

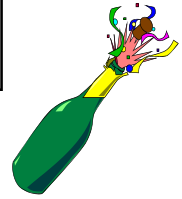


# THE BEACON

Happy

McIntosh Trail Management Services, Inc.  
December, 2010 Volume 2, Issue 2

New Year



## \* On The Road Again

By Dianne Birdsong



### On The Road Again

In 1978, the year after we were married, my husband made a wise decision. He began a snack food company, which specialized in making Pork Skins. The company began very small and we did not make any money on our investment till 1989.

I'm getting a little bit ahead of my story. In the fall of 1979, my husband decided since he had

access to the uncooked product why didn't he try to do some local festivals and see if he could make a few dollars. I joined him a few miles away from home and he cooked the skins in an old large wash pot. Wow! Were we disappointed. We made just \$42.00.

My husband is one who never gives up on an idea, so he began researching other festivals we might try. He brought home a Southern Living magazine which featured a "Chitlin Strut" in Salley, South Carolina, ([www.chitlinstrut.com](http://www.chitlinstrut.com)). It was one of the largest festivals in that state, so off we went, with several other family members we had begged to join us, to make our fortune.

[con't. on page 3](#)



## \* Diamonds From Doris

By Doris Carter



**"Never say never"** When was the last time you said those words? I frequently exclaim the joys of having successfully survived the teenage years of my children. Dating, learning to drive, weird friends and school projects are just a few of the things I would **"never"** want to revisit with a teenager. Along with the teenage years came a few pets, most were mutts, never the less they were loyal family members who happily lived outside and managed to survive even the most frigid winters. For certain I would **"never"** have a dog that needed to be walked outside on a cold and rainy day.

The actress Gloria Swanson was quoted as saying **"Never say never,** for if you live long enough, chances are you will not be able to abide by its restrictions. Never is a long, undependable time, and life is too full of rich possibilities to have restrictions placed upon it." Now that I am the guardian of a teenager dating, learning to drive, weird friends and school projects are just a few of the things I am revisiting. And did I mention I am the proud owner of a west highland terrier.. Going outside in 20 degree weather is not so bad after all. Another famous saying is "eat your words". A glass of sweet tea helps with the digestion.

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Martha Morton's grandson, Shawn, is our pin-up boy once again.

Here he is visiting a friend from the PBS TV show



'Thomas and Friends'



"I did not know you were so big Sir Topham Hatt".

## \* A Life Well Lived

By Addie Boyd

Through our program, I have had the honor and pleasure of meeting many marvelous individuals. They are all a mystery to me so I enjoy learning about them and hearing their histories.



One such marvel is Mrs. Laura Christine Williamson Nix. I have helped manage her care through the Community Care Services Program in which she has participated since 2008. As I begin to write this article, the day is October 21, 2010 and Christine is celebrating her 100<sup>th</sup> birthday. I look into her eyes and wonder what her life was once like, what her birthdays as a child were like with her parents and siblings surrounding her. As a mother myself, I look at her and imagine on the day of her birth, 100 years ago, her mother looking tenderly down at her and beginning the love story between mother and child; that unconditional love that never ends. I imagine her childhood, wondering what she liked to play; did she enjoy jumping in the creek as my grandmother once did? Did

she have a cornhusk doll? What was her favorite subject in school? Did she attend a one-room schoolhouse? I wonder what these eyes I am looking into have experienced: hard work, love and loss, the joys of marriage and parenthood; I can only imagine what she has seen in 100 years of living.

Because of Dementia, Ms. Nix is unfortunately unable to tell me her story, but her daughters are able to reminisce and tell me some of what they know of their mother. One daughter tells me of the great inspiration her mother was and how she used to be a joker, was artistic, enjoying drawing and playing instruments, and loved children. Please follow me as we learn a little about this wonderful woman and her life.

Laura Christine Williamson was born on October 21, 1910 in Lowell, Georgia, which is located in Carroll County. Christine and her twin sister, who was fifteen minutes older, were the last of 14 children, born into a farming family. Growing up, Christine worked alongside her family on the farm, the earliest photo Christine's family has of her is when she was around fifteen years old and is in the field picking cotton. One of Christine's talents was her "ear" for music. Christine could play almost every instrument, from piano, banjo, to fiddle. Christine enjoyed playing her instruments at local dances and it was during one of these dances that Christine met her husband, Cliff Nix. Cliff and Christine were married, became members of the Christian Church in Whitesburg, and settled in the area by having a farm of their own. One year, Christine was honored as being the recipient of "Housewife of the Year" while Cliff was named 'Farmer of the year'.

Their farm consisted of 500 head of hogs and cattle. Along with being housewife of the year, Christine also worked at the sewing plant, Dixie Garment, in Lowell, while Cliff was in the Army. Cliff and Christine longed for children and she kept trying to get pregnant until she was in her forties. Unable to conceive, she adopted her first child, a daughter whom she named Susan, when she was a day old. The cost of the adoption was \$25.00, which was at the time, the hospital bill for the childbirth. Later, she adopted another daughter, who was born premature and had to stay in the hospital for five days, and Christine named her Jana. The family resided in Carroll County and Susan and Jana grew to have families of their own, giving Cliff and Christine many grandchildren to love. Cliff passed away when he was sixty-eight years old. After his death, Christine continued her hard work and her love of gardening, tilling her own garden until she was eighty-six years old. In her older life, Christine was blessed to have many children around her and, in addition to her grandchildren; she has several great and great-great grandchildren. Christine has had a fulfilling life, being artistic and talented, a field worker, wife, homemaker, mother, and babysitter and has been surrounded by her loving family.

[con't on page 4](#)

## \* Health and Fitness

By Shaneji Ward

**Happy Holidays to All!!** As the holiday celebrations fast approach, I can honestly say that exercising and watching what I eat are the last things on my mind. I am also well aware that once the New Year rolls in these two subjects will come back to the forefront and on my New Year's resolution list. So to prepare myself for January 1, 2011, I have been researching websites that may be helpful to get me on track and keep me that way. I will share these with you so that we can motivate each other along the way. Some of these website contain helpful fitness and nutrition information, while others offer free calorie trackers and free diet plans. If you have a minute check them out. Again wishing you and yours a **VERY Merry Christmas and a Happy New Year!!!**

[www.womenshealthmag.com](http://www.womenshealthmag.com)

[www.blackgirlsguidetoweightloss.com](http://www.blackgirlsguidetoweightloss.com)

[www.fitnessonline.com](http://www.fitnessonline.com)

[www.sparkpeople.com](http://www.sparkpeople.com)

[www.my-calorie-counter.com](http://www.my-calorie-counter.com)

[www.livestrong.com/thedailyplate](http://www.livestrong.com/thedailyplate)

[www.hotbodsquad.com](http://www.hotbodsquad.com)

\* On The Road Again con't.

By Dianne Birdsong



We cooked and sold so many skins in that two days, the mayor of the town came by our booth to inform us that we interfered with their Chitlin sales to such an extent, we were to never to come back to their festival.

Being the stubborn person my husband is, he decided to go back the next year and rent property from a local lady who had a produce stand on the outskirts of town. Surely, the mayor would not approach him if he was not on the square selling skins.

He was wrong, the mayor showed up with the local sheriff and told us to leave town and never come back, because the crowd had followed us to the outskirts of town and we were again affecting the sales of the Chitlins.

After thirty years my husband continues to do the largest

festivals he can locate. He has added many items to his menu, but the skins being cooked are still the main attraction.

Some of the festivals he works include:

\*\*Cotton Pickin' Fair, Gay, Georgia,

([www.cpfair.org/gay-georgia.html](http://www.cpfair.org/gay-georgia.html));

\*\*Georgia Mountain Fair, Hiawassee, Georgia,

([www.georgiamountainfairgrounds.com/georgiamountainfair.php](http://www.georgiamountainfairgrounds.com/georgiamountainfair.php));

\*\*Orlando Festival in the Park, Orlando, Florida,

([www.cityoforlando.net/fpr/Html/Parks/OrlandoFestival.htm](http://www.cityoforlando.net/fpr/Html/Parks/OrlandoFestival.htm))

\*\*Buggy Days, Barnesville, Georgia,

([www.barnesville.org/pages/Buggy\\_Days.php](http://www.barnesville.org/pages/Buggy_Days.php))

\*\*Apple Festival, Ellijay, Georgia, ([www.georgiaapplefestival.org](http://www.georgiaapplefestival.org));

\*\*Santa Cal A Gon Days, Independence, Missouri, which brings in over a million people in a 4 day span; ([www.santacaligon.com](http://www.santacaligon.com))

My husband is a building contractor by trade, and a vendor on most weekends. The Chitlin Strut Festival lit a fire inside him that has never gone out.

He is gone 42 weekends a year doing a festival somewhere. When my daughter was in the first grade, her teacher asked her what her father did for a living and she replied: "He travels with the carnival."

I guess she was just about right!



\* A Life Well Lived con't

By Addie Boyd



Christine's parents lived to be ninety-six and ninety-four years old. When her father, who was ninety-six, was ill, he told Christine that he had wanted to live to 100. He told her that he didn't think that he was going to be able to make it and asked Christine if she could live to 100 for him. She replied that she could not make that promise to him, but that she told him that she would try. On October 21, 2010, she was able to make that "try" turn into a promise and did what he wasn't able to do.

As I end this article, the day is October 27, 2010. I was out of the office yesterday, visiting with clients in the field and learning more about them as I did with Christine. My phone is blinking at me, telling me that someone has called and left a message. When I pick up the phone and listen to the message, I hear Jana's voice telling me that her mother, Christine Nix, has passed away and then I cry.

Addie Boyd  
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[abmtmsf@bellsouth.net](mailto:abmtmsf@bellsouth.net)

\* Out & About



What Has.....  
 No moving parts and no batteries? No monthly payments and no fees?  
 It is inflation proof and non taxable; in fact it's quite relaxable.  
 It can't be stolen and won't pollute; One size fits all; it will not dilute.  
 It uses little energy, but yields results enormously.  
 Relieves your tension and your stress; Invigorates your happiness.  
 Combats depression; makes you beam, and elevates your self-esteem.  
 Your circulation it corrects, without unpleasant side effects.  
 It's the perfect drug;  
 There is simply nothing... like a hug!



Doris  
 Macon Office  
 Christmas Tea 2010



T. & Aileen Carney / Linda Bledsoe's parents  
 At their Birthday Bash!



StarDust Ball & Dinner Dance



Dianne & Her Lamar Co. Crew



[con't on page 8](#)

## \* Kenny the Cat

By Margaret Sandefur



Okay, I realize not everyone is a cat person. I do not understand it, but I accept it. **If you are not a cat person, stop reading at this point because this is a story about a cat.** Not just any cat, mind you; this

is a story about **Kenny, THE CAT**. As anyone who works with me will confirm – and believe me, they have all listened to more than their share of “Kenny stories! – Kenny is very special to me.



I have to begin by confessing that up until Kenny came into my life (through no choice of my own) I was most definitely not a cat person. Kenny came to live with us when my then teenaged son brought him home on Christmas Eve as my Christmas present. You see, my son had always wanted a cat and I would not let him have one. We had always had dogs as pets while he was growing up. Kenny’s mother belonged to one of my son’s friends and my son was at his friend’s house when Kenny was born. There were five little gray females and one little orange tabby male. My son must have made his mind up right there and then that the little orange tabby kitten somehow was going to be his.

Needless to say, I did not know what to do with this kitten.

In fact, I was actually afraid of the kitten. The only thing I knew about cats came from horror movies. You know, there is always a not-so-cuddly cat in every horror movie that has ever been made. For three days I would have absolutely nothing to do with this little kitten. After those first three days, I decided I would take care of the little cat for my son. Holidays were over and he was going back to school and before I knew it he would be away at college. But first the cat had to have a name. We could not keep referring to him as Kitty because that sounded too much like a female name. Kenny was the first name that came to mind and as I said “Kenny” he looked right at me as though that was the name he was intended to have.

I’m sure you know what is coming next. That little kitten quickly became mine. He slept on my bed; I brought home cans of tuna from the grocery store, and every time I sat down that cat was in my lap.

My husband says there is never anything in the house for him to eat but there is always an adequate supply of whatever Kenny wants. I cannot argue with him; that is the absolute truth! Kenny gets whatever Kenny wants and he always expects you to share with him whatever you have on your plate, too. Kenny loves almost anything made with tomatoes – spaghetti (and he prefers that you not forget the parmesan cheese), lasagna, and chili. He loves vanilla yogurt and vanilla ice cream which he will eat from a spoon if you are willing to sit there and feed it to him. He likes cheese toast and please put a little bit of butter on his grits. It is not so unbelievable that he likes fish, but if you are going to serve fish he wants tartar sauce and coleslaw with it. He loves pimento cheese and don’t you dare think about making a pimento cheese sandwich for yourself without giving Kenny a taste. And with that sandwich he prefers Pringle’s potato chips (original or sour cream and onion flavor will do). He likes peach pie -- with and without ice cream. I have also been known to stop at Captain D’s on my way home to pick up a slice of pineapple pie because Kenny likes that, too. Actually, there isn’t much that Kenny does not like!

Kenny waits for me at the end of each day in the dining room window regardless of what time I get home. Kenny has always been very vocal and even though I cannot hear him through the window as I come up the sidewalk his little mouth is opening and closing in conversation. I can always tell when it is time for my husband to come home because Kenny leaves his favorite place (my lap!) and goes to the front door. He waits patiently for him and meows when he sees him coming.

[con't on page 7](#)

## \* What's Shakin' In Macon

By Eva Henderson

**Congrats' to Our Employees of the Month:**Oct – **Eva and Louise**Nov - **Adrienne and Wanda**Dec – **Taasha and Shaneji****Happy Birthday** (and some belated) to:September - **Shaneji** (9/7), **Eva** (9/11), **Doris** (9/17), **Rosa** (9/29)Oct - **Wanda** (10/3), Marjorie (10/17)Nov - **Ingrid** (11/12), **Louise** (11/23)Dec - **Rose** (12/27)Jan - **Lavella** (1/28), **B'Nekia** (1/3)

Happy New Year!!!! We hope you all enjoyed the Holidays. I sure did. December was a busy month for me. I attended several parties, celebrated my daughter's 18th birthday and our 24th Wedding Anniversary, participated in my nephew's wedding and attended Christmas Eve Mass and a few Kwanzaa events. I did more than enough cooking, baking and eating so now it's time to commit to doing that P90X with my husband.

I asked my co-workers what they did during the Holidays and most said they didn't do anything special, didn't travel, but are very thankful for being able to spend time with family and friends. Most said they did the usual - shopping, cooking, baking, attending parties, parades and programs. **Shaneji** said she directed a Christmas Play/Program at her church and **Taasha** played the angel! **Liz** said she and her girls attended the Christmas parade in Macon. **Chantelle** said she got to attend all of her son's basketball games. **Ginger** went to Ohio in December. **Luciana** participated in a Christmas play on 12/10 at her church and a Christmas Fashion Runway on the 18th with VAG's Fashion. She enjoyed spending her holidays with family and friends and spoiling her nephews. She is looking forward to starting her 3rd year residency in April in Arizona. Ms. Louise has a new great granddaughter. Her name is Aubrie John-Anne Ayers. She was born on December 8th and weighed 8.2lbs. Mother and baby are doing fine. She is Ms. Louise's 7th great grandchild.

Here at the office, we enjoyed "decking our halls" and hosting our Annual "**Client Gift-giving Drive**" and "**Christmas Tea**". Every year we send letters to our providers asking them to donate items for our clients. On 12/2 they dropped off items and we thanked them for their contributions via serving refreshments. Thanks to our providers, we were able to deliver holiday cheer to our most needy clients!



Viva &amp; Ms. Stokes



Elizabeth &amp; Adrienne



Ms. Smith &amp; Viva



B'Nekia



Shelia, Darienne &amp; Nicole

**Recommended Reading:** Beth Moore's "90 Days with Paul".

**Upcoming Events in Middle GA:** Delta Sigma Theta Scholarship Ball, a fundraiser - 2/19/11 @ the Galleria Conference Center in Warner Robins. Please contact Ginger for more info.

**Weight Loss Tip:** Just heard a weird weight loss tip on the news! Seemingly, you can lose weight by spending time out in the cold. The cold boost your metabolism because your body burns calories as it tries to keep your body temperature in the norm. Burning calories, means losing weight.

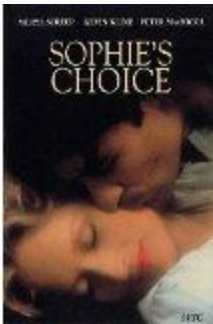
## \* Dianne's Pick-A-Flick

By Dianne Birdsong



I have always loved movies. I can remember as a small girl spending Saturday afternoons with my brother at the movies watching westerns. Although westerns were not my favorite type of movie, I did not mind going with my brother because he always paid for my ticket.

In this column I will attempt to share my love of the movies with everyone. In each newsletter I will choose one of my favorite movies – sometimes a classic movie, sometimes a more current one – but in each case I will highlight the movie's plot and the actor's performance. This is strictly my own opinion, but I hope you will find this column interesting. I will rate each selection with a rating from "1-Star" to "5-Stars" with "5-Stars" being excellent.



My first selection is "**Sophie's Choice.**" This film is a 1982 movie set in post-World War II Brooklyn starring Meryl Streep as Sophie. It is a bittersweet love story about a beautiful Polish immigrant and her mentally unstable lover.

I was captivated by the performance of Meryl Streep and she won her very first Academy Award for Best Actress for this role. The movie introduced the actor Kevin Kline who portrays Sophie's mentally unstable lover.

Sophie's Choice is a wonderfully acted, heartbreaking movie and I believe everyone will be moved not only by the characters but also by the performances of the actors.

Note: You will have to watch the movie to find out the heart-breaking choice Sophie had to make.

It is really one of my favorite movies of all times and I hope you will take the time to enjoy it.

I give this movie:



## \* Kenny The Cat con't

By Margaret Sandefur



We have come a long way since my teenage son brought that Christmas present to me; a little orange tabby kitten with a green bow tied loosely around its neck and placed in a baseball cap. That little cat is now twenty-two years old. That's right. Kenny is 22 years old! That's 104 in human years!

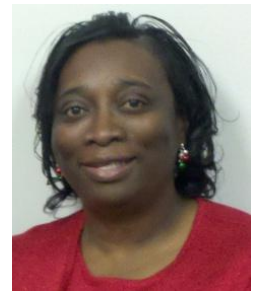
Kenny's veterinarian is Dr. Curtis Crawford (Hannahs Mill Animal Hospital in Thomaston, Georgia) and Dr. Crawford tells me that Kenny is the oldest cat he has ever seen. Kenny is in remarkably good health to be as old as he is. Dr Crawford once put him on a special diet and at his next checkup Dr. Crawford asked me how Kenny was doing on the new cat food. I told him that Kenny did not like that food and told him honestly what Kenny preferred to eat. Dr. Crawford said that what Kenny liked to eat was not good for him, but he laughed and told me to keep doing what I had been doing because obviously Kenny was thriving and all the love and attention was good for him, too.

Kenny maintains his attitude to this day (his name should have been "Boss Cat" and he knows without a doubt that he is the boss!) I remark to Dr. Crawford each time I see him that I do not know how I am going to face losing Kenny. I dread the day when I come home and that little cat is not waiting for me in the dining room window. Dr. Crawford says that we are going to have a party to celebrate Kenny's long life and what he has meant to all of us.

**I hope that day does not come soon.**



\* Out & About con't.



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\* A Word From Our Staff



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"Who I Am Makes A Difference"

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- [Northeast Georgia Area Agency on Aging](#)
- [The MTHCED Fund](#)
- [Georgia Council of Community Ombudsmen](#)
- [Office of the State Long-Term Care Ombudsman for Georgia](#)

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