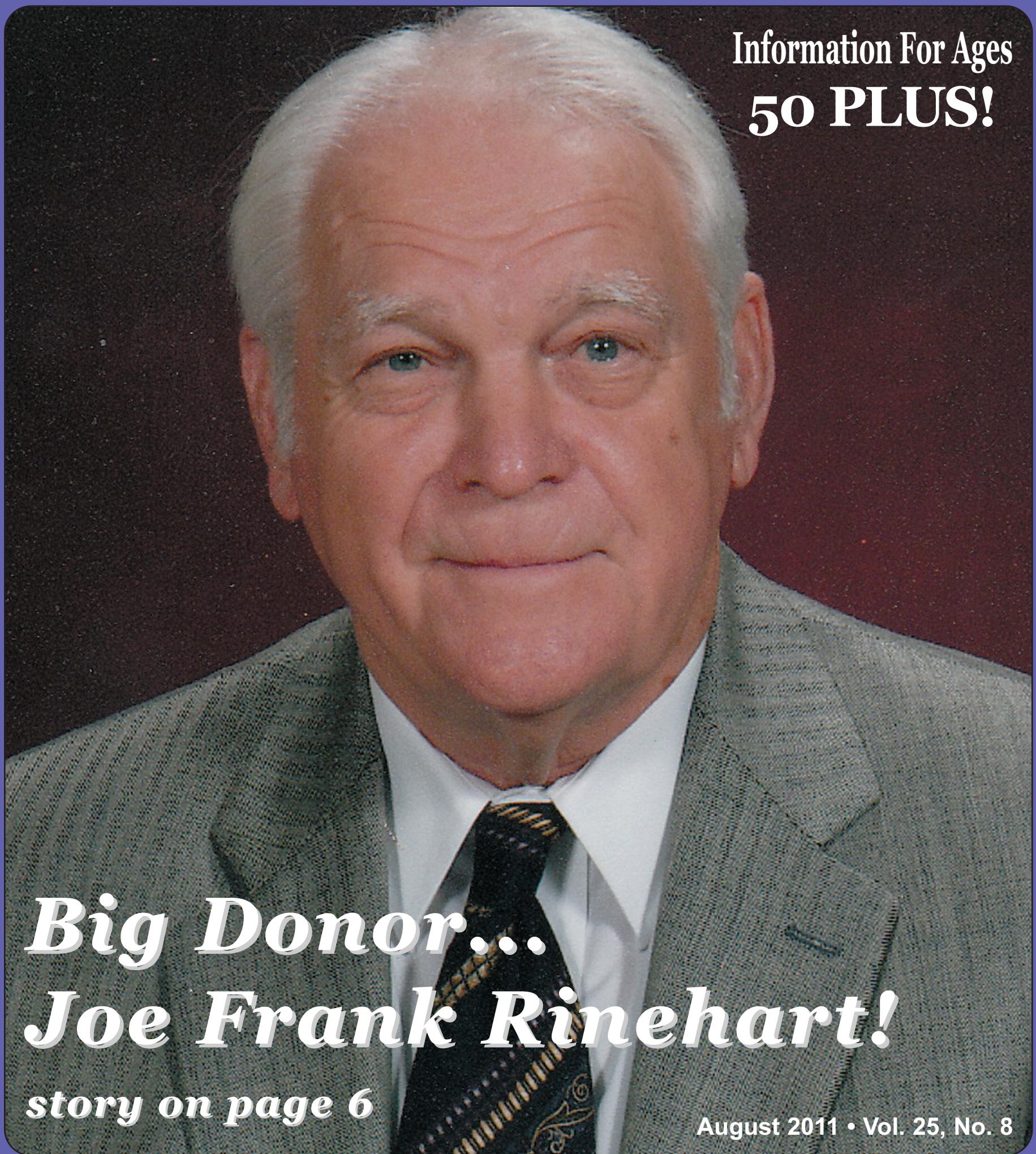


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*Big Donor...
Joe Frank Rinehart!*

story on page 6

August 2011 • Vol. 25, No. 8

Taking Care

Keeping cool when things get hot... Consider these alternatives for beating the summer heat

by LISA M. PETSCHE

When temperatures push those summer highs, you need to do something to stay comfortable. Cranking up the air conditioning is one option, of course. But there are other, less expensive and more environmentally friendly ways to feel a bit better when things heat up.



Lisa Petsche

Choosing clothing

- Wear lightweight, loose-fitting clothes that allow air to circulate and perspiration to evaporate. Stick to natural fibers like cotton, or micro fiber materials with an open weave.
- Wear a hat to shade your face from sun and remember sunscreen.

Activities

- Avoid strenuous activity, including exercising, gardening and mow-

ing.

- If possible, stay indoors during the hottest part of the day.
- Try to schedule outdoor activities in the early morning or evening. Otherwise, rest often in the shade.

Around the house

- Close drapes on sunny days.
- Consider awnings, shutters or roll-up porch blinds to shade your house. Also consider growing vines.
- Run an electric fan to circulate air in the room you are using. While it won't alter the room temperature, it will evaporate sweat, which will increase your comfort. Place a fan in front of an open window at night to draw in the cool evening air.
- Install ceiling fans to circulate air in the rooms you use the most. They can be reasonably priced, and use relatively little energy. (They increase heating efficiency in the winter, too.)
- Stay on the lowest floor of your home.
- Use a dehumidifier to remove excess moisture from the basement.
- Hang laundry outside to dry. If

you use a dryer, do so during the coolest parts of the day. The same goes for the dishwasher, to minimize the impact of its heat. (Consider washing dishes by hand during heat waves.)

Cooling the Décor

- Accessorize your home with light, bright colors. Room accents can take the form of cushion covers, tablecloths, place mats 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 shallow bowl.
- Summer is a good time to be whimsical – have some fun with summer decorating.

Cooling yourself

- Try cool showers or sponge baths.
- If you do not have air conditioning (or it breaks down) and the heat becomes unbearable, visit a friend or relative who has air conditioning, or go to a cool public place such as a senior center, shopping mall or public library, during the hottest part of the day.
- Avoid extreme temperature changes. For example, do not have a cold shower right after coming in from outside on a sweltering day.
- Cook meals outdoors on a grill or use a microwave in place of a regular stovetop or oven.
- Drink plenty of extra fluids even if you do not feel thirsty. Sip water or stock up on fruit juice and iced tea. Avoid alcohol and caffeine.

- Eat foods high in water content like fresh fruits and vegetables.
- Eat light, more frequent meals to avoid taxing your digestive system. Go easy on protein, and steer clear of foods that are spicy or heavy.

Energy Efficiency

- An air conditioning unit is a must-have for older adults – especially those with chronic illnesses – to prevent adverse health effects when heat and humidity become oppressive. The following are some ways to maximize its efficiency.
 - If you have a room air conditioner, try to shade it from the sun so it does not have to work as hard.
 - If you have central air conditioning, keep your furnace and a/c system – which function together – properly maintained, to ensure maximum air-cooling and save energy. Follow the tips below:
 - Regularly check and replace air filters
 - Keep area around your furnace and air conditioning unit free of clutter, plant overgrowth and debris.
 - Keep vents free of obstructions.
 - Dust around equipment, and vacuum filters and vents regularly.
 - Have your system regularly inspected by professionals.
 - Adjust controls accordingly when your home will be empty for several hours or more.
 - Turn off air conditioning and open windows when the outdoor temperature decreases at night, especially if there is a cool breeze.

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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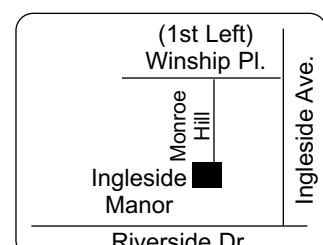


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Let us entertain you

by CLAIRE HOUSER DODD

I never let my schooling interfere with my education.

Mark Twain

If you've been trying to decide which kind of weather you prefer, hot or humid, you can quit trying. You've now got both! Enjoy. We've decided to pretend we're at an expensive fat-farm in Miami and just sweat it out like the rich and famous.

Back on the ranch... our guess is everybody knows what a Topsy-Turvy tomato plant is. Actually it is an upside down tomato plant that grows (supposedly) out of the bottom of a long cylindrical green object hanging from your roof overhang or some such sturdy edifice. You are probably wondering why you are receiving this educational enlightenment. Just so you'll understand our dilemma.

We bought our expensive container (Topsy-Turvy) the first of June in order to open our back door and pick a beautiful red delicious Better Boy at random. Our vision could be likened to a grape orchard on the banks of the Rhine... all greenery with voluptuous red fruit hanging for the pickings. But no, no such luck for this gardener. After much love and cajoling, feeding, and talking, the only thing we have to show for all this attention is one emaciated little green thing the size of a quarter has finally appeared... to no one's delight.

We have now consulted the horticulturist of the Fort Valley Leader Tribune, Ken Lewis who thought we had done all the right things, but since no positive outcome was apparent, he decided to research and get back to us. He did. We found Ken, from Elko, quite informative and are now following his instructions. "Tomatoes need no cross-pollination from bees or other outside interference, but it just might help to shake the bush every morning and perhaps quit drowning it." We have shaken the huge green monster and cut out some of the undergrowth that looks like it doesn't belong. Mr. Lewis has also allowed that since sweet talking to the plant has not worked, perhaps a little stronger lan-

guage might help. So there you have it. This is our challenge for the summer. Let us pray that will have tomatoes by Christmas. We'll keep you posted.

That's not our only challenge this summer. We're moving our salon and spa (or at least part of it) to Fort Valley across the railroad tracks on Highway 96 East. Hence the name (so far), Studio 96 where Brie will be doing hair and a cute girl from Columbus will do nails on Saturdays. Let us pray for that one too!

In the midst of moving, grandson Eli got his tires slit, yep, we had moved one night until about 9:00 or 9:30 p.m., he got up the next morning to return from Kathleen and all four tires were on the ground. He was not the only one to suffer, this indignity in the area. We know of three or more, but he was the only one to receive the full benefit of the marauding criminals that night. We suspect teenagers with no supervision. Is something wrong with this picture? Eli gets his tires slashed and in returned I have to pay \$500.00 to \$600.00 replacing his tires and the criminal is crouching in the bushes giggling. And we thought Kathleen was a good place to live!

What about all those people standing in line for ten hours to see the last Harry Potter movie? In this heat, can you believe it? I don't believe I could handle that one! However, we will probably go to see it when the heat dies down. The Macon Telegraph calls it "a sad but satisfying farewell."

Ken Lewis, the farmer from Elko will present some of his fresh and healthy vegetables at the Perry Farmers Market on Saturdays, from 8:00 AM to 12:00 PM, at the lot of the Perry Arts Center on 1121 Macon, Road, Perry, along with many others!

The Wesleyan Market at the College on Rivoli, 4760 Forsyth Road will be open 9:00 AM to 1:00 PM on August 13th, September 10th and October 8th. You may call 757-5233 for more information.

Our favorite Song Bird of the South, E.G. Kight is having a CD release party at 8:00 PM, August 6th at the Cox Capitol Theater, 382 Second Street. Randall Bramblett, Tommy Talton and the Abby Owens

Band will also appear.

The Crossroad Writers Conference will present a program of sample writings titled, "The Big, Dark South of Poet, Robert Perry Ivey and writers Brad Evans, "at Sidney's Salon, 935 High Street in Macon. It is free for historical Macon Members, \$5.00 for others, and \$3.00 for students.

On August 13th, the Downtown Development Authority and Forsyth Better Hometown will have a FREE concert on the Monroe County Courthouse Square in downtown Forsyth featuring the eleven piece dynamic, Soul Purpose Band from Atlanta, GA. The pre-concert music starts at 7:00 PM and the concert will begin at 8:00 PM. Please be sure to bring your beach or lawn chairs and refreshments. The Soul Purpose band plays many of the great Beach Music, Soul and R&B songs from yesteryear. This is a concert you will not want to miss! For more information call the Downtown Development Authority, 478-994-7747.

Also on August 13th, Comedian James Gregory will tickle your fancy at the Cox Capitol Theater, 382 Second Street. Call 257-6391 for more information or go to their web site at coxcapitoltheater.com.

Education is not the filling of a pail, but the lighting of a fire.

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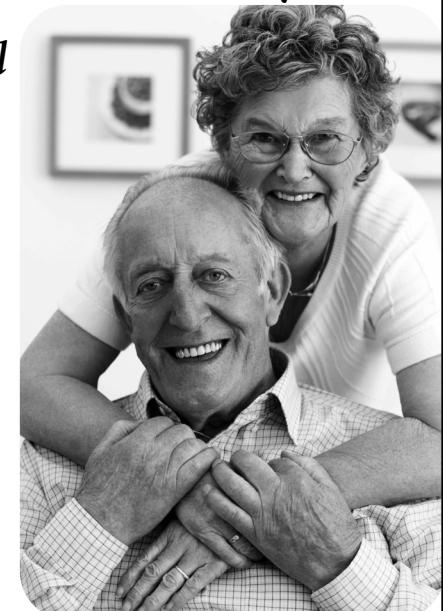
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Published monthly. Business Office is located at 115 Bigham Drive, Warner Robins, GA 31088. Circulation: Metro Atlanta, 31,000; Augusta, 12,000; Macon/Central Georgia, 8,000; South Georgia, 5,000. Editorial and advertising copy deadline is the 15th of the month. Preference is given to editorial copy submitted earliest.

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Editorial information you would like considered for publication should be mailed to:
Senior News, P. O. Box 8389, Warner Robins, GA 31095-8389.

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Senior News & Views of Georgia

Times Not Forgotten

Salt of the Earth... Salt On Figs

by CHRISTINE COLEMAN

How fortunate we are to have table salt or rock salt for our many wants and needs. This mineral makes many foods edible when they wouldn't be otherwise. Vegetables are plentiful at this time, and we're making good use of them by eating, canning and freezing. My favorite treat during the summer is a tomato sandwich. There's nothing better than two pieces of light bread with Mayo spread on them and a couple of big slices of tomato inside. Of course, the finishing touch is a generous sprinkling of salt on the tomato. Were it not for salt, the pleasure would not be as great.

We've had the use of salt so long, I'm afraid we don't really realize how important it is. When I was growing up in the early 1930s, my folks butchered hogs during winter months. My father would "salt down" the hams, shoulders and sides of pork in our smokehouse. The salt would "cure" the meat, which we would enjoy immensely, especially with biscuits and syrup.

We've heard the old saying "Salt of the earth." I take that to mean that a person is a devoted, honest one and who would do anything to help a neighbor if needed. We also know about the biblical story when Lot's wife disobeyed God. As a result, she was turned into a pillar of salt. Every now and then, we hear someone say, "You dog, you salty dog." Then again, we might hear someone say, "You're not worth a grain of salt."

Salt on figs

Figs are plentiful at this time of year. I have a favorite memory, which always comes to mind concerning figs. When I was a youngster (about 11 or 12 years of age) my nephew from a neighboring county came to visit. He was a year or so older than me. We went to the kitchen, poured ourselves a handful of sugar and went out to our fig tree. We would pick a fig, dip it in the sugar we held in the other hand and eat this wonderful treat. The grownups didn't know what we were doing. A neighbor boy came by to visit and saw that we were at the fig tree eating them. He started picking some and eating them. We

told him he should go into the kitchen, get himself a handful of salt and come back to join us. We told him figs were much better eaten with salt. Well, he decided to do that. When he came back to join us, he began to dip his figs in his handful of salt. He couldn't understand how we could enjoy this arrangement. He ate several figs before he gave up. If my folks had known that we had sneaked sugar out of the kitchen, they probably would have scolded us. Better still, if they had known how we tricked our neighbor, we would surely have gotten a tongue-lashing. But as the old saying goes, "Children will be children."

In later years when the three of us would get together, we'd laugh about that incident. My nephew and my neighbor friend are both gone now. I considered them "Salt of the earth." During this time of year, I still smile when I think about "Salt on figs."

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

Spiritual Notes

God Blesses America!

by Dr. Bill Baggett
Minister to Seniors
Dunwoody Baptist Church

We recently celebrated an important day in our country's history. July the 4th is a time when we celebrate our Independence as well as acknowledging the contributions our forefathers and present day heroes have made to keep our country safe and free. Each time I hear our National Anthem, observe service men and women on "front lines," and see our flag it causes me to offer a prayer of thanksgiving to God for His faithfulness and for those who have given of themselves so that I am free and live in peace.

My wife read, at our families' July

4th luncheon, the following historical episode that appeared in an article written by Dr. Ron Bradley. It is an example of where God stepped in and sustained our freedom. "In 1776 British Commander William Howe was moving 30,000 veteran British soldiers to take New York. General Washington only had 18,000 inexperienced troops. The British troops were gaining ground and Washington lost 1,000 men and two top generals. Outnumbered and outclassed, Washington's troops were discouraged. But, for some reason the British halted their troops. They could have pressed on and destroyed Washington and his troops at the banks of the Delaware, trapped on Long Island because the only route to escape was crossing the treacherous East River. The wind was blowing. Freezing

rain was coming down. The river was full of ice that would crush their boats as the waves battered against them. There was no way out, but General William Howe, for some reason, decided to wait until morning to attack.

"With no escape possible, Washington called for a prayer meeting to ask for God's guidance and help. Afterwards, he decided to cross the river in the midst of the storm anyway. Suddenly the wind died and rain stopped. The river calmed smooth as glass. As they started crossing, a gentle breeze came up behind them pushing them along. Even with this miracle it still was impossible to get all the troops across to Manhattan Island before daybreak. But then God stepped in again! Just before daybreak, a thick fog draped over them hiding them from the British troops. When the fog lifted, British commander Howe was shocked. Washington's troops had escaped. Washington and his men recognized and thanked God for His special blessing to them."

As we hear these facts we realize what God has done over the years for America. As in this story, there are hundreds of stories that have been told through the years where God has stepped in when called on in times of need. God is still blessing our great country. Freedom is not cheap! While we honor those who have died to keep us free and support those who continue to do so, let us always give thanks to the one who showers His blessings and mercies on us each and every day.

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.

SOLITUDE

Jewel Strickland
Submitted by Virginia Bragg

*Give me some time to think things out,
To stop and to meditate,
To know what I'm all about
With my thoughts, how I rate.*

*Take the push and rush from me,
For me to know and trust.
Others all around I see
Have these needs, they must!*

*Stay me in a slower life
Of work and pleasure.
Remove all the hate and strife
Leaving happiness to treasure.*

THE GIFTS

by Brenda G. Partridge-Brown

*Stir up the gifts which are inside
of you
Let your faith fly high,
high as the heavens are in the
sky.*

*This year, take the Lord God at
his word,
and continue to move your goals
and dreams forward,
not wavering, but believing.*

*Stir up the gifts which are inside
of you
Let your faith fly high,
high as the heavens are in the
sky
This year, take the Lord God at
his word!*

OUR FELLOW MAN

by Wayne Goad

*A rich man and his well off friend
Dining together, while sipping
their wine
Were boasting to each other
about their success
Lacking nothing, and life being so
fine.*

*While looking out the plate glass
window
To the other side of the street,
they gazed
At a group of hard working*

*laborers
Toiling and sweating, as the hot
sun blazed.*

*I say, old man, what a pitiful sight
Those poor devils should have
been smart as we
'Tis very obvious, those are of a
low I.Q.
It would be a gas to see their
family tree.*

*As they were still amusing
themselves
Taunting a somewhat lesser breed
Some of the men noticed them
staring
And wondered, are they not
wanting because of greed.*

*Why does some look down their
noses at others?
Without understanding who they
really are?
For everyone can do things, that
others can't do
And, to someone special, they're
just as big a star.*

*When will we all finally realize
We are all important and play a
part?
To keep this world successfully
progressing
It takes us all, the brilliant and
the not so smart.*

THE HORSE CAN NOW FREELY ROAM

by Carl Coleman

*The horse held its
rider for 71 years.
Thru so many times of
toil and so many tears.*

*So many hurdles to jump.
There were many heartaches,
some tears of joy.
Just so many heartbreaks.*

*Contracted polio, walked with
crutches early in his life.
He raised a family but had
no love from any wife.*

*Having polio, this rider did
most things a normal person
could not.
Getting a pilot's license
some people would not.*

*Driving a car we take so
much for granted.
His had to be modified
for the way he ran it.*

*So the horse can be let
out now to freely roam.
You see, my brother James
"Sonny" Coleman has been
called home.*

OLD FOLKS LISTEN UP

by Geraldine Noel

*Some of us are in nursing homes,
at the hands of some attendant
Looking for our children,
wondering where the hell they
went
Some of us are in hospitals, try to
adjust
We spend our time with the folks
on T.V., no one is coming to
see us*

*Some of us are in our own homes
We say in death is the only way
we will leave
You had a stroke, down the door
they broke
Only to look upon your dead body
and grieve*

*Your doors have about six locks
Your windows are all shut tight
A small fan is blowing and your
not knowing
A disaster is waiting to happen
tonight*

*You've fallen and you can't get up
Many a joke has been told*

*But when they break in, your
family or a friend
It's your body that's laying there
cold*

*I say this in all truth and honesty
Give someone you know and love
a key
Call someone every day at the
same time
Leave a message that you are
doing fine*

*You are feeling good and can get
about
But you never know when a stroke
or fall can knock you out
You can lay there for days not
being able to move a limb
And nobody will know the shape
you are in*

*If you have children and they say
mother/father please move in
Think about it seriously, the
situation could be a win, win
Or if you're in your own home
and you are alone
Maybe you could rent out a room
so you won't unwittingly be
entombed
In a house you lovingly called
your home*

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On the Cover

Big Donor... Joe Frank Rinehart

by CLAIRE HOUSER-DODD

COVER:
Joe Frank Rinehart

**Photo Courtesy of Ed Grisamore
The Macon Telegraph**

It's funny how word gets around in a small town like Fort Valley. Gloria Lacey called and asked me if I had read Ed Grisamore's article on Joe Frank. I had not, but told her I didn't miss many of his articles and what was it about? Blood drive, the Red Cross Blood Drive, and how much Joe Frank had given.

Naturally, we asked if it were blue? I'm sure it was, but she said, "No," and scolded me for showing my flip-side!

As far as I am concerned, Joe Frank Rinehart's blood is blue. He is definitely a blue-blood.

Joe Frank and his wife, Betty, have lived in Fort Valley for 50 years and have always been a plus to this town. Betty has taught school and counseled here for many years,

and Joe Frank worked at Blue Bird Body Company for 38 years as a fabrication manager, helping to send big yellow school buses all over the world. If you stay in one place almost anywhere and wait awhile, a "Blue Bird" will surely drive by. It's saved a lot of us in the Valley an awful lot of homesickness.

Joe Frank hails from Northeast Alabama where he started back in 1956 and is still giving. He was told by a Red Cross official that he'd given more blood than anyone in Peach County. He is 75 this year and has given 75 pints which totals to 9.375 gallons which is almost twice the amount of blood in his body.

Having participated in most of the blood drives while at Blue Bird and the First Baptist Church, the last drive was dedicated in his honor.

Yep. He showed up for that one too!

Mr. Rinehart has been retired for 12 years, but please don't think he's at home sitting. He and Betty are hard to find. They have a home in Alabama and another at Indian Springs and we accuse them of spending more time at those resi-

dences. These two are expert fixers. In my mind, they approach master builders.

Naturally, they will deny that as they are quiet humble. Betty says of Frank, "He is a Christian, patriotic, kind-hearted, and full of common sense."

He is well respected in the community and loves to hunt and shoot sporting clays.

Joe Frank has written a book about an Alabama friend who served in the Marines in World War II. He is now writing his memoirs, and the Red Cross hopes to devote at least one chapter to giving blood and how it probably saved his son John's life when, at the age of 9, he had a ton-

sillectomy and hemorrhaged a few days later. That's called seeing your efforts come to the forefront up close and personal. "It was comforting to know something could be put back in," said Joe Frank.

Always a giver and an integral part of the Fort Valley society and the United Methodist Church, we all appreciate both the Rinehart's and their unselfish community loyalty.

We hope this article will inspire everyone who possibly can to raise their hand and give at the next Red Cross Blood Drive.

To quote Mr. Rinehart, "This is one of the ways an old-timer like me can contribute and do something to help."

Don't fall victim to a beauty pageant that could break the bank

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

Many advertisements seeking beauty pageant participants read, "Win Big Prizes! Scholarships! Cash! Become the Next Supermodel!" These ads are appealing to parents of young children, teens and others who are convinced they have what it takes to become the next big star. Participating in a beauty pageant may provide a rewarding experience, but many would-be contestants find that some pageant promoters do not deliver what they promise. While there are legitimate pageants, there are also those whose only purpose is to fatten the pockets of promoters.

In 2010, Better Business Bureau received nearly 10,000 inquiries from consumers about beauty pageant promotions. Beauty pageants can carry big price tags. Before finding yourself scammed out of thousands of dollars, it's important to check out the pageant operator with BBB first.

Before entering into a pageant, parents and others who want to get involved should consider the following questions:

- How long has the company been operating pageants? Who are the directors? Usually pageants are operated by for-profit organizations that solicit participants by mail or print advertising, or by broadcast media, to compete for recognition and prizes from the promoter.

- What is the total cost of pageant participation for both the entrant and the chaperone? Oftentimes, family or business sponsors are asked to pay a sponsorship fee, which can vary in size, to the pageant promoter to cover hotel rental fees, awards, administrative costs and salary for company personnel and to generate

company profits. Also, keep in mind that there are other costs for entrants, such as clothing, make-up, food and lodging.

- Can the location (place of business) of the pageant company be verified? Where and when will the actual pageant be held? What accommodations are provided for contestants? Will there be adequate supervision?

- Do all of the details add up? Are there judges and what are their qualifications? Do they have any affiliation with the company? Are refunds possible if a contestant decides to withdraw from the pageant? How are the winners chosen? What criteria are used for selection? What are the obligations of the winning contestant? What do former contestants and winners have to say about the pageant? Ask the company for references. Finally, what benefit will be derived from participating or winning?

- Do the winnings sound too good to be true? If so, they probably are. Be sure to read any contract carefully and thoroughly in advance of entering a pageant to understand the rights and responsibilities of the winner or other contestants.

For more consumer tips and news you can trust, visit www.bbb.org/us/bbb-news.

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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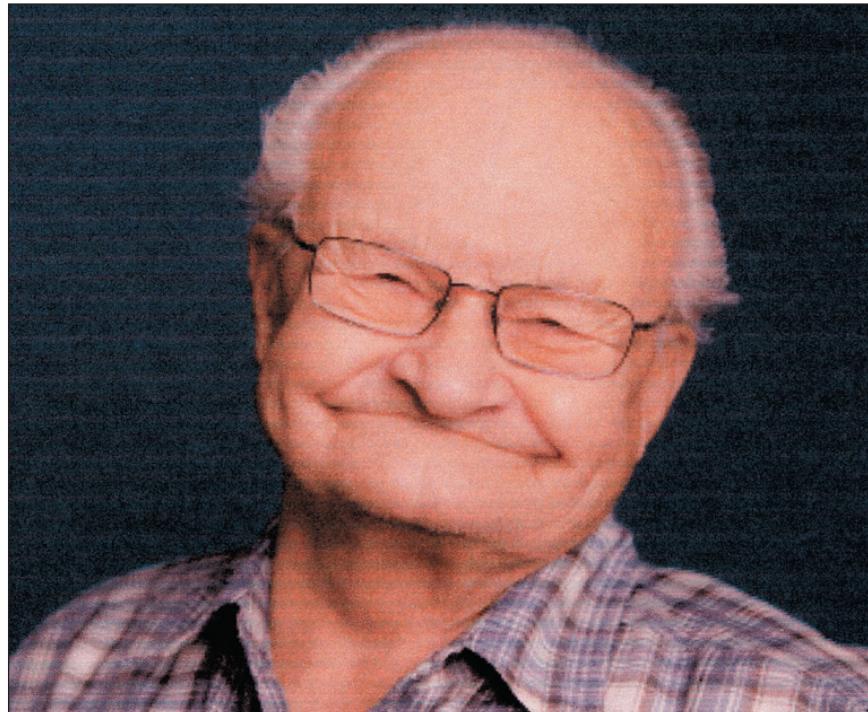
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Dr. Hayslip and Dr. Billingsley are highly trained professionals with more than 50 years of experience.

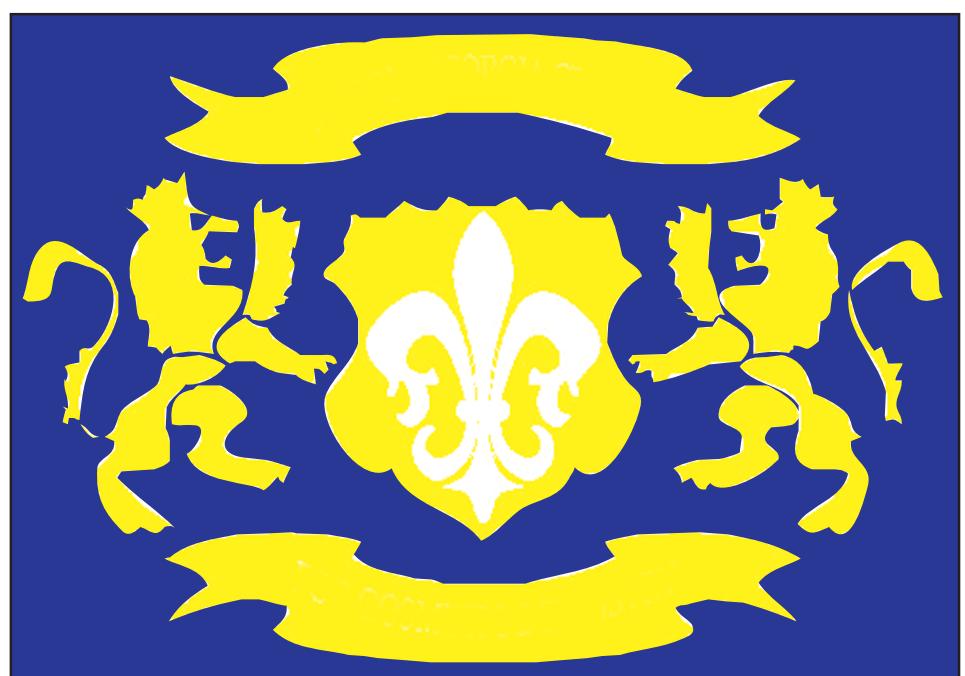
Email any questions to Dr. Hayslip at cdmd9@cox.net

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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.

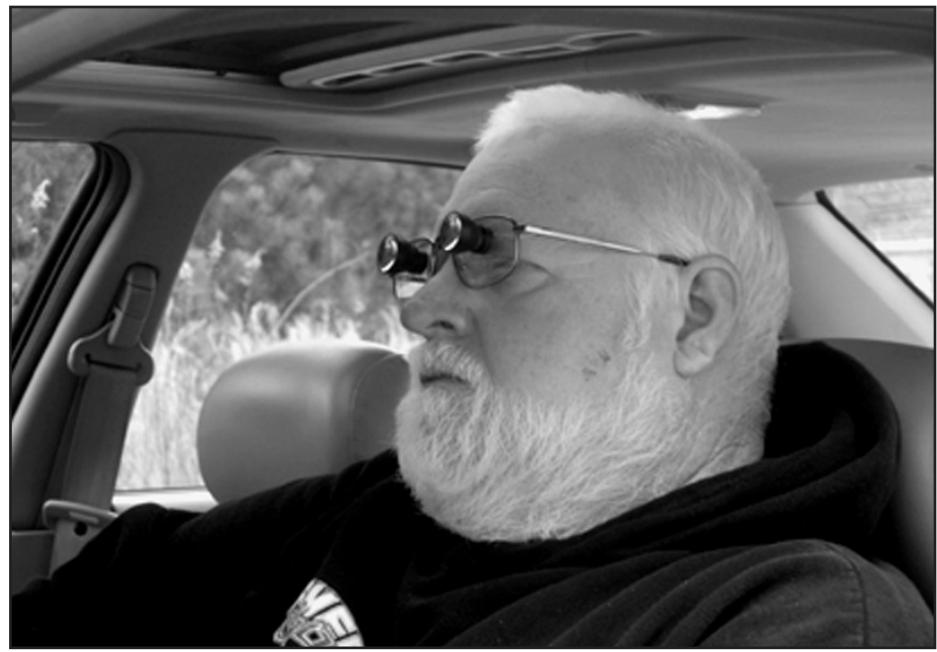
"After being diagnosed with macular degeneration... This vision loss caused me to be unable to drive unless conditions were perfect. Since obtaining my bioptic telescopic glasses from you, I am now able to drive with confidence and security. I have gained back much of the independence I had lost thanks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

Chills and thrills via ghost books!

**Book Reviews by
ANNE B. JONES, PhD**

Ghosts of the Georgia Coast
Don Farrant
Hardback or Paperback Version
through Pineapple Press, 2002

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

I was recently signing *Tides of Fear* in Jekyll Books, an old house on Jekyll Island which has been converted into a bookstore, when a woman paused by my table. After I signed her book, she glanced at several rows of ghost books lining the shelves beside me. "We stayed in an old house in Savannah," she confided. "The first night, we heard a noise and discovered something had fallen from a closet shelf. The next night it

happened again. We went to that closet and pushed everything farther back. That night, and every night we were there, something fell at the very same time."

My curiosity peaked. I turned to a shelf next to me and reached for *Ghosts Cats of the South* by Randy Russell. But, before I could grasp it in my hand, I felt compelled to reach for *Ghosts of the Georgia Coast* by Don Farrant. When I placed it in my lap, its pages fell open to a chapter about a ghost in a house now used as a bookstore. As I thumbed through the pages I realized, it was about the house I was in.

One of Jekyll Books' most popular volumes, *Ghosts of the Georgia Coast* is rivaled only by *Haunted Inns of the Southeast* by Sheila Turnage, which contains a story about a ghost at the Jekyll Island Club Hotel.

Farrant's book is limited to Georgia coastal apparitions. Long known for his writings related to historical events, he presents an interesting and provocative

collection of stories, many of which include sightings still in progress. I was so impressed with my experience, and the book, I bought one to keep for posterity.

Haunted Inns of the Southeast spans a wider, more diverse geographic region. Referred to as both chilling and amusing, the book includes existing inns, "bed and breakfasts" and hotels. The work presents brief historical information about each site, as well as contact information, in case you have a hankering for hauntings.

Ghosts of the Georgia Coast and *Haunted Inns of the Southeast* can be ordered directly from Jekyll Books by calling 912-635-3077 or from your local bookstore. Jekyll is a lovely, very special place. If you visit the island, drop in at Jekyll Books and say "Hello" to the ghost from me.

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

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**HOUSTON
LAKE**



Summer months bring highest rates of burglaries... Is your home secure?

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

The summer months are the perfect time for a vacation getaway. Unfortunately, they are also the perfect time for a home robbery. According to the FBI, the summer months of July and August have the highest rates of burglaries. Better Business Bureau is advising homeowners, who are looking to secure their property this summer, to do their research when picking a home security system.

According to an Academic Study of Home and Business Security by Temple University, the Electronic Security Association, <http://www.alarm.org/>, (ESA) says that homes without security systems are about 3 times more likely to be broken into than homes with security systems. (Actual statistic ranges from 2.2 times to 3.1 times, depending on the value of the home.) Losses due to burglary average \$400 less in residences with security systems than homes without alarm systems.

Although no system makes your home completely burglar-proof, a

home security system can reduce your chances of being burglarized and give you some peace of mind. In 2010, the BBB received nearly 25,000 inquiries from customers asking about burglar alarm systems.

It's important to investigate the purchase of a home security system with the same care you would any major purchase. There are too many door-to-door salespeople selling home security systems out there that don't always have your best interest at heart.

The BBB advises consumers to do the following when looking to invest in a home security system:

- Choose a professional installer. The best home security system will accommodate your lifestyle and specific valuables you want protected. Carefully consider your security requirements and budget. You may also get recommendation from the insurance company that covers your home. Deal only with reputable firms and check out the company with the BBB first.
- Contact at least three companies before selecting an installer. Find out if they are properly licensed in your state and if they screen employees before hiring. Make sure to check with the ESA website,

<http://www.alarm.org/>, for a list of member companies throughout the United States who have agreed to abide by the National Code of Ethics.

• Ask about all charges up front. Prices for home security systems will vary, based on the level of protection and type of technology used, so be sure to compare apples-to-apples bids on similar systems. Do not forget to factor in the initial installation charge, as well as monthly monitoring charges. Also, talk to your insurance agent; some systems may qualify you for a discount on homeowner's premiums.

• Know the ins and outs of your contract. If your alarm system will be monitored, either by your installing company or by a third-party monitoring center, find out the length of the contract. Typically, monitoring contracts are between two to five years in length. What is your recourse if you are not satisfied with the services provided? Can you cancel the contract? What are your rights if your monitoring company is purchased or acquired by another alarm company? These are the types of questions you need to consider before you obligate yourself to a long-term contract.

• Insist that the installer "walk" you through your system until you fully understand how it works. This will prevent the most common problem: false alarms. False alarms are an indicator of the quality of the alarm installation and user education. Ask for a complete inspection of your property and an itemized written estimate. Review the sales contract closely to ensure you understand exactly what equipment and protection you will be provided.

For more home tips you can trust, visit www.bbb.org/us/bbb-news.

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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 caregivers. 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.

continued on page 10



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CALENDAR

from page 9

& 2nd Thurs., 7 p.m., Houston Health Pavilion EduCare Center. 4th Tues., 12 noon, Perry Hospital Cafeteria.

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.

- Free Blood Pressure Screenings and Education for Seniors: Aug. 10 at 8 a.m. – Centerville City Hall; Aug. 18 at 9 a.m. – Centerville City Hall; Aug. 23 at 8:30 a.m. – Wellston Center, Warner Robins; Aug. 12 at 10:30 a.m. – Rozar Park, Perry. Call 478-923-9771 for more information.

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: 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.

The Gospelaires Quartet Outreach Ministry

The Gospelaires 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.

continued on page 11

Change Your Water... ...Change Your Life!

Learn the **SECRET** to a healthier, more vibrant body at any age! Learn what Dr. Hiromi Shinya, Oncologist and Developer of the Colonoscopy, shares with his patients! Ask Dr. Dave Carpenter, one of the foremost authorities on the **Right Kind of Water to Drink**, questions that can help you learn the secret to a healthier body! Go to www.iLoveGoodWater.net. Or let me hear from you by sending your name and address to: I LOVE GOOD WATER, 5579 Chamblee Dunwoody Rd., Suite 403, Atlanta, GA 30338.

General Business Directory For Seniors

Baltic Park Apartments



860 Hightower Road, Macon
478-788-3514



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OR CSRA: 706.790.5350

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ANTIQUE & COLLECTIBLES

ANTIQUES & COLLECTIBLES

CALENDAR

from page 10

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
Call for concert series presentation.

MGRAACA Meeting
The M

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.middlefama.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 parents. 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 call-

ing 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.

Home Coming & Singing... Dinner Too!

Aug. 7, 11 a.m., Bethel Pentecostal Church, 6004A Hawkinsville Rd., Macon (Corner of Hwy. 247 and Allen Rd.). Old time Gospel & Bluegrass Gospel. Call 478-781-5054.

Call For Artists... Photography Exhibit

The Middle Georgia Art Association's Annual Photography Exhibit – Parallel – will run Aug. 19-Sept. 10. A judged show, it is open to all photographers in the Middle Georgia area, members and non-members. Deadline for entries is Tues., Aug. 16, 5 p.m. For details call 478-744-9557 or visit www.middlegeorgiaart.org.

General Business Directory For Seniors

Vineville Christian Towers

An Apartment Home for Senior Citizens

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FREE PRESCRIPTION DELIVERY

THE DOCTOR'S IN THE HOUSE!

Dr. Mary Bell Vaughn will speak at Flint River MCC on Tuesday, August 16 at 6:30pm. After speaking on "Healthy Aging" she will answer your questions. Don't miss this chance to speak with her and to see Flint River Memory Care Community.

**250 Water Tower Court – Macon, GA 31210
For Info Call 478-471-9433**

BUSINESS CARD SECTION

For Advertising Information Call

David VonAlmen at 478-213-5986

Cindy Arnold at 478-972-2821

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