



# SOUTHERN GERONTOLOGIST

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J. James Cotter and Jo Ann O'Quin, Editors

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## ***President's Message***

### ***Come Reflect and 'Preflect' at SGS's Annual Meeting in St. Petersburg in April 2009***

SGS's annual meeting in Atlanta struck me as impressive in many ways: the format change emphasizing plenary sessions, poster sessions and resource exchanges; the extremely enjoyable opening reception, night at the aquarium (motto: "SGS swims with the fishes"?), awards luncheon (including the fire drill) and closing brunch; and the hive of activity that turned out to be Program Chair Dana Bradley. Personally and, I'd think, on behalf of SGS, I extend my thanks to Dana, Past President Frank Whittington, and all the others - too numerous to thank individually - whose direct and indirect efforts led to a successful meeting.

As we turn to SGS's 2008-09 year we find some exciting milestones and possibilities. First, SGS is turning 30, and the 2009 conference will not only celebrate that anniversary but return to the city (St. Petersburg, FL) and hotel (Hilton Bayfront) where the first SGS meeting was held. The hotel has been nicely and recently renovated, and thus appears to have aged less in 30 years than those of us who have not been so nicely or recently renovated.

In April I spent two days at the Hilton Bayfront and feel safe saying you'll enjoy both the hotel and the city. St. Petersburg is easy to get around, offers numerous attractions like the world-famous Salvador Dali museum, and is blessed with a variety of quality eateries, many within walking distance of the hotel.

So, first, please **MARK YOUR CALENDAR** and plan to join us April 16-19, 2009. (The dates were chosen to avoid Easter, Passover, Spring Break, and the St. Petersburg Gran Prix, since it would be ill-advised to have gerontologists and Formula 1 racers trying to negotiate the streets simultaneously.)

Second, the 2009 meeting announcement flier features the god Janus, who looks both to the past and to the future. SGS's 30<sup>th</sup> annual meeting will be a time to reflect on the history of our organization - the SGS founders and past leaders, their contributions, and SGS's achievements. But it will also be a time to "pre-flect" on the future of SGS - the new generation of academic and practice sector gerontologists and the new generation of elders, and how SGS can both benefit from their talents and meet their needs.

Thus, one focus during the coming year is to actively engage "new" gerontologists, graduate and even undergraduate gerontology students in SGS. For students, membership is not only a bargain, but also a key to professional socialization and networking. Attending the meeting is a chance for new gerontologists and students to meet each other - their future colleagues! - as well as some of the "giants" of our field. In Atlanta you had the chance to shake hands with Bob Butler, Erdman Palmore, and other luminaries. The same will happen in St. Petersburg. These are our Living Legends, those who built the gerontological foundation on which we now stand. The past, indeed, is prologue.

Another focus for 2008-09 will be to strengthen input and participation from the practice sector. Toward this end, I have been working with SE4A (the Southeast Association of Area Agencies on Aging) to find symbiotic SE4A and SGS activities. SE4A seems at least as excited about this as I am, they want a "presence" at SGS 2009, and we are continuing our deliberations.

Finally, as gerontologists like Erdman Palmore and Ed Ansello would no doubt encourage us, let's never forget our sense of humor. It's not something we check at the door when we come to work or when we attend a conference. It's an invaluable part of our arsenal of coping mechanisms (including coping with aging). If you see nothing amusing about yourself or your job, well, at least at my university, counseling is available.

So renew your SGS membership! Recruit your students and colleagues! Look for the 2009 Call for Proposals! Start planning to join us in St. Petersburg next April - it'll be here before you know it! As Groucho Marx said, "Time flies like an arrow. Fruit flies like a banana."

**-- Ed Rosenberg, President**

## **ATLANTA 2008 – GOOD NEWS AND BAD NEWS**

I have good news and bad news. The good news is I just bought a new house that was reduced by nearly \$100,000 from its original asking price. The bad news is I had to give the seller 10 gallons of gas as a down payment.

Actually, the other good news is that SGS had a very successful annual meeting in Atlanta in April. The meeting was a professional, a social, and a financial success. Speakers included psychiatrist Robert Butler, who spoke about his new book, ***The Longevity Revolution***; political scientist Robert Binstock and sociologist Larry Polivka, who addressed current issues in Social Security and Medicare; consultant Paula Dressel and AAA director Gordon Walker, who presented their new model of community planning; and sociologists Lynne Hodgson and Steve Cutler, who described their research on anticipatory dementia. One of the highlights of the meeting was a presidential symposium on Personal Gerontology, moderated by Rick Moody of AARP. During the symposium, four eminent gerontologists, Anne Eaton and SGS past-presidents Erdman Palmore, Lennie Poon, and Chuck Longino, described their personal experience of aging and retirement.

As you can tell, the program was studded with gerontological stars, but it also glittered with important presentations by practitioners, academics, and students. Over 35 posters were presented in three sessions, and several other symposia were also well attended. A highlight was hearing Erdman Palmore describe his 30 years of research on ageism.

Society awards were given to several outstanding and worthy individuals and we all were energized to hear of their accomplishments and their commitment to our field. At the very denouement of the awards presentation by Awards Committee chair Dick Tucker, the assemblage was doubly energized by a hotel fire alarm. As I observed at the time, the name of Rick Moody often has emptied a room, but never more swiftly than when he was announced as the recipient of the Gordon Streib Academic Gerontologist Award and the fire alarm went off. The entire audience was on the street in a minute and a half.

We also had some Atlanta fun. We took in an Atlanta Braves game. Our presidential gala included a private evening at the Georgia Aquarium—it was just the fish, the whales, and a bunch of gerontologists—followed by eats (not eels) at the Peasant Bistro across Centennial Olympic Park. Along the way, we ate, we sang, we caroused. If it sounds like fun, it was. If it sounds like you should have been there, you're right.

And what's the bad news? The bad news is that too many of our members missed the fun.

Resolve now that you won't miss next year's bash in St. Petersburg. It will be the 30<sup>th</sup> anniversary of the founding of our organization and SGS was started right there in the very hotel in which we'll meet. President Ed Rosenberg and his minions are planning a blowout to exceed this year's. Don't miss all the fun.

As you may deduce, I have enjoyed my year as your president and, though I must admit it

was hard work, I feel good about the outcome and hope the Society is better off for it.

As some of you know by now, I am leaving my post as Director of the Gerontology Institute at Georgia State to take a new position as Associate Dean for Academic Affairs in the College of Health and Human Services at George Mason University in Fairfax, Virginia. I am proud of the work I have done to build gerontology at Georgia State and to support the aging network in Georgia, and I shall miss my Atlanta colleagues deeply. But I am ready for a new challenge in a new place. The last time I looked, however, Virginia was still part of the South and Virginia gerontologists have assured me I can still sneak in to SGS meetings with their sponsorship. So, you haven't seen the last of me. I'll be there to greet you next April in St. Pete.

**-- Frank Whittington, Past-President**



Laura Pannell discusses her poster with Victor Marshall



Camille Brown and Lisa Riehl of VCU discuss their poster with Erdman Palmore.

## **SGS 2008 Awards**

Submitted by Dick Tucker, PhD

### **2008 Best Practices Award InFocus Program at Williamsburg Landing**

The Best Practices Award was established in 1997 to recognize programs that demonstrate an innovative and creative linkage with the aging services network, shows evidence of sustained effort and sustained impact on improving the quality of life of older adults, and has the potential to influence aging services in the SGS region. Williamsburg Landing is a continuing care retirement community providing several levels of long-term care in Williamsburg, Virginia. Residents at the assisted living level of care with early-stage memory loss are invited to participate in the InFocus Group, an intervention intended to increase independence and slow the progression of memory loss. This program, developed by Nancy Rivolta, Coordinator of Day Services, emphasizes a variety of small group behavioral interventions that enhances the functioning and well-being of the residents, but also the nursing staff and assistants.

### **2008 Rhoda Jennings Older Advocate Award Mary M. MacKinnon.**

The SGS Senior Advocate Award normally is given to an older person whose retirement years have been devoted to community or legislative advocacy. Mary M. MacKinnon's advocacy has been within her ongoing career and has been devoted to those who serve elders or who soon will. She has been—and is—one of our region's most dedicated and effective advocates for gerontology students and young professionals. Although our honoree has been employed in the Gerontology Institute at Georgia State for over 25 years, she is herself a graduate of the program, who never left. Countless students will testify that our honoree is directly responsible for more student success than any other person ever associated with the Gerontology Institute at Georgia State. She has recruited more students, counseled and advised more students, supervised more students, befriended more students, looked out for more students, and helped more students, than anybody else in its history. Many would never have completed the program without her steady encouragement and wise counsel. In short, this year's recipient is an accomplished administrator, a superb teacher, mentor, and academic counselor, a wonderful colleague, and a treasured friend to all who have had the privilege of working with her and learning from her.

### **2008 Applied Gerontologist Award Maria Greene**

Maria Greene earned a graduate Certificate in Gerontology and a master's degree in Urban Studies from Georgia State University in 1986. After a distinguished tenure as Director of the Georgia Council on Aging, where she pioneered legislative advocacy for Georgia's elderly citizens and developed it to a high art, she was selected to be the Director of the Georgia Division of Aging Services where she now serves. In that role, she is responsible for the administration of aging services throughout Georgia, providing leadership for the State's twelve Area Agencies on Aging and working with more than 500 providers. She is responsible for

direct supervision and guidance to the Division's staff of 50 professionals, and she manages aging services budgets exceeding \$137 million. Her administrative abilities were on even more public display when, during her tenure as director of the Aging Division, she was asked by the Governor to serve as acting director of the Department of Human Resources.

Despite the heavy demands of her job, she finds time to participate actively in her professional and community organizations, having served as President of the GSU Gerontology Alumni Club, a member of the Board of Directors of the National Association of State Units on Aging, and a member of the Nominating Committee of SGS.

Her career in aging testifies to her strong organizational skills and her outstanding leadership abilities. She epitomizes what applied gerontology is about: a firm appreciation and grasp of the fundamental knowledge of aging and older people and the ability to translate her understanding into effective practice in the service of older Georgians.

### **Gordon Streib Academic Gerontologist Award Dr. Harry R. (Rick) Moody.**

This year's recipient is not exactly a traditional "academic gerontologist", yet he clearly excels in meeting our criteria. He is involved in developing training in aging and/or has completed research that has contributed to the quality of life of older people. He is a leader in professional organizations which serve older people. He has significant publications and has had a strong teaching influence with students and educators.

This year's nominee began his education at Yale with a degree in Psychology and a Ph.D. in Philosophy from Columbia. His academic career includes teaching at Columbia, New York University, and University of California at Santa Cruz, and then he went to the Brookdale Center on Aging. He was Co-Director of the National Aging Policy Center of NCOA and Program Director for the Robert Wood Johnson Foundation's Faith in Action program, now he serves as Executive Director of Academic Affairs for AARP. His periodic "e-letters" on the Teaching of Gerontology and on Human Values and Aging are helpful to gerontologists. Although he has published more than 100 scholarly articles and book chapters, he is perhaps best known for his books: ***Ethics in an Aging Society***, ***Aging: Concepts and Controversies*** (now in its 5<sup>th</sup> edition and widely used in gerontology classes nationwide) and ***The Five Stages to the Soul: Charting the Spiritual Passages that Shape our Lives***.

### ***SGS Student Paper Awards***

The **first place award** went to **Desiree M. Seponski**, for a paper based on her master's thesis in the Department of Child and Family Development at the University of Georgia. Her advisor is Dr. Denise Lewis. (If that name seems familiar to you, it's not just that she supervised our second place winner: Dr. Lewis, as a doctoral student at the University of Kentucky, was the first place winner of the Student Paper competition in 2004). The title of Ms. Seponski's paper was "Caring for and Learning from Each Other: A Grounded Theory Study of Grandmothers and Adult-Granddaughters". This study examines the transmission of values between grandmothers and adult-granddaughters, including how these values are transmitted bi-directionally. This was the first study to look at other than just uni-directional value transmission.

**The second place award** went to **Won Lee Cho**, a doctoral student at the University of Georgia, whose advisor is Dr. Denise Lewis. The title of her paper was “Relationships between lived time and meaning of the aging process for the young-old in Korea”. Among her findings was that present and future time perspectives lead the young-old to enter into later life through multiple pathways and to reshape the self *as an elder* within Korean society.

**The third place award** went to **Seokwon Yoon**, a doctoral student in Social Work at the University of South Carolina, whose advisor is Dr. Gil Choi. The title of his paper was “Effective treatments for the management of late life depression in long term care facilities”. This interesting study involved a systematic research synthesis method review of 1,751 articles using Klein and Bloom’s classification criteria. One of the findings was that non-pharmacological intervention was better than anti-depressant medication in the treatment of less severe depression.

### ***SGS Contact Information***

Lora Gage, SGS Executive Director  
[Lgage4sgs@aol.com](mailto:Lgage4sgs@aol.com)

Web address

<http://southerngerontologicalsociety.org/sgs/index.asp>

Office phone and Fax: 941 541-2011

### ***New SGS Website***

Thanks to the contribution of Victor Marshall and the UNC Institute on Aging, SGS has a new website. It’s our very own site which will allow us to do more as a Society to get the word out about all the great things SGS does. I encourage you to go there and check it out. Email me at [icotter@vcu.edu](mailto:icotter@vcu.edu) and let us know what you think.

Thanks again to Victor and his website maven, Danielle Borasky!

Web address

<http://southerngerontologicalsociety.org/sgs/index.asp>

# **\*\*\*Mark Your Calendar\*\*\***

## ***SGS's 30th Anniversary Annual Meeting***



### ***“The Past as Prologue”***

**Hilton St. Petersburg Bayfront  
St. Petersburg, FL**

**April 16-19, 2009**





## ***SGS Board Members, 2008-2009***

**PRESIDENT:** Ed Rosenberg, Ph. D., Director, Graduate Gerontology Program, Appalachian State University, Boone, NC. E-mail: [rosenberge@appstate.edu](mailto:rosenberge@appstate.edu)

**PRESIDENT-ELECT:** Jim Mitchell, Ph.D., Professor & Director, Center on Aging, East Carolina University, NC. E-mail: [mitchellj@mail.ecu.edu](mailto:mitchellj@mail.ecu.edu)

**SECRETARY:** Christine J. Jensen, Ph.D., College of William and Mary, Williamsburg, VA. E-mail: [cijens@wm.edu](mailto:cijens@wm.edu)

**TREASURER:** James Cotter, Ph.D., Virginia Commonwealth University, Richmond, VA. E-mail: [jcotter@vcu.edu](mailto:jcotter@vcu.edu)

**TREASURER ELECT:** Dana Bradley, Ph.D., Western Kentucky University, Bowling Green, KY. E-mail: [Dana.Bradley@wku.edu](mailto:Dana.Bradley@wku.edu)

**PAST PRESIDENT:** Frank Whittington, Ph.D., George Mason University, Fairfax, VA.

### **DIRECTORS**

- E. Douglas Beach, Ph.D., Secretary, FL Dept. of Elder Affairs, Tallahassee, FL.
- Jan Bowman, Director, Center for Active Aging & Retirement – CCU, Conway, SC
- Maria Greene, Director, Div. of Aging Services, State of Georgia, Atlanta, GA.
- Maureen Kelly, Executive Director, West FL AAA, Tampa, FL.
- Bill Massey, Peninsula Agency on Aging, Inc., Newport News, VA.
- Dean R. Burgess, AAA Administrator – Region 1, Northwest Piedmont Council of Governments, Winston-Salem, NC.
- Jo Ann O'Quin, Ph.D., University of Mississippi, Oxford, MS.
- Graham Rowles, Ph.D., University of Kentucky – Gerontology, Lexington, KY.
- Kimberly Taylor, Ph.D., Virginia Commonwealth University – Gerontology, Richmond, VA.
- Janice I. Wassel, Director, Gerontology Program, UNC – Greensboro, Greensboro, NC.
- SENIOR REPRESENTATIVE: Wiley P. Mangum, Ph.D., Sun City Center, FL.
- STUDENT REPRESENTATIVE: Julia G. Wiggins, Appalachian State University, Boone, NC.

## ***SGS Membership: What's In It For You? How Do You Join?***

*Professionals exploring issues, applications and answers in the field of aging*

***SGS Annual Conference & Meeting:*** Leadership & Professional Networking; Continuing Education. Members receive a deep discount on registration fees for the annual meeting.

***Publications:*** The Journal of Applied Gerontology, The Southern Gerontologist Newsletter. A free subscription to the ***Journal of Applied Gerontology (JAG)***, the official journal of SGS is included with membership. The Journal is devoted to the publication of contributions that focus explicitly on the application of knowledge and insights from research and practice to improvement of the quality of life of older persons. Particular emphasis is placed on manuscripts and editorials that enhance dialogue among researchers, policy makers, and practitioners. In addition, members receive the ***Southern Gerontologist***, a quarterly newsletter that complements JAG by providing updates on applied projects, member activities and emerging issues, and informing members of new books and videos of interest to the field of aging.

***Student privileges:*** Membership discount, Conference registration discount, Networking & Leadership opportunities

SGS Committees are member friendly and provide an excellent opportunity to enhance one's professional development. By adding your voice to SGS you can help ensure that dialogue and cooperation maintain the balance between research and practice, through the guiding principle of SGS-- the alliance of practitioners and academicians to enhance the lives of our elders.

For more information contact **Lora Gage** SGS Executive Director, at [Lgage4sgs@aol.com](mailto:Lgage4sgs@aol.com). She will gladly send you an application and information. Don't miss the opportunity to become a member of a group of the South's most respected gerontology professionals.

***JOIN TODAY!***

***SGS 2008 Annual Meeting Sponsors, Exhibitors, and Advertisers***

Thanks again to all of you!

West Central Florida AAA

Routledge Journals/Taylor & Francis

Appalachian State University

UNC Institute on Aging

UNCG Gerontology Program

UNCG Gerontology Program & Delta Gamma Chapter of Sigma Phi Omega

Amputee Coalition of America

University of Georgia

Gerontology Institute Georgia State University

Barbara Payne Lectureship, Gerontology Institute Georgia State University

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Department of Gerontology, Virginia Commonwealth University

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## ***Editorial: A Plea for Positive Aging Terminology***

Have you had a 'senior moment' lately? A moment when you can not remember a fact that you know you know or a name that you know you know. And have you explained this away with the term 'senior moment'. It is a term used often when anyone, of any age above 40 forgets something. This is now an official term meaning 'an instance of momentary forgetfulness or confusion that is attributed to the aging process' per the Merriam-Webster's Online Dictionary. The term won the 2000 "Word of the Year" contest held by Dictionary staffers. There's even a board game called *Senior Moments*. Melinda Beck in a recent Wall Street Journal article linked such senior moments to Alzheimer's disease, although she does note, briefly, that most of these memory lapses are benign.

I am not denying that as we age, our memories change and slowly deteriorate in recall. But is that the full story? Raea Reistad-Long, writing in the New York Times, cites studies in *Progress in Brain Research*, suggesting that at these moments we may be integrating input we are receiving into a wider context of our knowledge base and possibly, just possibly, building wisdom. The distraction of the moment is caused by the work of a greater integration.

So 'senior moment' may one day be recognized as a desirable experience. Today, it is not.

I wonder whether it is a term we, as gerontologists and aging advocates, should be using at all. By the use of such negative aging terms, we are contributing to our own, and to society's, negative view of old age through the stereotype effect. We are how we think and talk and present ourselves. Although not wanting to stifle any self-deprecating humor to help get us through the challenges of aging in this society, too much of such humor tends to give permission to society to treat old age as anathema. Given the increasingly busy and information-dense lives we all lead, let's not ascribe our distractions to the aging process when such mild forgetfulness is ageless.

In a public policy sense, as Ellen Goodman recently pointed out (Boston Globe, March 30, 2008) the issue of age and the potential for cognitive decline has salience for the coming election. We have already had one president whose tenure in office was affected by Alzheimer's Disease. Although there is little doubt about Senator McCain's intellectual fitness we can expect more jokes and comments about it as the election heats up. And, as we all know, although jokes about race or gender are considered inappropriate, jokes about aging and the aged are still well-accepted in America. Let us, as Southern Gerontologists, make sure we don't contribute to such attitudes.

— J. James Cotter

## ***SGS Member News***

**Dena Shenk** and **Jim Mitchell** were invited participants at the Third International Social and Applied Gerontology Symposium in Turkey, April 16-18 in Antalya, Turkey and have just returned from two weeks in Turkey. They both also participated in the first meeting of the Gerontology Network of Turkish Speaking Countries and are consulting members of the newly-formed Social and Applied Gerontology of Turkish-Speaking Countries. The goal is to encourage the development of research and interest in Gerontology in the founding countries of Azerbaijan, Kazakhstan, Krgyzstan, Turkey, Turkmenistan and Uzbekistan.

**Frank Whittington** is now the Associate Dean for Academic Affairs in the College of Health and Human Services at George Mason University in Fairfax, Virginia.

**Karen Carter** notes that the Homemaker Supervisor of Coosa Valley Regional Services & Development Corporation, Gwen Campbell, will be receiving her Professional Certificate in Gerontology from Kennesaw State University in May, 2008.

## ***Upcoming in the Journal of Applied Gerontology***

Negotiating Transitions in Later Life: Married Couples in Assisted Living by *Candace L. Kemp*

Mental Health Services for Older Adults in Rural Areas: An Ecological Systems Approach by *Gregory F. Sanders, Margaret A. Fitzgerald, Marlys Bratteli*

Issues in Recruitment, Retention, and Data Collection in a Longitudinal Nutrition Study of Community-Dwelling Older Adults With Early-Stage Alzheimer's Dementia by *Bryna Shatenstein, Marie-Jeanne Kergoat, Isabelle Reid*

Caregivers' Aspirations, Realities, and Expectations: The CARE Tool by *Janice Keefe, Nancy Guberman, Pamela Fancey, Lucy Barylak, Daphne Nahmiash*

Caregiving Burden, Community Services, and Quality of Life of Primary Caregivers of Frail Elderly Persons by *Esther Iecovich*

Daily Physical Activity: Relation to Everyday Memory in Adulthood by *Stacey B. Whitbourne, Shevaun D. Neupert, Margie E. Lachman*

Antecedents of Physical Activity Among Family Caregivers by *Caryn D. Etkin, Thomas R. Prohaska, Cathleen M Connell, Perry Edelman, Susan L. Hughes*

— Malcolm Cutchin, Editor, *Journal of Applied Gerontology*

## ***Calendar***

For those of you interested in upcoming conferences, check out the Gerontological Society of America's listing at <http://www.geron.org/USCalendar.htm>. Here's a listing of a few of the more general conferences located in the South coming up.

### **July 20-23, 2008**

Nashville, TN. The National Association of Area Agencies on Aging (n4a) 33rd Annual Conference and Tradeshow will be held from Sunday, July 20 – Wednesday, July 23 at the Renaissance Nashville Hotel and the Nashville Convention Center in Nashville, Tennessee. All of the information you need to submit a session proposal can be found at: <http://www.n4a.org/>.

### **August 11-14, 2008**

Orlando, FL. The 2008 Florida Conference on Aging, Renaissance Orlando Resort at SeaWorld. Call (850) 222-8877 for more information or go to [www.fcoa.org](http://www.fcoa.org). For reservations, call 407-351-5555.

### **August 20-22, 2008**

Washington, DC. The Pioneer Network's 8th National Conference, "A Call To Action," offers a look at what's new and cool in the long-term care culture change movement. Go to [www.pioneernetwork.net](http://www.pioneernetwork.net) to see the request for proposals.

## ***Welcome to New Members***

Desiree Seponski - GA  
Baozhen Luo - GA  
Seokwon Yoon - SC  
Joyce Varner - AL  
Martie Gillen - KY  
Bei Wu - WV  
Mary Mackinnon - GA  
Jeff Brooks - NC  
Carol Hart - GA

Patricia Wilkerson - AR  
Robert Young - GA  
Deborah Gaudreau - GA  
Victoria Foster - GA  
Mary Ann Neureiter - GA  
Wayne Brown - AL  
Pamela Brown - AL  
Pat Rich - GA

June Bromfield - GA  
Jaye Atkinson - GA  
Alyssa Mavi - KY  
Doug Tate - TN  
Senida Husic - KY  
Rachel Weinzapfel - IN  
Rachael Tharp - KY  
Vickijo Letchworth - FL