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FALL - TIME FOR APPLES



From Ages 18 To 81 And Beyond: Why EVERYONE Needs An Estate Plan!

When it comes to Estate Planning in our lives, there is often a misconception that there is plenty of time to plan often leading to comments like "I will do that tomorrow." We plan for college, we plan for our careers, weddings, baby showers and house-warmings, but how many of us truly plan for our family's legal and financial future? As with all things that may not be pleasant to think about, it can become all too easy to procrastinate when it comes to thinking about our own mortality or that of our loved ones!

Not to pick on a generation exclusively here but for example, when it comes to the millennials here's a statistic: According to a recent survey from Caring.com, 78% of millennials don't have a will in place. However, it is a problem that is not exclusive to millennials and plagues many in every generation. The truth, is we all think we have time...until we don't. So what happens if proper estate plans are not in place? If it is as Benjamin Franklin wrote that "Nothing is certain, except death and taxes," or as Jim Morrison of the popular band The Doors succinctly sang it – "no one here gets out alive," then why don't people plan ahead for the inevitable?

People may not want to talk about death as it is an unpleasant subject, but the consequences of not planning ahead can be disastrous, frustrating and beyond stressful for your loved ones! It is worth breaking this down into components of an estate plan that everyone should have in place, as it truly goes beyond just a simple Will. Everyone's situation is different, but below are the basics everyone should meet with an elder law attorney to properly discuss and put in place:

(1) Last Will & Testament

The importance of these specific documents are well-known. A Will spells out how you want your assets distributed after your death and it names an executor to handle these transfers. Without one, you will die

'intestate', meaning your state decides how to distribute your property and funds instead of you, generally starting with your parents if you're single and childless (unless an account, such as your bank account, which designates a beneficiary or is held jointly.) If you do have minor children, you can name who you would want appointed to serve as their guardian. This is an important decision that you would not want to leave exclusively to the courts who may not understand the complexities of your family dynamic.

(2) Durable Power of Attorney

For single and healthy millennials as well as those from other generations, this may be even more important to have than a Will! In case of incapacity due to a difficult and serious illness or an unexpected accident, this document enables you to name the person or persons you would want to manage financial matters on your behalf if you were unable to do so directly.

(3) Healthcare Powers of Attorney

In case of incapacity due to a difficult and serious illness or an unexpected accident, this document enables you to name the person or persons you would want to deal with doctors and medical personal on your behalf if you were unable to express your wishes for care to directly.

(4) Living Will

Typically paired with your Healthcare Power of Attorney listed above, the Living Will defines your end-of-life wishes concerning life support, comfort measures and more. Both of these documents should include actually having a conversation with the agent or agents you have appointed as to what your personal wishes would be in the event you were unable to express them yourself. With these 2 documents, you are looking

to create the situation where your agent is merely expressing to a doctor or physician at end-of-life what your wishes would be and not trying to figure out what you would have wanted on their own without having had that crucial conversation. Communication is key! Without these last 2 documents in place, it is likely you will be kept alive artificially by default, regardless if there is a reasonable expectation of your recovery.

(5) Digital Assets Inventory

What happens to your digital assets when you die? Here is something you may not have thought about: A more modern problem which didn't start to exist until the mid-1990's and is a fact of life in our society now is the issue of digital accounts! We all spend an increasingly larger and growing portion of our lives online. Various social media pages, email, online shopping, banking, paying bills, dating, cryptocurrencies, the list goes on and on! Certain online providers like Facebook may allow you to memorialize an account, or in the case of Google, you may be able to appoint trusted contacts who can access certain types of data when you pass in certain conditions, but each account needs to be handled in a proper and thought-out way. Digital Asset Management is an practice area of increasing importance in estate planning that should not be neglected and goes way beyond simply keeping a list of passwords which may wind up being out-of-date by the time of your passing. It is all too simple to get locked out of online accounts, which may make obtaining access to personal photos or account information extremely difficult if not impossible. The right attorney should direct and guide you on tailoring the right plan to legally authorize someone to easily handle your 'online' estate as well. For certain more-recent generations going forward including Baby Boomers, Generation X, Millennials and others, this issue will continue to be a concern now and in the future.

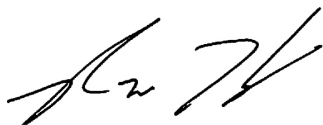
Final Words On Getting Started:

Think about the person or people you would to appoint as executor in terms of your Will, or as your agent on powers of attorney for health or finances. Strive to be honest and objective with who you choose to appoint: The best person to make financial or medical decisions on your behalf and delve into your private matters, may not be the one you feel closest to! It is also best to research actual attorneys in your area who specialize in Elder Law. While it may be tempting to attempt to save money by going with online tools such as LegalZoom, the expression “don’t be penny-wise and pound-foolish” would certainly apply here. As a word of caution, I have seen quite a lot of DIY estate planning documents come into the office that were grossly inadequate or just plain wrong for the situation that they were trying to protect against. These online services won’t always capture the nuances of your specific situation or adapt to changing laws. Food for thought: I may be able to pull up a video on re-doing plumbing on YouTube, but that doesn’t instantly and automatically mean that I am now suddenly qualified to do that myself in my own house!

As always, if you have a question or issue that you think might be a good topic for this column, let me know! Email me at rhaley@vaelderlaw.com or send to me via snail-mail to this address:

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**The Estate & Elder Law Center of
Southside Virginia, PLLC
742 Main Street, Danville, VA 24541**



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Managing Attorney – Certified in Elder Law
by the National Elder Law Foundation
Member of the Council of Advanced Practitioners,
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It's easy for families to put off estate planning and asset protection until “tomorrow.” If we could predict the future, we would know exactly when incapacity or death would occur and plan for it. Unfortunately, we do not know what the future might hold and thus we must act now, not “tomorrow”, to plan for the unexpected and the eventual.

This is why our law firm has joined the National 5@55 Campaign! The campaign seeks to educate the public and help you begin to put your plan in place. Contact The Estate & Elder Law Center at **855-503-5337** for more information on the 5 documents everyone needs!

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of Southside Virginia, PLLC

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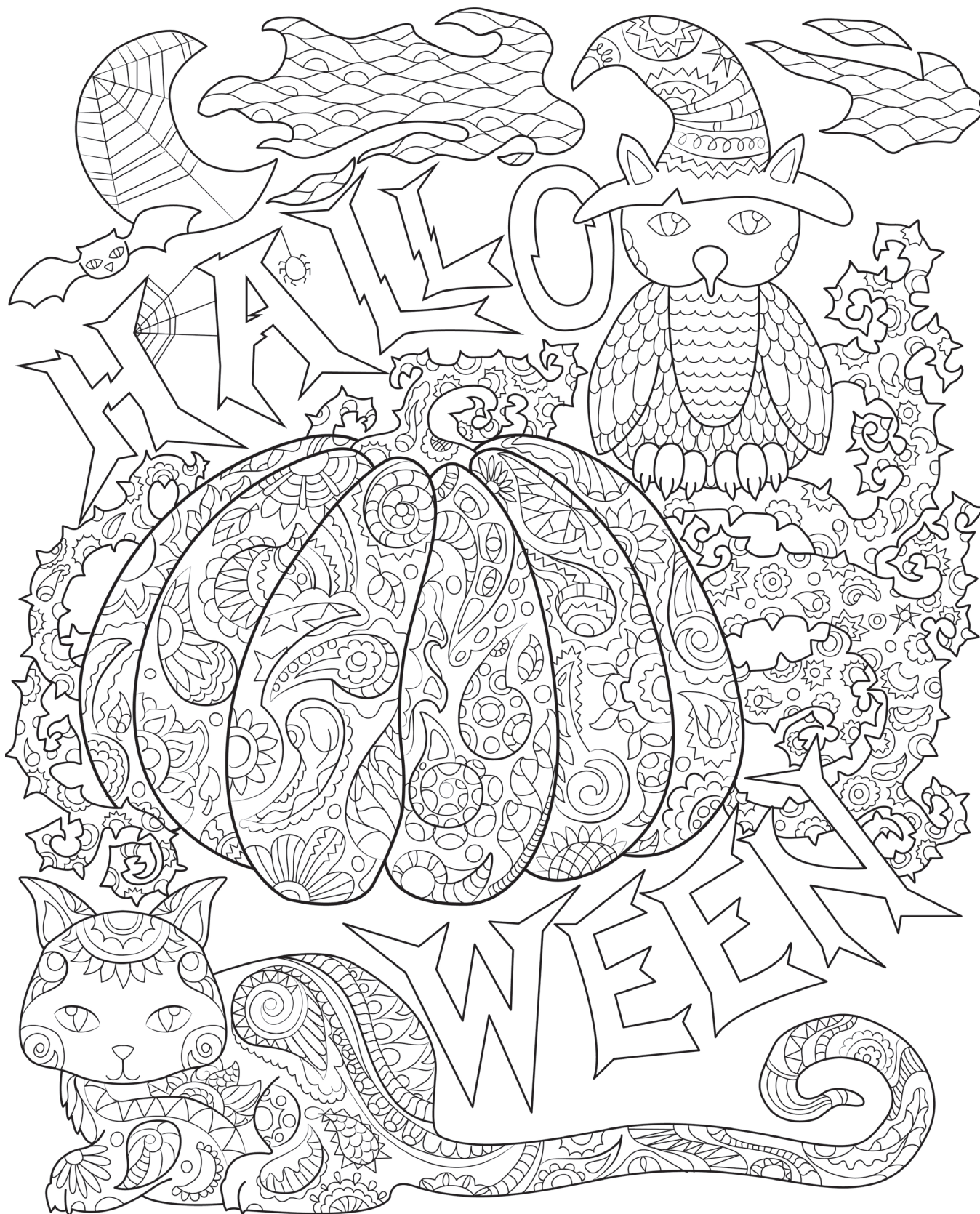
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Coloring for Relaxation





How to Recognize and Prevent Elder Financial Abuse

Dear Savvy Senior,

Can you provide some tips on how to protect seniors from financial scams? My 76-year-old aunt was recently swindled out of \$25,000 and I want to make sure my own mother is protected.

Concerned Daughter

Dear Concerned,

Financial scams that target the elderly continue to be a huge problem in the U.S. In fact, it's estimated that one in five Americans over age 65 are scammed out of roughly \$36 billion every year. Here are some tips that can help you spot a scam, and what you can do to protect your mom.

Recognizing a Scam

Spotting a scam or a con artist is not always easy to do. They range from shady financial advisers to slick-talking telemarketers to professional caregivers and relatives who steal from the very people they're supposed to be looking after.

The most common scams targeting seniors today come in the form of tricky and deceitful telemarketing calls, email and Internet scams, free-lunch seminars selling dubious financial products and endless junk mail peddling free vacation packages, sweepstakes, phony charity fundraisers and more. And, of course, there's the ongoing problem of identity theft, Medicare and Social Security fraud, door-to-door scams and credit card theft.

The best way to spot a scam is to help

your mom manage her finances, or at least monitor her accounts. Reviewing her financial statements each month can alert you to questionable checks, credit card charges or large withdrawals. Or, consider a service like EverSafe.com, which will automatically monitor your mom's accounts, track suspicious activity and alert you when it detects a problem.

If, however, your mom doesn't want you looking at her financial records, there are other clues. For example: Is she getting a lot of junk mail for contests, free trips, and sweepstakes? Is she receiving calls from strangers offering awards or moneymaking deals? Also, notice if her spending habits have changed, if she has complained about being short of money lately or has suddenly become secretive or defensive about her finances. All these may be signs of trouble.

Protect Your Mom

The most effective way to help protect your mom is to alert her to the different kind of scams going on today. To help you with this, the National Council on Aging has a list of "top 10 financial scams targeting seniors" at NCOA.org. Also see AARP's Fraud Watch Network at AARP.org/money/scams-fraud and sign up to receive free scam alert emails from the Federal Trade Commission at FTC.gov/scams.

Some other tips to protect her include reminding your mom to never give out her personal information, Social Security number or financial information unless she initiated the contact and knows the institution.

Also, see if your mom would be willing to let you sort her mail before she opens it, so you can weed out the junk. To reduce the junk mail and/or email she gets, use the Direct Marketing Association consumer opt-out service at DMAchoice.org. And to stop credit card and insurance offers, use the Consumer Credit Reporting Industry opt-out service at OptOutPrescreen.com or call 888-567-8688 – they will ask for your mom's Social Security number and date of birth.

You should also register your mom's home and cell phone numbers on the National Do Not Call Registry (DoNotCall.gov, 888-382-1222) to reduce telemarketers. To stop robocall scams on her landline phone use Nomorobo (Nomorobo.com), and if she uses a smartphone, use the free app Hiya (Hiya.com). You should also get a free copy of her credit report at AnnualCreditReport.com to make sure she isn't a victim of identity theft.

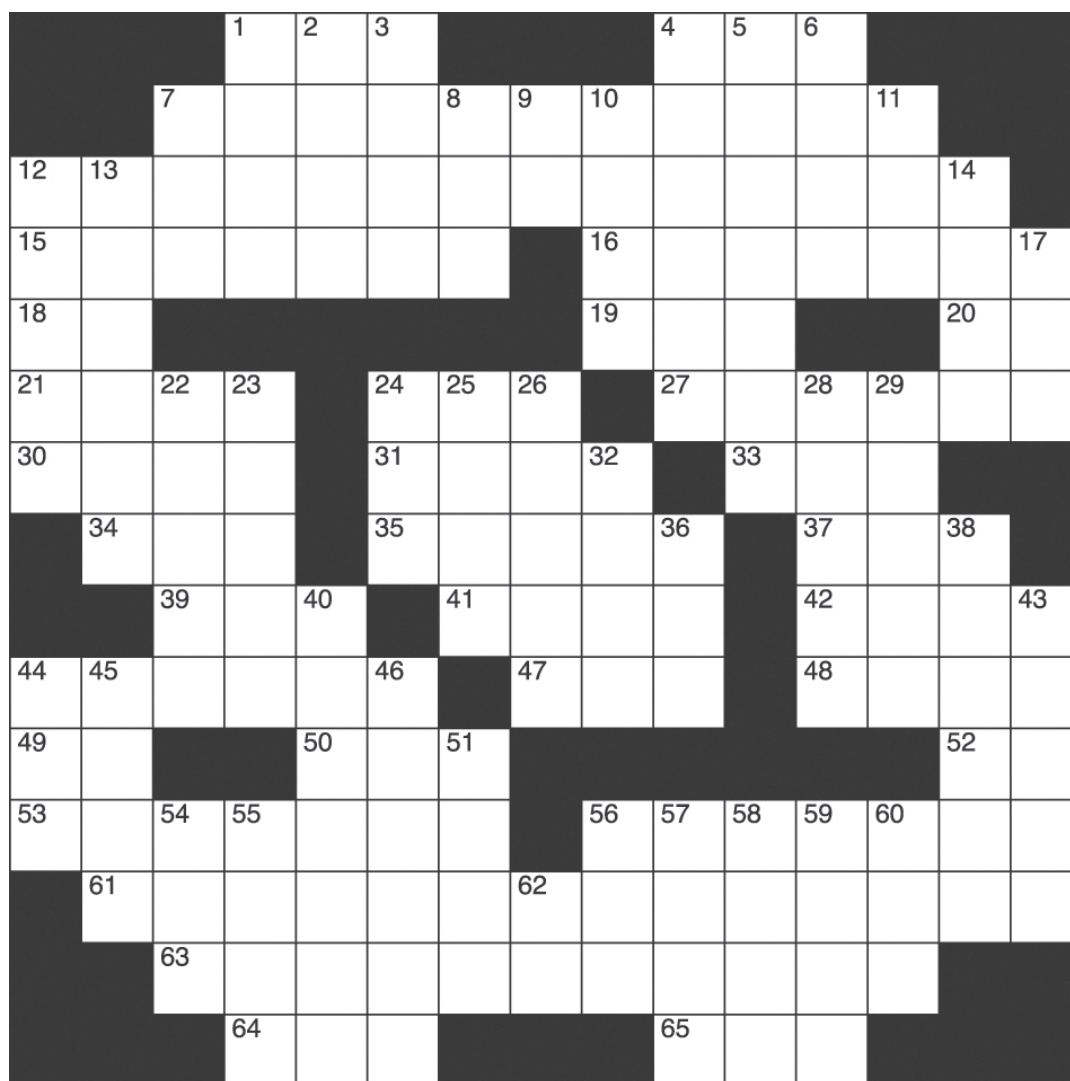
Report It

If you suspect your mom has gotten scammed, report it to her local police, her bank (if money has been taken from her account) and her state's Adult Protective Services agency that investigates reports of elderly financial abuse. Call the Eldercare Locator at 800-677-1116 to get the agency contact number in her area.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



CROSSWORD PUZZLE



CLUES ACROSS

1. Superhigh frequency
4. Sinatra's ex-wife
7. Unity
12. Not useful
15. One who mocks
16. Teachers
18. "Pollock" actor Harris
19. Fifth note of a major scale
20. A type of coalition
21. Aircraft transmitters
24. Where golfers begin
27. We all have them
30. Monetary unit
31. Calendar month
33. Pouch-like structure
34. Winter sport tool
35. Minneapolis suburb
37. ___ student, learns healing
39. Keyboard key

41. Brief proposal
42. Gasteyer and Ivanovic are two
44. Lunatic
47. Cool!
48. Japanese musician
49. Successor to League of Nations
50. Actor Diesel
52. The Constitution State
53. Go back over
56. One long or stressed syllable followed by unstressed syllable
61. All of it
63. Seriousness
64. Adds color
65. ___kosh, near Lake Winnebago

CLUES DOWN

1. Turfs
2. Handle
3. Floating ice

4. Railways
5. Breathe in
6. Neutralizes alkalis
7. Coenzyme A
8. Make a mistake
9. Tin
10. Parts of a machine
11. Midway between northeast and east
12. Prizes for victory
13. Great amount
14. Goodwill (archaic)
17. Suspicion of having committed a crime
22. Signed one's name
23. Quake
24. Exercise system ___-bo
25. Round Dutch cheese
26. Ready to go
28. Khoikhoi peoples
29. Opera scene

32. Husband of Sita (Hindu)
36. A sign of assent
38. Cut a rug
40. An army unit mounted on horseback
43. Satisfies
44. Austrian river
45. In a more positive way
46. Religious creed
51. Brazilian NBA star
54. One and only
55. Street
56. Explosive
57. Gambling town
58. Public crier calls
59. Hard money
60. Time units (abbr.)
62. Exists




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Jennifer N. Durham, RN
Heart Failure Coordinator
SOVAH Health – Danville

at
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- South Library •

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Boxed lunch will be provided for those that pre-register.

October 17th, 2018
12 pm – 1 pm

MATTERS OF THE HEART

Plan ahead and be prepared! We never know what the future holds!

RSVP by October 15th
Robin Young, Admissions Director
434-441-7279 cell
434-766-6114 office
ryoung@mfa.net

DIABETES EDUCATION



Introduction to the basics

Nutrition advice & Awareness

Relative of a diabetic?

All are welcome!

DATE: FRIDAY, OCTOBER 19, 2018

TIME: 12 P.M. TO 1 P.M.

Intro to Diabetes
Introductory education by a diabetic NP who has personal experience living with diabetes. What are some foods you should eat? Are there "bad" foods? How do you make the diabetes diet be more appealing? Discussing what has worked, sharing insights into personal diabetes, or just learning about diabetes for the first time....

All are welcome!

J. DANIEL RUCK, DNP, CDE

Location:
Riverside Health and Rehabilitation Center
2344 Riverside Dr
Danville, VA 24540
South Library

RSVP by Wednesday, Oct. 17th to reserve a boxed lunch

Robin Young at
434-441-7279 or email
ryoung@mfa.net

'Tis the Season to be...Prudent

BY RANDAL C. HILL

Ah, autumn. A time for colorful falling leaves, a blazing fireplace, a return to sweaters and boots. And shopping. Not for gifts—that time arrives soon enough—but for securing the best possible deals during the Medicare Open Enrollment period. This is your opportunity to use Medicare's Plan Finder (at Medicare.gov/find-a-plan) to find a program that best meets your needs.

Be forewarned

The Medicare Open Enrollment Period is one of the most confusing and misunderstood annual events in this vital program. Premiums, benefits, formula, copays, provider and pharmacy networks can all change—and often do from year to year. Give yourself plenty of time to review and understand your options, and don't be afraid to seek help. Both Medicare and Medicare Advantage plans have licensed agents to guide you, and your state health insurance agency also has counselors who can help you sift through the often-confusing information.

Original Medicare

This includes Part A (which covers certain hos-

pital expenses) and Part B (which applies to doctor bills and other medical costs). That's it. Period. No dental care. No vision care. No hearing aids.

Parts C and D

Though Medicare offers a valuable health-care safety net, most of us want or need to create a custom plan that fits our particular circumstances. This is where Medicare Advantage plans (called Part C) come in. These are private insurance options run by government-regulated insurance companies for seniors and the disabled currently enrolled in Original Medicare (Plan A and Plan B). Out-of-pocket costs in Part C plans can sometimes be lower than with Original Medicare and often include benefits not found in Parts A and B. Prices vary by plan provider, so it's to your advantage to compare all the plans available in your area before choosing the one best for you.

Most Medicare Advantage plans also include prescription drug coverage, which is an optional add-on called Part D, for beneficiaries who retain Original Medicare. Luckily, premiums are not influenced by age or pre-existing conditions.

You can usually enroll if

you live in the service area of the plan you want to join (although not all plans are available everywhere in the state), you have Original Medicare and you don't have end-stage renal disease.

Phone a friend

To help you navigate your way through the often-daunting mountains of information, Medicare has licensed insurance agents at 1-844-847-2659 (TTY users 711) Monday through Friday 8AM to 8PM ET. Have a list of prepared questions at hand when you call.

Dates to remember

Like anniversaries or birthdays, you can be in big trouble if you forget them. Mark the following dates on your calendars:

- October 15th. This is when Open Enrollment begins. You can now switch Medicare plans, join a Medicare Prescription Drug Plan or drop your Medicare Prescription Drug Plan completely.
- December 7th. In most cases, this is the last day to change your Medicare coverage for the next year.

- January 1st. Your old or new coverage starts today.

If you are satisfied with your current coverage, you don't need to do anything.

Special Enrollment Periods (SEPs)

These offer a lifeline for certain unexpected life changes and are opportunities for change in addition to the regular annual enrollment periods. Go online or call Medicare for more information on this program.

Three helpful hints:

- Review your most recent Medicare and You handbook to see a listing of the plans in your area.
- Make sure to carefully read your "Annual Notice of Change" letter.
- Get free personalized health-insurance counseling by calling your State Health Insurance Assistance Program (SHIP). Visit shiptacenter.org or call Medicare to get the phone number.

Go for it!

Visit medicare.gov online or call 1-800-MEDICARE (1-800-633-4227) (TTY 1-877-486-2048). Medicare customer service representatives are almost always knowledgeable, patient and friendly. It's worth the occasionally long wait (and enduring the "on hold" music) to get the important information for your 2019 medical needs.

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Moments in time

THE HISTORY CHANNEL

• On **Oct. 13, 1792**, the cornerstone is laid for a presidential residence in the newly designated capital city of Washington. It was called the "White House" because its white-gray Virginia freestone contrasted strikingly with the red brick of nearby buildings.

• On **Oct. 10, 1845**, The United States Naval Academy opens in Annapolis, Maryland, with 50 midshipmen students and seven professors.

• On **Oct. 8, 1871**, flames spark in the Chicago barn of Patrick and Catherine O'Leary, igniting a two-day blaze that kills up to 300 people and destroys 17,450 buildings. Legend has it that a cow kicked over a lantern and started the fire, but in 1997, the Chicago City Council exonerated Mrs. O'Leary and her cow.


• On **Oct. 14, 1913**, over 400 workers die in a massive coal-mine explosion near Cardiff, Wales. Nearly 500 miners were brought up safely, but with no further signs of life, mine officials decided to seal the mine, entombing the bodies.

• On **Oct. 9, 1940**, during the Battle of Britain, the German Luftwaffe conducts a heavy nighttime air raid on London. The dome of St. Paul's Cathedral was pierced by a Nazi bomb, leaving the high altar in ruin. Otherwise, the cathedral survived the Blitz largely intact.


• On **Oct. 11, 1975**, the single "Born to Run" became Bruce Springsteen's first-ever Top 40 hit. In 1974, a Rolling Stone editor had bestowed this now-famous praise upon the Boss: "I saw rock and roll's future and its name is Bruce Springsteen."

• On **Oct. 12, 1997**, songwriter and performer John Denver dies when his experimental amateur aircraft crashes into Monterey Bay on the California coast. Known for hits like "Rocky Mountain High" and "Take Me Home, Country Roads," Denver sold more than 32 million albums in the U.S. alone.

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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to diets.

AKSSHE

Answer: Shakes

Guess Who?

I am a singer born in California on October 3, 1969. As a child, I was diagnosed with ADHD and dyslexia.

But there was no doubt I would become a performer. I have fronted a rock band and also had a successful solo career. A new gig as a talent judge paved the way for romance.

Answer: Gwen Stefani

Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Calendar segment	__ N __	Cave entrance	__ U __
2. Picks up the tab	__ S	Peace agreement	__ Y
3. As of late	__ C __	Concede	__ L __
4. Mountainous	__ I __	Singer Buddy	__ O __
5. Artist's garb	__ M __	Electrical jolt	__ H __
6. Pasta	N __	French dog	P __
7. Furnace	__ G __	Brute or air	__ C __
8. Going rate	__ C __	Leo's group	__ D __
9. Get a hold of	__ H __	Act in response	__ T __
10. Popeye's occupation	S __	Men's outfitter	T __

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C	E	R	N	Y	H	S	A	S	Y	E	G	R	U	G	M	J	J	N	R
L	G	E	C	H	E	G	Y	B	J	C	Y	A	T	T	U	O	A	A	F
F	E	A	B	E	B	D	T	M	P	A	P	E	H	M	D	C	R	E	S
I	T	B	I	L	O	K	A	G	S	P	C	O	B	A	R	M	A	C	N
F	B	I	N	D	A	T	E	L	L	S	T	K	L	A	R	E	K	N	I
O	P	K	K	O	O	R	B	B	C	E	H	D	A	E	B	I	M	I	K
Y	Y	A	C	S	Y	E	R	B	F	K	A	O	E	T	I	L	G	I	O
I	G	I	H	G	T	B	I	C	B	B	E	U	H	H	S	P	A	D	O
U	E	L	S	O	U	E	J	C	C	U	R	I	A	L	C	D	B	T	C
A	G	C	T	T	K	C	P	R	C	L	A	I	D	E	R	U	F	E	B
O	L	U	H	I	H	T	I	E	R	M	M	N	N	P	N	C	A	G	M
P	I	S	H	L	A	A	K	R	Y	I	I	B	K	R	E	P	E	B	K
K	R	C	C	A	N	G	E	D	S	M	L	C	L	E	U	A	T	N	N
E	A	G	J	A	N	K	L	N	U	I	A	B	L	A	D	B	P	E	K
B	D	R	U	T	M	I	A	B	M	N	F	S	M	B	S	J	E	S	I
L	I	I	E	B	Y	B	H	A	R	I	O	T	R	N	F	T	D	T	C
H	L	L	K	J	N	C	P	J	D	N	R	O	H	P	Y	L	R	B	K
A	L	L		R	B	U	C	A	L	S	E	T	T	B	B	I	N	G	O
C	K				O	D	Y	M	O	S	T	T	J	M	C	M	F	F	F

Find the words hidden vertically, horizontally, diagonally, and backwards.

APPLE
BABY
BALLAD
BASH
BIT
BLAST
BREAD
BURN
BUTTER
CAT
CHARIOT
CLANKED
CLYDE
COOKIN
COOTIES
CRANKED
CUBE
DEUCE
EYEBALL
FAR OUT
FLICK
GERM
GIG
GRODY
HANG
HEP
HORN
JACKETED
JETS
KEEPER
KICK
KOOKIE
LID
MOST
NEST
PUNK

What's Cookin'?



Easy Homemade Apple Butter

Ingredients

5 medium Granny Smith apples, cored and roughly chopped

1/4 tsp. sea salt

2 tbsp. fresh lemon juice

1 1/2 tsp. ground cinnamon

1/4 tsp. ground cloves

1/4 c pure maple syrup

1/8 c water

Instructions

Mix all of the ingredients together in a medium-sized pot over low heat. Cover and cook for about 2 hours, stirring occasionally. Apples should reduce and your house should smell like cinnamon heaven.

Remove from the heat, uncover, and allow it to cool for about 15 minutes. Using an immersion blender, blend it up until you get a smooth, buttery mixture. You can also use a food processor or regular blender for this step.

Serve your apple butter warm and keep it in an airtight container in the fridge for up to a week.

[illegible]

Solve the code to discover words related to the 1950s.
Each number corresponds to a letter.
(Hint: 17 = d)

A. 17 5 17 17 26 - 25

Clue: Cool guy

B. 14 5 17

Clue: Apartment

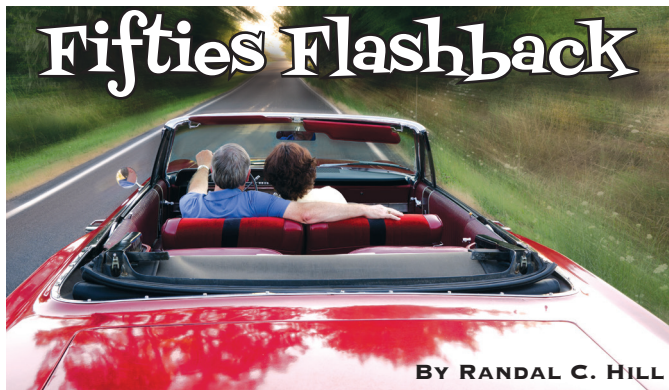
C. 20 22 9 5 4 9 22

Clue: Guy with lots of hair product

D. **17 22 5 20**

Clue: Bore

Answers: A. Daddy-O B. pad C. greaser D. drag



A (Costly) Taste of Lemon

October 2018

Sometimes things just don't go as planned.

In the mid-1950s, the Ford Motor Company had invested \$250 million—almost \$2 billion today—in a highly touted new offering. Years of research had led to the creation of the Edsel. The name itself was selected from among 18,000 sometimes-bizarre possibilities. These included (take a deep breath here) the Zip, the Simplex, the Drof (Ford spelled backwards), the Zoom, the Intelligent Bullet and the Utopian Turtletop.

The final choice had come from the first name of company founder Henry Ford's only son.

Ubiquitous promotions spoke of "a new vista of motoring pleasure" and promised that the Edsel would be "unlike any other car you've ever seen." At last "E Day"—September 4, 1957—arrived amid hoopla that included school marching bands, helicopters trailing advertising banners, and traffic jams around newly created Edsel dealerships. The paper that blocked views into showroom windows was about to be ripped down. Three million excited and curious car fans were on the verge of getting their first glimpses of the incredible, radical, fantastic 1958 Edsel....

Then people saw it.

"That's it?" became a common reaction.

Well, it was different. The Edsel, available in 18 different models, featured, among other things, an unorthodox vertical oval grille (said to look like a toilet seat or a horse collar). Its "Tele-touch" automatic transmission offered push-button controls in the middle of the steering wheel. The chassis could be lubricated from a dashboard knob. Its speedometer could be set to flash warnings when a pre-selected speed limit was reached. Instead of gauges,

Edsels featured new "idiot lights" with such messages as DOOR AJAR or SERVICE ENGINE.

Ford's sales projections called for over 200,000 units a year—on average 600 to 700 vehicles to leave the showrooms each day. But by the first week in October, daily sales were only half that—and falling fast. November's tally sheet was worse. Ford honchos panicked. In December the company mailed 1.5 million letters to car owners, offering them an 8-inch plastic scale model Edsel if they would just drop by a dealership for a test drive.

It was the wrong car at the wrong time. America was entering an economic recession, and people suddenly seemed interested in smaller, more economical vehicles such as American Motors' new Rambler and a feisty little German import, the Volkswagen Beetle.

Other problems abounded. Edsels were constructed on accelerated Ford and Mercury assembly lines, the result often being a disregard of quality control issues in order to meet output quotas. Sometimes hoods didn't fit properly. Doors often rattled due to loose bolts. Within three months the transmissions' push buttons were experiencing a 50% failure rate.

Sales in 1959 plummeted to 45,000 units, and for the final model year (1960), only 2,800 Edsels rolled off the assembly lines.

With the Edsel a disaster, Ford frantically drew up plans for a much smaller vehicle, the Edsel B. It eventually found success in a receptive market—after it was renamed the Mercury Comet.

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Birdhouse NEWS

THE BUSINESS OF DYING

Death is big business in Japan and the competition is fierce, says the Association of Mature American Citizens [AMAC]. The population over there is aging at a quickening pace, and so is the demand for funerals and funeral services. In fact, innovative Japanese entrepreneurs have come up with new ways to cash in on that demand. Take the funeral parlor that has begun offering drive-thru funerals. Meanwhile, the frenzy to cash in on the business of dying caused quite a stir not long ago when Amazon began offering a rent-a-monk service and a competitor began offering the services of a robotic "monk." Who was it that said, dying is easy; comedy is hard?

HOW DID HE DO IT?

Police took a homeless man with no arms into custody in South Beach, FL. recently for allegedly assaulting a tourist. Police say he stabbed the victim with a pair of scissors clutched in his feet, according to the Association of Mature American Citizens [AMAC]. Apparently, he is quite adept at using his feet in place of hands and is known in the neighborhood for sidewalk works of art.

HE BOUGHT THE USED CAR INSTEAD

He could have purchased a brand new Ferrari Model 812Superfast for as little as \$315,000, says the Association of Mature American Citizens [AMAC]. But the anonymous bidder at an auction in California opted to pay a whopping \$48.4 million for a used Ferrari—a red 1962 Ferrari 250 GTO. Granted it's a rare breed of automobile. Ferrari made only 36 of these coupes between 1962 and 1964. And, the previous owner, who is said to have paid a mere \$10 million for it in the year 2000 apparently took meticulous care of his dream car. Despite the fact that the car was in numerous international races, it was never wrecked.

GROWING OLD WAS NO BARRIER FOR HER

You're never too old to follow your dream, even if you are 83 years old and want to be a DJ, according to the Association of Mature American Citizens [AMAC]. Sumiko Iwamura owns a Chinese restaurant in Japan in Tokyo but her yen to become a DJ led her to enroll in a specialty school at the age of 77. She has a regular gig at a local dance club and has performed at clubs in around the world. Most recently, the Guinness Book of World Records named her the oldest professional DJ on the planet.

THE NUTCRACKER

The awards handed out by the folks at the Guinness Book of World records can sometimes seem a bit bizarre. But this one is really nuts, says the Association of Mature American Citizens [AMAC]. An Indian man competed and won the title for the "most walnuts cracked against one's head in one minute".



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THEY GOT A KICK OUT OF HER

Kaylee Foster was recently crowned Homecoming Queen at Ocean Springs High School in Mississippi, but that didn't stop her from trading in her tiara for a football helmet shortly thereafter. The Association of Mature American Citizens [AMAC] says Kaylee just happens to be a place kicker on the school's football team and she apparently is a pretty accomplished player. And, it was good thing she was on hand because the game was tied in overtime and Kaylee kicked the winning goal.

THE FLYING LAMBORGHINI

The successful test flight of a drone-like flying passenger car has encouraged a Philippines inventor to seek investors to fund mass production, according to the Association of Mature American Citizens [AMAC]. He has high hopes and says "I wanted it to be a sports car, a flying Lamborghini, maybe."

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The Locavore Chef Sue Graves: Featuring local food producers from Halifax Farmers' Market



If you go to the Halifax Farmers' Market any Saturday, you are sure to see John Thaxton of Thaxton Farms. He grows many fruit and vegetable favorites each season. In the fall, John may have eggs, squash, peppers (hot or sweet), and potatoes. Who doesn't like freshly dug potatoes. As the weather gets cooler, John will have those fall crops coming in, so find him every Saturday in Halifax. Okay, you probably have a favorite potato salad recipe, and that mayonnaise one is great for the hot months. As the weather cools down in October, I like to try a variation, based on German roots in time for Oktoberfest. Here is a hot potato salad recipe I remember my mother and grandmother prepared in the fall. Hold the mayo, please.

Hot German Potato Salad

3 pounds new potatoes, diced or sliced and cooked in water until tender

4 slices bacon, diced

2 yellow onions, diced

1/2 cup cider vinegar (maybe more)

1 1/2 tablespoon Dijon mustard

1/4 cup olive oil

Salt and freshly ground pepper

1/4 cup chopped fresh parsley leaves

Drain the potatoes in a colander.

In a saute pan, cook the diced bacon, rendering the fat. When the bacon is crisp, use a slotted spoon to remove it to a paper towel lined plate. Keep the bacon drippings in the pan. Put diced onions in the saute pan and cook slowly until translucent (about 4 minutes). Off the heat, add the vinegar and mustard and whisk. Whisk in oil, salt and pepper. Heat through for about 2 minutes. Place potatoes in a mixing bowl and pour the hot dressing over them. Stir gently so as not to break up the potatoes. Place potato mixture into serving dish and garnish with bacon pieces and parsley.

Daddy

BY: CHRISTY L. HICKS

Ten years ago Daddy would tell people I was a schoolteacher, I kept the kids in line, and was real strict.

"Don't let no kids run over her, she don't. Keeps them in line."

I can see his expression stern for a split second before reverting back to the usual twinkling smile, fine lines etched in the corners of his eyes as he shared this tidbit of information. Daddy was really proud of me, though he never told me directly. In fact, this was as close to a compliment as he'd ever given me.

Unlike him, I had finished school and gone far beyond his 7th grade education. As a teacher, I see signs in my daddy that educators either didn't identify or accommodate back in the 1950s. Despite his struggles in school, Daddy worked really hard and went to work even before he could drive! By watching him, I learned that I could do anything if I put my mind to it.

My daddy is different now. He shuffles around listlessly, moving articles from place to place, trying to remain busy even though he makes more of a mess than he cleans up. Momma said the other day he gave her a bucket of tomato plants he'd pulled from the garden.

"Tomato plants," he'd indicated with a nod, knowing what they were, but unable to understand that they should have remained in the ground.

Daddy has dementia. I think he recognizes me as someone familiar, but doesn't know I'm his eldest child now 46 years old. My brother has even pointed to me and asked, "Who's that?" Daddy just stares at me blankly and smiles. He doesn't say anything. He can't recall my name, and maybe doesn't want to be embarrassed by calling me the wrong one.

Last year, I was putting down shoe molding when he walked in the room. Mom had gone to town, and he'd slept most of the day. He stood there for a minute and watched me work.

"Your grandpa taught you good," he said, and something inside me leaped for joy. It was the closest kind of recognition I'd felt in years. Daddy knew me! Out of five children, I was the only one who'd worked with Grandpa on home improvement projects.

Out of scrambled memory fragments, a piece of logic had lodged in place. Would my father have made the same comment in his right mind? Probably not. Daddy didn't give compliments. But the point is, Daddy did love me and was telling me in the only way he knew how.

For anyone who has a parent, love him or her while you can. Someday, you may have them only in heart and memory.





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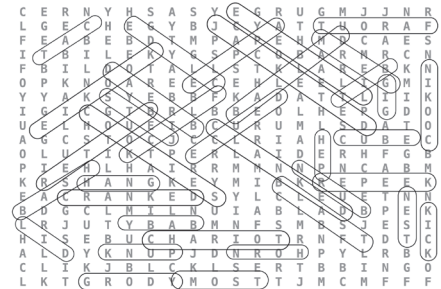
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What folks are doing...



Our group traveled to Lancaster, Pa to see the production of JESUS at the Sight and Sound Theatre on August 28-30, 2018. Our group is named **JWD Retirement Group from Danville**. We also visited the Biblical Tabernacle Reproduction, Kitchen Kettle Village and took an art class from a local artist in which we created a Lancaster County farm scene with chalk.

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