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piece-by-piece.
SEE PAGE 32

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FEATURES,
EVENTS,
AND MUCH MORE!**

2012 Winter Edition



**Dr. Orlando Fernando -
aka Dr. Orly**

Dr. Orly completed his Residency in Internal Medicine at Memorial Medical Center in Savannah, GA. Dr. Orly joined the Medical Staff of Appling HealthCare System in 1998. He is a Diplomat of American Board of Internal Medicine. He emphasizes in Preventive Health Care for Adult Patients.

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WHAT'S INSIDE THIS ISSUE?

ON THE COVER

Vidalian Marlyn Thompson creates works of art piece-by-piece. From bowls to moveable antique cars, his creations can be admired by folks of all ages.



PAGE 32

FEATURES

- The Hearing Aid Man - **Page 6**
- 200 Wins In Two Sports - **Page 13**
- Baxley's Citizen of the Year - **Page 27**
- Jack of all Trades - **Page 37**
- Living History Day by Day - **Page 51**

A note from the editor....

It's a new year. What resolutions did you make to start 2012? Are you keeping them? One of my top resolutions is to continue to improve and build upon what has become a popular publication in southeast Georgia . . . Mature Living. The response we continue to receive from you, our readers, is tremendous and I appreciate the telephone calls and emails.

This Winter Edition is loaded with information. Find informative articles from experts, unique and interesting feature articles about our neighbors, or make plans to attend an event listed or advertised in this issue.

Speaking of advertising . . . Thank you to our wonderful advertisers for supporting this publication. We could not do this without you. If you would like information about advertising in Mature Living, give us a call at the numbers listed on the left.

Once again, thanks for your continued support and we will see you again in the Spring.

-Jamie Gardner

Important Information on Hypertension

By Orlando V. Fernando, MD
Diplomat, American Board of Internal Medicine

High Blood Pressure (Hypertension) is probably the most important public health problem in developed countries. It is common, asymptomatic,



ORLANDO V. FERNANDO

readily detectable, and usually easily treatable and often leads to lethal complications if left untreated. It is the most common contributor to heart disease leading to heart failure. It is easily aggravated by diet indiscretion, poor stress management and disrespect to healthy living.

The Joint National Committee on Prevention, Detection, Evaluation and

Treatment of High Blood Pressure (JNC 7 Edition), a nationwide group of medical experts that establish the evidence-based approach in the management of Hypertension, recommends a normal blood pressure of 120/80 mm Hg and a goal of 130/80 mm Hg for patients with diabetes and kidney disease. Combination medications are sometimes necessary to provide good control of blood pressure.

Approximately, 50 million Americans are diagnosed with hypertension. In consideration of possible complications associated with this, one can just imagine the amount in health-care dollars: from heart disease, stroke, kidney failure, hemodialysis, physical therapy, etcetera. These risks are directly proportional to increasing life expectancy.

The saying, an ounce of prevention is worth a

pound of cure, holds true in this situation. Being conscious of what is healthy should be incorporated in our daily lives. Limiting salt consumption, avoiding

some instances, medications are necessary. At this point, the American Board of Internal Medicine recommends seeing an Internal Medicine Specialist to



excessive alcohol intake, and quitting smoking, better stress management, and moderately intense exercise for about 20 minutes on most days of the week are the current recommendations to prevent and treat hypertension. However, in

treat and prevent complications of Hypertension.

Get your Blood Pressure checked today at Appling Medical Group. 755 South Main Street, Baxley Ga, 31513. We are taking new patients, call 367-0102.

When's the last time you had your blood pressure checked?

JIM MILLER'S **THE SAVVY SENIOR**

2011 Tax Filing Requirements for Seniors

Dear Savvy Senior,

What are the 2011 IRS income tax filing requirements for seniors? I had to file and pay federal income taxes last year, but

my income dropped and I'm wondering if I'm exempt this year.

Recently Retired



Dear Retired,

According to the Tax Policy Center, 56 percent of retirees will not have to file or pay federal income taxes this year mainly because their incomes are under the IRS filing threshold. Here's a breakdown of the 2011 filing requirements along with a few other tax tips to help you determine if you need to file.

IRS Requirements

If your gross income is below the IRS filing limits, you probably won't have to file a federal tax return this year. Gross income includes all the income you receive that is not exempt from tax, not including Social Security benefits, unless you are married and filing separately. You probably don't have to file this year if:

- * You are single and your 2011 gross income was less than \$9,500 (\$10,950 if you're 65 or older).

- * You are married filing

jointly and your gross income was under \$19,000. If you or your spouse is 65 or older, the limit increases to \$20,150. And if you're both over 65, your income must be under \$21,300 to not file.

- * You are head of household and your gross income was below \$12,200 (\$13,650 if age 65 or older).

- * You are married filing separately and your income was less than \$3,700.

- * You are a qualifying widow(er) with a dependent child and your gross income was less than \$15,300 (\$16,450 if age 65 or older).

Special Situations

You also need to be aware that there are some special financial situations that require you to file a tax return, even if your gross income falls below the IRS filing requirement. For example, if you had net earnings from self-employment in 2011 of \$400 or more,

or if you owe any special taxes to the IRS such as alternative minimum tax or IRA tax penalties, you'll probably need to file.

To figure this out, the IRS offers a page on their website called "Do You Need to File a Federal Income Tax Return?" that includes a list of financial situations and a series of questions that will help you determine if you're required to file, or if you should file (if you're due a refund). You can access this page at www.doyouneed2file.info, or you can get help over the phone by calling the IRS helpline at 800-829-1040.

Check Your State

Even if you're not required to file a federal tax return this year, it doesn't necessarily mean you're also excused from filing state income taxes. Check on that with your state tax agency before concluding you're entirely in the clear. For links to state and local

tax agencies see [taxadmin.org](#) – click on "Links."

Tax Help

If you do need to file a tax return this year, you can get help through the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TEC provides free tax preparation and counseling to middle and low income taxpayers, age 60 and older. Call 800-829-1040 to locate a service near you.

Also check with AARP, a participant in the TCE program that provides free tax preparation at around 6,100 sites nationwide. To locate an AARP Tax-Aide site call 888-227-7669 or visit aarp.org/findtaxhelp.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

The Hearing Aid Man

Wayne Murphy and I agreed to meet at the Appling County Library for an interview for this article. I arrived and stood chatting with the librarian for several minutes before I began to worry. Maybe he'd had some trouble. I had, after all, forgotten to give him my cell phone number, so he couldn't call me. I reached for my cell phone to call home to check my messages when the librarian asked me, "You're not waiting for the hearing aid man, are you? He's sitting way back there in the corner."

I was indeed waiting for the hearing aid man, and before her description, I didn't know how well that moniker described him. Becoming the hearing aid man seems to have been pre-ordained for Wayne Murphy.

Wayne grew up in Hazlehurst, Georgia, and has lived there all his life except for a short stint in the United States Air Force. A 1971 graduate of Jeff Davis High School, he took some college classes at night while he worked by day to pay for his car. When it was paid off, he enlisted in the air force and served four years—two in Germany and nearly two at Eglin Air Force Base in Fort Walton Beach, Florida. In December, 1977, he returned home and married his hometown sweetheart, Sheila Thompson. They've been married ever since, and she's his other half in the hearing aid business, as well as at home. She keeps the books for all four offices.

After he finished his enlistment in the air force, Wayne worked for the railroad for a couple of years until the bad economy forced major lay-offs.

six months, but he soon realized that was not the career for him. The hearing aid opportunity came about inadvertently.

Wayne's father, Jack Murphy, had



THE HEARING AID MAN WAYNE MURPHY AND HIS WIFE SHEILA.

Wayne was one of those laid off. He then worked with Franklin Financial for

open heart surgery in 1983. Jack had purchased a hearing aid in 1979 while



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Wayne for 17 years. After much experience and training, Wayne became a Board Certified Hearing Aid Audio Prosthologist. When Beltone sold out to a European company in 1999, Wayne and 20 other representatives met with Audibel, an American company under the parent company Starkey. Eighteen

tone for 17 years. After much experience and training, Wayne became a Board Certified Hearing Aid Audio Prosthologist. When Beltone sold out to a European company in 1999, Wayne and 20 other representatives met with Audibel, an American company under the parent company Starkey. Eighteen

of them signed up with the American company. Since then Wayne has opened four offices in Valdosta, Tifton, Douglas, and Waycross.

Wayne earns his living selling hearing aids, but he is passionate about hearing and about educating people.

“Hearing loss is so gradual that most people don’t even

realize they have a serious problem until we do tests,” Wayne said. “Of all our 5 senses, hearing is the easiest to damage. Loud music, machinery, even household noises like vacuum cleaners and mixers can damage the ear.”

Recently Wayne worked with a 45-year-old man who

“At first the man thought I was teasing when I told him I was interested in his business,” Wayne said, “but I convinced him that I was serious.”

The next Thursday Wayne drove to Waycross to meet the boss’s nephew from Jacksonville, Florida. Wayne then went to Jacksonville on Monday to meet the boss in person. After lunch and chatting for a while, he offered Wayne a job on one condition—that he shave.

“Well, if I have to shave,” Wayne replied, “I don’t want the job. I made myself a promise in the military. If I ever shaved again, it would be because I wanted to, not because my job required it. So no, thank you.”

On March 5, 1985, they hired him anyway, and a bearded Wayne worked for Bel-



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has done an inordinate amount of shooting in his lifetime and has also worked constantly with heavy equipment. He had no idea how bad his hearing had gotten. The test was quite an ear opener for him, literally.

More than 31 million people in the United States have correctable hearing damage; only 18 per cent of that number has done anything about it. Three kinds of hearing loss exist: conductive, sensorineural, and a mixture of the two. Conductive can sometimes be corrected with surgery and medication. Sensorineural is caused by nerve damage and cannot be corrected, but can be enhanced with the help of a hearing aid. Furthermore, if the auditory nerve is damaged, it may not be able to send the electrical impulses to the brain. The brain may not be able to understand or process the type of sound it receives.

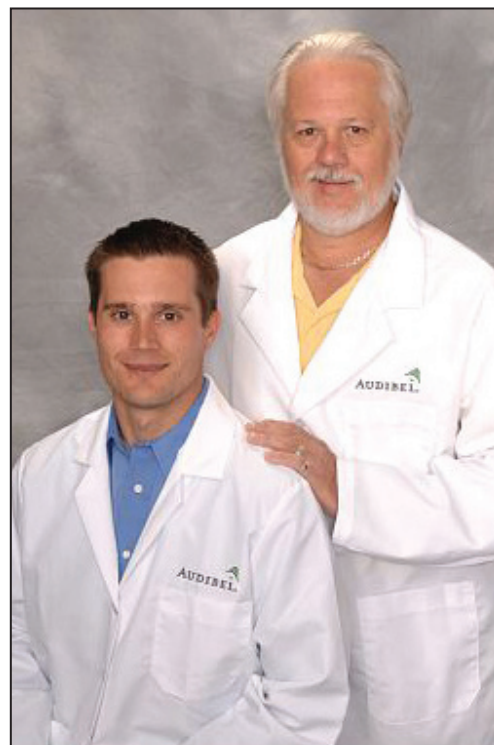
Hearing loss can be caused by tumors, chronic ear infections, nonfunctional Eustachian tubes, head injuries, nerve damage, genetics, and holes in the ear drums, among other things.

Most hearing loss involves high-frequency sounds, which are needed for understanding conversation, but the lower-frequency sounds are easier to hear.

Sometimes damage to the ear drum can be surgically corrected if the conditions are right. Wayne told me the following horror story that scares me again every time I think of it.

A lady we'll call Joanie was standing in the bathroom cleaning her ears with a q-tip when her husband came in the room. He didn't know she was there, and when he pushed the door, it hit her elbow and pushed the q-tip all the way through her ear drum. So much damage was done that it couldn't be repaired. The story does have a happy ending though. A hearing aid was able to help her hear again.

In yet another situation, a 65-year-old lady came in to check out her hearing, bringing her entire family for support. Something had to be done, and they were exploring every possibility. They really thought she was suffering from dementia. The doctor she had



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consulted back in the '80s told her that there was no help for her. She'd just have to learn to read lips. When the family discovered that she could be helped by a hearing aid, they wept tears of joy. The entire family was crying because even with her 70 decibel loss, she could hear again after all those years of miscommunication or no communication at all.

Hearing aids cannot accomplish miracles, but sometimes people expect them to. However, if you've suffered significant hearing loss and can suddenly hear better, that's pretty close. Technology continues to improve hearing devices, too. Many of today's hearing aids have computer chips inside them and are so tiny they fit right down in the ear canal. Unfortunately, they

still can't fix everything.

Everyone in Hazlehurst knows Wayne as the hearing aid man and they don't hesitate to call him at any hour they need him—Sunday afternoon, 9:00 p.m. on a week night, etc. One Sunday afternoon, he got a call from a frantic daughter. Her father was visiting her from out of state and his hearing aid had stopped working entirely. They were desperate. Fortunately, Wayne was able to repair it, even though it wasn't the brand he sells. I don't know if Wayne has a cape like Superman or not, but he saved the man from a weekend of silence. He was even able to eliminate another problem while he was working on it. The man told him it always sounded as if he were in a barrel. With a simple venting technique, Wayne had him



WAYNE SHEILA AND TABOOT, THE DEAF CAT.

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hearing much better in just a few minutes. The fact that there was no charge was a bonus.

Wayne is interested in educating the public about hearing and spends a generous amount of time talking to various clubs and groups. He was involved with the Jaycees until the club folded and the Exchange Club until his hours started to interfere.

In November, 2011, Wayne and Sheila Murphy were elected to the Audibel Hall of Fame with 10 other couples. In June of the same year, the Hearing Aid Journal nominated dealers from all over the country as the best service-oriented organizations. In the Southeastern region, Wayne's Douglas office was one of only two recognized in the whole state of Georgia. They do about as much out in the field as they do in the office. Wayne travels to Hazlehurst, Fitzgerald, and Baxley once a month to service hearing aids free of charge. He doesn't limit his service to the ones he sells; he works on all of them. He's at the Learning Center in Baxley on the 4th Tuesday of

every month from 9:00 a.m.-12:00 p.m. He's in Fitzgerald on the 2nd Tuesday at the Senior Citizen Complex during the same hours, and the 1st Tuesday he can be found in Hazlehurst at Amazing Grace Baptist Church from 9:00 to 12:00. Afternoons he does hearing tests, also without charge. His new website is enjoybetterhearing.com.

Annually, Starkey Hearing Foundation sponsors a gala to fund their "So the world may hear" project (sotheworldmayhear.com). Wayne and Sheila have attended and rubbed shoulders with the big names there. This projects raises money to provide hearing aids for deaf children in third world countries. The various technicians then travel at their own expense on missions to these countries and do hearing tests and fit hearing aids. Wayne and Sheila found assisting on a mission trip to be quite gratifying.

Ironically, the Murphys have a deaf cat named Taboot. She is solid white with one blue eye and one gray one. Unfortunately, Wayne has no hearing aids for cats, but she doesn't seem to mind

as she chases her own shadow about the room. She's the pampered queen of the household.

Jason, Wayne and Sheila's only child entered the family business after he graduated from the University of Georgia. Actually, he grew up in the business. He handles the Valdosta and Tifton offices and has opened one office of his own. Jason's wife Heather is a pharmacist.

Wayne tells me, "There are many unscrupulous people out there selling all kinds of hearing devices that don't work. People need to know to watch out for them and to go to a reputable place."

Wayne's best advice to all of us is to not let a hearing problem linger. Procrastination is dangerous. Have it checked out now so you can save whatever you have left. Educate yourself. After all, our normal hearing apparatus is about the size of an aspirin and very delicate. We need to do everything in our power to make it last a lifetime. ¶

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Hearing helper? Help loved ones deal with hearing loss—the right way

(ARA) Does someone you love often ask you to repeat what you're saying? If so, you may not be doing your loved one a favor by repeating what you just said.

Helping a loved one who isn't willing to help himself is one of the most painful challenges a family can face. And helping a family member deal with hearing loss is no exception. Sadly, denial - when someone will not acknowledge hearing loss - poses the most significant barrier to the improved well-being of people with unaddressed hearing loss.

Some people associate hearing loss with growing older. But in reality, hearing loss can - and does - affect people of all ages, especially in this day of loud music and other loud noises that can damage hearing.

To compensate for hearing loss, people in denial often ask those around them to repeat information at greater volume unintentionally compelling their loved ones to act as their ears.

"Being the ears of your loved one is not an act of love," writes Dr. Sergei Kochkin, executive director of the Better Hearing Institute (BHI), on his blog. "Acting as ears for loved ones in denial doesn't help them. Rather, it encourages unconstructive codependent relationships. By compensating for their hearing loss in this manner, you're actually enabling the hearing loss to have a negative impact on many aspects of your loved one's quality of life, including job performance."

Studies link hearing loss to feelings of irritability, negativity and anger, fatigue, tension, stress, depression, social isolation, reduced alertness, impaired memory, poor job performance and earning power, and dimin-

ished psychological and overall health, according to the BHI Web site.

So how can you help your loved one overcome denial? In his book "How Hearing Loss Impacts Relationships: Motivating Your Loved One," BHI advisor Dr. Richard Carmen offers practical advice on how "hearing helpers" can help their loved ones end their dependent behavior and seek treatment for their hearing loss:

First, understand that although you may think your efforts are loving and helpful, acting as ears for someone you love is actually counter-productive, Carmen says. With you to act as their ears, why would they seek treatment for their hearing loss?

So stop repeating yourself, raising your voice, and acting as messenger. Rather, involve your entire family in your efforts to help your loved one hear independently of your help.

Carmen suggests family members explain to their loved one with hearing loss - in a calm loving voice without condemnation - that they will no longer repeat themselves or raise their voices. Instead, when the person with hearing loss asks for information to be repeated at greater volume, you will use words like "Hearing Helper" or some other signal to alert the family member with hearing loss that he is relying on someone else to act as his ears.

To compensate for hearing loss, people in denial will often ask those around them to repeat information at greater volume, unintentionally compelling their loved ones to act as their ears. Yet acting as ears for a hearing-impaired loved one who is in denial can actually do more harm.



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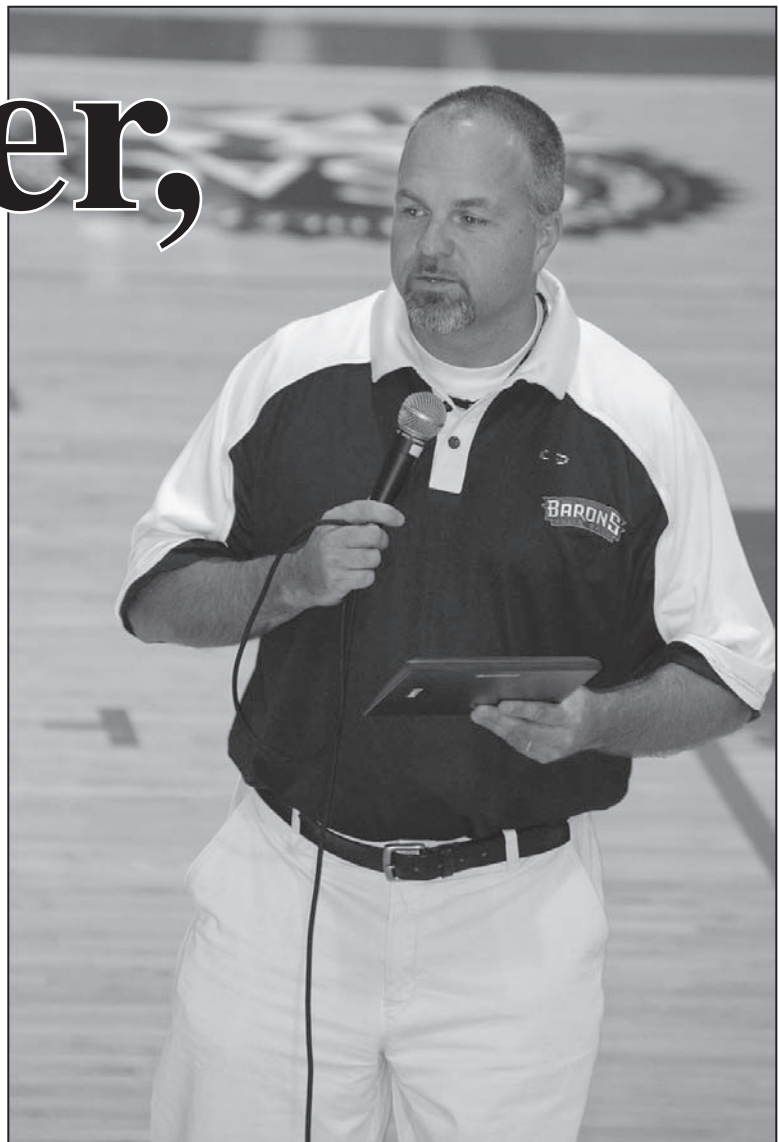
The Brewton-Parker College volleyball team's 3-0 triumph over Clark in Atlanta on September 8 was BPC Coach Jason Bryant's 200th volleyball coaching victory. He had already collected the 200-win milestone in softball in 2009.

Bryant, 46, started his career with the Brewton-Parker Barons as an assistant in the men's basketball program under Coach Steve Barker, leading the junior varsity team for three seasons. He is now in his 13th season as the Barons' volleyball skipper, and his teams have won two Southern States Athletic Conference (SSAC) divisional titles. In his nine years at the head of the Baron softball program, the BPC women have amassed 260 victories. He was the SSAC 2004 Softball Coach of the Year. Bryant also serves on the school's Missions Financial Aid Committee.

"I don't know of a lot of coaches who have coached two sports in this league as long as I have," Bryant said of the 200-200 milestone. "The only one I can think of, possibly, would be Robert Skinner at Albany State. But, other than that, I don't know of anybody. It's been a long journey, and a lot of good players have made it happen along the way."

Bryant has been involved in coaching athletes for the better part of 25 years. For almost all of that time, he has served as a minister for the Church of God of Prophecy denomination. He says that the two worlds - those of the Bible and the whistle - seem quite dissimilar, but they have been, for him, very complimentary.

"I remember something a former president at the college told me when we went through the tragedy of one of the players passing away," Bryant told us. "I had helped the family by talking with them, even taking them into the funeral home. I remember him saying to me that he was glad I had a dual calling. That made me feel better about the choices I'd made



COACH OF THE YEAR - BRYANT WAS NAMED SOUTHERN STATES ATHLETIC CONFERENCE SOFTBALL COACH OF THE YEAR IN 2004.

about doing something outside of direct church ministry."

Bryant believes that the exposure of college athletes to his Christian perspective on living is a form of ministry. He also says that, should they be persuaded to live the Christian life themselves, their impact on society would be enormous.

"If they're not saved when they get to Brewton-Parker, I want them to get saved while they're here," he commented. "I think the Christian athlete can speak volumes in the community and in the world we live in today."

Preparation for Ministry

Jason Bryant was born in Millen, Georgia, to Jerry Bryant, a preacher himself, and his wife Yvonne. Jerry Bryant still pastors at age 70, and he and Yvonne live in Mableton, Georgia. Jason's only sibling, Sabrina Cooper, resides in

Lynchburg, Virginia.

"I was raised mostly in Anniston, Alabama, which is where my father's family is mostly from. My dad pastored churches, and it was usually a one- or two-year stint everywhere we went. I'd always go back in the summer to Anniston and actually lived there for three or four years."

Bryant attended eleven different schools by the time he was in the ninth grade. For his final three years of high school, however, the family settled in Augusta, where he went to Westside High School and gained some notoriety as a basketball player. Though he was very competitive and wanted to play ball in college, Bryant was torn between his competitive desire and what he felt was the pull of God on his life.

When asked why he wanted to go into ministry, Bryant replied, "Well, I almost want to say that it's something I didn't want to do. As much as I love Dad and my uncles who are in ministry, I didn't necessarily want to follow in that tradition. However, I felt the Lord wanted me to do that. I actually left playing and coaching for a time for that very reason; I put it all down and went to do what I felt the Lord wanted me to do. And, at the end of the day, he has brought me full circle into what he wanted for me."

After attending Tomlinson College in Cleveland, Tennessee, a Church of God of Prophecy institution, where he continued playing basketball, Bryant began his ministry as a youth pastor. He was the Georgia State Youth Director for the denomination and pastored churches in Buford for four years and Claxton for ten. For seven of his years in Claxton, Bryant served as the District Overseer, a supervisory position.

The two-sport BPC coach holds a

Master's Degree in theology, which he defines as, simply, the study of God.

"That's about all I ever read," he explained. "Outside of an occasional book by an athlete or a Sports Illustrated magazine or something like that, that's about it."

liberty to express my worship however I desire, as long as it's done decently and in order. I feel like the Church of God affords me that opportunity."

While stating his preference for a certain denomination, Bryant is quick to say that he believes Christians from



JASON BRYANT, WHO HAS LED CHURCHES IN BUFORD AND CLAXTON, RECENTLY ACCEPTED THE PASTORATE AT BEACON OF HOPE CHURCH OF GOD IN SWAINSBORO.

He has recently accepted the pastorate at Beacon of Hope Church of God in Swainsboro. Bryant has spoken in a variety of Christian churches and in many different settings.

"I've preached in Baptist and Pentecostal churches," he explained, "and I've spoken at all kinds of conventions and seminars. I also had the experience, when I was in theology school, of going to other types of ministries, like Christian Science, where we would sit in and then write papers, that sort of thing."

Bryant says he chose his denomination for several reasons.

"I want to be at a place that teaches the full gospel, where I don't have to worry about things being added or taken from it. I want to have the freedom and

various churches have much more in common than they have differences to divide them.

"If you focus on what we have in common, you'll find that we have many brothers and sisters in Christ; and, for all practical purposes, we could probably worship together. That's part of the beauty of Brewton-Parker; we've got all these backgrounds that join together in fellowship when we have chapel services. No one asks if someone is Pentecostal or Baptist or Methodist, they just say, "We're having chapel, and that's the way it's done."

In his preaching, Bryant says he doesn't have a favorite sermon, but he does say that he often refers to the Old Testament accounts of King David.



THE BRYANTS - (L TO R): JEVON, JILL, JASON, AND JORDON BRYANT. THE BOYS, MUSICALLY GIFTED, PERFORM IN WORSHIP SERVICES.

“I intertwine those in my sermons because there’s just so much to learn from him - the value of overcoming mistakes, of staying in the fight, of not giving up.”

Family Life

Bryant and his wife of 23 years, Jill, live in Statesboro. They have two sons, Jordon (18) and Jevon (15). Bryant says he met Jill, who is originally from Orlando, Florida, at a church convention in Tennessee when the two were teenagers.

“I was 16 when I met her,” Bryant said, “and she was two years younger. We started dating, eventually got married, and now we’re working on 24 years as husband and wife.”

The two Bryant boys, who both have an interest in music, are central to their father’s life.

“Jordon wants to go to college, maybe in Florida, and he eventually wants to get into music ministry. He’s in a Christian band, and they take the hymns and ‘juice them up’ to make them more relevant to the youth. They don’t change the lyrics; just the music. So far, they’ve played festivals and different churches. Jordon’s an avid drummer, and Jevon plays the electric lead guitar for them. Jevon also likes basketball, and he goes to Statesboro High. Both of them are good young Christian boys, and I’m proud of them. Both of them could be in some kind

Story continues on page 17

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of ministry one day; they just have to grow into it.”

Athletic Resume

As he was beginning his career as a minister for the church, Jason Bryant was trying to figure out where athletics fit into his equation. After his high school and college playing days were through, he tried out for an independent semipro baseball league in Atlanta and continued to play softball for many years.

After moving to Claxton, Bryant became the junior varsity football, baseball, and girls' basketball coach at Pinewood Christian Academy in Bellville. He then served as athletic director at Robert Toombs Christian Academy in Lyons, where he was the head coach for the varsity boys' basketball and baseball teams and started a cross country program. His RTCA baseball team won a state championship, and his teams qualified for the state playoffs in both sports during both of his seasons there.

“We won 17 games in basketball both years I was there, and the second year

we went to the Elite Eight,” he recalled. “That first season in baseball, we were 23-1; I remember that for sure. The next year, we were back in the playoffs, but we lost on a walk-off home run, if I'm not mistaken.”

It was during his time at Robert Toombs that Bryant met Barker, who sometimes attended his basketball games. There was an opening on the BPC staff; Bryant applied and got the job. He was to assist Barker with the varsity basketball team and coach the JV.

“During that first year, the volleyball coach resigned about a month or two before the season started,” Bryant remembered. “That's when they offered me the job. Three years later, the same sort of thing happened with softball. I was riding down the road, going to recruit, and Steve called me and asked me if I would take the softball team. I told him, ‘Yes; that's right up my alley.’”

Recruiting Winners

Bryant credits his players with whatever he has accomplished as a coach at

Brewton-Parker. He says he tries to recruit outstanding people who will bring credit to the college, but he confesses that the two sports he coaches require vastly different recruiting strategies.

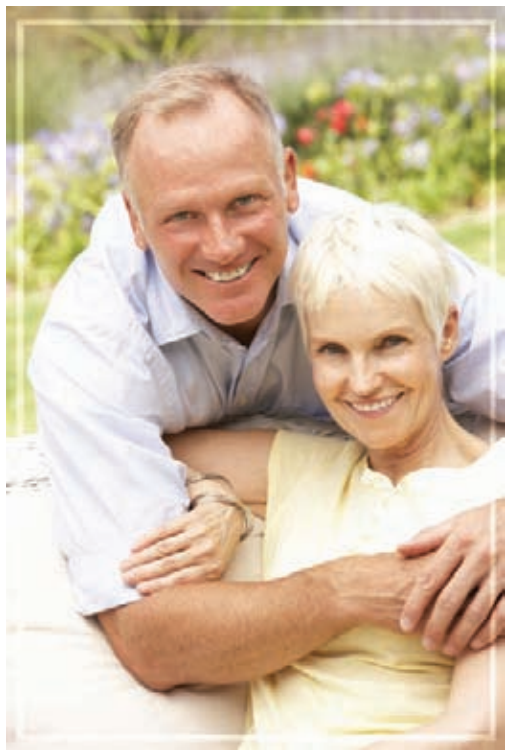
“Volleyball is a specialty sport,” he explained. “A softball team can have so many infielders and so many outfielders who can be shifted around, but in volleyball you have very specialized skills by position. You select defensive specialists, outside hitters, and you need a good setter. Specifically, I happen to like a quick setter. So, in that sport, I'm looking for very specific skills for specific positions.”

But whatever the sport and whatever the position, Bryant is looking for a particular kind of character in his Baron recruits.

“I want quality kids,” he explained. “Quality, to me, means they're going to work in the classroom. I want kids who will do things right on the court (or field) and off.”

Story continues on page 19

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Lessons from Sports

Coach Bryant says it seems like yesterday when his children were young and he was winning his first games at BPC. He says he still enjoys helping young people learn the lessons of athletics.

“The first thing is team skills,” he told us. “You have to work together with one another; you have to deal with each other’s personalities.

Sometimes, people don’t even do anything to bother you or rub you wrong, but

you still have a personality conflict. So, you learn to overcome that because you’re also going to have that in the

real world when you get out of athletics. You’re going to have to work with people in spite of yourself or in spite

of them.

“When I first started in the ministry,” he continued, “I was a youth director. With



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BREWTON-PARKER VOLLEYBALL TEAMS UNDER COACH BRYANT'S LEADERSHIP HAVE TWICE WON DIVISIONAL CHAMPIONSHIPS IN THE SOUTHERN STATES ATHLETIC CONFERENCE.

kids, you get all kinds of backgrounds. You get some that have Christian backgrounds, some non-Christians, many from broken homes, and you're able to give them some stability. Some of them have been raised without a father. I don't ever intend to replace that, but I want to give them a male role model that does a lot of things from a Christian perspective. I try to give them my idea of how that works, and that seems to be going well."

However, not ALL the learning is being handed down from coach to his players. Bryant says that he must continually work on relating to individuals with different personalities and backgrounds.

"Some have made mistakes in the past or haven't had the parental support that others have had. You learn that all people are different; but, for the most part, most

of them have good hearts. You've just got to reach them."

Longevity

Bryant said that he hopes to reach a combined 500 wins in his two sports soon. He says opposing coaches have contacted him, recognizing his accomplishment.

"I've received a couple of congratulatory calls from coaches who have known me and competed against me over the years, just like I did a couple of years ago when I won my 200th softball game," Bryant explained. "But I don't broadcast it. I feel really fortunate to have had the kids who have played here over the years and helped me accomplish this."

He says he doesn't know how long he will continue to coach.

"I don't really know," he said when asked. "Until the Good Lord wants me to do



something else. I still enjoy kids. I enjoy being around them. I enjoy helping them. I just like being with them."

On why he thinks some coaches serve long tenures, surpassing milestones for victories, he commented, "I think the driving force with me is being competitive. I've always been that way. I guess I wasn't blessed with a lot of athletic talent growing up. I could play, and I guess I was mean enough or tough enough. But when you started competing with

the elite kind of athletes, I wasn't the one who had that level of God-given talent. But the competitive drive was always there, and I think that contributes to it. The second thing, with me in particular, is giving these young people some direction and perspective. I want them to have Christ in their lives so that he teaches them and writes his covenant in their hearts, so that they're able to listen, hear his voice, and move in that direction." ¶

Eighth annual Peaches to the Beaches

Yard Sale event set for March 9 - 10

Georgia's largest yard sale, the Peaches to the Beaches Yard Sale, will take place March 9-10 along U.S. Highway 341. The 220+-mile yard sale will link peach-growing counties in middle Georgia to the beaches of Brunswick and the Golden Isles, with stops in 15 communities along the way.

The Peaches to the Beaches Yard Sale will feature vendors selling everything from antiques and locally crafted items to traditional yard sale fare. Yard sale sites will range from large multi-organization sites to individual sites along U.S. Highway 341. A special "Official Vendor" sign will identify each official Peaches to the Beaches Yard Sales sites.

In Baxley, yard sale sites will be located in downtown Baxley. Maps of participating vendors will be available at the Baxley-Appling County Board of Tourism office (305 West Parker Street) beginning at 8:00 a.m. on Friday, March 9. Participating vendors will include a variety of fabulous sidewalk sales at downtown businesses as well as traditional yard sale fare from handmade crafts, old and new items, antiques and more. Official yard sale hours will be Friday to Saturday,

March 9-10 at 8:00 a.m. to 6:00 p.m., rain or shine.

The Peaches to the Beaches Yard Sale is being organized by the Golden Isles Parkway Association, a membership organization that represents businesses, municipalities, boards of tourism, chambers of commerce, convention and visitors bureaus and other organizations in town and cities along and near the Golden Isles Parkway, U.S. Highway 341.

Participating communities include Barnesville, Roberta, Fort Valley, Perry, Hawkinsville, Eastman, Chauncey, Helena, McRae, Hazlehurst, Baxley, Odum, Jesup, Brunswick and the Golden Isles.

For information about becoming a vendor for the eighth annual Peaches to the Beaches Yard Sale, please contact Paula Tanner (Appling County Tourism Director) at 912-367-7731 or baxleytourism@bellsouth.net.



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Osteoarthritis affects millions of aging men and women

While there are many benefits to getting older, few people associate the aging process with all the good things that occur as a person approaches their golden years. Instead, aging is more often associated with aches and pains than grandkids and trips around the world.

Though such associations are unfortunate, they are rooted in the reality that aging often comes with a few ailments. One such ailment many older adults deal with is osteoarthritis, which, according to the Centers for Disease Control and Prevention, affects more than 12 million men and women over the age of 65 in the United States alone. In Canada, one in 10 adults has osteoarthritis, proving this most common form of arthritis does not discriminate based on geography.

But as prevalent as osteoarthritis might be, the millions of men and women currently living with the condition are proof that it doesn't have to ruin a person's golden years. In fact, learning about osteoarthritis, its risk factors and prospective treatment options can help those men and women currently living with the condition or those concerned about developing it down the road.

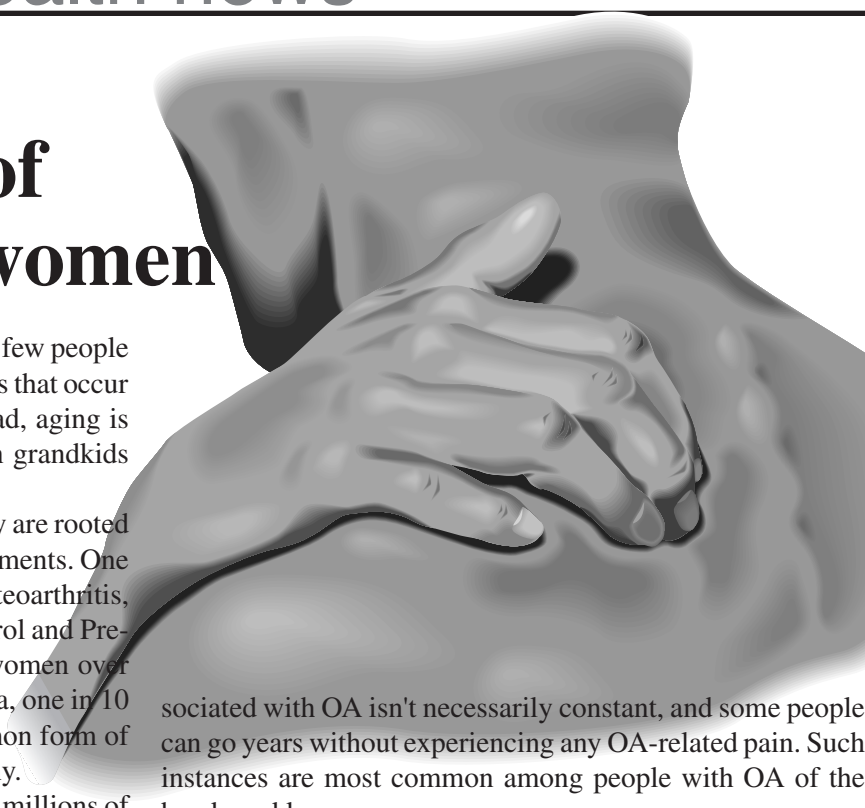
What is osteoarthritis?

Osteoarthritis, or OA, is also referred to as degenerative joint disease. The most common type of arthritis, OA occurs when cartilage begins to wear away. Cartilage is an essential part of each joint, helping to absorb shock and enabling the joint to move smoothly. OA most often occurs in the body's weight-bearing joints, which includes the hips, knees and spine.

When a person has OA, the cartilage in a joint stiffens and loses its elasticity, which makes it more susceptible to damage. Joints will be stiff in the morning, a stiffness that can last roughly 15 to 20 minutes. As the day progresses and the joints are used more and more, the pain can intensify and swelling can occur. This is typically because, as the joint's cartilage continues to deteriorate, the tendons and ligaments are stretching and causing pain.

Are there symptoms of OA?

There are symptoms of OA, but these can vary greatly from individual to individual. Some people experience few symptoms of OA even if X-rays indicate their joints have undergone significant degeneration. In addition, the pain as-



sociated with OA isn't necessarily constant, and some people can go years without experiencing any OA-related pain. Such instances are most common among people with OA of the hands and knees.

Those who do exhibit symptoms of OA can do so in a variety of ways. Men and women with progressive cartilage degeneration in their knee joints might become bow legged or develop a limp, which will worsen as the cartilage continues to degenerate.

OA of the spine often causes pain in the neck or lower back. Severe pain can be caused by bony spurs that form along the spine, and numbness and tingling of affected body parts can result as well.

Men and women with OA of the hands can also exhibit symptoms, which are usually bony deformities along the joints of the fingers. Heberden's node is a bony enlargement at the small joint of the fingers that occurs because of bone spurs resulting from OA in that joint. A bony knob that occurs at the middle joint of the fingers, known as Bouchard's node, is also quite common among men and women with OA of the hands. While neither of these nodes is especially painful, they are associated with limited motion of the affected joint.

Patients with OA at the base of the big toes might notice the formation of a bunion, something that researchers suggest is possibly genetic, as it can be found in numerous female members of certain families.

The Arthritis Society in Nova Scotia notes that, early on, men and women with OA will find their symptoms are typically only triggered by high impact activities. However, eventually the pain can be triggered by daily activities and might not subside until men and women get adequate rest.

Some people even feel pain for most of the day, including when they are attempting to fall asleep at night.

Can OA be treated?

OA can be treated, but men and women must recognize that it cannot be cured. As mentioned above, some people's symptoms can disappear for years at a time. But they will return, and treatment, if it was ceased, must then continue.

OA is most common among people who are overweight, so one of the most effective ways to reduce pain from OA is to lose weight and get regular exercise. This takes pressure off of joints that are being heavily taxed. To lose weight, choose a low-fat diet that features plenty of vegetables, fruits, lean proteins and whole-grains. For a more specific diet, consult a physician.

Though exercising when pain from

OA is significant might seem counterintuitive, exercise is actually great for the joints. Each person is different, so consult a physician before beginning a new exercise regimen. However, don't shy away from aerobic exercises, including walking, swimming or even riding a bicycle, or strength-training exercises like weightlifting, which makes the muscles stronger and more capable of supporting the joints. And as with any exercise routine, don't forget to stretch.

Another treatment option for joints hurting because of OA is the application of a heating pad or a cold pack. Cold and heat can be applied several times per day (always cover the skin with a towel prior to application to avoid skin damage). But those nursing an injury should only apply cold for the first few days.

Medications are another treatment option for OA. Discuss medications,

which can include over-the-counter anti-inflammatory pills, such as Advil, Aleve or Motrin, prescription medications, and corticosteroid injections, with a physician who can help determine the best course of action.

While surgery is not a necessary course of treatment for the majority of OA sufferers, for some it is. Surgical options can be a minimally invasive arthroscopic procedure, a joint fusion surgery wherein the joint is removed and bones are held together with screws, pins or plates, or a complete or partial joint replacement. Another surgical option is an osteotomy, a procedure where a section of the bone is cut and removed to improve joint alignment and stability.

More information about OA is available at the Arthritis Society Web site at www.arthritis.ca. ¶

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Georgia program offers new digital amplified phone free to residents with hearing loss

Decatur, Ga., Jan. 23, 2012 – Georgians who are deaf or hard of hearing (from 1% hearing loss to profound deafness) can now obtain a new amplified cordless phone for free thanks to Georgia Council for the Hearing Impaired, Inc. (GACHI), the statewide nonprofit that provides a variety of assistive services to the deaf and hard of hearing. Through the Georgia Telecommunications Equipment Distribution Program (GATEDP), GACHI distributes specialized telecommunications equipment and training to qualified applicants who have difficulty hearing via a standard phone.

Developed by Clarity, a division of PlantronicsHi Zach, (NYSE: PLT) that provides smart communication solutions for seniors, the new phone—the Clarity XLC3.4—amplifies incoming sounds up to 50 decibels. The Clarity XLC3.4 also has helpful features for people with low vision and Arthritis and it boosts outgoing speech up to 15 decibels, making communication much easier for people who have trouble hearing and speaking loudly.

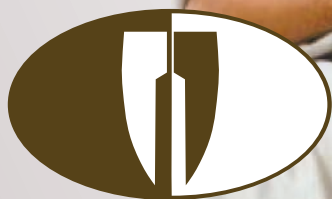
Georgia residents who are certified as having hearing loss can easily obtain the XLC3.4 by completing an application, providing a copy of

a landline phone bill, a certificate of need form from a physician, proof of income and a copy of a driver's license or state issued identification card. For more information, call GATEDP at 1-888-297-9461 or visit <http://www.gachi.org/gatedp>.

The XLC3.4 uses Digital Clarity Power™ to amplify incoming sounds and remove unwanted and distracted noises, much like a hearing aid. Along with powerful amplification technology, the XLC3.4 provides assistance with other common health challenges. For example, the phone features Talking Caller ID, which announces the incoming caller, and a

Talking Dial Pad with backlit buttons to help people with low vision. And the large, soft-touch buttons on the handset and phone base are spaced apart to be easily accessible to those with dexterity issues or Arthritis. Both products include a loud and clear speakerphone and Talking Caller ID in which the handset speaks the number of the incoming caller so you always know who's trying to reach you. It features a Caller ID screen, and the extra loud (95dB) and super bright visual ringers on both phones make sure you never miss a call.

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Baxley's Citizen of the Year serves endlessly

(Editor's note: What does it take for a person to become Citizen of the Year? How about a person that gives hours upon hours of time freely expecting nothing in return. This defines the 2012 Baxley/Appling County Citizen of the Year Merry Burkett. The following is the nomination letter written by Cristen Floyd to the Baxley/ Appling County Chamber of Commerce nominating Merry Burkett as the 2012 Citizen of the Year. Burkett was honored as the Citizen of the Year at the Chamber's annual meeting held on Tuesday, January 31.)

I would like to take this opportunity to nominate Merry Burkett for the 2012 Citizen of the Year Award. Merry is an integral part of our community through her volunteer efforts with her church, local service organizations, and youth groups. She moved to Baxley with her husband, Ed, in 1981 and has been enriching the lives of Appling County citizens ever since.

Mrs. Burkett is an active member of St. Rose of Lima Catholic Church in Baxley where she dedicates many hours a week to the management of the church. She attends Mass each Sunday



THE BURKETT FAMILY - LEFT TO RIGHT, DAVID (SON), HELEN (DAUGHTER), CHRIS (SON), MERRY, ED (HUSBAND).

and twice during the week and serves as the church treasurer, secretary, and laundress. During Mass, she performs as a lecture and Eucharistic minister. Merry serves as the secretary of Parish Council and is the head of the Worship and Spiritual Life committee. In the past,

she has also taught religious education and helped to coordinate Vacation Bible School. Merry is always looking for ways to improve the church through organization and fellowship and she spends time weekly cleaning the kitchen, purchasing supplies, and ironing linens. She visits the

sick members of the Parish and takes Holy Communion to those who are unable to attend Mass. She is the go-to person at St. Rose of Lima.

Each and every Appling County Boy Scout for the past 30 years has been supported by Merry Burkett. She began assisting the local



2008/09/15

TOP LEFT - BOY SCOUTS RECEIVING THEIR DEN CHIEF CORDS AND PATCH. TOP RIGHT - MERRY IS SHOWN PINNING CHRIS BURKETT'S EAGLE SCOUT MEDAL IN JULY 2007. BOTTOM LEFT - MERRY IS SHOWING A BOY SCOUT HOW TO START A FIRE. BOTTOM RIGHT - CHRISTMAS 2010 CUB SCOUT PACK MEETING AT FIRST METHODIST CHURCH.

Boy Scouts of America troop in 1981. One of the highest BSA honors of Silver Beaver was awarded to Merry in 2001 and she also received the District Award for Merit in 1998. Merry continues to work with BSA even though her two sons have received their Eagle Scout status and flown the coup. She has held the post of Cub Master, Den Leader, and currently holds the titles of troop and pack record keeper, secretary, and adult leader. Merry volunteers her time at the local, district, and regional levels and helps coordinate day camps, camp

outs, and the annual pancake breakfast and popcorn sale. The 4-H Club of Appling County is extremely active in the community and state and Merry volunteers on a regular basis and currently serves on the 4-H Extension Advisory Leadership Council. She has served as a judge of the annual Pumpkin Carving contest and chaperoned more field trips and 4-H camps than she is able count. With the Appling County School System, Merry has volunteered a considerable amount of time to the Band

Boosters, Technology Student Association (TSA), and to many other events, clubs, and classrooms. Merry served as the treasurer of Band Boosters where she organized all fundraising efforts including the cookie sale, football concession stands, and score card. The band uniforms have to be organized, fitted, ordered, and mended, and Merry held that responsibility for a number of years. She helped to organize and plan Band Camp and trips to Hawaii, Texas, and Orlando. Merry served with the Band Boosters for 10 years and just last year

gave up her final responsibilities of treasurer. With the TSA, Merry has chaperoned many field trips to Jekyll and the State Fair in Perry, and in 2010 was a judge for TSA at the State Fair. She again continued with Band Boosters and TSA even after her children graduated. Merry has volunteered to judge the local science fair, help with Special Olympics, and has also helped to facilitate book fairs, and completed countless hours of classroom work with teachers.

Merry was an active member of the Citizens of Georgia Power from 1981 thru 2008 and served as both the treasurer and secretary. She has also worked with the local Girls Scouts and the Blood Mobile.

Merry and Ed have three children whom she has also dedicated her life to. Their eldest son, David, graduated from the Naval Academy and is now a Naval Officer living in San Diego, California with his wife Sarah. Helen, their daughter, graduated Summa Cum Laude in December 2011 from Valdosta State University with a degree in Mass Communications, and their youngest son, Chris, is pursuing a degree in mechanical engineering from Georgia Southern University. Merry is a very proud mother and has always encouraged her children to be involved and volunteer in community



CRISTEN FLOYD (R) IS SHOWN PRESENTING THE 2012 BAXLEY/APPLING COUNTY CITIZEN OF THE YEAR AWARD TO MERRY BURKETT AT THE CHAMBER'S ANNUAL MEETING HELD ON JANUARY 31.

and church activities.

I am sure there are many other local groups that have been impacted by Merry's generous heart and overwhelming time commitments. Merry Burkett is a tremendous asset to our community and her daily efforts

are irreplaceable. She volunteers because she believes in our community and has a passion for the organizations that she supports. There is no task too small or large for Merry to tackle, and she will not tell you no if you need her help. What an amazing

citizen of Appling County! Please thank Merry Burkett for her efforts by awarding her the 2012 Citizen of the Year Award.

**Sincerely yours,
Cristen H Floyd**

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Grandparents helping to raise grandchildren

The stalled economy has pushed many families into the position of doing whatever is needed to make ends meet. In many cases, this means both parents working whatever jobs they can find and finding the best childcare option while they are at work. Many people are turning to their parents to help care for their kids.

More than 60 percent of families with children under age 18 had both parents employed outside the home in 2005 to 2006, according to the Bureau of Labor Statistics. That compares to less than a third of mothers in 1975. The numbers today are around 42 percent, a decrease that likely has a lot to do with unemployment figures remaining high.

With so many men and women heading to work each day, and money a factor for doing so, the topic of child care becomes one of necessity as well as affordability. Grandparents are regularly stepping up to help family members who are under a financial crunch.

Grandparents considering caring for their grandkids should keep in mind some things even if the childcare scenario on the surface seems like it is the best option.

* It's a big commitment. Once the decision has been made, it is expected that you will be providing care for a certain period of time -- perhaps even without a future end date. Remember, other arrangements will have to be made if you back out because it's simply not working.

* Know your limits. Childcare is not something to take lightly. While you may have had enough energy to provide care years ago, maybe now you are simply not up to the task or have not identified factors that could hinder your ability to care for a grandchild -- no matter how much you love him or her.

* Be prepared for changes to your life. You will no longer be able to operate on your own schedule. Now your days will largely revolve around caring for your grandkids. If many of your friends are living active lives without grandchildren in tow, this could put a hamper on your relationships and ability to socialize.

* It could be just what you need. On the flip side, if you have been seeking something to do with your time, being in the presence of your grandchildren could be just what you need to find a purpose to your days.

* The relationship may cause animosity. If you are offering care to one set of grandchildren and are not doing so to another, it could strain the relationships among your children. Think about the larger factor before agreeing to being the



caregiver.

* Talk to your spouse. If you are married or are in a relationship, this is a decision that will have to be discussed with your partner, whose life will be impacted as well. If both of you aren't seeing eye-to-eye on the situation, it may cause a rift that can damage your relationship.

* Avoid guilt. If you choose to say no to the situation, it may generate hurt feelings at the onset, but if you explain your reasons clearly, chances are the loved one will understand how you are feeling.

Although grandparents stepping in to become childcare providers for their grandchildren while parents are at work has become a popular situation in recent years, it is important to weigh the pros and cons of the situation before delving headfirst into the arrangement.



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An Old Piece Of Wood; A New Work Of Art



THIS AND THAT - MARLYN THOMPSON CREATES WORKS OF ART PIECE-BY-PIECE. FROM BOWLS TO MOVEABLE ANTIQUE CARS, HIS CREATIONS CAN BE ADMIRIED BY FOLKS OF ALL AGES.

By Kathy D. Bradford

Look! There's a branch over there! Look again! There's a beautiful piece of artwork there!

It doesn't quite work that fast, but Marlyn Thompson of Vidalia can take an old piece

of wood and create something to accessorize any decor.

I met Thompson three years ago, and at that time, he was creating bowls - but not just any bowls! They were not big pieces of wood cut and glued in place. Each

bowl was made up of literally hundreds of tiny pieces laid side-by-side to form row after row of height of the ornate piece. Recently, he invited us back to see how his work had taken on a new direction.

"I kind of got tired of do-

ing the bowls, but made other things," he said.

Among those "other things" are antique cars, goblets, walking sticks, clocks and on and on, each made similarly to the way the bowls are made.

Using a diagram, Thompson cuts each piece individually. He is currently constructing a dragonfly that is so intricate, each little tooth in its exaggerated smile is hand-hued. After cutting from a larger piece of wood, Thompson gently and patiently whittles the pieces down to an exact size.

Any kind of wood can be used for his projects, but it can't just come from anywhere.

"I generally use trees and such from our property," he said. "I use a lot of different wood types to create various shades. Some kinds are better for some things than others, though."

Cedar, pine, birch, maple and even chinaberry trans-



LIKE A PUZZLE - NOT ALL CREATIONS ARE ONE PIECE. HERE, THOMPSON SHOWS A TOUCAN THAT WAS MADE FROM SEVERAL PATTERNS, ALL COMING TOGETHER PERFECTLY AT THE END FOR A UNIQUE DESIGN.

Continued on page 35



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form from a fallen branch to a treasure at the hands of Marlyn Thompson.

And if a tree has a defect cause by an external source such as lightning, that “problem” adds another unique flavor to his designs.

“It’s called a burl, and most people would think it wasn’t useable,” he said. “They are wrong. I think it adds character and it makes a great backdrop for another carving or I can use it as the main source and come up with a one-of-a-kind piece.”

Carpentry has been a way of life for Thompson. He retired three times, most recently as an instructor in cabinetry from the Department of Corrections in Polk County, Florida. He and his wife, Grace, moved to rural Toombs County and built a home nestled in whispering pines. He not only helped with the construction of the home, but also designed it. A daughter has had her home built just down the lane from Marlyn and Grace, and he designed her home in a completely different design than his own brick structure.

While much of his work would compliment a coffee table or shelf, he is working on a moose that would take its rightful place standing on

a floor. “It’s a big project, but I’m up to it,” he said.

Thompson has several magazines in which he gets his design plans, but he isn’t limited to what’s in a book. If he gets a desire to create something on a whim, he just gets out a pencil and puts his lifelong carpentry skills to work. Hours or maybe even days later, the work goes from paper to something to hold.

“I enjoy it,” he said. “I don’t throw any wood away. It will be used for something sometimes.”

While his shop is filled with modern tools including those for his lathe, he has even created his own special tools that he needs to complete his projects.

Make no mistake about it; while he may have a few slabs of wood here or there in the workshop, he knows exactly where everything is, and every tool is put back in its place when the work is done.

In 2008 when The (Vida) Advance first published his story, as a Christmas gift he gave this reporter one of



A CHUNK AND A BOWL - THOMPSON EXPLAINS HOW HE CAN TAKE A SOLID TREE STUMP, WHITTLE AWAY AT IT FOR A WHILE, AND CREATE A DECORATIVE BOWL.

his bowls. That special gift sits to this day on my counter. Last week, he presented me with a cedar miniature clock, also very special.

If you would like to see his work or are interested in speaking with him, you may contact him at 538-1868. ¶

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How to reduce prescription medication costs

For the millions of people who rely on prescription medications every day, the day when a drug faces generic competition is one many circle on their calendars. That's because generic prescriptions are often significantly less expensive than brand name medications, and consumers are able to save substantial amounts of money once a brand name drug faces generic competition.

But many men and women currently taking a brand name prescription might be quick to point out that, while generic medications cost less, brand name prescriptions often rise in price in the months before they face generic competi-

tion. Such was the findings of a 2011 study from the AARP Public Policy Institute that examined the 217 brand name drugs most commonly used by people in Medicare. Prices of drugs facing generic competition in 2010 rose by an average of nearly 14 percent in 2009, an increase that was nearly twice the amount of all other drugs. So while drugs might be more affordable once they can be purchased generically, consumers can expect brand name drug manufacturers to drastically increase their prices in the months prior to facing generic competition, as the manufacturers are, in a way, looking for one last big revenue score before their patents expire.

That's a troublesome reality for anyone taking a brand name prescription, but especially so for older men and women living on fixed incomes.

Though drug manufacturers aren't likely to change their practices, there are still ways men and women can reduce prescription medication costs.

* Ask for generics. If there are generic alternatives to brand name medica-



tions available, always ask a physician for those medications instead of their more expensive brand name counterparts. Don't just assume a physician will prescribe generics. Sometimes doctors prescribe brand name medications despite the availability of cheaper and equally effective generic medications.

* "Test drive" a drug first. Just because a doctor prescribes a drug doesn't mean the patient will respond to that drug. Many men and women find they are too sensitive to a given medication and stop taking it after just a few days. Unfortunately, they paid for a full prescription and cannot return the pills they don't plan to use. Individuals who have a history of sensitivity to medications should "test drive" a drug first, ordering just a few pills or asking a physician for samples to see how well the body han-

dles them. This won't necessarily matter for people with flat-dollar copayments (you will essentially have to pay two copayments if the drug proves effective), but those without such a plan can save themselves some money if medication does not work out.

* Buy in bulk. Men and women who have been taking a certain medication for a long time and expect to keep taking it might want to consider buying the medicine in bulk. This can save money; just make sure pills purchased won't surpass their expiration date before you take them.

* Inquire about combination medications. Sometimes medications used to treat the same condition

can be purchased as combination pills. This will only require one prescription instead of two. On a similar note, men and women taking medications for two different conditions might also be able to take just one medication that treats both conditions. For instance, some blood pressure medications have proven effective at treating other conditions as well. But don't experiment on your own. Consult your physician about your medications and ask if any of them can be used to effectively serve double-duty and save you money.

* Look for programs that offer relief. There are programs that offer some relief with regards to paying for prescription medications. Discuss such plans with a physician to determine your eligibility, which might be determined by your age or current prescriptions.

Murl Gwynn

Jack of all trades

Submitted and Written By Beverly McClellan

Tattnall County pastor, Murl Gwynn, may be a jack of all trades, but he is also master of them all. Not only does he pastor, but he also writes, paints, plays the bass guitar, constructs web sites, and builds furniture.

“I refuse to entertain the ‘I can’t’ philosophy. If someone else has done it, I can too,” he emphasizes. “I’ll try anything, and with diligence and hard work, I’ve been able to get everything done that I’ve tried,” he adds.

The books that he writes flow out of this philosophy. He



MURL GWYNN AND HIS WIFE, RUTH, ARE READY TO RIDE ON HIS HONDA GOLDWING TRIKE. MURL IS A MEMBER OF THE HONDA GOLDWINGROAD RIDERS ASSOCIATION.

published his first book several years ago. Anything for Acceptance is his own story. In this book, he details his struggles for acceptance throughout life and how developing a personal relationship with Jesus Christ changed him. His second book, *The President Was a Good Man*, is a work of fiction. "I always thought I had a work of fiction in me, so I sat down at the computer and started with one sentence: 'The sardonic laughter of the unseen beings could be heard just above the fading echoes of gun shots.' The rest of the story flowed from that."

Recently, he published his third book, *Conflict – Christianity's Love vs. Islam's Submission*. This book began as his doctoral dissertation and grew from there. He has lectured on the topic numerous times and has gained much respect among fellow Christians for his handling of the topic.

"No one can read [Murl's] book without seeing the contrast between the love of God reflected in the Christian faith

and the dictatorial hatred of radical Islam," affirms Bill Ligon, Sr., pastor of Christian Renewal Church in Brunswick.

Dr. James Murk, author of two Islam Rising books and himself a scholar related to Islamic and Christian dif-

ferences, states, "This is a well-written and documented book and may very likely be

come a standard text on this subject." Currently, he is working on three books. One is a sequel to his novel; the second is a story about the death of his son-in-law, Darren P. Hubble, Sr., who was killed in Iraq. This book will be

historically accurate. "I like to keep busy," he says, "and writing is an outlet that helps keep me that way."

Murl has pastored Christian Life Fellowship for more than 25 years. He not only preaches each Sunday and leads a mid-week Bible

study, but he also plays bass guitar for the church. "Darren used to play the bass for us, but when he went to Iraq, I told him that I would pick it up and play until he returned. After he was killed, I kept it up."

His son-in-law's death also inspired him to get involved with the Patriot Guard. The Patriot Guard was begun several years ago in order to ensure that demonstrators did not disrupt the funerals of fallen soldiers. Today, the Patriot Guard goes to the funerals of the soldiers who have given their lives for their country. "They stand and show hon-

or and respect for our fallen military men and women," Murl explains. Currently,



MURL PROUDLY DISPLAYS HIS BADGES.

ferences, states, "This is a well-written and documented book and may very likely be

titled *Coincidence? I Don't Think So*. The third is a novel about Reidsville that will be

Murl serves the group as State Chaplain. "Members with problems can come to me, and I give them advice if they need it," he says.

Murl travels to the funerals on his 2001 Honda Goldwing. (He recently replaced his cobalt blue 1990 Goldwing trike.) His bike has earned him membership in the Goldwing Road Riders Association, which is a pleasure organization for interested motorcyclists, and serves the organization as treasurer of the Hinesville chapter.

Murl is an ambassador for the Army Freedom Team Salute. He was appointed to this position by the Secretary of the Army. The Freedom Team Salute program exists to recognize the bond between soldiers (both past and present) and their families and communities. The organization celebrates the sacrifices made by those who support America's soldiers. "Freedom Team Salute honors the millions of Army veterans who have served our country and is a living connection to the ideals of duty, honor, and patriotism," he explains.

Additionally, Murl serves as secretary of Fellowship of Churches and Ministries International (FCMI) out of Brunswick and president of Harvest of Life. Harvest of Life is a ministry that he and his wife founded in 1983. At first, the ministry put the Bible on cassette tapes in foreign languages, but now its focus has changed and is primarily a prison ministry. He is also webmaster for two organizations as well as maintaining his own personal websites.

In his spare time, Murl was able to complete his doctor of theology degree from Newburgh Theological Seminary in Newburgh, Indiana.

In addition to these activities, Murl has found the time to build a room onto his Lynntown home as well as a table that seats ten. "We have fourteen for lunch every Sunday," his wife Ruth explains, "so we had to have a place to seat them." Family is important to Murl, and that "creation" is probably his most important. He and Ruth have been married for 40 years. They have three children -- Dana Breeden, Nathan (Ruby) Gwynn, and Tanya (Brent) Whitaker -- and eight grandchildren, all of whom live in Statesboro.

In his living room hangs an oil painting (pictured below) that he created as well as a grandfather clock that he built. If there is anything that he cannot do, he has not found it yet!



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Few things are more joyous than a long-awaited homecoming. Time away from home makes simple pleasures, like sleeping in your own bed and being surrounded by the ones you love, that much sweeter. For patients returning home after a hospital or rehabilitation stay, familiar surroundings can be some of the best medicine. Often, however, these patients need expert medical care that loved ones may not have the training to provide. Home health care services can bridge that gap, offering professional medical care to patients in the comfort of their own homes.

Why Home Health Care?

Home health care services place certified medical professionals such as nurses, physical, occupational and speech therapists, social workers and certified nursing assistants (CNAs) to provide in-home care to patients who may be recovering from surgery or who have chronic diseases or conditions. Amicita Home Health in Vidalia and its caring and compassionate team provide these services to patients throughout the local



AMICITA HOME HEALTH PROVIDES IN-HOME HEALTH CARE TO ASSIST PATIENTS AS THEY RECOVER AND RETURN TO THE JOYS OF EVERYDAY LIVING.

area. The Amicita team prides itself on treating patients like family, providing vital care to

help you or your loved one return to everyday life.

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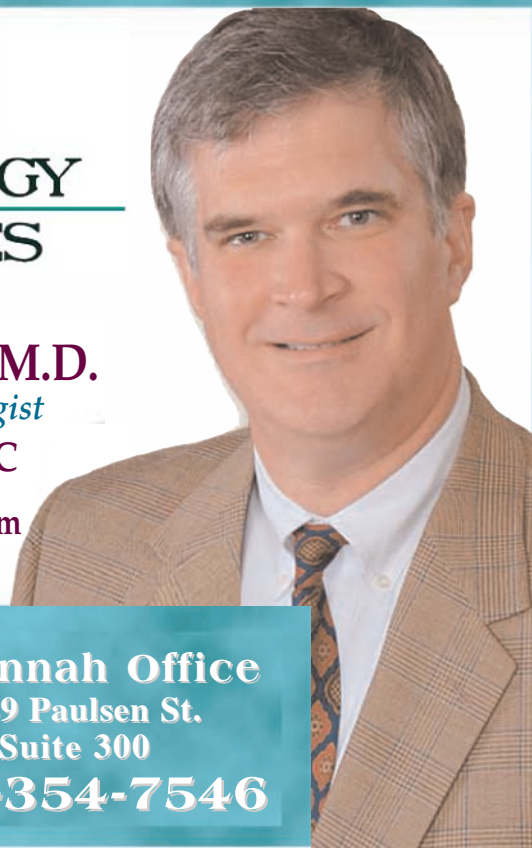
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care services for recovering patients or for patients with chronic diseases or conditions who do not require 24-hour medical care. Amicita Home Health professionals scheduled visits to a patient's home to provide a variety of services, including:

- * Patient assessment (acting as the doctor's eyes and ears to manage the patient's care at home);
- * Vital sign monitoring (blood pressure, pulse, blood oxygen levels, respiration and temperature);
- * Medication management and IV antibiotic therapy;
- * Lab draws;
- * Wound care for surgical and other wounds;
- * Physical, occupational and speech therapy, as ordered, to help patients get back to caring for their own daily-living needs;

* Social work care plans to connect patients with community services such as Meals on Wheels or other aid programs;

* Education programs for patients and their loved ones about their conditions, medications, recovery and care plan.

Qualifying patients can receive these services from the caring professionals at Amicita Home Health with little or no cost to them. Medicare pays 100 percent of the fees for qualified, doctor-ordered home health care services.

What to Consider

While doctors often recommend a home health care agency when ordering services, patients have the ultimate choice. You or your loved one are free to choose the home health care agency that best

fits your needs and comfort level. Amicita Home Health offers a variety of services and supports to help make that choice easy. Amicita provides:

* A comprehensive, personalized care plan for every patient, with progress reviewed by the entire care team and doctor as needed;

* Compassionate, professionally trained skilled nurses, rehabilitation therapists, social workers and CNAs to provide needed care for you or your loved ones;

* An accredited agency that boasts a high patient satisfaction rating and a high national patient outcome ranking from Medicare that meets or exceeds state and national averages;

* Medical care, tests and therapies administered in the comfort of home for patients

who have difficulty making it to a doctor's office for services;

* Constant contact with the patient's ordering physician to monitor and report progress;

* In-home education programs to help patients and their families understand the patient's disease or condition and the necessary steps to help promote wellness and recovery.

Determining your health care team is a personal choice. Amicita Home Health may be the right choice to provide in-home care to help you or your loved one recover and return to the joys of everyday life.

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Reducing risk for heart disease could save your life

Heart disease doesn't discriminate, affecting men and women regardless of their age or where they live. In the United States, cardiovascular disease is the number one cause of death, according to the American Heart Association. North of the border, one Canadian dies from heart disease or stroke every 7 minutes. So says the Heart & Stroke Foundation of Canada, a charity that annually spends millions of dollars researching heart disease and promoting healthier lifestyles.

For most men and women, the prevalence of heart disease is no great surprise. Nearly every adult can point to a loved one who has dealt with heart disease. Many men and women can even point to a friend or family member who lost their battle with heart disease. That familiarity should make people even more willing to adopt a heart-healthy lifestyle, something the AHA admits is the best defense against heart disease and stroke. Though not all risk factors for heart dis-

ease can be controlled, there are ways to reduce that risk considerably.

Control your blood pressure

High blood pressure is the number one risk factor for stroke and a major risk for heart disease. Blood pressure measures the pressure or force of blood

most doctor visits, but many people are unaware what the number actually measures. The top number measures the pressure when the heart contracts and pushes blood out, while the bottom number is the lowest pressure when the heart relaxes and beats. Blood pressure



against the walls if your blood vessels, also known as arteries. Having your blood pressure taken is a routine on

that is consistently above 140/90 is considered high. A normal blood pressure is one between 120/80 and 129/84.

Because of the relation between blood pressure and heart disease and stroke, men and women must take steps to control their blood pressure. Having your blood pressure checked regularly is a good start. Once you get checked, reduce the amount of sodium in your diet, replacing high-sodium snacks with healthier fare and monitoring sodium intake during the day. The Heart & Stroke Foundation recommends eating less than 2,300 mg of sodium per day, and that includes salt added when making meals or eating at the table.

Maintaining a healthy body weight and successfully managing stress are additional ways to control blood pressure.

Limit alcohol consumption

The AHA notes that excessive consumption of alcohol can contribute to high triglycerides, produce irregular heartbeats and eventually lead to heart failure or stroke. There is some evidence that people who drink moderately have a lower risk of heart

disease than nondrinkers. But it's also important to note that people who drink moderately also have a lower risk of heart disease than people who drink excessively. So when it comes to alcohol, moderation reigns supreme. One or two standard drinks per day is enough depending on gender. The Heart & Stroke Foundation suggests that women who drink should not drink more than nine drinks a week, while men should not exceed 14 drinks in a single week.

Of course, if there are extenuating circumstances then all bets are off. Men and women with liver disease, mental illness or a personal or family history of alcohol problems should avoid alcohol entirely. In addition, those taking certain medications should avoid alcohol consumption as well. For the latter group, discuss alcohol consumption with your physician when he or she writes you a prescription.

Quit smoking

The decision to smoke tobacco is the decision to

invite a host of potential physical ailments, not the least of which is heart disease. Smoking contributes to the buildup of plaque in the arteries, increases the risk of blood clots, reduces the amount of oxygen in the blood and increases blood pressure. As if that's not enough, smoking also harms those around you. According to the American Cancer Society, secondhand smoke is responsible for 3,400 lung cancer deaths among nonsmokers in the United States each year. In Canada, nearly 8,000 nonsmokers lose their lives each year from exposure to secondhand smoke.

What might surprise some people, however, is how quickly quitting smoking can reduce a person's risk for heart disease. According to the Heart & Stroke Foundation, within 48 hours of quitting a person's chances of having heart disease have already started to go down. For those who successfully avoid smoking for one year, the risk

of a suffering a smoking-related heart attack has been cut in half. After 15 years, the risk of heart attack is the same as someone who never smoked at all.

Embrace physical activity

People who are physically inactive are twice as likely to be at risk for heart disease or stroke than people who are physically active. The AHA notes that research has shown that getting at least 30 minutes of physical activity on five or more days of the week can help lower blood pressure and lower cholesterol while helping to maintain a healthy weight. If starting from scratch, even light physical activity can provide some health benefits. Gradually work your way up to more demanding activities, and make physical activity a routine part of your daily life.

More information on heart disease and stroke is available online at www.heart.org and www.heartandstroke.ca. ¶

February is American Heart Month, and unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities. Cardiovascular disease is also very expensive—together heart disease and stroke hospitalizations in 2010 cost the nation more than \$444 billion in health care expenses and lost productivity. However, we can fight back against heart disease and stroke.

Source - Centers For Disease Control and Prevention

CALENDAR OF EVENTS



Happenings in Toombs and Montgomery Counties

-February 2 - Toombs-Montgomery Youth Leadership, Tools for Success - Understanding the importance of time management skills, personal financial needs, savings tips, and formal communication skills - 11:30 a.m. to 3:30 p.m.

-February 26 - Leadership Toombs-Montgomery, Health and Social Services - Understanding the challenges that face both the medical community and the delivery of social services in our community and how it affects you and your family.

-February 28 - Toombs-

Montgomery Youth Leadership, Putting Your Best Foot Forward - This sessions offers an understanding of proper etiquette for formal and informal settings. It also offers tips for polite conversation and presenting yourself effectively and successfully. - 1 p.m. to 4 p.m. -Elements Bistro and Grill, 102 North West Broad Street, Lyons.

-March 19 - Toombs-Montgomery Youth Leadership Graduation - 5 p.m. to 6 p.m.

-March 22 & 23 - Leadership Toombs-Montgomery Retreat - This session

challenges each individual participant to deal with the future through leadership development and goal setting. This session will encourage participants to develop a vision for our community and each participant's role in that vision. Spouses/guests will be invited on Thursday evening and a Friday lunch and graduation. The session ends following graduation.

-April 26-29 - Vidalia Onion Festival - Vidalia celebrates the harvest of Georgia's Official State Vegetable with an array of fun-filled activities. The week-long

event offers something for everyone — a pageant, street dance, softball tournament, car show, rodeo, arts & crafts festival, the Sweet Onion Run through the streets of Vidalia, a sidewalk sale, the World Famous Vidalia Sweet Onion Eating Contest, and a Culinary Extravaganza.

Contact the Toombs-Montgomery Chamber of Commerce at (912) 537-4466 for information about these and other area events.

To have your event listed please call 912-537-3131 or email matureliving@atc.cc.

Happenings in Hazlehurst and Jeff Davis County

-March - Peaches to Beaches Yard Sale - Stretching for over 200 miles, the yard sale follows the Golden Isles Highway (Highway 341) from Barnesville to Brunswick with Hazlehurst as the midpoint of the trail. The two official sites in Hazlehurst host close to 100 different vendors. The event is coordinated by the Golden Isles Parkway Association and sponsored locally by the Hazlehurst-Jeff Davis Board of Tourism. For more information, visit [\[thebeaches.com\]\(http://thebeaches.com\).](http://www.peachesto-</p></div><div data-bbox=)

-March - Georgia Great Steak Cook-Off Contest - Participants test their culinary skills at this annual event where the name says it all. Designated by the state legislature as the Official Steak Cook-off State Championship, bragging rights are almost as important as the beautiful trophies and cash awards. Full of fun and good tastes, the event continues to grow each year. Sponsored by the Chamber of Commerce. Visit [\[cookoff.com\]\(http://cookoff.com\) for more information.](http://www.georgiagreatsteak-</p></div><div data-bbox=)

-April - Three Rivers Cultural Arts Festival - Held the last weekend in April each year, local artisans display their craft at the Heritage Center. Local music groups and school bands play on the banks of the Altamaha River under the stately pines of the park. Sponsored by Friends of Towns Bluff Park. Visit www.townsbluffpark.com for more info.

-May - Hazlehurst BBQ Fest - BBQin' at the Big

House - Professional pitmasters from across the state converge on Jeff Davis County the first full weekend in May each year to compete for over \$5,000 in cash and trophies. The cook-off is sanctioned by the Georgia Barbecue Association and is sponsored by the Hazlehurst-Jeff Davis Board of Tourism.

Contact the Hazlehurst-Jeff Davis Chamber of Commerce at 912-375-4543 for more information about these and other area events.

Happenings in Baxley and Appling County

- February 24 - Honky Tonk Angels of "Dearly Departed"
- March 3 - Miss Tree Hunt Second Annual Baxley
- March 9 & 10 - Peaches to the Beaches
- March 16-18 - Community Theatre Production
- April 7th - Easter Egg Hunt
- April 9 - Tree Fest Pet Parade Show
- April 12 - Tree Fest Annual Cake Bake Competition
- April 13 & 14th - Baxley Tree Fest
- April 16-27 - Spring Art Show/Peoples State Bank & Trust
- Contact the Baxley-Appling County Board of Tourism at 912-367-7731 for information about these and other area events throughout the year.
- To have your event listed please call 912-367-2468 or email matureliving@atc.cc.

Happenings in Alma and Bacon County

- April 28 - Day of the Child Blueberry Festival
- May 26 - Blueberry Cooking Contest
- June 1-3 - Georgia Blueberry Festival
- Contact the Alma-Bacon County Development Authority/ Chamber of Commerce at 912-632-5859 for information about these and other are events throughout the year.
- To have your event listed please call 912-367-2468 or email matureliving@atc.cc.*



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John E. Schoell, M.D.
Medical Director, Meadows Sleep Center

Dr. John E. Schoell, Medical Director of the Meadows Sleep Center, is Board Certified in Pulmonology/Critical Care and Sleep Medicine. His office is in Vidalia at 1707 Meadows Lane, Suite E. He specializes in treating sleep disorders and is available for sleep consultations at his Vidalia office and also at our satellite locations, located in Baxley at 821 S. Main Street, Swainsboro at 601 N. Main Street, Statesboro at 100 Brampton Ave, Ste. 1F, and also in Dublin at Dublin Internal Medicine at 104 Fairview Park Drive. His office contact number is 912-537-4949.

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- People no longer view you as a hypochondriac.
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- You can eat dinner at 4:00 p.m.
- You can live without sex but not without glasses.
- You enjoy hearing about other peoples operations.
- You get into heated arguments about pension plans.
- You have a party and the neighbors don't even realize it.
- You no longer think of speed limits as a challenge.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You sing along with elevator music.
- Your eyes won't get much worse.
- Your investment in health insurance is finally beginning to pay off.
- You know more about prescription drugs than you pharmacist
- You can't remember who sent you this list.
- My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.
- Know how to prevent sagging? Just eat till the wrinkles fill out.
- It's scary when you start making the same noises as your coffeemaker.
- These days about half the stuff in my shopping cart says, "For fast relief."

Remember: You don't stop laughing because you grow old, You grow old because you stop laughing.

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Living History Day by Day

A multi-talented man who lives in a log house out in the woods, Tim Warnock immediately struck me as a southern gentleman, a man who has spent his life steeped in history and enjoyed every minute of it. As he talked to me in his soft southern drawl, he took me back to another time period. Genealogy, another aspect of history, fascinates him, and he'd been on the computer before I drove up. He spent the first few minutes of our visit telling me about the records of an old church just outside of London where his great-great-great grandparents were married. The church was built in the 1100's.

Tim Warnock was born in

Winchester, England, in 1945 to Joan Mary Pugh Warnock and Eli Warren Warnock, but he grew up on the family farm

in Bacon County. His parents met and married while his father was serving in the United States Armed Forces during

World War II; they returned to his father's hometown to settle down. This land has been in his family since well



TIM WARNOCK AND HIS DOG, LILY, RELAX INSIDE THE COMFORT OF THEIR LOG CABIN HOME LOCATED IN BACON COUNTY.

before the Civil War.

Tim attended school in Bacon County. When he graduated, he attended South Georgia College for a while and then went to the University of Georgia where he earned a degree in history, which had always fascinated him. He graduated in the Kennedy Era and the

a matter of fact, the expression “run amok” comes from Malay. The British had taken over Borneo in the 1800’s and stamped out headhunting, but the natives revived it during World War II when the Japanese took over. Tim spent 2 years there, teaching in a junior high school where half the students were Chinese

was raging; the draft was staring him in the face.

“I decided I’d join and have some choice in my actions rather than be drafted,” Tim said, “so I went to Waycross to join the army. The army’s recruiting office was closed that day, but the navy’s office was open.”



WORLD TRAVELER - TIM HAS TAKEN A NUMBER OF TRIPS ABROAD. HE IS SHOWN STANDING IN FRONT OF THE EGYPTIAN PYRAMIDS IN THIS 2008 PHOTO.

Peace Corps fascinated him, so he joined. After 3 months of training in Hawaii where he studied the language of Malay, he went to Borneo, the land of long houses and headhunters. All the people of one whole village would live in one long house.

“I noticed bundles of what I thought were gourds hanging up in the top of the house,” Tim said, “but I found out later that they were heads.”

The Dayaks were the headhunters and they spoke a dialect of Malay. As

and half a mixture of Malays. He found the whole experience quite rewarding. Ironically, he left with a head-hunting sword, which now hangs on his wall, a reminder of those days gone by. The giver of this unusual gift also was kind enough to provide instructions for using it.

After his Peace-Corps days, he spent 4 months “hitch-hiking around the world” before he returned home to Alma to face another dilemma. On the other side of the world, the Vietnam War

Maybe it was fate intervening or just coincidence, but Tim had to do something. His papers said to report to Jacksonville on the next Monday, so he had to act immediately. After phoning his father for advice, which he refused to give, Tim marched right into the recruiting office and into the U.S.Navy

He completed boot camp in San Diego and then, because he had a college degree, he was sent to Newport, Rhode Island for Officers’ Candidate School. He served about 5 years as an officer

in the navy. In Vietnam he served on an LST ship (Landing Ship, Tank), which transported marines from one place to another. The marines would go in and secure an area, and then the army would take over. At that point, the navy would move the marines to another spot. Tim also spent some time on re-supply missions for gun-boat operations.

“I know you’ve heard all the horror stories about Vietnam,” Tim told me, “but my service felt more like an adventure than a horror story. I guess we were in danger, but I was too young to realize it. The only time I felt real danger was on the ocean in a typhoon. Now that was dangerous!”

Tim said that it took him a short while to find his sea legs and settle his rolling stomach down. After he conquered that battle, he was fine.

“I always felt sorry for the marines when they first came aboard,” said Tim, smiling. “Every morning they’d line up along the ship’s rail to throw up. I understood completely.”

In the navy he traveled to places like Okinawa, Japan, the Philippines, and even had an opportunity to make a side trip to Hong Kong for a visit.

When he finished his stint in the navy, he returned to the University of Georgia to earn



SHOWN IS A PICTURE OF A LONG HOUSE IN KALITANG, MALAYSIA. WARNOCK SHARED THAT AN ENTIRE VILLAGE WOULD RESIDE INSIDE THE BUILDING.



TIM WARNOCK AND LUCY STEWART, OF JACKSONVILLE, FLORIDA, ARE SHOWN AT BANFF (CANADA) NATIONAL PARK IN 2011.

his masters degree in history.

“I really enjoyed my research this time,” Tim said. “Being more mature helped, and that’s when I truly discovered the pleasure of genealogy. I spent about as much time on researching it as I did on my obscure thesis topic. I long since finished that thesis, but I’ve been enjoying genealogy ever since.”

Financially, Tim was in good shape at UGA. He had his GI Bill to live on, and he worked as a graduate assistant, so money wasn’t a problem. As a matter of fact, when he came home and started teaching, his salary dropped. He had to adjust to a smaller budget.

Tim started teaching in 1974 at the Bacon County Junior High School. He never really planned to teach, but when R.T. Johnson offered him a job, he accepted it conditionally. They agreed that if at the end of the first year he didn’t like teaching, he’d leave. However, he loved it. He taught 8th grade for 7 years before Johnson retired from the principal’s position. Suddenly Tim found himself promoted to the position of principal.

“One day I was a happy teacher; the next I was a very scared principal,” Tim laughs. “I loved the job, but I missed the classroom contact with the kids.”

He remained as principal for the next 19 years until he retired in 1999.

Tim lives in a log house out in Bacon County that he built himself in 1974 from older log houses. When he came back home after all his wanderings, he naturally wanted a place of his own. He hated to see all the old abandoned houses falling down around him, so he developed a plan. He approached Malcolm McNeal about his old home place and McNeal sold it to him for \$1. No one's sure when exactly the old house had been built, but McNeal's great uncle had built it for him and his bride to be. Unfortunately she died in 1898 before they could marry. Thus, the house dates

the top ones. Tim's father, E. W. Warnock did the wiring and plumbing.

Tim hand-split 10,000 shingles for the house. The froe and mallet he used now hang on the walls as artifacts from the job. Unfortunately, the shingles didn't last and he had to replace them with a metal roof. He moved into the original house in January of 1975, but didn't get running water until the following summer. For showers and laundry, he went to his parents' house. An old hand pump, which he still has, took care of other water needs.

Since then he has acquired other

froze to death that first winter. After an incredibly hot summer, he installed central heat and air. Inside the old fireplace he installed a wood heater which heats the place thoroughly, sometimes too much. An enclosed former porch made a large display/sitting room, and in that room is a long narrow table displaying various items he's collected through the years.

"My grandfather E. W. Warnock, Sr. made coffins," Tim said. "He stored the boards under the house and that table is one of those. I have some more. I might just make my own coffin one



AN ANTIQUATED MOONSHINE STILL IS USED FOR DECORATIONS OUTSIDE WARNOCK'S HOUSE.

back to at least 1898.

Tim dismantled the house and moved it to his place, where he reassembled it. Many people in the community were interested in the project and turned out to help. It was a barn-raising of sorts. Neighbors and friends gathered and rolled the logs up with ropes until it got dangerous. They had to get a dragline for

logs from various old buildings in the county—corn cribs, tobacco barns, etc. He got one log house from the Kesslers and used those logs to add a bedroom and one other room. The kitchen is made from a former corncrib. He has a loft bedroom over his living room. Originally, he had hoped to heat the house with the original fireplace, but he almost

day."

The doors in the house are low because people were shorter a century ago. Tim has to remind tall people to duck when they go from one room to another. He ducks automatically.

"I remember Daddy taking me to this very house when I was a boy," Tim

Continues on page 56

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said. "The man that lived in it then cut hair. He'd cut my hair in front of this very fireplace. At the time I never dreamed that I might one day own it and live in it."

Ever the historian, he kept a meticulous record of his logs in his "Log." In it he recorded which logs came from where, and what they were used for.

Now that he's retired and has time to engage in other interests, he stays busy.

"I'm a dabbler," Tim said. "I have many interests."

His assorted works of art cover his walls. Many of the pieces he created with discarded coca-cola cans, which people save for him. He has three-dimensional air planes hanging up and a variety of two-dimensional creations hanging on the walls. A variety of shields also hang on his walls: some came from Borneo and others he created by looking at photographs. I have the impression of walking in a museum.

He's been creating beautiful pictures since his childhood. The artistic talent apparently comes from his mother's side of



SHOWN ABOVE IS ONE OF MANY PIECES OF ARTWORK DESIGNED BY TIM WARNOCK USING DISCARDED COKE CANS.

the family. A relative—Ernest Clifton Pugh—was a famous painter in Australia during the 50s, 60s, and 70s. Tim certainly inherited the artistic gene, too.

In addition to art, he has a way with plants. He has jade plants that he's had since graduate school back in the 70s. One

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thousand camellias grow in his yard, and he has several that he grafted other camellias onto. One camellia has at least 11 different varieties and colors on the same bush. The two-story greenhouse attached to his house protects his and his sister's plants during the winter and provides a place for seedlings.

Tim considers himself a bit of a hermit, but hermits don't travel. Tim does. He has camped out in all the western

states and up into Canada. He enjoys cruises: the Mediterranean cruise he took went to Rome, the Greek isles, Egypt, Naples, and Turkey. Two years ago he went to Israel for a trip that turned into a spiritual event.

"When I saw the sun rising over the Sea of Galilee," Tim said, "it was truly a spiritual experience. I felt connected to all those places in the Bible. We read passages of scripture at various stops. I

read from the Sermon on the Mount when we were there and could hardly read. My emotions got in the way."

As I take my leave of Tim, he invites me to come back and see his camellias in bloom. We speak of drought and damage to our pine trees from the lack of water and as we walk toward the blooming camellias, we stop a minute for me to admire the antiquated moonshine still that decorates his yard. It's

a family heirloom that no longer works, of course, but it makes a great conversation piece. After we admire the camellias, I climb into my car and carefully place in the trunk the ornamental cumquat plant that Tim gave me. Then I leave the fascinating world that Tim Warnock has created for himself out in the woods of Bacon County. I can hardly wait for the next visit. ¶



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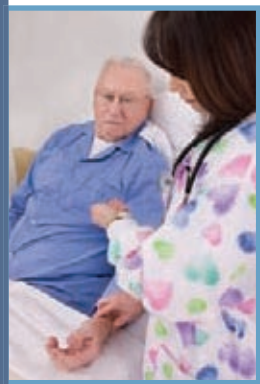
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Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

- Vegetable oil spray
- 1-1/2 pounds boneless salmon filet about 1-inch thick (large end preferred)
- 1/2 lime
- 2 Tablespoons white wine
- 1 teaspoon mayonnaise (may substitute butter)
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon lemon pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon Hungarian sweet paprika

Preparation:

Preheat grill to high heat. Make a tray out of a doubled-length of heavy-duty foil large enough for the salmon filet, by folding a long piece in half and folding up all four sides, with the dull side up. (The shiny side reflects, so you want it down so as not to burn the food.) Spray the entire inside of the foil tray liberally with cooking spray. Place the foil tray on a platter or metal tray to transport to the grill.

Place the salmon filet in the foil tray skin-side down (or boned-side up if it is skinned). Squeeze lime juice over salmon and sprinkle with white wine. Spread top of salmon with the mayonnaise.

In a small bowl, mix together kosher salt, onion powder, garlic powder, lemon pepper, oregano, basil, and dill weed. Sprinkle the mixture evenly over the top of the



salmon, then top with the sweet paprika.

Place baking pan with foil tray on hot grill. Transfer the foil tray to the hot grill. Cook in a hot covered grill for 10 minutes per inch of thickness of the fish filet. Do not overcook or it will be dry and unpalatable. Turning is not necessary. Salmon is done when it turns a light pink color throughout and feels firm when pressed gently with the back of a fork. Whitefish is done when it turns opaque. This method works best with large, thick filets. Use a spatula to lift the salmon away from the skin to serve. Garnish with lime slices, if desired.

Yield: 4 servings

Note: If you are unable to grill the salmon, preheat your oven to 475 F. Leave foil tray on the baking sheet and bake about 15 minutes, or until done.



RICHARD WOLF EQUIPMENT REPRESENTATIVE RON PICCIONE SHOWS TWO REGISTERED NURSES HOW THE EQUIPMENT WORKS.

Hospital Procures New Equipment, Offering Minimally Invasive Surgery Options and Quicker Recoveries for Female Patients

Wayne Memorial Hospital recently invested funds in an important piece of equipment for its female patients. Manufactured by Richard Wolf Medical Equipment, The Princess Resectoscope will offer patients safer, more sophisticated techniques for the more minor gynecological procedures traditionally only offered in the larger hospitals of Savannah or Jacksonville.

Examples of procedures that may be performed with this new equipment are treatments for fibroids, infertility and especially heavy periods.

“This equipment is the latest in minimally invasive gynecology devices. It lets me do procedures to fix complex problems with bleeding and infertility that could not be done here at Wayne Memorial Hospital before. The

Princess Resectoscope gives patients the option of a one-day, outpatient surgery with 1 or 2 days’ recovery time as compared to a traditional hysterectomy, which requires 4-6 weeks of recovery time and sometimes longer and more pain,” shares Dr. Richard J. Lewis of Peachtree Obstetrics and Gynecology. Dr. Lewis has many years of experience with this type

of new equipment as he has used it in his previous practice in New Jersey as well as teaching resident doctors-in-training in the use of these same procedures and equipment for nearly two decades. “Women of our community no longer have to drive to Savannah, Jacksonville or other big cities to receive some of the most high tech, modern, minimally invasive

surgical treatments available for women's healthcare. Now they can receive that same high-end treatment close to home in experienced hands with a high level of safety and the added bonus of hometown care."

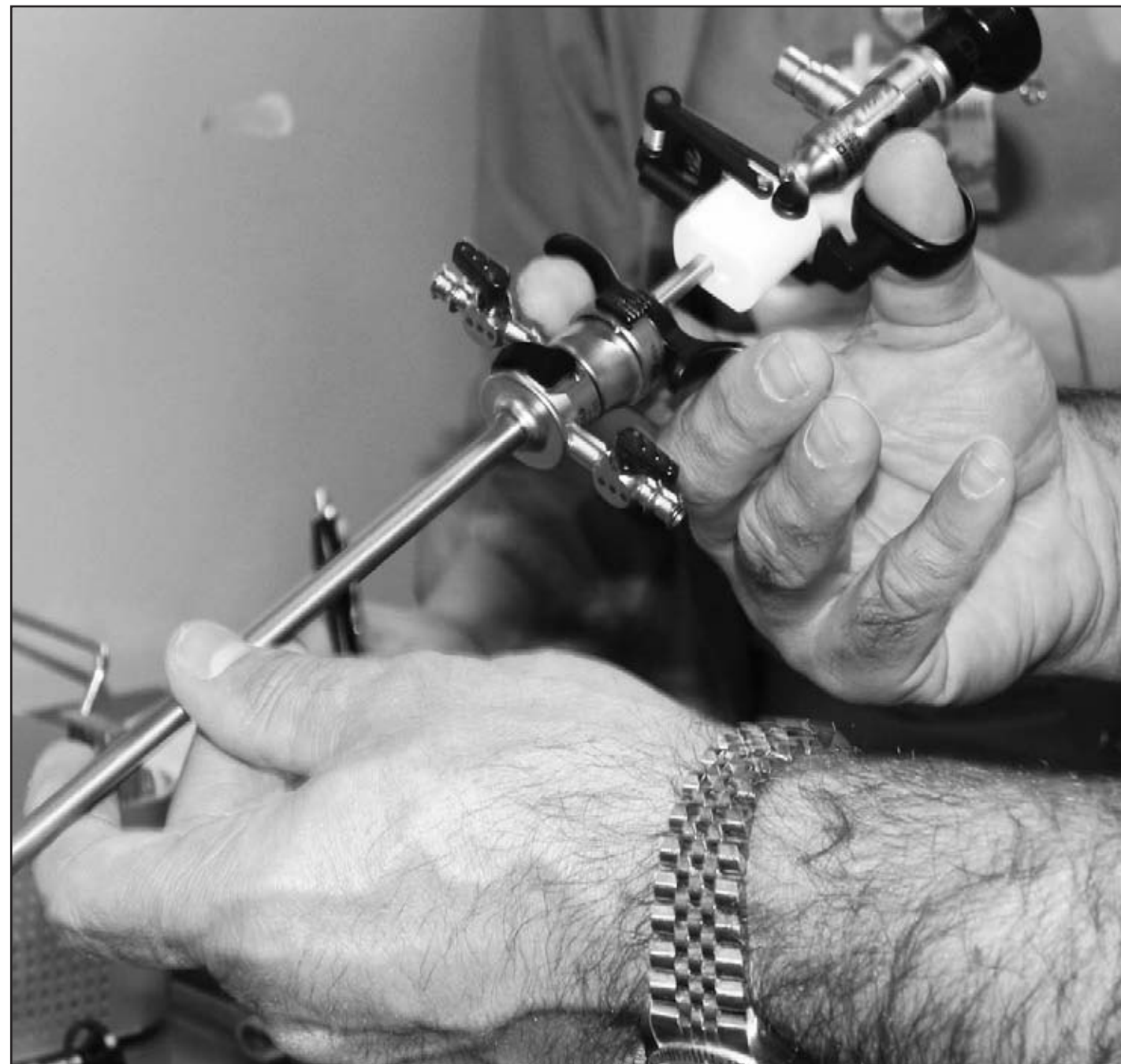
Ron Piccione, Richard Wolf Representative, shared that the Princess Resectoscope monitors the patient's

fluid intake constantly during this type of procedure. It markedly increases the safety for the patient. In addition, he explained that it is specifically made for the female anatomy, is 33% smaller than the previous instrument used for the same procedure and, overall, is less traumatic to the patient since procedures using the Princess

are minimally invasive with no exterior incisions required for a successful outcome. It allows the doctor to do more with less.

Wayne Memorial Hospital, whose mission is to provide high quality health care services to all patients, built a new state-of-the-art facility in 2007. It is the 4th largest employer in Wayne County

with 425 employees, 84 beds and is the Georgia Alliance of Community Hospitals' 2010 Small Hospital of the Year. In addition, Wayne Memorial is one of 61 hospitals in Georgia to be placed in the Presidential category of the Georgia Hospital Association's Partnership for Health and Accountability Quality Honor Roll for 2010.



CLOSE UP OF THE PRINCESS RESECTOSCOPE PURCHASED BY WAYNE MEMORIAL HOSPITAL FOR ITS PATIENTS.

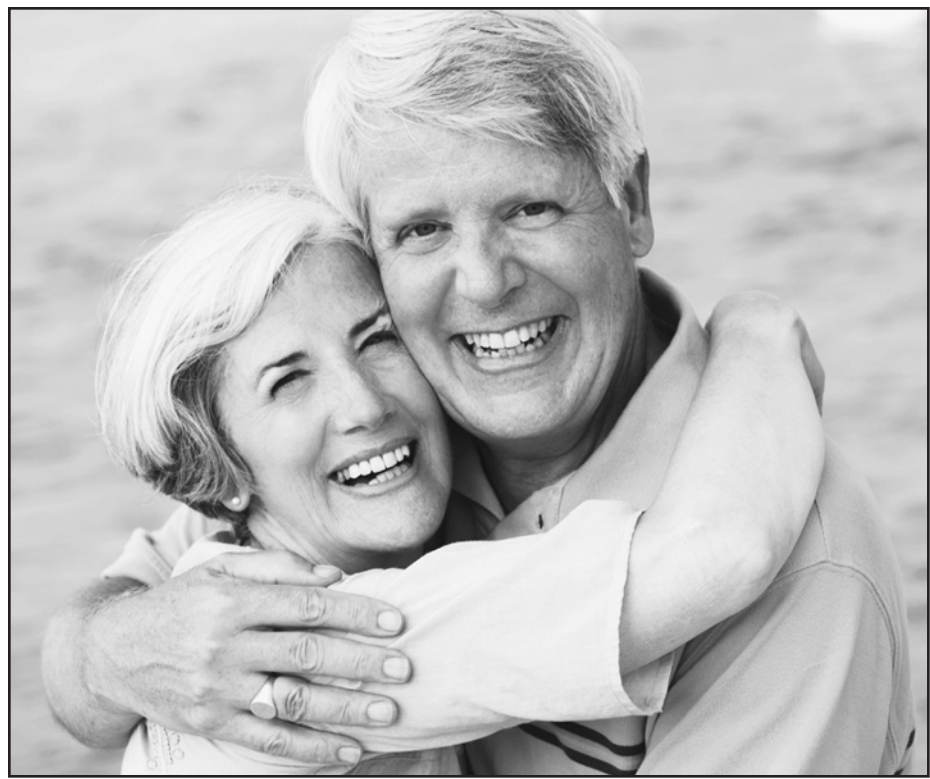
LAUGHTER IS THE BEST MEDICINE

-A reporter was interviewing people at a nursing home. He asked one lady "Do you think God has a name?" Without hesitation she answered "Of course, His name is Andy, you've heard the hymn Andy walks with me, Andy talks with me...."

-A man had a dog that met him at the door every day when he came home. He came home one day, and the dog didn't meet him. He looked for the dog and he was curled up in the house. He nudged the dog, and said "let's go", and the dog didn't move. He picked up the dog and carried him to the vet. He told the vet "My dog is sick, can you help him"? The vet checked the dog, and said "sorry your dog is dead." The man said "He can't be, check him again." The vet checked him again and said "Sir your dog is dead." The man said "Are you sure?"

The vet walked into the other room. When he came back he had a cat. He put the cat on the table. The cat jumped onto the dogs back and dug in his nails. From there, the cat jumped on the dogs head. He scratched the dogs nose. He bit the dogs ear. He jumped down and walked away. The man said,"you're right my dog is gone." The man asked

the vet,"how much do I owe you?" The vet said \$545.00. The man said,"545.00? The vet replied,"Its \$45.00 for the office visit, and \$500.00 for



the cat scan."

-It seems there was an old pirate living in the Black Flag Pirate Retirement Community who was being interviewed by the new, young house doctor. The old pirate was your typical pirate, peg leg, hook for a hand and a patch over one eye. The young doctor was trying to get his medical history. "Well," says the

pirate; "We was bombarding this Spanish fort when this cannonball hits me ship and blasts off me leg." "And the hand?" asks the doctor. The

pirate says, "I tell you sonny, we had boarded this fine ship and there was fighting going on all around." "This mate I was battling was pretty good and he made a lucky swipe with his sword and took me hand clean off." "OK," said the doctor; "How about your eye?" "Well," said the pirate; "I was standing on the deck one day when a seagull flew

down and pooped in me eye." "Wait a minute," said the young doctor. "Do you expect me to believe that you lost your eye because some bird

pooped in it?" Well," said the old pirate; "It was the first day I got me new hook!"

-An F-4 was flying escort with a B-52 and generally making a nuisance of himself by flying rolls around the lumbering old bomber.

The message for the

B-52 crew was, "Anything you can do, I can do better."

Not to be outdone, the bomber pilot announced that he would rise to the challenge. The B-52 continued its flight, straight and level, however.

Perplexed, the fighter pilot asked, "So? What did you do?" "We just shut down two engines."



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