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Winter 2015



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Golden Years

Retiree & Senior Citizen Magazine

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BIG PARTY OR SMALL, MAKE IT SPECIAL

Making your home a gathering place for your friends and family does not have to be stressful, expensive or time-consuming. While holiday parties can sometimes be overwhelming, the winter months are a great time to spend time with loved ones with a more relaxed tone, so if you are having the gang over for the Super Bowl, throwing a New Year's Eve bash or celebrating St. Valentine's Day, follow these tips to make the event more fun and less trouble!

Don't Be Afraid of the Deli

Homemade goodies are wonderful, but you will be too tired to enjoy your friends if you tackle twenty different recipes. Check out the deli of your local supermarket for wings, salads and other party staples.

Plan Ahead

Prepare one item which can be frozen each weeknight before the big event. It is less



work and you will know if the final product is what you had in mind.

Name Your Food

Does your old buddy Charles love your spicy sesame chicken? Tell your guests proudly that you are serving "Charles' Chicken" tonight! Everyone loves to feel special. Write your guests initials or names on cookies or cupcakes or prepare two or three small batches of different cookies for the guests who prefer oatmeal to chocolate chip.

A Welcome Mat is the Best Decoration

Streamers and elaborate table settings are fine if you are inclined, but what really makes people remember a gathering is the feeling they have on the way out the door. Pay more attention to your guests than to the mismatched stemware or chipped plate. People come to your home to enjoy your hospitality. Formality is for five star restaurants!

 An advertisement for "Eiffel Gardens" featuring a photograph of a large, well-lit house with a prominent porch and columns. The house is surrounded by festive floral decorations, including yellow flowers and greenery. The text is arranged around the image, providing contact information and a promotional message.

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Send Home Goodie Bags

If you don't have room for leftovers, bag them up before your guests leave like a restaurant to go box. A home-made lunch is always welcome.

Get a Little Help from Your Friends

Want to throw a party but just don't feel like the best host or host-ess? Don't be afraid to ask your guests to bring a dish or appetizer. People are always ready to help or ask a friend to co-host your event.

Pick a Theme

Pick a Theme – Have an all dessert or all appetizer event and let each guest bring their favorite for everyone else to taste! This is especially good for parties based on sporting or television events.

Get Over It

A burnt dessert or failed recipe is not the end of the world! Smile and remember that the purpose of your event is to spend time with your friends and family. A relaxed atmosphere is the most important thing you can serve!

- by Jennifer Wheatley




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Since World War I veteran Col. Harry S. Barry began updating air transportation systems across Tennessee in the early 1920's, Tennessee has become home to many modern airport facilities.

Henry County Tennessee boasts one of the best among those in operation across the state today. The Henry County Airport is conveniently located four miles from downtown Paris. Owned by the

Henry County Government and overseen by the mayor's office, the Henry County Airport is managed by Don Davenport and staff of five employees. Three county commissioners and four citizens-

at-large make up the airport committee.

From the early days of operation in the mid 1940's, to present day, the Henry County Airport has undergone many changes. Begin-

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ning with hosting the first air show on Sept. 18, 1949, Henry County Airport has been involved in many recreational activities and continues to be a meeting place for aircraft enthusiasts as well as the Civil Air Patrol. The extremely clean and efficient terminal is equipped with pilot's lounge, restrooms, meeting rooms, kitchen and 24 hour self service fuel. Hours of operation are 8 a.m. to 4:30 p.m. seven days a week. The Henry County Airport also offers many personalized custom services including an on site Light Sport Aircraft manufacturer, hanger

spaces, courtesy cars, taxi and limousine services, charter and catering services, flight training, crop spraying, aircraft rentals and maintenance.

The Henry County Airport has seen many changes and has hosted some of Tennessee's most illustrious pilots throughout its history. The beautiful wetlands that border the airport are home to much indigenous wildlife. A tree honoring Everett "Preacher" Graves, a 1940's pilot, still greets daily incoming flights. Currently the Henry County Airport hosts approximately 50



Charles Jones piloted his own plane, serving a 150 mile area from Henry County Airport in the 1950s.

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flights per week. The 5000 X 100 ft. runway can accommodate up to 58,000 lb. aircraft with larger aircraft on occasion. The runway is equipped with GPS/WAAS precision

approaches. Presently there are approximately thirty aircraft based at the Henry County Airport ranging from single engine piston to Citation and Falcon Jet aircraft.

As the Henry County Airport looks to the future, many plans are being outlined. Ongoing projects include, plans for 29 additional aircraft hangers and a new terminal.

Don and his staff may be reached by phoning 731-644-7933 or visitors are always welcome to visit the facility at 1949 Diggs Road Paris, TN.

- by: Teresa Jones



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See solution on pg. 22

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Welcome back, Miss Kitty



Hello sweets, and welcome to Miss Kitty's world! We are going to talk about romance and snuggling up by the fire for the winter and all kinds of fun things, but first things first - You are never too old!

Friendship and companionship are part of what make us human and that never changes. A chat with a friend, a warm hug from a grandchild, those are nice, but what really compares to being up close and personal to someone special? Nothing, nothing, nothing!

Most seniors are more active and recipients of better healthcare than any people of the same age ever have been, so that means you are still in the love game too! Don't write yourself off because you reach a certain age. If you are still in the mood, then you are still a player!

It is wonderful if you are in a long-term marriage with the love of your life, but later in life love, the Triple L, is frequently with a new partner following the death of a spouse or

a divorce, and is very different from teenagers or young families with children. There are some ways to get tangled up in the yarn, but getting older also means you are smarter and more experienced, so you will work it out.

There are two primary challenges that older couples face:

Your beloved's children and grandchildren – The easiest answer here is a little separation. Respect your partner's need to maintain close family ties. Maybe one night a week each of you has dinner with your biological folks or one Saturday a month is set aside for grandchildren. You do not have to spend every minute with each other's families, but you also should not avoid them. Getting to know one another is important, getting on each other's nerves should be avoided.

Finances – Talk, talk, talk! Maybe one of you is in a much stronger position financially. It is okay to pick up an additional meal or two

out or assume that one of you will buy groceries for the suppers at home, but no one should feel used. Keep your separate checking accounts and agree to what is smart and comfortable for both of you. This will also go a long way toward keeping the peace in the number one category. Frequently the adult children of dating seniors worry about their parent not having enough funds for a comfortable life. Let your children know

you've got this!

These are only two of the obstacles the golden agers face as they maneuver the love arena. What would you like to talk about? I love to chat, so send me an email at peddlerads@bellsouth.net. I promise to keep your name and email address a secret!

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Candy Cane Cocoa

makes 4-1 cup servings

4 cups milk
3 (1 ounce) squares semisweet chocolate, chopped
4 peppermint candy canes, crushed
1 cup whipped cream
4 small peppermint candy canes

In a saucepan, heat milk until hot, but not boiling. Whisk in the chocolate and the crushed peppermint candies until melted and smooth. Pour hot cocoa into four mugs, and garnish with whipped cream. Serve each with a candy cane stirring stick.



Southern Fried Cabbage

makes 6 servings

3 slices bacon, cut into thirds
1/3 cup vegetable oil
1 teaspoon salt, or to taste
1 teaspoon ground black pepper, or to taste
1 head cabbage, cored and sliced
1 white onion, chopped
1 pinch white sugar

Place the bacon and vegetable oil into a large pot over medium heat. Season with salt and pepper. Cook for about 5 minutes, or until bacon is crisp. Add cabbage, onion, and sugar to the pot; cook and stir continuously for 5 minutes, until tender.

Herb Oyster Crackers

makes 12 servings

2 (12 ounce) packages oyster crackers
1 (1 ounce) package ranch dressing mix
1/2 tsp. dried dill weed
1/2 tsp. garlic powder
1/2 tsp. lemon pepper
1 cup vegetable oil

Place crackers in a large plastic bag. Season with dressing mix, dill weed, garlic powder and lemon pepper. Pour in the oil, close bag and shake vigorously until the crackers are covered with seasoning.



Peppermint Brittle

makes 2 1/4 pounds

2 pounds white chocolate
30 small peppermint candy canes

Line a large jellyroll pan with foil. Place white chocolate in a microwave-safe bowl. Heat in microwave on medium setting for 5 to 6 minutes. Stir occasionally, until chocolate is melted and smooth. Place candy canes in a plastic bag. Using a mallet or rolling pin, break the candy canes into chunks. Stir peppermint into melted white chocolate. Spread evenly in pan, and chill until set, about 1 hour. Break into pieces.



Parmesan Artichoke Spread

makes 16 servings

2 (14 ounce) cans artichoke hearts, drained and chopped
1 cup mayonnaise
1 cup grated Parmesan cheese
3 cloves garlic minced
Paprika
Crackers

In medium bowl combine artichokes, mayonnaise, cheese and garlic. Spread in lightly greased 1 1/2-quart casserole. Sprinkle with paprika. Bake at 350 degrees F for 20 minutes or until brown and bubbly. Serve hot with crackers.



Ham & Potato Soup

makes 8 servings

3 1/2 cups peeled and diced potatoes
1/3 cup diced celery
1/3 cup finely chopped onion
3/4 cup diced cooked ham
3 1/4 cups water
2 tablespoons chicken bouillon granules
1/2 teaspoon salt
1 teaspoon ground white or black pepper
5 tablespoons butter
5 tablespoons all-purpose flour
2 cups milk



Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper. In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes. Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

Apple Cider

makes 6 servings

6 cups apple cider
1/4 cup real maple syrup
2 cinnamon sticks
6 whole cloves
6 whole allspice berries
1 orange peel, cut into strips
1 lemon peel, cut into strips

Pour the apple cider and maple syrup into a large stainless steel saucepan. Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheesecloth; fold up the

sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture.

Place the saucepan over moderate heat for 5 to 10 minutes, or until the cider is very hot but not boiling. Remove the cider from the heat. Discard the spice bundle. Ladle the cider into big cups or mugs, adding a fresh cinnamon stick to each serving if desired.



Glazed Ham with Peach-Ginger Sauce

makes 10 servings

1 (10 lb.) fully-cooked, bone-in ham
2 tsp. whole cloves
1/4 tsp. ground cinnamon
2 tsp. brown mustard
1/2 cup packed brown sugar
1/4 cup packed brown sugar
2 tsp. apple cider vinegar
1 cup peach nectar
1 cup peach preserves
5 cups frozen peach slices
2 tsp. minced fresh ginger root
1 hot cherry pepper, seeded and minced
1 (3 inch) cinnamon stick

Preheat the oven to 325 degrees F. Use a serrated knife to score the top of the ham in a diamond pattern. Press whole cloves into the ham and place on a roasting rack

in a roasting pan.

Bake for 1 1/2 to 2 hours in the preheated oven, or until the internal temperature of the ham has reached 140 degrees F. Cover with aluminum foil if the ham starts to look dry. While the ham is baking, mix together the cinnamon, mustard and 1/2 cup of brown sugar in a cup or small bowl. Set aside. In a saucepan over medium heat, mix together the remaining brown sugar, cider vinegar, peach nectar and peach preserves. Bring to a boil and then stir in the sliced peaches, ginger, cherry pepper and the cinnamon stick. Simmer until the peaches are tender and the sauce has thickened, 25 to 30 minutes. Remove the ham from the oven and brush liberally with the mustard glaze. Increase the oven temperature to 350 degrees F) and return the ham to the oven, uncovered. Bake for an additional 20 to 30 minutes, or until glaze is bubbly. Allow the ham to rest for 15 to 20 minutes before carving. Serve with hot Peach-Ginger sauce.



Sweet Potato Pie

makes 1 - 9 inch pie

1 (1 lb.) sweet potato
1/2 cup butter, softened
1 cup white sugar
1/2 cup milk
2 eggs
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cinnamon
1 teaspoon vanilla extract
1 (9 in) unbaked pie crust

Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin. Break apart sweet potato in a bowl. Add butter, and mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust. Bake at 350 degrees F for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a soufflé, and then will sink down as it cools.

A Little Henry County History Part 1

- by: Teresa Jones

On November 7, 1821, The General Assembly of the State of Tennessee officially created Henry County. The name was chosen in honor of Patrick Henry, the five term governor of Virginia. The history books tell us Patrick Henry participated in every part of America's foundation. He was called an outlaw, statesman, orator and a radical but above all, Patrick Henry was

a true Patriot, opposed government corruption and stood as a symbol for the very liberty and self government our great country's roots are built on.

Born May 29, 1736 at Studley Plantation in Hanover County, VA. to parents John, who had immigrated from Scotland and Sara Winston Syne, a well to do young widow. The second son of eleven children (2 sons, seven daughters of which 2

died at early age) As a young boy, Patrick played the fiddle and flute and was home schooled by his father who himself was a 4 year student at King's College Aberdeen and was a judge and tobacco farmer in Hanover Co., VA. His parents thought him lazy and were so worried he would not succeed as a farmer, opened a business for he and his brother William to run. It wasn't long before the

business was bankrupt and closed. Henry married his childhood sweetheart, 16 year old Sarah Shelton, daughter of a local innkeeper in 1754. Sarah's father gave the couple Pine Splash, a 600 acre farm and 6 slaves as a wedding gift and as part of her dowry. Henry tried his hand at tobacco farming for the next 3 years. When their farmhouse burned in 1757, the young couple sold the slaves and

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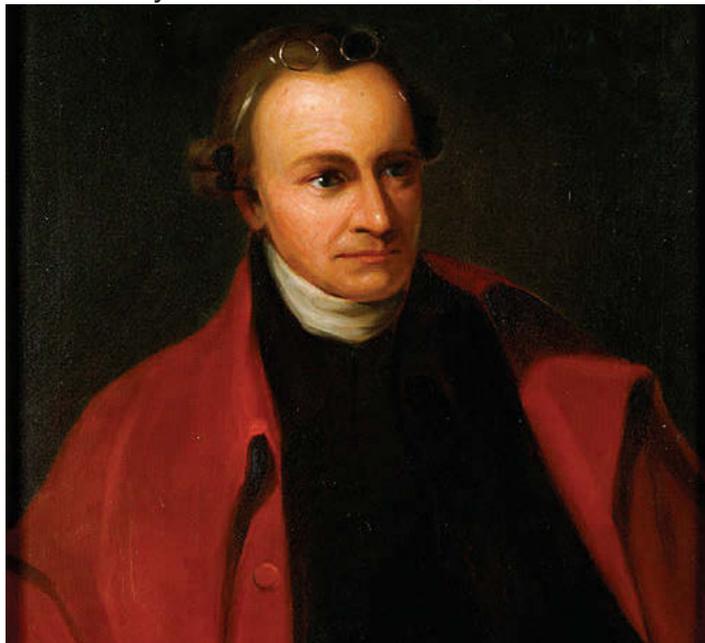
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moved into town with Sarah's parents, then above the tavern they managed across the street from the Hanover Courthouse. It is here he began to argue law and politics with the local townsmen. By 1760, having a wife and child to support, Patrick Henry studied law books for impressive 6 weeks in order to take the bar exam. After being admitted to the bar and was licensed to practice law in the county court, he began to build his clientele. He began representing clients in 1760. The 1763 case known as "The Parson's Cause" propelled him to fame. Surprisingly, the judge presiding over this famous case was Patrick Henry's own father, Colonel John Henry. The case

involved a Hanover County Parish and Rev. James Maury. Patrick Henry defended the Parish and in his speech referred to the King as a "tyrant who forfeit's the allegiance of his subjects". This was the first case where England's power over the American colony's issues were challenged. It was also the case that set the framework for all future cases against England. This showdown opened discussions between England and the American Colonies. Most importantly, Patrick Henry became the voice that spoke for America. He would not be quieted until Americans could be free and form their own government. This year also brought new challenges to Henry.



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He was elected to the "Virginia House Of Burgesses". The next year he sent the message loud and clear to Great Britain's government that Americans were distressed over "taxation without representation" involving the "Stamp Act".

By 1764 Henry moved his wife and family to Roundabout Plantation in Louisa County, VA and continued to practice law in the counties within a horseback ride to his home. In only three years he had accumulated fees from 1185 cases according to his fees book. The family was becoming financially stable at this point. The year 1765 brought many changes to the life of Patrick Henry. He was elected to the VA legislature and authored the book "Virginia Resolutions" in opposition of the "Stamp Act".

By now, Patrick and Sarah were the parents of six children. In 1771 he moved his family to Scotchtown, an estate he purchased for 600 pounds. Sarah was diagnosed with

mental illness. Today it is believed to have been "puerperal psychosis" better known as postpartum depression, an illness that sometimes follows childbirth. Her illness only worsened after the birth of her sixth child. Because of the terrible conditions at the mental hospital in Williamsburg, Patrick Henry turned the basement at Scotchtown Estate into a two room apartment with a fireplace, windows and all the comforts Sarah might need. It was here she spent her days in private, wearing a "Quaker shirt", an early form of straight jacket to prevent her from harming herself and others. Sadly when she died in 1775, Sarah was denied a Christian burial. Because of her mental illness, it was believed she was "possessed by the devil". Patrick Henry buried his beloved wife and in a private grave 30 feet away from the apartment where she lived her last days. He planted a lilac tree in remembrance of her that still stands. There are stories to this day of her spirit still wandering about the

estate. While still saddened over the death of his precious Sarah, Henry found himself a powerful figure in the movement towards the War of Independence. He continued to sit as a leader in the House of Burgesses and stood in strong opposition of the British government. He was a member of the Continental Congress and sat on three of its committees. During the 2nd Revolutionary Convention of VA, knowing war was at hand, went against the conservatives and proposed arming Virginia's newly formed militia. It is here Patrick spoke the passionate words familiar to most Americans: "If life so dear or peace so sweet as to be purchased at the price of chains and slavery? Forbid it Almighty God! I know not what course others may take, but as for me, give me liberty or give me death!". With cheers of support, he now found himself in command of the new army. When Lord Dunmore was confronted by Henry demanding ammunition for the militia or compensation for it, Dunmore refused

the ammunition he had hidden but paid 330 pounds in compensation. Patrick Henry did not support the committee of Public Safety ran by Edmund Pendleton and resigned his military service on Feb. 28, 1776. He was in support of the postponement of the declaration of independence, citing too much unrest among the colonies and he wanted to secure relations with Spain and France before drafting the declaration. He did not attend the convention citing too many were still in favor of British Monarchy. In the same convention he helped draft the very first VA constitution and was elected governor. He was re-elected in 1777 and 1778, as well. This same year he was chosen to be a delegate to Congress but declined.

Look for the rest of Patrick Henry's story in the Spring 2015 edition of Golden Years.

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A Final Expense Insurance Policy is no different from a traditional life insurance policy. The exceptions are that it usually has a smaller monetary value, and its wording can be specified to take care of final expenses relating to burial and funeral costs. At the time of a person's death there are so many decisions to be made. This type of policy assists in making those decisions ahead of time. A final expense policy can be specified to help pay for your casket and professional services by the funeral home. This type of policy can also cover expenses such as clothing, floral expenses, cemetery property, monuments and transportation if

required. Some policies may even carry enough value to help pay for unpaid household bills and unexpected medical bills.

A final expense policy is a good idea to supplement a traditional life insurance policy because it does specifically deal with those issues. But it can also be of great assistance if there is an unexpected life change. In a lot of instances, life insurance is provided by an employer. An employer will pay a percentage of the life insurance premium and the remainder is paid by the employee it is usually a good value. But if you lose or leave your job, you will be forced to purchase the insurance on your own, which can be expensive, especially if the one insured is older. This is where a final expense policy is beneficial as a supplement or standalone policy to safeguard you in case of any type of life change.

There are two types of final expense insurance policies, term and whole life. Term Life Insurance covers the insured for a specific time period

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or until a set age. The benefit of a term policy is that the premiums are less expensive. But, one needs to consider that health conditions can change during the length of term and when you renew a term policy the premium or price will be higher due to your increase in age. Whole life insurance covers the insured for the remainder of his life and is usually a fixed cost. This is beneficial for budgeting. Also, whole life insurance builds cash value. Life insurance premiums or payments are determined by gender, age, health conditions and habits of the insured.

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the time of death. A person who lives on a fixed income and might not leave much of an estate for family to use for burial costs is an ideal candidate for final expense insurance.

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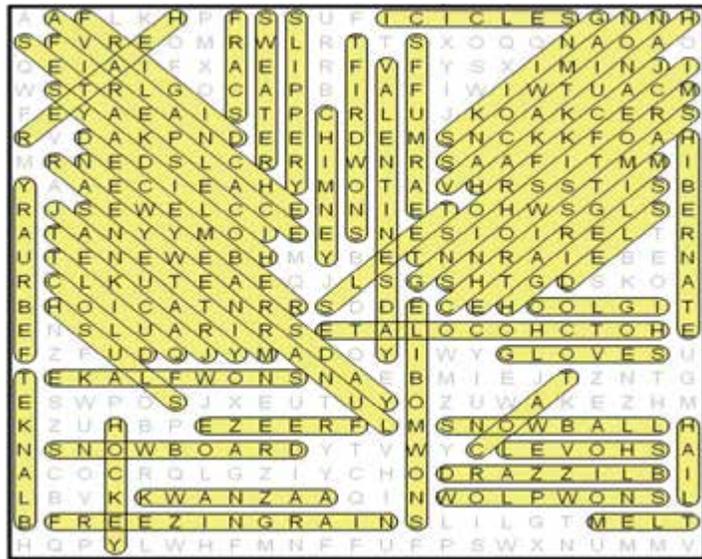
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2	3	7	5	6	1	4	8	9
6	9	1	7	4	2	8	3	5
7	4	5	3	8	9	1	6	2
3	2	8	6	1	5	9	4	7
4	7	2	1	5	6	3	9	8
8	6	9	4	2	3	7	5	1
5	1	3	9	7	8	6	2	4

Word Search is on
page 8
Sudoku is on
page 13



HUMOR ME

An old miser visited a new doctor, and noticed a sign above the desk that read: First Visit \$50. Subsequent Visits \$30. When the doctor came out, the old man said, "Doc, good to see you again!" As the doctor proceeded with the exam, his face displayed more and more concern. "Gosh, Doc," the cheapskate asked fearfully, "what's the matter?" "Same as before," the doctor replied, "Just keep doing what I told you last time."

"I never made Who's Who, but I was once in What's That?" Phyllis Diller

"You can live to be a hundred if you give up all the things that make you want to live to be a hundred." Woody Allen

A man entered a pun contest sponsored by the local newspaper. He picked his ten best puns and sent them all in, certain that one would win. Unfortunately, no pun in ten did.

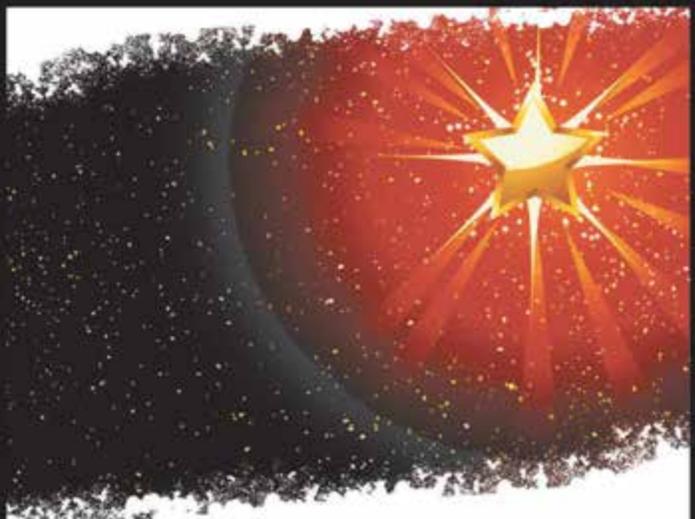
The Winter Blues is a Real Deal

- by: Teresa Jones
 Oh my, where has this year gone? Just yesterday the skies were blue, the sun was shining and the occasional rain shower softly watering the beautiful flowers and lawns were a welcome relief from the heat. Today it is dreary, dark and a crispness is in the air. Along with the shorter days and changing colors, that old familiar sadness and feeling of dread begins to creep in our lives. Welcome to the winter blues.

Seasonal Affective Disorder, also known as SAD, occurs mainly in women, 15 to 55 years of age with young adults being more prone to symptoms compared to the elderly. When SAD does appear in men, the symptoms are usually more severe. Symptoms include,

appetite changes, mood changes, being extra sensitive and irritability. Although Seasonal Affective Disorder may not be prevented, there are things one can do to help manage these winter blues and it is important to start new habits before winter begins.

A cold weather diet is very important. Avoid foods such as sugary snacks, rice and white bread. Replace these foods with vegetables, fruits, lean meats and whole grains. This will aid in raising energy levels and help stabilize blood sugar. Along with your cold weather diet, getting plenty of rest can help ward off symptoms of SAD. Try to get a minimum of 7 to 8 hours sleep every night. Also keep consistent bed times and wake times. Power naps of 10 to 30 minutes in the afternoon



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can help revitalize you, as well. Many health care professionals believe the loss of sunlight due to time change may cause one's circadian rhythm also known as internal clock to change. Brain chemicals change because the body absorbs less serotonin and melatonin. Light therapy works for some but it is important to ask your doctor or pharmacist if any of your medicines will cause you to be light sensitive and discuss with your health care provider before beginning this or any new treatments.

plan to do things that excite you. Just getting out of the house for a manicure, haircut or meeting a friend for a cup of coffee can lift your spirits. Don't be



to the mailbox or take a brisk walk in the park. Be kind to your brain. On cold days working puzzles or playing internet games helps keep the brain active.

Winter is also a great time to get a jump on spring-cleaning or start new hobbies. Let your creativity flow. Wearing cheerful colors will brighten your spirit as well as those around you. Have fun by acting like a tourist at home. A downtown stroll is a great way to visit unique stores and make new friends. Use a local map available at the Chamber of Commerce or the Downtown Business Association (located inside the old train depot) to tour the historical sights around town.

In preparing for winter blues, it is important to

a hermit. Open the window blinds and let the sunshine in, walk

Omega-3 has been found to be good for emotional well-being.

Holidays can be very overwhelming. Take time away from all the holiday preparations



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and madness to watch an old movie or phone a childhood friend to reminisce. If you find yourself alone, volunteering at a hospital, nursing home or church can be satisfying and you will make a difference in someone else's life, as well. The needs of others are always greater in winter months. Remember you don't have to do it all. Ask for help with meal preparations or gift wrapping. Above all, it is OK to say NO if you feel you are being overloaded.

Always seek help if you have feelings of suicide or harming yourself or others in any way. See

a doctor if your mood worsens or if you find yourself using alcohol for comfort. Be honest with your health care provider about stressful life changes, family history of depression, and any problems that are bothering you. Seasonal Affective Disorder may not be prevented but it can be managed. On the positive side, in just a few short weeks the flowers will be blooming again and warmer weather and sunshine will return to drive away and save you from the winter blues.



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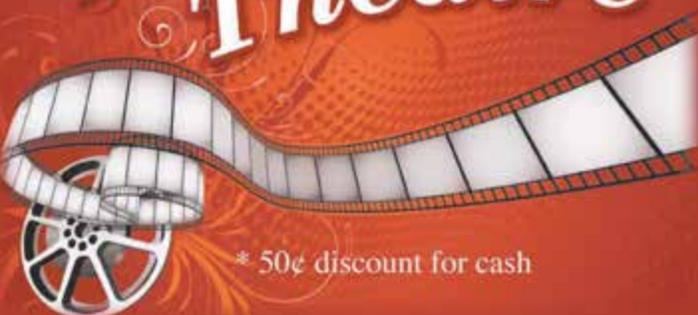
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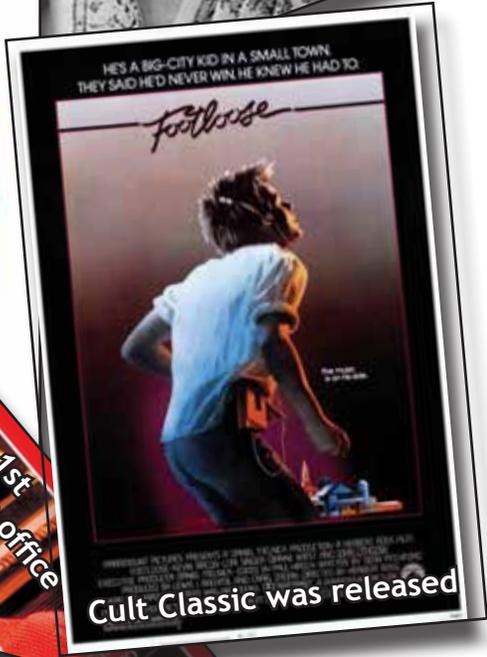
Molly Ringwald's 1st movie
Sixteen Candles



Indira Ghandi was assassinated
Oct. 31



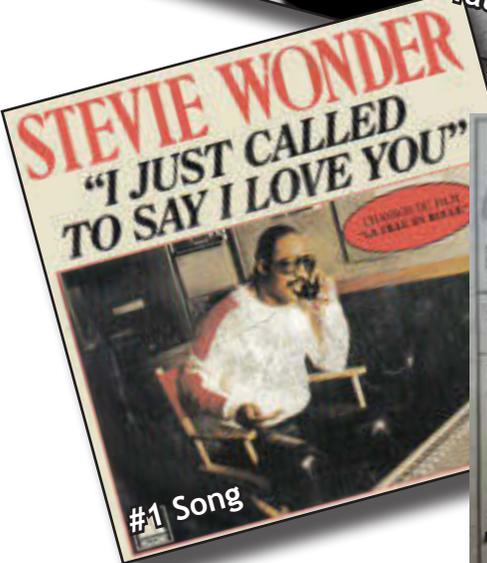
Marvin Gayne was killed by his father
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