

Senior News

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*James Collins...
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Story on page 6



July 2012
Vol. 26, No. 7

Taking Care

A common but under-diagnosed disease

by LISA M. PETSCHÉ

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

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

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

A metabolic, multi-system disease, HH causes the body to absorb and retain too much dietary iron. Since there is no regular mechanism for eliminating iron from the body, the excess iron is stored in tissues and can cause damage in many areas, including joints, the heart, brain, liver, pancreas and endocrine glands. "The speed at which iron builds up and the severity of the symptoms vary from person to person," says the CDC, and "many people do not have any early symptoms." Typically, by the time they are diagnosed, if they are ever properly diagnosed, they have sustained irreversible damage.

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

with the disease.

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

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

In her journey through the healthcare system, Lorraine discovered that most healthcare professionals know little if anything about HH. (Up until recently, medical students were taught that the disorder is rare.) And the vast majority of lay people

have never heard of it. She had to do her own research, and eventually found valuable books, research articles and other materials through the Hemochromatosis Society (for information, call their toll-free line at 1-888-655-IRON (4766) or go to the website at www.americanhs.org).

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

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

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



Lisa Petsche

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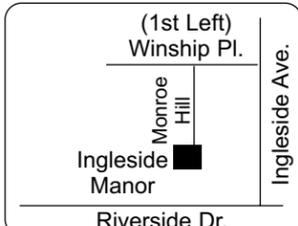
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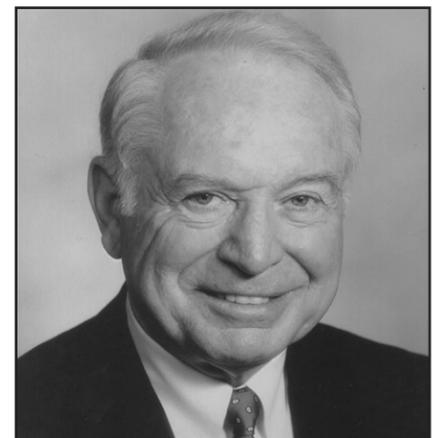
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Jack Steed, Past President of the Rotary Club of Centerville, named "Hero Among Us" at Rotary District 6920 Conference

Special to Senior News

During its annual conference in Savannah, Georgia, Rotary District 6920, encompassing 65 clubs, presented Jack Steed of the Rotary Club of Centerville as a "Hero Among Us" from Rotary International. The "Heroes Among Us" award is given to those whose leadership and service make the world a better place.



Jack Steed

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Woody Allen

Macon has been all dressed up for the movie, "42" the story of Jackie Robinson who was the first black to break the color barrier in professional baseball. Harrison Ford plays the lead role of Branch Rickey the innovation front office man of the Brooklyn Dodgers. It was Ricky who had the fortitude to bring Jackie Robinson into the all-white world of professional baseball.

Parts of Macon were chosen and were revamped with the magic of the Hollywood set directors to resemble the 1940's. At Central City Park, the old treasure, Luther Williams Field was chosen as the setting for many of the baseball scenes. If you missed seeing Harrison Ford, too bad as he left the city on Friday night the 15th... sorry girls.

Here's hoping you picked up your *Senior News* or some other paper, or heard it on television, just so you don't miss the great 4th of July Show at McConnell-Talbert Stadium on Monday, July 2nd in Warner Robins featuring Country recording artist; Josh Turner and the ever popular Air Force Reserve Band. This is the star-spangled celebration of Independence Day-1776 with all the fanfare and spectacular fireworks unsurpassed by no one in the area.

The Wesleyan Market continues from 9:00 AM -1:00 PM. The next one is Saturday, July 14th at the College, 4760 Forsyth Road. You will find lovely grown and produced products for sale plus music to entertain you. It is FREE and you may call 757-5233 if you have any interest in presenting home-grown produce and home-made arts and crafts of your own!

On August 4th at the Coliseum , 2000 Coliseum Drive, Fresh Music Festival with Keith Sweat at 8:00 PM. Tickets are \$45.00-\$70.00 per

person. Call 751-9232 for information.

The FREE Forsyth Summer on the Square Concerts continues with the August 11 concert featuring the Carolina Soul Band. Members of this group played and performed with Bill Pinkney's Original Drifters. This is a great venue setting on the courthouse square in Forsyth. We have been there and enjoyed this well-planned event. The pre-concert music starts at 7:00 PM, followed at 8:00 PM by the Carolina Soul Band.

Another day/night trip you may choose is a visit to Atlanta's Fox Theater, 660 Peachtree St, N.E., Atlanta to see Ringo Starr on July 6th at 8:00 PM. Call 404-881-2100 for details.

We've heard of a large group from Fort Valley and Byron who will be attending the Beach Music Festival on Jekyll Island in August. Dr. Dodd and yours truly got in the middle of one of these events at Myrtle Beach years ago and I have never had so much fun. That's a real

lively and friendly group of folks, those... shaggers.

Speaking of the shag, the Macon Shag Club meets every Thursday night at Jock's & Jill's Sports Grill, 4680 Sheraton Drive, Macon. The fun begins at 6:45 PM. Come on out and learn the "legendary dance of the South!" For details call 960-3450.

The trouble with class reunions is that old flames have become even older.

Doug Larson

Compete in the 30th Annual Georgia Golden Olympics

Submitted by **Mary Ealer**

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

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

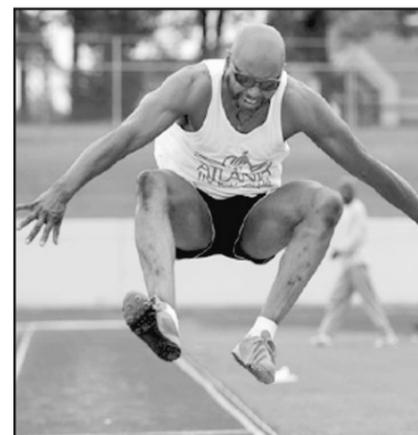
The Georgia Golden Olympics is a qualifying site for the National Senior Games Association. The 2012 event is the qualifying event in Georgia for the 2013 National Games to be held in Cleveland, Ohio in July 2013. Over 400 athletes qualified for the National games in 2011 held in the Houston, Texas.

The purpose of the games is to create an awareness of the abilities of older adults, to maintain and improve health and wellness, and to

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

For more information call Warner Robins Senior Center at 478-293-1066 or the Georgia Golden

Olympics office at 770-867-3603; or visit www.georgiagoldenolympics.org.





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What are Fair Debt Collection Practices?

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

Debt collectors face unique challenges that can tempt some in the business to engage in illegal behavior. If you believe that a debt collector is hounding or threatening you, it may be time to review your legal rights.

The Fair Debt Collection Practices Act requires that debt collectors treat those who have failed to repay their creditors in a fair manner. It prohibits abusive debt collection practices. For a complete listing of your rights as a debtor, visit the Federal Trade Commission Web site at www.ftc.gov.

The following debt collection practices are among those that are prohibited.

Debt collectors may NOT:

- Harass, oppress or abuse you or any third parties they contact.
- Use threats of harm.
- Publish a list of consumers who refuse to pay their debts.
- Use obscene language.
- Repeatedly use the telephone to annoy someone.
- Take or threaten to take your prop-

erty unless this can be done legally.

They are also restricted in the statements they can make to debtors.

Debt collectors may NOT tell you that:

- You will be arrested if you do not pay your debt.
- They will seize, garnish, attach or sell your property or wages, unless the collection agency or creditor intends to do so and it is legal to do so.
- They will take actions, such as a lawsuit, against you, when such action legally may not be taken, or when they do not intend to do so.

Finally, debt collectors may NOT:

- Give false credit information about you to anyone.
- Send you anything that looks like an official document from a court or government agency when it is not.
- Use a false name.

A debt collector is permitted to contact you in person, by mail, phone, or fax. However, he or she may not contact you at inconvenient times or places (such as before 8 a.m. or after 9 p.m., unless you agree). And, they may not contact your place of work if the

collector knows that your employer disapproves of such contacts.

Make your wishes known in writing and always ensure that any agreements or promises are provided to you in writing. The best way to avoid debt collectors is to pay your bills on time and if you see that you are going to fall behind, be proactive and contact your creditors ahead of time to make alternative arrangements.

You can report any problems you have with a debt collector to the FTC at www.ftc.gov or 1-877-FTC-HELP (382-4357). You may also file a complaint with your Better Business Bureau at www.bbb.org.

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

Spiritual Notes

Precious Memories

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

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

Recently, my wife, her sister and

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

"Precious memories, how they linger, how they ever flood my soul"

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

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

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

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

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Poets' Corner

A POEM ABOUT WWII
by Norman A. Minton
(circa 1946)

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

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

*Might way, king of all beast!
Do you remember the screams of
agony and pain of the helpless
weak?
They did not invite you, no they
sought happiness and peace,
But upon them, who wee innocent
and guiltless, the most cruel of all
beast, you did creep.
Yes, they were made to suffer the*

*horrors of the evil seed that you
were sowing
When they were caught up in your
mighty hands of death.
It was the harvest of your folly
That from the innocent was taken
their last breath.*

*Might war, king of all beast!
From many a mother a son was
taken
And from many a wife a husband,
and from many a child a father,
And while gone from their presence
to fight your battles, their peace
and happiness were shaken.
Those who endured the battles and
survived
Are returning to their loved ones to
begin life where they left off.
But they who were not so fortunate
Received at the head of their graves
for their reward a small white
cross.*

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

Publisher's Note: This poem is submitted and shared by Cathy Minton, Dr. Minton's daughter. Dr. Minton was born in 1924 in Spring Garden,

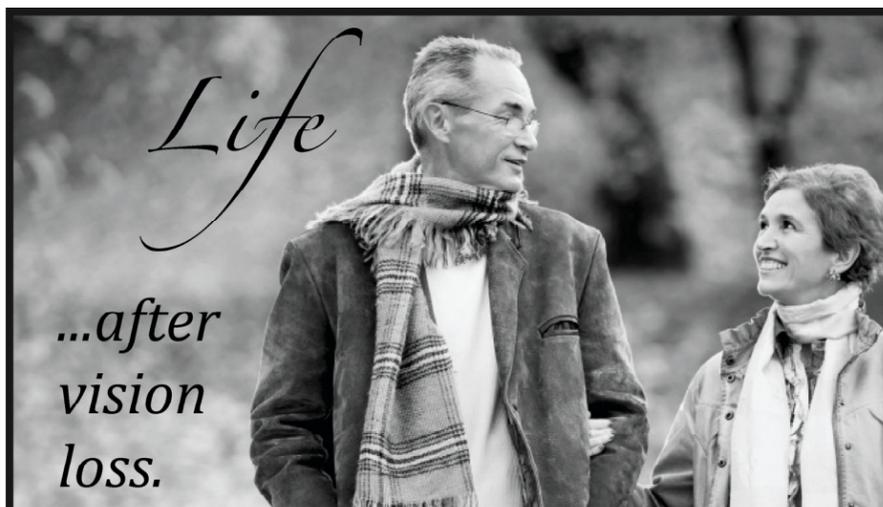
Alabama. After having served in the European Theatre during WWII, he was then reassigned to serve in Japan. After arriving in Japan, he and his buddies were ordered to "pile onto trucks" and go to Hiroshima to see the horrible devastation caused

by the atomic bomb which had been dropped there. The young men were horrified by the scene they saw. This poem of his thoughts about war was written around 1946 and is the only known poem ever written by Dr. Minton.



**WWII Veteran
Norman A. Minton, PhD.**

Dr. Minton was born in October 1924 in Spring Garden, Alabama. He fulfilled his career as a Research Nematologist... the belt buckle worn symbolizing the 20th Anniversary of the Society of Nematologists. He holds a WWII photo of himself dressed in his Army uniform and the original parchment paper upon which he wrote this poem.



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On the Cover

James Collins... physically fit and on the go!

by JANE WINSTON

ON THE COVER

James Collins relaxing and also getting ready for some hoops

James Collins of Perry, Georgia has no television, no cell phone, nor subscription to a newspaper. But, what James Collins does have is good health (takes no meds) a lean, wiry body, stamina and the desire to, at 76, remain physically active!

He is in bed nightly at 8:30 p.m. and up daily at 3:00 a.m. His early day begins with a bowl of Cheerios, a

banana, something sweet, and a cup of coffee. At 5:00 a.m. he meets up with his running buddy of 20.5 years, Teresa Sowell... and sometimes others... and together they run, not as far as when he was younger, but... at a minimum... five miles. Run accomplished; it is back home for a second breakfast consisting of whatever he happens to have in his refrigerator and cupboard. Typically, he now spends some time at this computer prior to taking off on the middle portion of his day which is "shooting hoops."

At 10:00 Tuesday and Thursday, and 11:00 Monday, Wednesday, Friday, he meets up with his buddy Don

Thompson who is 80 years young... and sometimes others... at Rozar Park gymnasium. In good weather he rides his bike to and from, but in inclement weather, he drives his big, red, Dodge Ram truck! They play basketball for... at a minimum... one hour. And this with the express purpose of keeping their game honed as James and Don are on a 75-80 year old Golden Olympic basketball team.

They compete each September in the local Golden Olympics and often advance to the Nationals. The competition is half-court three-on-three. There are only four on their team, and they seldom play against men their own age as there are so few teams with gents over 75. So, in order to participate, they drop down and compete with the young guys, 70-75. They occasionally win, feel they do hold their own, and seldom lose by a wide margin. Both men feel their games are better now than ever in their lives. Don reported that James is a consistent three-point shooter, and James said, with his happy face and devilish grin, that he and Don can, "...ring it pretty good; we are both really good for our ages."

Home again, more to eat, more computer time and then off on the third portion of his day, bicycling! No day is the same as the day before. Regardless of where his 27-inch Shogun road bike takes him, you can be sure it will include... at a minimum... eight miles. And, naturally, with all this physical exercise in one day, it seems reasonable that by 8:30 p.m., with no TV to watch or newspaper to read, he is ready to turn in for the night.

This incredibly healthy, kind-hearted, active gentleman was born between Abbeville and Rochelle on a farm. He graduated from Abbeville High School, enlisted in the Air Force, got a degree from Georgia Southern, and rejoined the Air Force as an officer. He taught for three years at what is now Morningside Elementary and retired from PPG Glass in 1999. James married at 29 and has two sons and five grandsons.

James, we at *Senior News* encourage you to keep running, dribbling, shooting, and peddling!



James Collins and Don Thompson going one-on-one



James Collins with running buddies Teresa Sowell and Gary Harmon



James crosses the finish line

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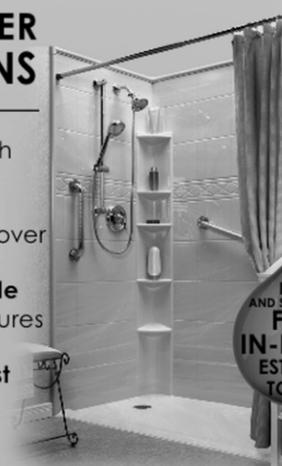
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Do not take NovoLog® Mix 70/30 if your blood sugar is too low (hypoglycemia) or if you are allergic to any of the ingredients in NovoLog® Mix 70/30. If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia).

NovoLog® Mix 70/30 starts acting fast. If you have type 1 diabetes, inject it up to 15 minutes before you eat a meal. If you have type 2 diabetes, you may inject NovoLog® Mix 70/30 up to 15 minutes before or after starting your meal.

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

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

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

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

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

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

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

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

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

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

Please see Brief Summary of Prescribing Information on adjacent page.

†For patients with type 2 diabetes.

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

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NovoLog® Mix 70/30

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

Patient Information

NovoLog® Mix 70/30

(NŌ-vŏ-log-MIX-SEV-en-tee-THIR-tee)

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

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

What is NovoLog® Mix 70/30?

NovoLog® Mix 70/30 is a man-made insulin that is used to control high blood sugar in adults with diabetes mellitus.

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

Who should not use NovoLog® Mix 70/30?

Do not take NovoLog® Mix 70/30 if:

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

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

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

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

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

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

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

How should I take NovoLog® Mix 70/30?

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

- **Inject NovoLog® Mix 70/30 under the skin (subcutaneously) of your stomach area, upper arms, buttocks or upper legs.** NovoLog® Mix 70/30 may affect your blood sugar levels faster if you inject it under the skin of your stomach area. Never inject NovoLog® Mix 70/30 into a vein or into a muscle.
- **Change (rotate) injection sites** within the area you choose with each dose. **Do not** inject into the exact same spot for each injection.
- **Read the instructions for use that come with your NovoLog® Mix 70/30.** Talk to your healthcare provider if you have any questions. Your healthcare provider should show you how to inject NovoLog® Mix 70/30 before you start using it.
- NovoLog® Mix 70/30 comes in:
 - 10 mL vials for use with a syringe
 - 3 mL NovoLog® Mix 70/30 FlexPen®
- **If you take too much NovoLog® Mix 70/30, your blood sugar may fall too low (hypoglycemia).** You can treat mild low blood sugar (hypoglycemia) by drinking or eating something sugary right away (fruit juice, sugar candies, or glucose tablets). It is important to treat low blood sugar (hypoglycemia) right away because it could get worse and you could pass out (loss of consciousness).
- **If you forget to take your dose of NovoLog® Mix 70/30, your blood sugar may go too high (hyperglycemia).** If high blood sugar (hyperglycemia) is not treated it can lead to serious problems, like passing out (loss of consciousness), coma or even death. Follow your healthcare provider's instructions for treating high blood sugar. Know your symptoms of high blood sugar which may include:
 - increased thirst
 - frequent urination
 - loss of appetite
 - high amounts of sugar and ketones in your urine
 - nausea, vomiting (throwing up) or stomach pain
- Do not share needles, insulin pens or syringes with others.
- **Check your blood sugar levels.** Ask your healthcare provider what your blood sugars should be and when you should check your blood sugar levels.

Your insulin dosage may need to change because of:

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

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

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

- **Alcohol.** Drinking alcohol may affect your blood sugar when you take NovoLog® Mix 70/30.
- **Driving and operating machinery.** You may have trouble paying attention or reacting if you have low blood sugar (hypoglycemia). Be careful when you drive a car or operate machinery. Ask your healthcare provider if it is alright for you to drive if you often have:
 - low blood sugar
 - decreased or no warning signs of low blood sugar

What are the possible side effects of NovoLog® Mix 70/30?

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

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

Very low blood sugar can cause you to pass out (loss of consciousness), seizures, and death. Talk to your healthcare provider about how to tell if you have low blood sugar and what to do if this happens while taking NovoLog® Mix 70/30. Know your symptoms of low blood sugar. Follow your healthcare provider's instructions for treating low blood sugar.

Talk to your healthcare provider if low blood sugar is a problem for you. Your dose of NovoLog® Mix 70/30 may need to be changed.

- **Low potassium in your blood (hypokalemia)**
- **Reactions at the injection site (local allergic reaction).** You may get redness, swelling, and itching at the injection site. If you keep having skin reactions or they are serious talk to your healthcare provider.
- **Serious allergic reaction (whole body reaction). Get medical help right away, if you have any of these symptoms of an allergic reaction:**
 - a rash over your whole body
 - have trouble breathing
 - a fast heartbeat
 - sweating
 - feel faint

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

- **Skin thickening or pits at the injection site (lipodystrophy).** Change (rotate) where you inject your insulin to help to prevent these skin changes from happening. Do not inject insulin into this type of skin.
- **Weight gain**
- **Swelling of your hands and feet**
- **Vision changes**

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

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

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

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

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

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

More detailed information is available upon request.

Available by prescription only.

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

Date of Issue: September 20, 2011

Version: 8

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

NovoLog® Mix 70/30 is covered by US Patent Nos. 5,547,930; 5,618,913; 5,834,422; 5,840,680; 5,866,538 and other patents pending.

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

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

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1011-00005201-1 October 2011



Museum of Arts and Sciences announces leadership transition... Susan Welsh selected as new Executive Director of nonprofit cultural institution

Special to Senior News

The Board of Directors of the Museum of Arts and Sciences is delighted to announce the recent appointment of Susan Torrance Welsh to be the next Executive Director of MAS. Welsh was selected, following a comprehensive international search, because of her professional experience and accomplishments, particularly in business development and management roles inside and outside of large institutions. Welsh will assume her duties as Executive Director on July 9, 2012.

Tom Wight, President of the Board, said, "We announce Susan Welsh as the Museum's new Executive Directive with great enthusiasm. She brings a unique combination of community involvement and professional leadership, as well as experience across educational and non-profit sectors, that will benefit the Museum, its programs, and the community it serves."

"The Museum of Arts and Sciences is one of our state's finest cultural assets and makes a serious contribution to the economic development and success of this community," stated Welsh. "Thanks to an inspired history and a powerful educational mission, the Museum is well supported by a diverse network of volunteers and philanthropic partners, plus a team of dedicated professionals on staff. I am confident that together we will lead the Museum into a new and exciting phase of innovation and growth."

Susan Welsh comes to the Museum from Wesleyan College, where she served as Vice President of Institutional Advancement and provided leadership and strategic direction for the offices of development, alumnae relations, and marketing communications. In this role, she directed a major comprehensive campaign and the Annual Fund, among other fundraising programs. Prior to leading the division of Institutional Advancement, Welsh served as Wesleyan's Director of Communications and implemented numerous new communication and business strategies to advance the goals of the college.

A graduate of the University of Georgia, Welsh also studied studio art and art history at Wesleyan and has exhibited work

throughout the region. Complementing her passion for painting, Welsh also taught elementary school fine arts through private instruction and programs with the Bibb County Public Schools, MAS, and Mid Summer Macon. She served as the Artist-in-Residence at Sonny Carter Elementary in Macon, and also designed and installed a series of educational public murals in several local elementary schools.

Welsh will succeed Suzanne Jones Harper, retiring Executive Director, who served in the position from 2006 and in several other positions from 1984 to 2000. Harper's many accomplishments include spearheading the complete overhaul of the Museum's Mark Smith Planetarium, one of Georgia's premiere science attractions.

"Susan Welsh is the right person to lead the Museum of Arts and Sciences into the future," noted Suzanne Harper. "Her experience in building quality programs and engaging the community will ensure that the Museum is well positioned to fulfill its mission and enable the institution to continue as an invaluable resource for Central Georgians."

About the Museum of Arts and Sciences

"Discover The World-Explore The Universe" at the Museum of Arts and Sciences, the largest general purpose museum in Georgia and only cultural institution in the state dedicated to both art and science.

Founded in 1956 in the basement of the old Wesleyan Conservatory, the Museum's 55,000 square-foot facility, located on 14 acres on Forsyth Road in Macon, offers a wide variety of art and science exhibitions, full-

dome planetarium, Mini-Zoo with 70+ live animals, interactive Discovery House, beautiful nature trails, 200+ seat auditorium, Museum store, and much more. For more information, visit www.masmacon.org.

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Macon/Central Georgia CALENDAR

Coliseum Health System

"Medicare Made Easy" and "Advance Directives for Final Healthcare." For information call Consult-A-Nurse at 478-746-4646.

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

Cancer Life Center
Information and Reservations: 478-633-8537;

www.cancerlifecenter.org

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.

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

Centerville SeniorCare

Perry SeniorCare

TOPS Club, Inc.

Call 478-923-9771 for programs provided and additional information.

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

- Call 478-746-7050 for details.
- Bibb County**
- 2nd Tues., 3:30 p.m., Alzheimer's Association, 886 Mulberry St., Macon, 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, 478-746-7050
- Houston County**
- 2nd Thurs., 10 a.m., Antebellum Grove Assisted Living, 1010 Kathryn Ryals Rd., Warner Robins, 478-953-0706
 - 4th Thurs., 7 p.m., Peachbelt Rehab Center, 801 Elberta Rd., Warner Robins, 478-397-4669
 - 4th Tues., 7 p.m., Houston Health Care, Classroom #1, 1601 Watson Blvd., Warner Robins, 478-923-2532
- Bleckley County**

- 2nd Thurs., 6:30 p.m., Bleckley Memorial Hospital Conference Room, 142 Peacock St., Cochran, 478-308-0188

Lamar County

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

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, 478-275-4460
- 1st Thurs., 2 p.m., Carl Vinson VA Medical Center, 1826 Veterans Blvd., Dublin, 12-A Family Room, 478-272-1210, ext. 2328

Monroe County

- 1st Thurs., 6 p.m., Monroe County Hospital Dining Hall Downstairs, 88 Martin Luther King, Jr., Dr., Forsyth, 478-747-8754

Putnam County

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

Upson County

- Last Thurs., 7 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, 1-866-453-5550

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 continued on page 11

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General Business Directory For Seniors

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- Housekeeping & Laundry
- Errands & Appointments

CALENDAR

from page 10

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. Jeanine Frey, President, 478-922-5489.
- 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. Melanie Lewis, Program Director, 478-293-1066.

• Warner Robins Senior Citizens Social Club: 2nd and 4th Tuesday of each month. Helen Daly, President, 478-956-0214. Melanie Lewis, 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 Stacy Colbert, Site Manager, at 478-923-0229.

• AARP Mature Driving Classes: For more information call 478-293-1066.

The Gospelaire Quartet Outreach Ministry

The Gospelaire 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.

Theatre Macon

438 Cherry Street, Macon
478-746-9485

• *Anything Goes*: Through July 14

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

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 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 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.

Heart of Georgia Chapter 2 Blue Star Mothers of America

The Blue Star Mothers of America, Heart of Georgia Chapter 2, meets the first Monday each month at 7:30 p.m. at Coldwell Banker's SSK Realtors located at 470 S. Houston Lake Road, Warner Robins. For additional information contact PJ Johnson at 478-284-6905 or email: chiefstrib@cox.net.

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Woody Moore... 75+ year old racecar driver from Dooly County

by CLAIRE HOUSER DODD

We are privileged to meet lots of interesting people in life and in work. One such person, of late, is Woody Moore whom we met at the Old Byron Racetrack on Highway 41 at the Jeff Smith Chevrolet 2nd Annual Middle Georgia Racers Reunion Festival on May 19th. This is the historical Middle Georgia Racetrack that was one of the best in its day, and Woody was one of the first stock car racers on the track, Number 12 on his blue '55 Chevrolet 2-door personal car.

Other than that, he drove for other people, i.e., Red Ball Household Moving Co. of Warner Robins in a '55 Chevy too. He also drove for a couple of individuals. One was Mr. Tommy

Meadows of Albany, GA in 1958 and 1959. Woody drove a DeSoto that never lost a race. He drove it eight times to victory lane and believes this was the first time a DeSoto was ever run in a professional race. Most racecars of that era were either Fords or Chevrolets.

Woody had lots of one nighters all over several states besides Georgia... Alabama, Florida, and South Carolina. The Daytona Speedway in 2008 invited him down to drive his '55 Chevy #12. Which he did. Just one more exciting event for Mr. Moore.

He also has a 1937 Ford, 85 horsepower truck, but is afraid 60 of those horses are dead. Whatever, it is a quiet, smooth sounding engine! Nevertheless, that hasn't stopped it from being used in movies. One in which Kenny Rodgers used it as a duplicate, already having one of his own. However, Kenny's had a strut missing on the chrome grill - other than that, they were identical. Woody's truck bed is comprised of strips of wood as tall as the cab and it is full of freshly picked cotton which evokes the long ago times when Cotton was King.

Another point of pride is a 1934 Ford car he bought in 1958 for \$35.00 He boasted, "If you had one of these cars, you owned Georgia."

Cars are not Woody's only interest. He's a horse-



Woody Moore with replica of #12 Race Car



Woody Moore racing in #12... in the 50s!

be living in Hawkinsville... the harness racing capital.

One day he'll never forget was April 5, 2005 when he drove his harness buggy horse in a race at three o'clock in the afternoon, won that race, and then went on to drive a '37 Chevy that night on a dirt track and by 9 o'clock had won that race. Two races of quite a different nature; won in one day... quite a record, and certainly something to be proud of. The one thing that both had in common was SPEED. In a note, Woody stated, "I never thought the pastime of bootleggers chillen' would be in the number

one spot in sports."

How did the Moores get down to Dooly County? By covered wagon in 1907. His grandfather drove his horses from Cowetta County and started the family dynasty. And what does Woody do in his spare time now that racing is not out of his blood, but not so much on his mind these days? Well, when we talked to him on the phone the other day, he was busy with paperwork for his rental properties and directing workers at his farm. Congratulations to a courageous self-made man who has wonderful memories and great stories. We foresee many more to come!

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