at 478-751-2790
- Bowling: Fridays at Gold Cup Bowling Center, 10:30 to 12:30, \$2.50 per game, \$3.50 shoe rental
- Exercise: Monday, Wednesday & Thursday Evenings, 6:00 to 7:00 pm, Senior Center, 1283 Adams St. \$40.00 per month Instructor: Juanita "Poppi" James
- Needle Craft: Our fiber craft room is open daily for quilting, crocheting, knitting and sewing.

Warner Robins Recreation Department, Senior Citizens Services Wellston Center

- AARP: 4th Wednesday of each month. John Echols, President, 478-953-5060.
- NARFE: 2nd Wednesday of each month. Charles Farmer, President, 478-922-2453.
- Ted Wright Senior Citizens Social Club: 2nd and 4th Thursday of each month. Betty Lou Lovain, President, 478-922-7774. Joyce Hutcherson, Program Director, 478-293-1066.
- Warner Robins Senior Citizens Social Club:

continued on page 11

General Business Directory For Seniors

SouthernCare, Inc.
 provides hospice services to loved ones residing in private homes, group homes, assisted living facilities, and skilled nursing facilities.

 **SouthernCare**
 Where caring is a way of life.

3312 Northside Drive
 Building D, Suite 150
 Macon, Georgia 31210
 478.476.4627 phone
 478.476.4628 fax
 macon@southerncareinc.com
 www.southerncarehospice.com

Advocacy Resource Center
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 4664 Sheraton Drive (turns off Arkwright Road) • Macon
 www.arc-macon.org 478-803-1456

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BUSINESS CARD SECTION

For Advertising Information Call
David VonAlmen at 478-213-5986
Cindy Arnold at 478-972-2821
Jan Tassitano at 770-993-2943

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CALENDAR

from page 10

2nd and 4th Tuesday of each month. Van Adams, President, 478-923-2174. Joyce Hutcherson, Program Director, 478-293-1066.

• MGCAA Senior Center: Monday-Friday, 8:30-4:30. Lunch (by appointment only), transportation, trips information and referral services. For more information call Renea McFeeters, Manager, at 478-923-0229.
• AARP Mature Driving Classes: For more information call 478-293-1066.

Senior Activity Center

For information call 478-293-1066.

The Gospels Quartet Outreach Ministry

The Gospels Quartet is ready to sing at your Senior Meetings, Church, Reunions, Assisted Living Center or Nursing Home, as well as special Birthday Celebrations and Club Meetings.

For additional information call 478-929-3816.

Houston County Council Of The Blind

The Houston County Council of the Blind meets the first Saturday of each month at the Centerville Lions Club located on Houston Lake Road voicing state and local concerns for the blind or visually impaired. Fellowship and membership are welcomed.

Georgia Leathercrafters Guild

The Guild meets every second Sunday in the month, 2 p.m., at Kroger Company located at 4650 Forsyth Road. All who wish to learn and/or expand their knowledge of leather craft are invited. For additional information call 478-745-2320 or 478-934-7519, G. Woody in Cochran.

Health Education

The Office of Health Education at the Macon-Bibb County Health Department has brochures-pamphlets on various topics available in English and Spanish. These materials are available to businesses, community-based

organizations, and faith-based organizations upon request.

For additional information call 478-749-0113.

The Macon Arts Alliance's Arts Art Gallery

451 Martin Luther King, Jr. Blvd. 478-743-6940

Massee Lane Gardens

For information call 478-967-2358 or www.camellias-ac.com (The American Camellia Society.)

Macon Little Theatre

4220 Forsyth Road, Macon
Reservations: 478-471-PLAY

Museum of Arts & Sciences

4182 Forsyth Road, Macon
478-477-3232 or visit website www.masmacon.com.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

Warner Robins Little Theatre

South Pleasant Hill Drive
478-929-4579; www.wrlt.org

Douglass Theatre

355 Martin Luther King, Jr. Boulevard, 478-742-2000

Tubman Museum

340 Walnut St., Macon
www.tubmanmuseum.com

Middle Georgia Art Association Gallery

2330 Ingleside Ave., Ingleside Village, Macon.
478-744-9557; middlegeorgiaart.org. Tues.-Fri., Noon-5 p.m.; Sat., Noon-3 p.m.

Divorce Recovery Group

First Baptist Church of Macon, located at 511 High Place, is offering a Divorce Recovery Group for those interested. The meetings are held on Wednesday evenings. Child care and children's activities will be provided.

For additional information call the church office at 478-742-6485.

DivorceCare Offered By Central Baptist Church

Divorced? Separated? Find help at DivorceCare.

DivorceCare is a special weekly seminar and support group for people who are separated or divorced. The group meets at Central Baptist Church located at 1120 Lake Joy Road, Warner Robins. Childcare is provided for babies through 5th grade.

For additional information call 478-953-9319.

Bloomfield United Methodist Church

5511 Bloomfield Rd., Macon
478-397-6568 or 478-788-2262
"The Songsmen Quartet with Bill Harden" will be in concert at 6 p.m. on Sun., Sept. 11.

NAMI Central Georgia National Alliance on Mental Illness

Barabra Long, Executive Director
478-328-0508
(Call for details on events)
• Monthly support group for consumers and families: Last Mon. each month, 7 p.m., New Hope, 100 Story Road, Warner Robins. Free. Refreshments.
• SOS (Survivors of Suicide) Support Group: First Thurs. each month, 7-8 p.m., Houston County Medical Center, Board Room next to the coffee kiosk, Watson Blvd., Warner Robins. For loved ones of those who have experienced suicide. Free.

FAMA Meetings

FAMA (Families Against Methamphetamine Abuse) meets the 3rd Tues. of each month, 6 p.m., Centerville Lions Club. Call 478-953-6955 or visit www.middlegafama.org for complete details.

Substance Abuse Help Available

Did you know alcohol is the most-used drug in the country and it's the number one abused substance among teens? Although most parents don't realize it, they are the best prevention tool around when it comes to underage drinking. Children do listen to their par-

ents. Not only can you be a good role model for drinking behavior, you can have a meaningful, honest discussion with your children about alcohol, its pitfalls and risks. If you need more information or help, Hodac, Inc. is here to lend a hand. You can talk to trained professionals 24-hours a day, seven days a week by calling the Georgia Helpline at 800-338-6745. Making that call puts you on the road to answers so why not call today.

Volunteers Needed

GeorgiaCares, Georgia's State Health Insurance Assistance Program (SHIP), needs volunteers to assist seniors and persons with disabilities with Medicare problems, fraud, and abuse. Must be computer savvy. Rewarding volunteer work. Call Butch Swinney, GeorgiaCares Coordinator for the Middle Georgia Regional Commission/Area Agency on Aging, at 478-751-6489 or email: bswinney@mg-rc.org for details.

MGRAACA Meeting

The MGRAACA (Antique Automobile Club of America - Middle Georgia Region) meets on the 3rd Thurs. each month, 7 p.m., at the Ole Times Country Buffet located at 1208 Russell Pkwy., Warner Robins. Come early to eat and greet! Anyone interested in antique cars and restoration is welcome. Call Rosemary Chaney at 478-987-9519 after 5 p.m. for information. Forsyth-Monroe County Convention & Visitor's Bureau.

Middle Georgia Republican Women Meeting

Sept. 6, 6-8 p.m., The Catfish House, Moody Rd., Warner Robins. Buffet dinner cost, \$14.99. Speaker: Dr. Spencer Price. RSVP to: griffandlinda@windstream.net.

Wanted! Vintage Photographs and Stories of Fort Valley!

Local residents James Khoury and Gilda Stanbery are currently compiling a photographic history of Fort Valley and are looking for your help in providing vintage photos and stories. Contact James at JKhoury48@aol.com or 478-825-0064 and Gilda at stanberg@mail.peach.public.lib.ga.us or 478-825-0065 by Sept. 30th.

General Business Directory For Seniors

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Flint River Memory Care

250 Water Tower Court, Macon
478-471-9433

Flint River Memory Care is a licensed memory care community – specializing in care for loved ones with Alzheimer's disease. Flint River provides a safe, secure environment and has activities tailored to the needs of those living with this disease. Flint River's daily goal is to have each resident function independently at their own level of ability while providing care and assistance where needed. The specialized Alzheimer's training of their staff helps them achieve this goal.

They encourage you to come in and meet their staff and see how their memory care programs enrich lives of their residents and give their loved ones peace of mind.

If you are caring for a loved one suffering from Alzheimer's disease, please call Flint River Memory Care at (478) 471-9433 for more information or to schedule a tour of this memory care community. You will get to meet caring professionals that have your loved ones best interests at heart.

BUSINESS CARD SECTION

For Advertising Information Call
David VonAlmen at 478-213-5986

Cindy Arnold at 478-972-2821

Jan Tassitano at 770-993-2943

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Email any questions to Dr. Hayslip at cdmd9@cox.net

Middle Georgia Center For Cosmetic Dentistry

1295 Russell Parkway
Warner Robins, Georgia

(478) 929-2190

www.smilesbyhayslip.com

