

Community Events for **MAY**

Open Date – Opossum & Raccoon Hunting Season – statewide. Private Land: No closed season

April 6th-May 15th – Statewide Turkey Hunting Season on Public Lands

May 9th – Nashville Friendship Group, 7-8pm. 304 South Berrien Street, Nashville.

May 10th – HuDost, Folk Americana Concert, 7-9:00pm. Free. Bring lawn chair. Turner Center Art Park, 605 N. Patterson Street, Valdosta.

May 10th – Love & Hiking Date for Couples, 1:00pm. Self-guided. Grassy Pond, 5360 Grassy Pond Road, Lake Park.

May 11th – Love & Hiking Date for Couples, 1:00pm. Self-guided. Grassy Pond, 5360 Grassy Pond Road, Lake Park.

May 11th – Here Comes Naturally Southern. VFW Post 5978, Tifton Road, Nashville.

May 12th – Love & Hiking Date for Couples, 1:00pm. Self-guided. Grassy Pond, 5360 Grassy Pond Road, Lake Park.

May 14th – Songwriter Showcase, 7-9pm. Turner Center Art Galleries

May 16th – Love & Hiking Date for Couples, 1:00pm. Self-guided. Grassy Pond, 5360 Grassy Pond Road, Lake Park.

May 17th – Lanier County Schools – Last Day of School and Early Release

May 17th – Love & Hiking Date for Couples, 1:00pm. Self-guided. Grassy Pond, 5360 Grassy Pond Road, Lake Park.

May 17th – Lanier County High School Graduation, 8:00pm. LCHS, Roquemore Field, 52 West Patten Ave., Lakeland.

May 17th – Mark Taylor Country Concert, 7-9:00pm. Free. Bring lawn chair. Turner Center

Art Park, 605 N. Patterson Street, Valdosta.

May 18th – Farm to Table, 10:00am-1:00pm. Lakeland Farmers Market

May 27th – Memorial Day

May 31st – Swingin Medallions at Berrien County VFW. VFW Post 5978, Tifton Road, Nashville.

A terrible thing happens without advertising! NOTHING! Out of Sight, Out of Mind, OUT OF BUSINESS!

Living Life Well

Carol A. Moore



A compassionate approach to others helps people “Live Life Well” and contributes to a constructive intentional approach to life. The opposite of compassion - being unkind and unsympathetic – can take away from each person’s overall well-being – yours and mine. Empathy, kindness, and sympathy for others’ suffering lends itself to each person’s positive mental health, not ‘just’ your own!

A compassionate person desires to help others suffering and relieve it, as well as their own. Its solution oriented for both yourself as well as those you encounter!

The use of compassionate exchanges of both word and action encourage good health – mental and physical. Research has been able to prove that by exercising compassion there are many actual benefits. Most of all, it is both a demonstration of respect and care for others and oneself, which is often lacking and on which news is often reporting.

In recent social media forums, especially now that politics is more aggressively part of discussions – directly and indirectly, truly compassionate people can get overwhelmed by the seemingly merciless uncaring communication which occurs as people once again try to control information and block freedom of thought and speech. Objectively, that overwhelming feeling comes from the attitude of “do as I say, not as I do”.

Consistency in being compassionate increases the benefit that come from kindhearted living and helps create an ever increasing constructive manner. In other words, it is better to be consistent than to be conditional (and limited). A conditional application of picking and choosing “if” one will be truly compassionate contradicts the original intention and its benefits.

By definition, a compassionate person is someone who feels empathy, kindness, and sympathy for others’ suffering, and wants to help relieve it. Compassion can be directed at others or oneself. Some signs of compassion include:

- Being mindful of others’ emotions
- Feeling like you have a lot in common with others
- Having high emotional intelligence
- Taking action when someone is suffering
- Understanding what others are going through

Philosophically, human nature is dual – good/bad, right/wrong, compassionate/unkind. Theoretically, humans have been given free will and are in the position of making conscious choices to express their dual nature. In other words, we are not all right and we are not also all wrong. Our belief systems, such as we express through religion, serve as guides to our thoughts and behavior choices.

When I think about the idea of compassion and people, it is hard not to think of Mother Theresa. Her consistent approach to people and their struggles is well documented and, from where this writer sits, ideal. As a human Mother Theresa demonstrated that each person can consistently demonstrate and exercise compassion daily.

The discussion of stress is almost daily in our communications and researchers have demonstrated that the reduction of stress significantly contributes to both mental and physical health. I suspect that Mother Theresa had stress, but her consistent compassionate nature made her stress simple and manageable! She and her guiding choice to be compassionate simplified her life and those lives she touched!

Moving toward the practice or exercise of daily consistent compassion contributes to improved overall well being and your ability to “Live Life Well”!



Resource Information for Folks

- Farmer’s Market, May 10th. Lanier County Seniors Center, 104 Oak Street, Lakeland. Patty Gordon at 229-482-3161.
- Annual Register Reunion, May 18th, 10am. Wayfare Primitive Baptist Church, Wayfare Church Road, Stockton. Covered dish. Contact Chester Register at 229-460-3712.
- Primary Early Voting begins April 29-May 17th Lanier County Elections Office, 162 West Thigpen Avenue. Information: 229-363-9260
- Place of Grace Soup Kitchen, Bethel Church Ministries, 375 W. Highway 37, Lakeland. Every Saturday from 11:00am-2:00pm.
- Free Line Dance Class every month on 2nd and 4th Saturdays. Nashville VFW, 801 Tifton Hwy. 125. 7:00-7:45pm. Information: 229-455-2267. Information: 229-333-2123 or www.wiregrass.edu/adulted/.
- Host families Needed for English speaking international students ages 15-18 on J1 Visas and immersion in U.S. lifestyle International Student Exchange. For more information: Area Representative Natalie at 910-547-7087. Online: www.iseusa.org/.
- GED Classes On-line. Information: 229-333-2123 or www.wiregrass.edu/adulted/.
- Foster Parents Needed in Lanier County. Call 877-210-KIDS
- 65+ & Homebound Citizen Housing Energy Assistance begins April 10th. Schedule appointments: coastalplain.caseheduler.com/ or 229-472-6331.
- GED Classes Lanier County In-person provided by Adult Education Program of Wiregrass Georgia Technical College. Tuesday and Thursdays, 9:00am-1:00pm and 4:00-8:00pm. The Threatte Center, 209 US Highway-221, Lakeland. Information: 229-333-2123 or www.wiregrass.edu/adulted/.
- Your Library Card in Your Pocket. Information: sgrl.org/ or 229-333-0086.
- General Housing Energy Assistance (under 65) as funding available. Begins May 1, 5am. Schedule appointments: coastalplain.caseheduler.com/ or 229-472-6331.
- Campaign Signs Pick-up. Signs found in highway right-of-way have been moved to DOT, 217 East Highway 37, Lakeland, for pick-up.

NOTE: Send announcements to publisher@LanierCountyNewsOnline.co/ or call 229-854-0186.

