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Living in the Southeast



**The McBrides:
Living in two counties**
See page 16

Volume 15, Issue 2
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I am thrilled to announce I have joined the Nancy N. and J.C. Lewis Cancer & Research Pavilion at Wayne Memorial Hospital. While helping oversee cancer patient care with infusions at the Jesup location, I will still continue to see patients at my current Waycross office. You may reach me at either location. The staff and I look forward to providing quality care in both communities.

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Dr. Asit K. Jha

Dr. Asit K. Jha, Oncologist



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A little joyfulness

Are you like me...have you had enough of 2020 yet? It seems like it's one thing after another this year. COVID-19, murder hornets and now rioting across the country. I hate to ponder what's next.

But don't fret. Mature Living is here to hopefully bring a little joyfulness into your world. We have some great articles about our friends and neighbors and other timely news articles.

Let's all offer up some prayers that the remainder of 2020 will close out uneventful.

As always, if you have a suggestion or know someone you would like to see featured in an upcoming edition, let us know? Give us a call at 912-367-2468 or email us at matureliving@atc.cc.

Until next quarter, stay safe and God bless.

-Jamie Gardner

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OT restores function, independence

What can occupational therapy do for you? Two Southeast Georgia Health System occupational therapists (OT) discuss how their specialty differs from and complements physical therapy (PT) and how it improves life after an injury, illness or hospitalization.

Michelle Fort recalls the exact moment she decided to become an occupational therapist. “My uncle had a stroke at age 42. He gave occupational therapy most of the credit for helping him regain his independence and marry the woman he’d proposed to before the stroke.” Fort was 29 at the time. “I’ve been an OT for 21 years,” she says. She currently helps people regain upper extremity function at Southeast Georgia Health System’s Outpatient Rehabilitation Care Center on the Camden Campus.

Craig Love admits that he based his decision to go into Occupational Therapy on a short description he read while attending Clayton State College in Morrow, Georgia. Even though Love really didn’t know what he was getting into at the time, he states “God knew what He was doing when He guided me to this profession, and I’m so grateful for what has been a rewarding career!” Love works at the Senior Care Center-Brunswick and feels very fortunate to be able to work with a wonderful team of therapists. “I believe it’s an immense honor to help my patients during what is usually a low point in their life.”

How PT and OT Differ

“Physical therapy focuses more on the lower body and the way people walk, and primarily uses an exercise manual approach in trying to build range of motion and strength. A good occupational therapy treatment is one that is ‘activity based,’ with the result of the treatment being that something was accomplished and that the client becomes more independent in some aspect of their ‘Activities of Daily Living,’” explains Love. These activities are in, but not limited to, the areas of the client’s work, leisure, or self-care, making Occupational Therapy a very holistic profession.

“We complement PT when a patient is tasked with learning how to do daily activities, such as walking to gather items needed to perform grooming or oral hygiene; cooking, washing or putting away dishes; and on many occasions gathering clothing in preparation of dressing. Most commonly, we provide therapy that assists with increasing balance while standing to pull-up their pants,” Fort says.

Both hospital campuses also offer speech therapy which

helps patients recover speech, swallowing or feeding skills after a stroke or other impairment.

Treating the Whole Person

Love describes his approach to OT. “First, I focus on trying to restore a person’s ability to complete a certain task, and if the patient’s body just cannot get to this point, then I move towards helping them compensate for their impairment or disability. I also teach patients about adapting or structuring their environment in order to promote independence. For example, use of adaptive equipment in the bathroom, lighting adjustments, or modifying their environment for wheelchair accessibility.”

At the Senior Care Center, Love also spends a lot of time with family members to help them obtain equipment and develop the skills necessary to take care of their loved ones at home. “OT is an all-encompassing profession. Even if someone can no longer walk or care for themselves, we look deeper into their situation and try to improve their quality of life in any way we can.”

OT takes place in hospitals, nursing homes, schools, homes and outpatient rehabilitation centers. Fort has also brought OT to “unconventional” settings like dental offices and warehouses. Her focus on upper extremities helps those affected by repetitive work injuries, accidents and neurological damage. She recalls a patient who lacerated her thumb on a broken crockpot. “She had started a craft business but was no longer able to use her hand to crochet or dye fabrics and, as a result, she was falling behind on orders. With OT and months of hard work, she resumed her passion of making assorted color scarfs for her customers.”

In addition to upper extremity, Fort also focuses on improving quality of life by restoring skills lost or limited by deficits that affect a person’s independence and daily activities. Fort states, “Occupational therapy is an evolving profession that helps people build skills

after injury, disease or impairment. We accomplish this through education, training and doing tasks that help them become their best self.”

Fortunately for Southeast Georgia residents wanting to recover function and independence, Michelle Fort and Craig Love have found their calling.

For more information about the Southeast Georgia Health System Outpatient Rehabilitation Care Center services, call 912-576-6450 or visit sghs.org/rehab.



OCCUPATIONAL THERAPISTS MICHELLE FORT, O.T. AND CRAIG LOVE, O.T.



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Life in the busy lane

By Mary Ann Ellis

In 2018 Vance Faircloth volunteered his time in excess of 2000 hours to Appling County Emergency Management Agency volunteer service. He's a full-time volunteer Public Information Officer. Events that may bring on Emergency Management Agency service and may generate news releases to the public and media include adverse weather, fire, vehicular crash, emergency health issues, miss-

ing persons, etc. He works every day to keep us all safe. What makes a man willing to donate that much of his time—especially in retirement—to his community? After working in a paid career for 44 years, he now works full time for free.

Vance Faircloth, a native of Appling County, grew up practically in the middle of Baxley at 801 West Parker Street. He spent his 44-year career working for the Appling

County Department of Family and Children Services. It was his calling. Within eighteen months of going to work there, he was named county director. He had opportunities to move up the ladder but waived them because he didn't want to move away; he felt he could do more for people here in Appling County. He relished the opportunity to help disadvantaged children and senior adults, and those events were the highlights

of his career. Retiring and walking away from such a gratifying career was incredibly difficult for Vance. It took him about eighteen months to adjust mentally and emotionally, but quite frankly, he hasn't quit helping people; he's just discovered different venues to work in.

Vance believes that the best way to help people is to help them to help themselves, if at all possible. He believes that the program instated in 1997



VANCE FAIRCLOTH WAS AWARDED BAXLEY-APPLING COUNTY'S CITIZEN OF THE YEAR AWARD IN 2019. MARY ANN ELLIS AND SUE NELL HOLLEY (SHOWN) NOMINATED FAIRCLOTH FOR THE AWARD.

requiring welfare mothers to work helped his clients. It recognized the value of a work ethic in the mothers themselves as well as in the children. Welfare is just a meager resource of last resort, and the values of the work ethic are innumerable. Watching one's mother rise in the mornings and go to meaningful work is great for children. Vance believes in positive modeling/ he was taught as a child to make a meaningful contribution in life.

As a boy, Vance grew up in First Baptist Church in Baxley. As an adult, he spent 20 years teaching Sunday school in the youth department and loved working with the group entrusted to him. He tried to contribute to the spiritual foundation they already had. He then became the Sunday School director but continued to teach as well. He served as deacon for six years and church treasurer for many years. For the past 53 years, he has served as teacher, department secretary, or department director for Sunday school.

This busy gentleman has also served his community in the Lions Club. He was sponsored in May of 1965 by Dick Purdom and has served uninterruptedly since then. It's a natural fit for him because he will do whatever he can to help people meet the necessities of life. The international motto for Lions Club is "We Serve;" their principal service is with vision and hearing. They also have an international foundation, LCIF or Lions Care International Foundation, that provides support through their service arm. When calamity strikes, such as natural disasters, tsunamis, hurricanes, etc., the national organization helps to rebuild and equip various needs. They help everyone from children to senior adults by providing vision exams and hearing evaluations if amplification is needed. Vance has served four terms as president, numerous years as

treasurer, and he has served at the district advisory level as Zone Chair and as Deputy District Governor. He has been elected to the District Lions Hall of Fame and is a Melvin Jones Award Recipient, which is the highest award in Lions Club International.

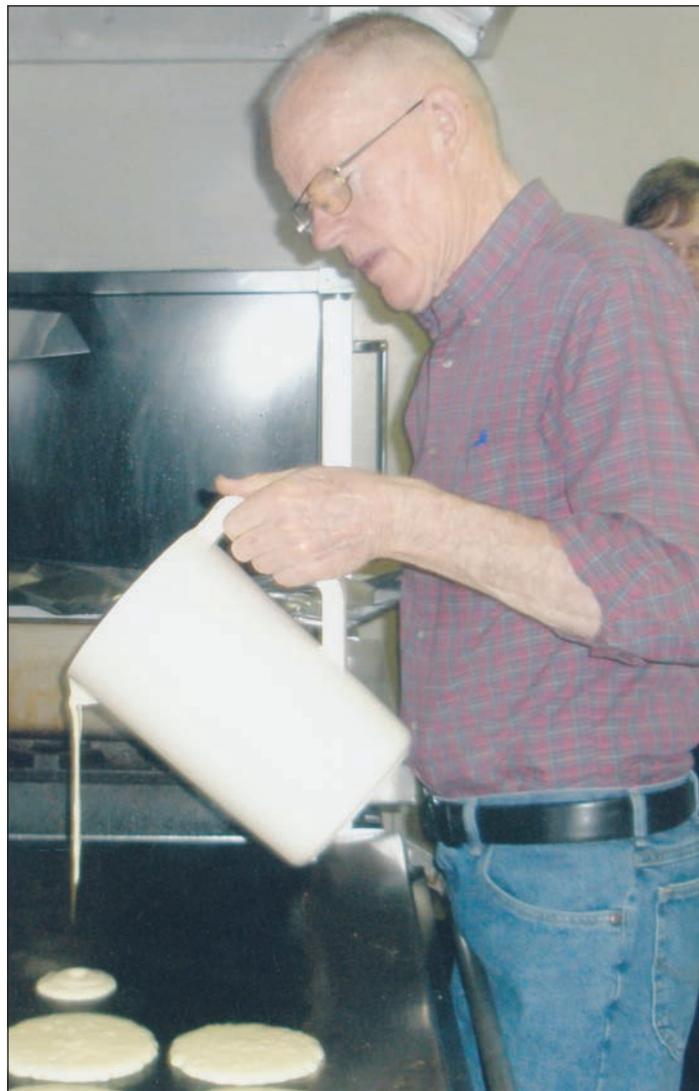
As an active member of the Lions Club, he also helps with the sponsoring of the American Red Cross Blood Drives. He is one of the lead team members and has been a Red Cross Volunteer Coordinator for twenty-five years. He's been a donor for sixty.

Vance is married to June Miles Faircloth, and they have one daughter, Cynthia. He is and has always been a calisthenics enthusiast. He goes to Gene's Fitness center every day of his life except Sunday and spends about an hour and a half working out. He must stay healthy so he can continue all his volunteer activities.

He was named Citizen of the Year for 2019 because of the number of hours put into arranging vision/hearing tests to enable disadvantaged children and senior citizens to see or hear; the number of hours spent preparing to teach Sunday school; the number of hours spent in guidance to grandparents to seek protections for at risk children; and for a full-time

volunteer job. Not many people could or would do all those things.

Remarkably healthy for his 80 years, he does his own yard work and whatever else needs to be done around the house and yard. A fifty-year old magnolia and an old holly tree were causing problems in his yard. The REMC had trimmed it repeatedly, but finally his wife agreed that the time had come to take them down. REMC came again and cut the trees down; Vance cleaned up the mess with his wheelbarrow and shovel.



VANCE COOKING UP A STACK OF PANCAKES

He keeps the big yard mowed, does his trimming with an edger, and clips bushes regularly.

“My wife likes her yard pristine,” he said, “so I keep it that way.”

June Faircloth retired in June of '02 after serving as a clerk at the Appling County Health Department for many years; Vance retired in 2008.

The coronavirus quarantine has pretty much grounded Vance, but he says it's temporary. Just as soon as he can, he'll be back to the gym first thing in the mornings. That's what he does for himself and his family; it keeps him healthy.

He still volunteers at EMA, but county administrators advised all agencies to operate with a skeleton crew, so Vance has been at home since mid-March. Back in February, he had asked a man in Lyons to come over and put down a deep-well for him. About three weeks ago, the man finally got to him. He too left a bit of a mess for Vance to clean up, which he did with his trusty shovel and wheelbarrow. He's had plenty of exercise whether he was at the gym or not.

He's used the same well for the last 50 years, but when he had the house replumbed, the plumber con-

vinced him to use a new kind of pipe called pex, which is guaranteed for life.

“One morning I woke up and heard water under the house,” Vance said, “so I went under there to check it. In the old days, they used galvanized. The pex was guaranteed for life, but we discovered that if the ph. is high in your water, eventually it will destroy the little band that holds the pex in place. I had to call the plumber back to install a deacidification system. I haven't had any more trouble. My wife tells me that I'm going to get to the place that I can't do all the things that I've always done. She may be right. It took me 3 weeks to clean up after the well-digger.”

Vance is not scared of hard work, no matter his age. He says it keeps him young, that and the gym when he can get back.

“The gym keeps me mentally, emotionally, and physically healthy and I swear by the value of physical exercise. Except for my heavenly Father, that exercise does more to keep me healthy than anything else. For now, we are practicing staying home and staying healthy. I look forward to going back though. And back to church. I'm really ready for that, too.” ¶

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Healthy eating options for seniors

"Let food be thy medicine" is a quote attributed to Hippocrates, the ancient scholar considered to be the father of modern medicine. The saying relates to the notion that what people put in their bodies can heal and/or prevent certain conditions.

For seniors with medicine cabinets full of over-the-counter and prescription medications, the idea of relying predominantly on food to promote optimal health may be tempting, and various foods can be particularly useful to the 50-and-over demographic.

According to the World Health Organization, poor diet is a major contributor to many of the diseases that affect older people. Poor diet has been connected to the development of diabetes, and degenerative

diseases such as osteoporosis also may be linked to the foods ones eat. The National Council for Aging Care says micronutrient deficiency is often a problem among the aging due to factors like lack of variety in diet and reduced food intake. Eating a variety of foods can provide all of the nutrients people need to stay healthy as they get older. Certain foods may be particularly helpful.

· **Brain-friendly foods:** Foods such as avocado, leafy vegetables, sunflower seeds, blueberries, and salmon are good sources of vitamin E, antioxidants, omega-3 fatty acids, and other nutrients that may help ward off dementias like Alzheimer's disease, advises Sonas Home Health Care.

· **Anti-inflammatory foods:** Foods

rich in omega-3 fatty acids may help prevent inflammation that can cause cancer and rheumatoid arthritis. Aging.com says foods that are high in omega-3 fatty acids, like salmon, should be consumed at least twice per week.

· **Fruits and vegetables:** Fresh, canned or frozen produce tend to be high in micronutrients, including a variety of important vitamins that are essential for all components of health. The Academy of Nutrition and Dietetics advises eating dark green vegetables, such as leafy greens or broccoli, and orange vegetables, such as carrots and sweet potatoes.

· **Energy-boosters:** Choose whole grains that can provide sustained energy by way of healthy carbohydrates

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over processed grains.

· Bone-friendly foods: Calcium-rich foods, such as milk, yogurt and cheese, can prevent calcium from being leached from the bones, which contributes to conditions like osteoporosis.

· Digestive system-friendly foods: The digestive system slows down as the body ages, as the walls of the gastrointestinal tract thicken

and digestive contractions that push waste along may slow down and become fewer. Foods rich in fiber can promote proper digestion by moving food through the



digestive tract more easily. High-fiber foods also may help naturally reduce blood cholesterol levels.

· High-iron foods: Without enough iron in the body, a person may feel tired and lethargic from a reduced production of hemoglobin, which carries oxygen in the blood from the lungs to the rest of the body. A lack of oxygen in body tissues from anemia can be serious, says the National Council for Aging Care. Tofu, spinach, lentils, pumpkin seeds, and fortified breads and

cereals are high in iron.

Smart food choices can help seniors live long and healthy lives. ¶

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“God expects us to serve others with what we’ve been given.”

Making life better through volunteering

By Mary Ann Ellis

Sherri Jenkins oversees the gift shop and is the Manager of Volunteers at Coffee Regional Medical Center in Douglas. Since mid-March, she has been opening the shop a couple of days a week for the hospital employees. Because of the ‘Shelter in Place’ order issued by the state, the volunteers were not able to be there.

5 hours a week in that capacity. About this time last year—in June, as a matter of fact, the director of volunteers resigned. Several volunteers suggested that she apply for the job, but she had doubts. She prayed and thought and then thought and prayed some more. Finally, she applied and was hired at the end of July.

“It’s been an enjoyable experience,” Sherri said. “You never know who you will interact with each day. Seeing someone smile when they leave the gift shop or are helped by one of our volunteers makes my day. And being manager of the volunteers keeps me active. I’m not getting any younger.”

Sherri grew up in West Green, the daughter of James and Joyce Moore. She went to elementary school there and graduated from Coffee High School in 1971. In 1973, she graduated from South Georgia College and then transferred to Georgia Southwestern College in Americus. She really wanted to go somewhere where she would meet lots of new people. She had decided she did not want to follow in her parents’ footsteps, attend the same college, and have the same professors they did. Ironically, when she got to GSW, she discovered that the Dean of Students had taught her daddy. It was

while a student at Georgia Southwestern, that she met her future husband, Bobby.

Her mother’s family is from Coffee County—the Nicholls area, as well as Atkinson County. Her daddy’s family is from Coffee County. He grew up in West Green, and Sherri and Bobby reside on the land that has been in her family for almost 100 years. It is not unusual for Sherri to meet someone and discover that they are related. After all, family is an important part of her life.

She learned to work in tobacco and did so every



SHERRI AND HUSBAND BOBBY ON A RECENT VISIT TO DARIEN TO EAT SOME GEORGIA SHRIMP.

“Some of the employees come in the gift shop every time I am open,” Sherri said. “I’ve gotten to know them and feel like they are my family. When I don’t see them for a couple of days, I feel lost. Opening the gift shop during the past seven weeks has provided the employees an outlet. I am glad that I have been able to be there for them. After all, these frontline workers are the heart and soul of our hospital. I am thankful every day for having them.”

Sherri started as a volunteer in 2012 and spent about

summer while she was at high school and college, except the summer of '72 when she worked at Six Flags over Georgia.

"I was really fortunate because I got to walk around with a pan and broom to clean up the place," Sherri laughed. "The biggest roller coaster they had back then was the Dahlonega Mining Train. You know it has been a long time."

Her parents taught her to work and that she was not too good to do any kind of honest work. She spent many hours in the tobacco field and even took her turn picking up eggs at the family's poultry houses. She loved growing up on

the farm and returned to live there twelve years ago. She enjoys living the country life. Lots of time is spent sitting on her front porch watching the world go by, or on the back porch

enjoying the pond. It's just a calm and peaceful place.

Sherri's husband, Bobby, originally from Blakeley in Early County, still works and is a salesman for Multi-Care; he travels



ON OUR ROAD TRIP, AND A STOP FOR LUNCH AT MAGNOLIA TABLE IN WACO, TEXAS—OUR FRIENDSHIP GOES WAY, WAY, WAY BACK.

all over Mississippi, Alabama, Florida, and half of Georgia. A reading specialist, Sherri taught for more than 30 years. She taught reading and worked with an intervention program for high school students. One year, she was given an eleventh-grade literature class to teach, which she prayed her way through. After retirement from full-time teaching in December, '06, she stayed in the school system at 49% for another 4 1/2 years and started teaching GED classes part time. She also taught GED classes at the prison for one year, which was quite interesting, to say the least.

Sherri doesn't limit her

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SHERRI ACCEPTING AN ACHIEVEMENT AWARD FOR THE VOLUNTEER ORGANIZATION AT CRMC AT THE GEORGIA COUNCIL ON VOLUNTEER SERVICES ANNUAL CONFERENCE.

volunteering to only the hospital. When her friend Carol Morgan became President of the Historical Society and took over the museum, she became a volunteer there, too. Whatever programs are planned, she helps, and has been doing that for the last five years. Furthermore, she is a member of the Coffee Atkinson Retired Educators' Association.

"I help my friend, Jerome Loving, a veteran and member of American Legion Post 515," Sherri said. "I love him to death and am honored to help with the many projects that he and the American Legion Post undertake—placing flags on the graves of Veterans in Coffee County or place wreaths on these graves during "Wreaths across America." If he needs help, I am more than willing to help. After all, these are Veterans that we are honoring."

Sherri is an avid reader. She'll sit on one of the porches in a rocking chair and lose herself in a historical novel, especially Eugenia Price's tales. She likes mysteries and starts trying to solve them on page one. Her favorite mysteries are those in which the main character's occupa-

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tion revolves around food. One of her goals each year is to read through the Bible. With so much time being spent at home since mid-March, she has already gotten through November. Christian fiction is another genre that she enjoys reading.

She and her husband bought a river house and love to go spend time there, especially when the Altamaha isn't out of its banks. It is just a quiet, peaceful place. She loves to travel and thinks nothing of climbing in her car alone and traveling to Louisiana and Texas to see her children, their spouses, and especially the grandchildren. One year, three friends joined her on a road trip. Their first stop was New Orleans and beignets! From New Orleans, they visited Waco, Texas, home of

Chip and Joanna, and then it was on to Pawhuska, Oklahoma, home of Ree Drummond and Ladd. They had to make a side trip to Kansas, just so they

could say they'd been there. Other stops on this road trip included Little Rock, Memphis, and Tupelo, but no Elvis!

"We'd planned another trip for March to go to Laurel, Mississippi, where Hometown is filmed, and

Sherri is one of three children. One of her brothers, Terry, passed away several years ago. Her other brother Kerry Van, and his wife, Michelle, live nearby. They have two sons, Kade and Kaylon, a daughter-in-law, Alli-

Abigail and Emma, live in League City, Texas, a suburb of Houston. Clint graduated from the United States Air Force Academy, in 2004.

Their daughter, Courtney, her husband, Justin Chiasson, their three children, Copeland, Atlee, and Emery, live in Geismar, Louisiana, which is near Baton Rouge. Courtney graduated from the University of Georgia in 2010.

Sherri says her parents taught her by example the fine art of volunteering and giving unselfishly. She is still amazed at all of the good deeds that they did during their lives that she hears about from other people. She is working to keep their legacy going. They believed in using one's God-given talents to help other people and to be a part of the community.

Sherri is a member of West Green Baptist Church where she also volunteers with mission and outreach projects. ¶



SHERRI AND BOBBY'S FAMILY.

Erin and Ben do their magic on homes, but the Corona virus interfered with that one. We'll do it one of these days. After all, these trips are fun."

son, and granddaughter, Blakely.

Bobby and Sherri have two children. Their son, Clint, his wife, Jennifer, and their two daughters,



HUGH AND MARTHA MCBRIDE'S CHILDREN DO NOT APPROVE OF THE COUPLE'S AFFECTION FOR EACH OTHER ON A VACATION TRIP IN KENTUCKY.

The McBrides: Living in two counties

By Mary Ann Ellis

Martha McBride is the daughter of Dr. Clayton Massey, the well-known pediatrician in Waycross, and his wife Winnie. The one of the five children who tended to follow her dad around, she started to work with him in his office when she was in the sixth grade. She'd go to work with him whenever he went and come back home when he did. She answered the phone, did some filing, filled out charts, got the rooms ready, helped with the kids, and did whatever needed to be done.

"I guess I was the equivalent of today's medical assis-

tant," Martha said. "When I started high school, the nurse suggested to him that he pay me and he did--\$50 a month. I put every penny of it in the bank and used it to pay college expenses my first year at Georgia Southern College. It wasn't a university back then."

Martha says she probably would have been a nurse had she not been a teacher, but nobody turned her on to science back then. She worked at Freidman's Jewelry Store and at the College Book Store across from Georgia Southern while she was in school there majoring in Business Education. Before

going to Statesboro, she took University of Georgia classes in Waycross during the summer after she graduated and the following summer. She even did her student teaching during the summer—partly in Savannah at Savannah High School and partly at the technical college in Swainsboro. A cousin lived down the road from the school in Savannah so Martha stayed with her and walked to and from school, which she wouldn't dare do today.

"I very clearly remember paying \$350.00 that first semester in Statesboro for my dorm, a full seven-day-meal

plan, tuition and fees for the semester," Martha laughed. "You can't even buy books for that now."

On campus she worked for the Council for Economic Education. She couldn't take the job the first year because it required shorthand, which she didn't have but later took as part of her program as well as for the job. She later earned her masters at Georgia Southwestern College, her six-year at Valdosta State, and her doctorate at GSU. Over the years she has taught for Waycross-Ware Tech and Altamaha Tech as well as for Heart of Georgia and Brewton-Parker.

"When I was working on my higher degrees," Martha said, "a whole crew of us rode together to class and we had a good time. That was before online classes. I now work part time for Oconee Fall Line Technical College of McRae, but I work on the satellite campus in Helena. I've been doing this since 2014. They don't work on Fridays either." Martha also enjoys helping people learn to live a healthier life through her part-time work as a wellness advocate for doTERRA essential oils. She also is a consultant with Initial Outfitters, a company that specializes in personal-

ized jewelry, gifts, and home decor.

"She works fulltime but doesn't get paid for it," husband Hugh chimed in.

"Almost, one time when the other office worker took another job. Nobody else knew how to do the record system," Martha retorted.

Hugh was born in Hazlehurst at Goldman's Hospital in 1949 to Howard and Alma McBride, who owned and operated McBride's Hardware in Lumber City. Hugh has one brother, John, who is two years younger than he is. Hugh started working in tobacco and watermelons when he was 8 years old. The

very first morning he worked in tobacco, he worked down on his knees cropping in the heat and got violently nauseated. After that, he was fine. At 16, he worked at the sawmill making pallets.

"We used to make \$4.00 a day working in tobacco. One time the man I was working for wanted to get his crop in fast, and we worked from 6 a.m. to midnight," Hugh said. "He paid me a dollar extra, and I thought I was rich."

Hugh was on the first Little League team that Lumber City ever had. They built three different baseball fields. Every time they got

one built, someone would take it for a garden. Finally, they set one up in Hugh's yard right next to the Methodist Church.

"That church was known for its beautiful stained-glass windows and how we managed to miss them all those years we played, I'll never know, but we never hit one," Hugh laughed. "We hit the church itself many times but not the windows. Comer Varnadoe started that Little League team, but we played whatever ball was in season."

After graduating from Jeff Davis High School in 1967, Hugh attended Brew-

on-Parker College for his first two years and then transferred to GSU.

"I knew Martha's brother Paul," Hugh said. "I had a couple of classes with him, but I didn't meet her until several years later. After GSU, I was hired at Jeff Davis and stayed there from 1972 until 2011. I spent my whole career right there and so did Martha. That's unusual, especially for a coach. I met Martha in a rather unusual way. I had two tickets to the Georgia/Florida game, and I went around the school looking for one of the unmarried lady teachers. Martha's the first one I found. The rest is history."

They actually stopped in Waycross on the way to the game so Hugh got to meet her parents that day, as well. Martha married into a life of ball games, but she had grown up with brothers who played every sport out there. Being married to a coach wasn't much different to her.

Hugh almost moved to Metter in 1976 to coach basketball. They had a

player who was 6 feet 10 inches tall. He'd already told them he'd go and was looking for a house there when his father died. He decided to stay and take care of the farm but coaching that really tall guy was tempting. Someone once asked him if he wouldn't let anybody taller than him play on his team. Hugh was about 5'6" back then.

He's always been a coach. His high school basketball coach, Porky Anderson, had a rule. If he wasn't going to start you in the first game, he'd cut you from the team.

"When I was a senior, he called me in one day and said, 'I'm going to have to cut you, but I want you to think about being a coach,'" Hugh said. "I was so intimidated by him that I would have done anything he told me to. It's a good thing he didn't advise me to become a murderer. He was really gruff, and he'd tell his players, 'Your mother and daddy will tell you what you do good. I'll tell you what you do wrong.'"

"Hugh's been trying to tell me how

to do things since we married," Martha said, "but I don't take too kindly to it."

"I'm trying to fix you, baby," Hugh laughed, "but it hasn't worked yet."

They married in Waycross in 1975, almost forty-five years ago.

His first year he coached JV boys, was assistant baseball coach, coached golf and 8/9th grade football. He's also coached girls' basketball, softball, and boys' and girls' track. Basketball was always his baby though.

Hugh's Dad died in '76. He'd had some cows, but they'd sold them off to pay the inheritance tax. Hugh and Martha had started buying some purebred Hereford cows along and along. Once he was in Sandersville and saw a beautiful heifer. She had won the state championship in three different states.

Hugh called Martha and asked, "How much money do we have in the bank?"

She told him \$6700, and he spent \$6500 for the cow. He went home and told her, "Look at this great heifer I've got here. She admired her too until she

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found out how much I'd paid for her."

"He left me with \$200 to run the family on for the rest of the month, which was all we had left," Martha said.

When the next month came around and brought their paychecks in, she handed him \$200 and said, "Here you go. Now live on that for the rest of the month."

Hugh, along with Randy Owens (of the band Alabama), and Howard and Cliff Sheppard of Sandersville, owned two bulls together that were reserve national champions.

"Last year we went to Charleston, SC, on vacation," Hugh said. "We'd gotten to Claxton when my neighbor called and said the cows were out and all over the place. Not long after that, a man came from Pearson, admired my cows, and I sold him every one of them."

The McBrides have two children—Brent and Amanda. When Brent was 4, Hugh took him turkey hunting where they killed a turkey and he fell in love with turkey hunting. They've been hunting turkey ever since. Brent teaches welding at Appling County High School and was Teacher of the Year a couple of years ago. He also teaches the Dual Enrollment Welding for Coastal Pines Technical College on the campus of Appling County High. Last fall, Brent was the Grand Marshall for the Appling County Homecoming parade. That's one of the last things Hugh and Martha ever expected to have in their family. Brent's married to Shelly Rentz McBride, who will be Director of Curriculum and Professional Learning for the Jeff Davis County Schools in Hazlehurst this fall. They have two boys—Truitt and Turk.

A pharmacist, their daughter Amanda is married to James Stankowitz, III. She works for Navicent Health at the Medical Center in Macon, but they live in Forsyth with their



HUGH WITH HIS MOTHER, ALMA MCBRIDE, HIS BIGGEST FAN.

children Sidney, Sidney, Chase, and Juliana. Jamie works for AT&T out of the Forsyth office but services clients as far south as McRae and Vidalia.

Amanda was a cheerleader in middle and high school; Brent showed cows and hogs on the FFA circuit for quite a while. "We spent so many nights in Perry showing animals that Amanda's idea of a vacation was to just stay home," Martha said. When Brent was in school, he'd have to stay in the gym with Hugh until Martha got off at 5. Then she'd come by and pick him up. Hugh's basketball players loved to pick at Brent. One time they put him upside down in the trash can, which Hugh thought was hilarious. Brent didn't think so.

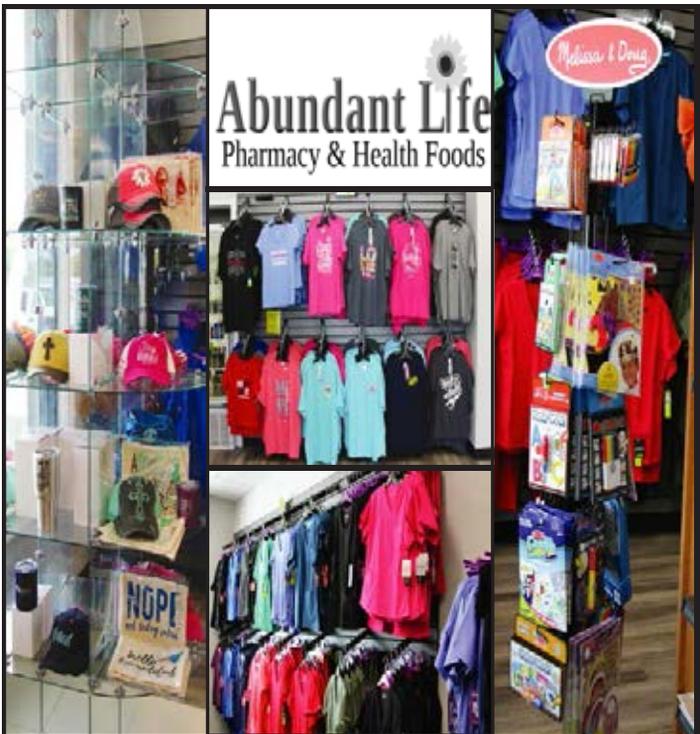
The first year Hugh coached varsity boys, they lost by one point in double overtime to East Hall High School in the Macon Coliseum in the Sweet Sixteen State Playoffs. They lost 64-63. After the game, Hugh was walking around the coliseum and a lady bustled up to him and said, "I want



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to apologize for my husband. He was the referee in that ball game, and he blew the *^*%\$ out of that call. You should have won. I'm just as sorry as I can be."

When his dad died, Hugh left coaching for ten years. He was taking care of the farm, but he took over the girls' basketball team in '87. In his first year as coach of the team, they had a record of 17 wins and 7 losses; the team had had 3 wins and 19 losses the year before he took over. The Lady Jackets won eight region championships, and he was Coach of the Year eight times. He coached the Georgia All-Star Team in 2002 as head coach and in '91 and '98 as assistant.

"He's the winningest coach in Jeff Davis County right now," Martha said.

Martha has been honored as the Georgia Vocational Association Business Education Teacher of the Year and the Eighth District Business Education Teacher of the Year.

Both Hugh and Martha are active members of First Baptist Church in Hazlehurst. He joined in 2012 and she went the next year but didn't officially join until 2014. They had always been Methodists until Hugh went to Africa on a mission trip with a group of Baptists.

"They seemed to have a little more energy than we did," Hugh said. "That was an amazing trip. We had 13,100 peo-

ple saved. That was special. We had a bunch of doctors, and we set up a medical tent."

Hugh and Martha have been on four mission trips to Haiti but were unable to go last October due to the political unrest there. Hugh teaches a Sunday School class along with Wayne Howard. Both work with the AWANA program: Martha works with a class on bible verses; Hugh does recreation for all of them. They both help with Vacation Bible School, but it's been canceled for this year. Martha also sings in the choir.

"We went to Africa once," Martha said. "My grandmother had gone somewhere and ridden an elephant, and my mother thought I should follow in her footsteps. We set it up. I thought it would be a half hour or so; instead it lasted two hours. The elephant got down as low as it could and then a man threw me up there on its back. Hugh rode behind me. The driver got up in front of us on the elephant. I asked him why there was a man down on the ground leading with a gun and he said that sometimes elephants and rhinoceroses don't like each other. Hugh's never forgiven me for that ride."

"Short men don't need to ride elephants for two hours," he said. "My hip hasn't been right since then."

Technically, the McBrides live in Telfair County, but people know they really belong to Jeff Davis. ¶



HUGH AND MARTHA'S FAMILY RECENTLY GATHERED FOR A PICTURE.

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Who is at elevated risk for COVID-19?

COVID-19 continues to dominate headlines across the globe. This novel coronavirus first made headlines in late 2019 after an outbreak in Wuhan, the sprawling capital city in China's Hubei province. The virus has since spread beyond China's borders, leading to school closures and changes in public life, such as the shutting down of professional sports leagues, that many might never have thought they would see in their lifetimes.

Despite the relative infancy of COVID-19, doctors have learned much about it, including who might be most at risk. According to the Centers for Disease Control and Prevention, early information out of China revealed that some groups are at higher risk of getting very sick from COVID-19 than others. Older adults and people who have serious chronic medical conditions are at the greatest risk of getting very sick from COVID-19. Heart disease, diabetes and lung disease are the chronic medical conditions that appear to make people especially vulnerable to sickness from COVID-19.

How people in at-risk groups can reduce their risk of getting sick

It's important that elderly people and people with chronic medical conditions take their risk for getting

sick from COVID-19 seriously, as the virus had already contributed to thousands of deaths by early March 2020. The CDC notes that it is especially important that people at elevated risk take actions to reduce their risk of getting sick with the disease. The following strategies can be part of a proactive approach that may help at-risk people lower their risk of getting sick from COVID-19.



- Stock up on health supplies. Contact your physician and arrange to obtain extra necessary medications so you do not have to leave your home should an outbreak occur in your area. If that's not plausible, the CDC recommends signing up for mail-order medications. Stock up on over-the-counter medications and medical supplies, including everyday items like tissues, so you don't have to leave the house if an outbreak occurs.

- Stock up on groceries. Make sure you have enough groceries on hand so you can stay at home if restrictions on leaving home are put in place during an outbreak.

- Embrace the basics. Basic strategies like avoiding people who are sick; washing your hands with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing or spending time in public; avoiding touching your face, nose, eyes, etc.; and avoiding crowds can help to reduce your

risk of getting sick from COVID-19.

Since the initial outbreak of COVID-19 in China in late-December 2019, doctors have learned that certain people are especially vulnerable to getting sick from the virus. Such people can take certain steps that may reduce their risk of getting sick. More information about COVID-19 is available at www.cdc.gov.

Freddie Ann Taylor: Living the Good Life

By Mary Ann Ellis

Born in 1939 in the front bedroom of her grandparents' home in Bacon County, Freda "Freddie Ann" (nee Stewart) Taylor still lives on a part of that farm. She left it and took a circuitous route to get back to it, but she's back to stay. When World War II started, her dad (Alex Linton Stewart) moved to Jacksonville, Florida to work at Gibbs' Shipyard. He wasn't drafted because he was already married and had children to support.

"I have the clearest memory of riding in the car over the Main Street bridge in Jacksonville with my mom Madie (nee Bratcher) Stewart and aunt (Lela Mae (nee Stewart) Mercer) in the car. Mama said that she imagined that the Japs would certainly want to bomb the shipyard where Daddy worked," Freddie Ann said. "That scared me to death. I'd dream about it at night."

One day a sailor went down in the bottom of the ship and lit a cigarette, blowing up the whole ship right there in the shipyard. She, along with her mother and sister Yvonne, hurried down to the shipyard and waited and waited to find out if her daddy and Uncle Charlie (Mercer) were okay. Finally, her daddy and uncle came up and talked to them but told them they couldn't leave right then. There was still work that had to be done.

"Ambulances were all over the place, their sirens screaming," Freddie Ann said, "but they didn't really look like today's ambulances. I can still hear the sirens echoing. It seemed you could hear them all over Jacksonville. There was a big chimney standing near where we lived called Big Jim, and someone would blow the

horn built inside of it to alert people of an air raid. I'm talking about '42, '43, '44, and '45. Children cannot imagine that unless they've lived it."

Back then it was perfectly safe to put children on a Greyhound bus in the care of the bus driver and send them from Jacksonville to Alma, then back home again. She and Yvonne traveled that way to their grandparents and back several times. Freddie Ann said that living in Jacksonville was a wonderful thing for her. She learned so much as she and Yvonne took the city bus to the movies. They could go to the beach. She learned to be independent and not to be afraid. Also, she had a good companion in Yvonne, who is 2 years older than she. Freddie Ann attended Mat-



J.L. AND FREDDIE ANN AT STONEHENGE.

tie Z. Rutherford School where she had Mrs. Bozeman for second grade. She vividly remembers that teacher as an exceptional teacher.

They left Jacksonville when her daddy went to work with civil service in Green Cove Springs, Florida. There was no air conditioner, of course, but there was a pool that the city had made from the natural springs. It was icy cold, and the children loved it.

She went to school in Jacksonville during the war but moved back to Alma permanently when she was 14 and in the 8th grade. She finished school in Alma.

When Freddie Ann and Yvonne were teenagers and dating, they had to go out together. Those were the rules.

"I don't know which one of us our parents didn't trust," Freddie Ann laughed, "probably me, but we almost always had to go out in pairs. When I met J.L. Taylor though, my dating days were over. One year later,

I married him and began the happiest years of my life. My cousin, John Phillip (Stewart) had introduced him to me at my birthday party. His real name was James Lee, but everybody called him J.L. We were married for 56 years before he passed away. He worked at Sears in Douglas for 30 years and was one of the last ones that got full retirement. Sears and Roebuck raised my children.”

J.L. and Freddie Ann have three daughters: Melissa “Lisa” Taylor, Jamie (Steve) Griffin, and Sherri (Marty) Anderson. Sherri lives in Bainbridge where her husband is pastor of Fellowship Baptist Church. Lisa and Jamie

still live on the farm where they were raised and have raised their own families there. All their children are grown and some of the

and his wife are stationed with the Navy in Italy.

After Freddie Ann worked for Dr. Goldwasser for two years, the Model



THE WHOLE TAYLOR FAMILY AT CHRISTMAS 2014.

grandchildren also live on the farm with their families. The rest all live close by in Bacon or Appling County except one, and he

City program of the 70s selected Alma as a participant in this new government program. It was the smallest city in the

program to actually receive money from the project, and it provided some really good things for Alma, even though they weren’t always the things the local committee wanted. Freddie Ann considers the day-care program to be the best of them. The Developmental Learning Center opened in the late 1960s and she started working there as a nurse’s aide but was later promoted to social worker. At first, they used a wing of the old high school while Model Cities worked on a building.

“My husband was on the advisory committee regarding the building facility and land improvements,” Freddie Ann said, “and he tried to get them to



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build the multi-purpose building (which housed the Developmental Learning Center, DFCS, Chamber of Commerce, Human Resources for Bacon County and several other offices) of brick so it would last longer, but they wouldn't listen. Now it's just recently been torn down due to the rot, misuse and years of vacancy.

While Freddie Ann was working as Social Worker for the Developmental Learning Center, a man came from Valdosta State and taught her to give aptitude tests. She very much enjoyed the thirteen years she spent at the DLC. She would have stayed there the rest of her life, but as

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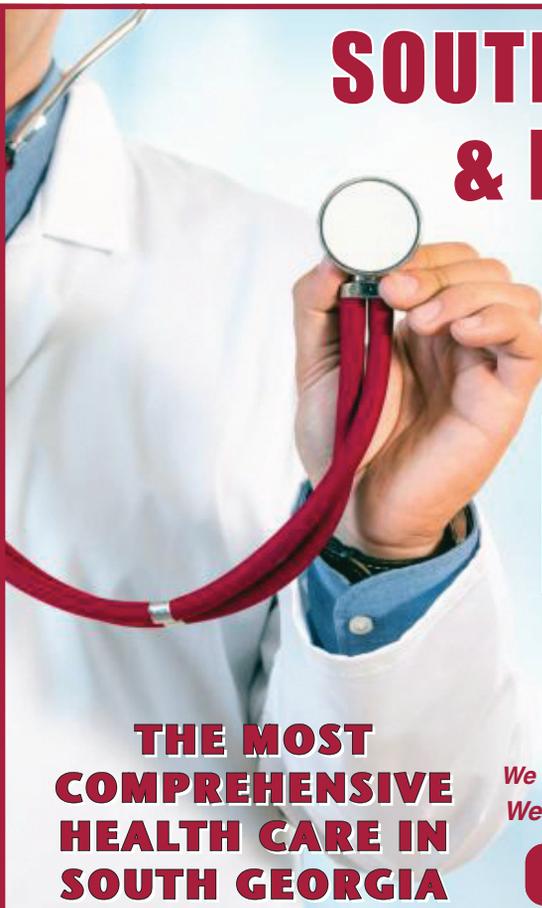
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Only about eleven months separated the ages of the children. Freddie Ann said their own girls enjoyed having the little ones in the house. It was Easter, so they got them baskets and took them to church with them. This was short term foster care.

They fostered one ten-year-old who took their hearts completely. A tall child, he stayed with them for about a year. He was not from Bacon County. When he arrived, he asked what he should call Freddie Ann and she told him to call her whatever he wanted to; he replied, "Why don't I just call you Mama?" His father used to tie up him and his brother

because he didn't want anyone to know he had mentally defective children. They all cried when that one left.

Freddie Ann's heart was just too big for social work; it hurt too much. When the Bacon County Library had an opening, she applied for it and went to work there. She had a fondness for the library from her childhood. Whenever her family went to town, they always went to the library. Yvonne had worked there as an assistant to Mrs. O'Quinn, the first librarian, who had earned \$100 per month until she hired Yvonne. Then they payed Yvonne \$25 a month and Mrs. O'Quinn \$75.

Along with her duties at the library, Freddie Ann found herself in the historical society as well, which was okay with her. Her family, the Stewarts, were prominent people with a rich history in Bacon County.

Freddie Ann's story times built up the library. The children would come in droves for the various activities and stories. They'd have drawing times with crayons. Frog jumping contests were lots of fun. For one contest, a Grandmother stitched a black bow tie for a frog. Once on the eve of the frog jumping contest, a little boy frantically called Miss Freddie Ann with a

big problem. "We can't find a frog; we've been in my backyard all night and can't find a frog," he cried.

She encouraged him to try one more time and that time he was successful.

"We had to count every book that went out and every visitor," she said. "Our numbers kept going up and up. I had been talking to Bobby Wheeler, our state representative, and telling him that we needed a new library. Our story times got to be so big that they finally hired someone else to help in the library part time. We also had a good strong library board. Tim Warnock was the president of it at the time. I loved

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almost everything I did at the library. When students came in to do projects for Gail Williams, a local teacher, I'd send them to one particular section. Every one that walked in that door was the most important person in the world to me. I've always been naturally friendly and that was an asset for the library as well. I did hate sending out overdue notices though, so my associate did it. She was a complement to me."

When Freddie Ann became the manager of Bacon County's Angel Tree, she worked with the Department of Family and Children Services. DFCS supplied the names for the tree each year. Ruby

Houder helped to start the tree when she teamed up with the ABC Council on Children. The tree was decorated in the center of the library with white angels that had names on them, and people came by to draw names from it. One year they had an unusually large group of people who came in to help. One child in particular touched Freddie Ann's heart.

A mother had called and told Freddie Ann about her little girl. The child had written a letter to Santa in the paper. A would-be donor came in from a big company in town and Freddie Ann gave her the letter. The lady saw to it that the child got everything she'd

requested. After Christmas, the mother called back and said, "I'll never be able to convince my child there's no Santa after the Christmas she just had."

A woman from Pennsylvania and her daughter crocheted little footies to give away. Lamar's Pharmacy donated everything he didn't sell—clothes, toys, etc.

"I couldn't give people credit in the paper," Freddie Ann said, "because most of them wanted to remain anonymous."

Churches came and picked names. People would bring their children to get names, thus teaching them to give and that some

people don't have as much as others.

"Bacon County is a good place to live and to work," Freddie Ann said, "Of course, we have a few bad eggs, but the good ones outweigh the bad."

Freddie Ann spent about 8 years teaching adults to read, too. At Valdosta State College, she took a course on teaching reading to adults. First, she was just helping people in Bacon County but later taught any adults who showed up. Soon they had migrant workers. There were lots of Hispanics, and many of them settled down right there.

When Mrs. Bonnie Baker approached her

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about volunteering to the historical society, she was ready. The County had given \$2000 to keep the library open full time, and they gave it on behalf of the historical society, specifying that a worker in the library could run the historical society in addition to her library duties. Mrs. Baker was retired from Washington, D.C. and taught Freddie Ann about Bacon County. In 1914, it was part of Appling, Ware and Pierce. When Congress approved Bacon County's charter in 1915, it was supposed to be named Hardiman County, but the night before, Augustus O. Bacon, a local representative, died, and they named it after him. Freddie Ann stepped into Mrs. Baker's position after she died. When she began to experience some health issues, she had to pass it on to someone else.

She was still busy with the library though. Mrs. Seabrook would bring her high school students to the library for genealogy lessons. The principals would allow classes to come over for the story times at Christmas. Once they had a story about the menorah, and she reminded the children that "what we need to remember is not how different we are but how we're alike."



FREDDIE ANN AT HER 80TH BIRTHDAY PARTY.

Freddie Ann's husband, the love of her life, passed away in 2016, but not before they had the opportunity to travel abroad and to 49 of the 50 States. They had taken



J.L., FREDDIE ANN AND THEIR THREE DAUGHTERS.

their children camping before they learned to walk; first in a tent with no floor, then in pop up campers, in travel trailers, and later motor homes. We knew how to find great campgrounds

One day Freddie Ann found an ad in a magazine for a Camp Host Program and applied for it. Three weeks later they were on their way to Vermont. They had two little chihuahuas that traveled with them. They taught the children in Vermont to say, "y'all" and while monitoring the children in the road and at the playground, the kids would rush out yelling, "Hey, y'all." The Taylors would go up to Vermont for the whole summer, working in state campgrounds for four years while they both remained in good health.

All these years Freddie Ann still had time for local organizations where she served as officers and devoted members. The American Heart Association, The ABC Council on Children, The Pilot Club, and not the least, her beloved church, Friendship Baptist. She has been a member there for nearly 60 years and when healthy, served in many positions, favoring teaching Nursery Sunday School and being a Deacon's wife.

"The Lord has been so good to me," Freddie Ann sighed. "I could never have asked for a better life." ¶

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Eleven Foods for Healthy Bones

What Is Osteoporosis?

Our bones may seem rock-solid, but the tissue is constantly being created and destroyed. As we age, the process can skew toward bone destruction, leading to porous, weak bones that break easily. The good news is that there are many ways to prevent osteoporosis.

When it comes to building strong bones, there are two key nutrients: calcium and vitamin D. Calcium supports your bones and teeth structure, while vitamin D improves calcium absorption and bone growth.

These nutrients are important early in life, but they may also help as you age. If you develop osteoporosis, a disease characterized by brittle and breaking bones, getting plenty of calcium and vitamin D may slow the disease and prevent fractures.

Adults up to age 50 should get 1,000 milligrams of calcium and 200 international units (IUs) of vitamin D a day. Adults over 50 should get 1,200 milligrams of calcium and 400 to 600 IU of vitamin D. Get these nutrients by trying these 11 foods for healthy bones.

Yogurt

Most people get their vitamin D through exposure to sunlight, but certain foods, like yogurt, are fortified with vitamin D.

One cup of yogurt can be a creamy way to get your daily calcium. A fat-free plain yogurt that contains 30% of your calcium and 20% of your vitamin D for the day.

And though we love the protein-packed Greek yo-



gurts, these varieties tend to contain less calcium and little, if any, vitamin D.

Milk

There's a reason milk is the poster child for calcium. Eight ounces of fat-free milk will cost you 90 calories, but provide you with 30% of your daily dose of calcium. Choose a brand fortified with vitamin D to get double the benefits.

Can't get three glasses a day? Try blending milk into a smoothie or sauce.

Cheese

Just because cheese is full of calcium doesn't mean you need to eat it in excess (packing on the pounds won't help your joints!). Just 1.5 ounces (think a set of dice) of cheddar cheese contains more than 30% of your daily value of calcium, so enjoy in moderation.

Most cheeses contain a small amount of vitamin D, but not enough to put a large dent in your daily needs.

Sardines

These tiny fish, often found in cans, have surprisingly high levels of both vita-

min D and calcium. Though they may look a bit odd, they have a savory taste that can be delicious in pas-

tas and salads.

Eggs

Though eggs only contain 6% of your daily vitamin D, they're a quick and easy way to get it. Just don't opt for egg whites—they may cut calories, but the vitamin D is in the yolk.

Salmon

It's known for having plenty of heart-healthy omega-3 fatty acids, but a 3-ounce piece of sockeye salmon contains more than 100% of your vitamin D. So eat up for your heart and your bones.

Spinach

Don't eat dairy products? Spinach will be your new favorite way to get calcium. One cup of cooked spinach contains almost 25% of your daily calcium, plus fiber, iron, and vitamin A.

Fortified Cereal

Certain cereals—like

Kashi U Black Currants and Walnuts, Total Whole Grain, and Wheaties—contain up to 25% of your daily vitamin D. When you don't have time to cook salmon or get out in the sun, cereals can be a tasty way to get your vitamin D.

Tuna

Tuna, another fatty fish, is a good source of vitamin D. Three ounces of canned tuna contains 154 IU, or about 39% of your daily dose of the sunshine vitamin. Try these low-cal Tuna-Melt Tacos as a way to sneak in vitamin D and calcium.

Collard Greens

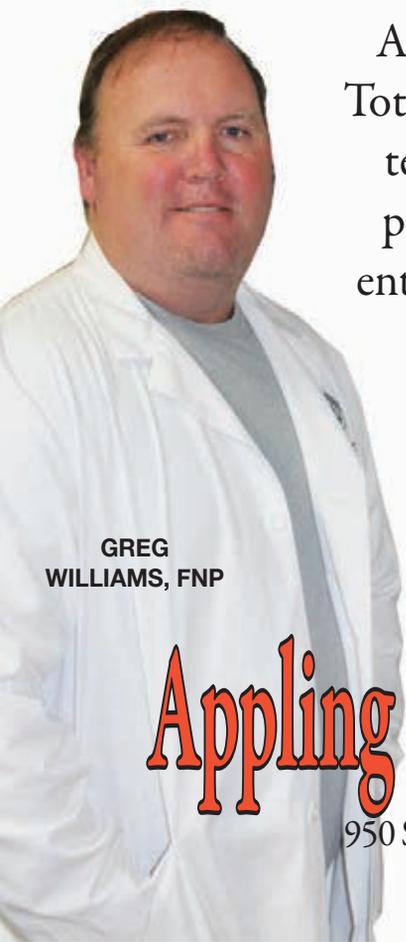
Like spinach, this leafy green often enjoyed in the south is full of calcium. One cup of cooked collards contains more than 25% of your daily calcium. Plus you can easily sneak it into your favorite foods.

Orange Juice

A glass of fresh-squeezed OJ doesn't have calcium or vitamin D, but it's often fortified to contain these nutrients. Try brands that have Calcium + Vitamin D to get a boost of these essentials.

Also, studies have shown that the ascorbic acid in OJ may help with calcium absorption, so you may be more likely to get the benefits of this fortified drink.

This article is brought to you by Lamar's Pharmacy. Lamar's is committed to helping you lead a healthy lifestyle, provide you with high-quality service and knowledge that is beneficial for you and your family.



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