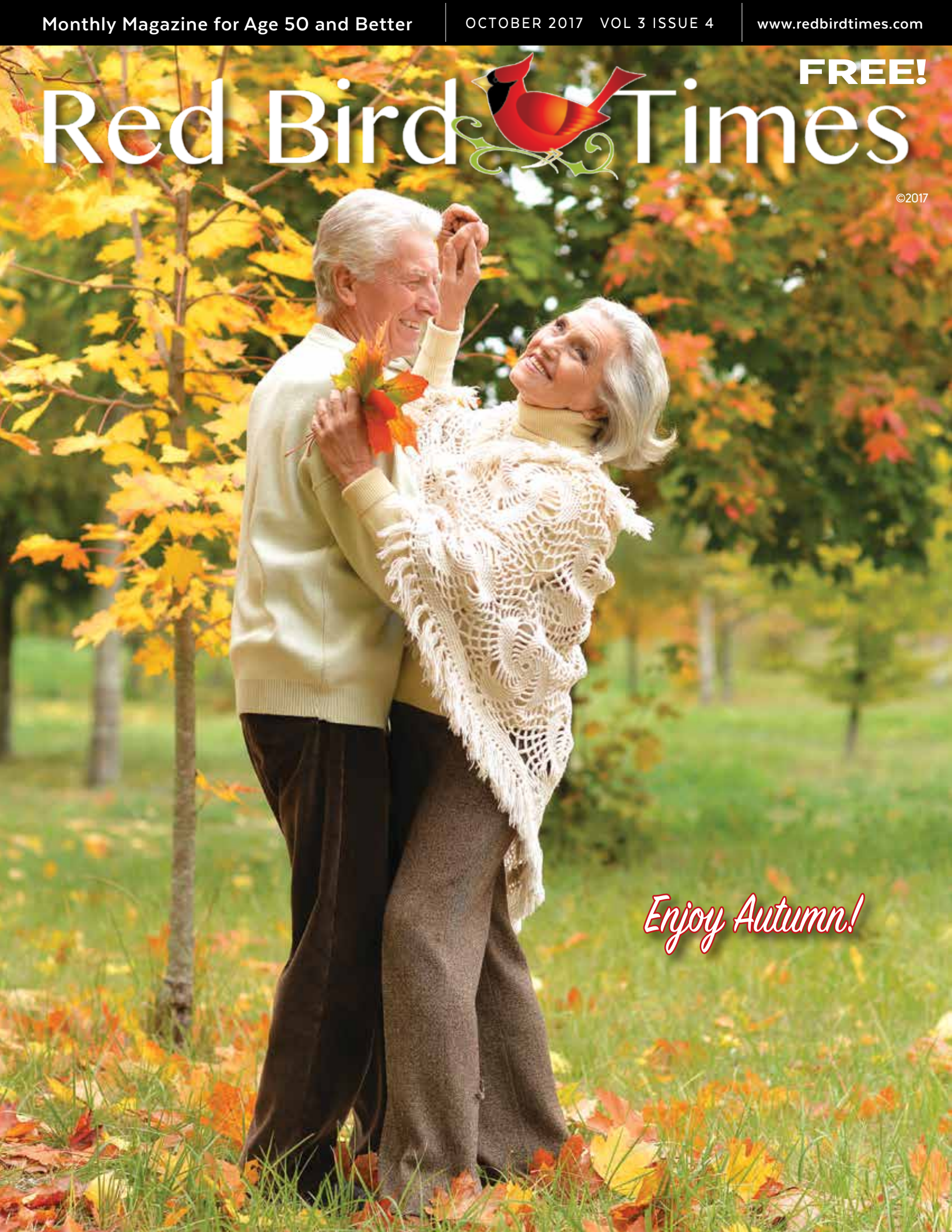


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Paddy was driving down the street in a sweat because he had an important meeting and couldn't find a parking place. Looking up to heaven he said, "Lord take pity on me. If you find me a parking place I will go to mass every Sunday for the rest of me life and give up me Irish whiskey." Miraculously, a parking place appeared. Paddy looked up again and said, "Never mind, Lord. I found one."

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FIVE AT FIFTYFIVE
Five Essential Legal Documents You Need by Age 55

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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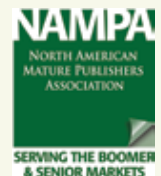
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Please email comments, suggestions or questions to rhaley@vaelderlaw.com

Guiding Principles of a Proper Estate Plan

Life is about setting goals, and there are many goals to consider in Estate Planning. They include transferring assets to beneficiaries on death with the least amount of costs, taxes and legal fees, while avoiding family conflicts and possible legal battles. Another possible concern is keeping assets in your own bloodline, protected from children's divorces, lawsuits and creditors! Planning also allows people you choose to be in charge of your affairs if you're incapacitated and avoids a costly and time-consuming guardianship proceeding that allows a judge to appoint a legal guardian for you, while protecting assets from nursing home costs.

A Last Will & Testament will be filed with the Circuit Court Clerk. Trusts are sometimes preferable to wills, to avoid a court-supervised proceeding on death called probate, save time and money and reduces the chance of family conflict later on over the inheritance. However, Trusts are not for everyone or every situation! It is best to meet with a Certified Elder Law Attorney to see which option works best for your unique situation.

Start with the basics: Basic principles guide the process of creating an estate plan! First, understanding the family's dynamics is key. Standard questions reveal necessary information...How old are you? How is your health? How many children do you have? Are you married? If you are not married and have no children, are your parents alive, or do you have any siblings, nieces or nephews? Who will receive the inheritance and how? Do you have disabled beneficiaries on government benefits? Are you disinherit anyone? Do you want to leave outright distributions of assets to your beneficiaries, or do you want them to receive assets over time? Is an heir a 'spendthrift'? These are important questions to ask, and the answers are equally important.

Second, a review of current estate-planning documents reveals whether your current goals are being met. Maybe your current estate plan is adequate, or maybe it needs to be revised, or it would be better to start fresh. Are you expecting to receive an inheritance that would change your goals or create estate tax issues? Do you have long-term care insurance, and if so, what are the details of your benefits? If you do not have long-term care insurance, a properly set-up Medicaid-compliant asset protection trust may be needed to protect assets from nursing home costs after five years.

Third comes a review of assets. The asset list includes each asset you own, how each asset is titled and its value. Possible asset categories include real estate, vehicles, bank accounts, retirement funds, other investments, life insurance, annuities, business interests and anything else of value.

Fourth is the development of your estate plan. Who will make medical decisions for you in case of incapacity? Who will be your trustee if needed, executor and power of attorney? Who will serve as backups in these different roles in case the first choices are unavailable? You should choose people you trust who will make a smooth transition into this role in case of disability or when death occurs.

Fifth, be sure to review the plan at least every three years to see if changes in the law or your life mean the plan needs adjusting. You want the plan to work not only when you create it but years later when you need it!

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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Robert W. Haley
Managing Attorney – Certified in Elder Law by the National Elder Law Foundation
Member of the Council of Advanced Practitioners, National Academy of Elder Law Attorneys

The Estate & Elder Law Center of Southside Virginia
www.VAElderlaw.com

THE SENILITY PRAYER

**God grant me the senility to forget
The people I never liked anyway,
The good fortune to run into the ones that I do,
And the eyesight to tell the difference.**



FAT CATS

A pair of fat cat New Yorkers are bound to get even fatter considering the inheritance they just received. No, they're not obese rich guys; they are real fat cats-the feline kind, explains the Association of Mature American Citizens [AMAC]. Their owner - a recently deceased 88-year-old woman with an estate worth some \$3 million - left the kitties a cool \$300,000 inheritance.

HUG-A-COP GIRL CONTINUES HER MISSION

The hug-a-cop girl is still at it. The Association of Mature American Citizens says seven-year-old Rosalyn Baldwin of Hammond, LA is continuing her coast-to-coast mission to show police officers in all the 50 states that she cares. She was spotted recently in New Jersey where Jersey City police got in line to accept Rosalyn's heartfelt thanks for the job they do. Jersey City police captain Ilias Voutsas was particularly moved, telling reporters that "when I see this, it gives us a reminder of why we do what we do." The youngster began her mission last year, shortly after five Dallas, TX police officers were gunned down during a protest.

IRRESISTIBLE!

Good news for all chocolate lovers. The Swiss have come up with a fourth kind of chocolate to rival the flavors found in white, dark and milk chocolate, reports the Association of Mature American Citizens [AMAC]. It's called Ruby Chocolate and it is made from the Ruby cocoa bean.

Ruby Chocolate "offers a totally new taste experience, which is not bitter, milky or sweet, but a tension between berry-fruitiness and luscious smoothness," claims the chocolatier who concocted the new confection, Barry Callebaut. Callebaut says he is a purist and that it is real chocolate and that no berries, berry flavors or coloring are used to produce it.

NO SMOKING

Here's another reason to quit smoking. A driver in Southend, England blew the doors and roof off her car when her cigarette ignited an aerosol can of air freshener, says the Association of Mature American Citizens [AMAC]. Luckily, she suffered only minor injuries.

A DIFFERENT KIND OF FISH STORY

Traveling can be a lonesome experience as any business traveler will tell you and so the Charleroi Airport near Brussels has devised a way to cheer you up. They'll rent you a goldfish to keep you company for only a little more than \$4.00 a night, according to the Association of Mature American Citizens [AMAC].

Management allays the concerns of those who think it is a cruel thing to do to a solitary goldfish. The hotel insists the fish are well cared for. "We take very good care of our fish; they have been with us for over four years now, so if they were not taken care of they would have died a long time ago."

A BUDDING PRESIDENTIAL GARDENER

His entrepreneurial spirit helped an 11-year-old boy achieve an opportunity he can tell his grandkids about. He convinced President Donald Trump to hire him to mow the White House lawn.

Young Frank Giaccio of Falls Church used a push mower to trim the grass in the Rose Garden, says the Association of Mature American Citizens [AMAC]. Mr. Trump was apparently so impressed he took the time to step outside and give Frank a presidential high-five.

WORTH EVERY PENNY?

Calvin Klein is making a revealing fall fashion statement with a "sleeves-only" sweater that retails for \$1,650, reports the Association of Mature American Citizens [AMAC].

The dearly priced but trendy garment actually uses a blend of wool and nylon to produce the illusion that the chest area is bare. The highly visible sleeves make it seem appropriate for a manly high school cheerleader.

TECHNOLOGY AS ART

The Swiss who gave us the cuckoo clock, tasty chocolate treats and the handy army knife have something new to offer-a robot that can lead an orchestra. But, points out the Association of Mature American Citizens, it was not just any ordinary pick up band that the two-armed automaton conducted; it was the famous concert orchestra of the famed Teatro Verdi in Pisa, Italy, featuring the famed tenor, Andrea Bocelli.

YuMi, the baton-wielding robot, performed before an audience of 800 during the First International Festival of Robotics. YuMi is the creation of the ABB Group, a Swiss automation company.

Coloring for Relaxation



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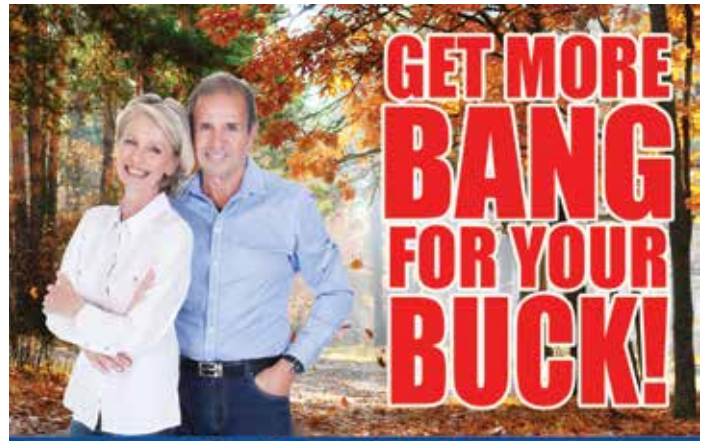
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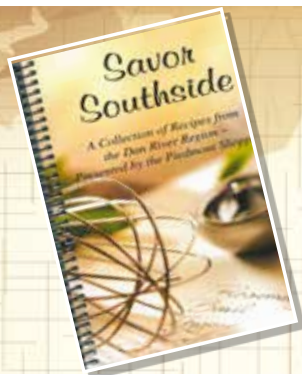
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TIPS FOR OLDER LOVEMAKERS...

1. Put bifocals on. Double check that you're with the right partner.
2. Set alarm on your clock for 2 minutes ... in case you doze off in the middle.
3. Set the mood with lighting. Turn 'em ALL OFF!
4. Make sure you put 911 on your speed dial before you begin ... just in case!
5. Write partner's name on your hand in case you can't remember what to scream out at the end.



The Savor Southside Cookbook is filled with over 200 recipes from the surrounding area.

Books can be purchased for \$12 each at the Piedmont Shopper office located at 3157 Westover Drive, Danville, VA.

Ask the Kare Compounding Pharmacist.....

What is Shingles?

The painful skin rash known as Shingles is caused by the virus called varicella zoster. Individuals who have had chicken pox have this virus in their body. Once the chicken pox is gone, this virus lies dormant in nerve roots. It has been estimated that 50% of all individuals reaching the age of 85 will experience shingles at some point in their lives. Generally, a patient will suffer only one episode of shingles; however, chronic pain called post-herpetic neuralgia (PHN), characterized by burning, stabbing and sensitivity may continue for a long time.

Prevention

Talk to your doctor about the shingles vaccine, Zostavax, which can help prevent shingles in adults over 50 years old. It doesn't guarantee you will not get shingles, but it may reduce the course and severity of the disease and reduce the risk of PHN.

Treatment

Shingles are not contagious, but medical treatment is absolutely necessary. There is currently no cure; however, there are treatments to alleviate symptoms as well as prevent it from developing into another, more debilitating disease. This may include



compounded topical creams for shingles, which can help address the pain and discomfort associated with the disease. Kare Pharmacy can make customizable topical creams, ointments and sprays for patients. Ask your doctor or call our pharmacist to learn more about our popular Shingles Cream and other options.

Advantage of Compounded Medications

Each individual may experience slightly different symptoms from shingles. The use of compounded medications allows your doctor to select the medications that are appropriate for your symptoms, thus eliminating therapy that may be ineffective.



Do you have other difficult to solve medication questions that you would like our compounding pharmacist to answer? EMAIL: Lisa@Kare-RX.com and we may feature your question. Learn more about Kare Pharmacy by visiting KARE-RX.COM and follow us on Facebook.



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THE POWER OF TOUCH

Rebecca woke up screaming.

"Henry, where are you?!"

I took both of her hands in both of mine.

"Right here, Rebecca. I'm right here."

Her breathing slowed. Her pulse slowed. She lay back down.

"Hold me, Henry. Hold me till I fall asleep."

I did.

A few hours later, Rebecca would wake again.

Screaming again.

Calling for Henry to hold her.



My name is William but for several nights a week, my name was Henry. My job was to sit by Rebecca's bedside - to be there when her dementia snapped her awake like the tip of a whip snapping at her brain causing her to scream from deep within the darkness of her new reality into the darkness of an unknown reality - the real world. My job was to hold her hands in mine and softly tell her that I, Henry, was right there - to hold her until she fell asleep, tumbling yet again into the abyss that was once her mind.

To hold her hands in mine.

The power of touch.

If you're living with Alzheimer's, you've probably seen Owen Darnell's Alzheimer's Poem, inspired by his wife, another lamb taken by Alzheimer's. Two lines in particular jump out ...

Let me rest and know you're
with me

Kiss my cheek and hold my
hand

The power of touch.

My father fought Alzheimer's for years. One night, in the dead of night, I found him at the window, shaking his fist at the first snow of the season. When he was himself, he

would wake me and say, "It's snowing. Let's get out there and clear the driveway." That night, I said it to him. When we finished he cupped my face in his hands, looked into my eyes and nodded. I read somewhere that cupping someone's face in your hands is a sign of strong feelings. Its not something you decide to do, it just happens with an outpouring of emotion.

The power of touch.

A caregiver I know was walking past a resident in an assisted living home when she stumbled and fell forward. He got her before she fell to the ground. She wrapped her arms around his waist and said to him, "Please let me hold you until I am not afraid to walk again."

"Touch signals safety and trust; it soothes. Basic warm touch calms cardiovascular stress." Dacher Keltner, Ph.D./professor of psychology at the University of California, Berkeley.

The power of touch.

"Soon after my mother died I developed a case of "frozen shoulder". It causes stiffness and pain in the shoulder joint and often occurs for no known reason."

Her doctor sent her to a physical therapist.

"As soon as she put her warm hands on my bare shoulder, tears welled up in my eyes. She continued examining me and I relaxed and found that I enjoyed it. It felt like a massage. She did various exercises with me that I was advised to do at home. As I followed her instructions, I thought and felt a great deal about my mother, with whom I had a complex and ambivalent relationship. I stretched and cried, cried and stretched, wrote about what I was feeling, and after a few months I was better. The pain of my loss had lodged itself in my body, and the therapist's warm touch on my shoulder was lubrication for my soul, needed for me to let go and feel the loss" Sharon K. Farber/psychotherapist/psychoanalyst, clinical social worker, author, teacher, and independent scholar.

About 2600 years ago a prophet named Daniel wrote about being touched by an angel ... "Then this one with human appearance touched me again and strengthened me."

The power of touch.

Safe to say it is even holy.

By: William McDonald/Author/Old Friends (Endless Love)

Available at: amazon.com

HAPPY HALLOWEEN!



SENIOR NEWS LINE

by Matilda Charles

New Scam Targets Your Social Security Check

Here we go again; yet another scam aimed at seniors. This one involves Social Security. It's almost believable, so we need to be extra careful. What the scammers want is to steal your money.

This is how it works: Someone will call and pretend to be from the Social Security Administration. You'll be told that you're about to get an increase in your benefits. All they need to do, say the scammers, is to verify all your personal information. After all, they say, you do want to get your extra benefits, right?

You'll be asked for your date of birth, Social Security number, banking information and more.

Armed with all this personal data, it's easy for the thieves to have your money directed to them at a new address or bank account for direct deposit. Until your benefits don't show up, you'll never know that something has happened to your money.

Something to remember if you get a call that's supposedly from Social Security: It already has all your information. It's not likely that Social Security will ever call you anyway, but if they do, there's no need to tell them anything.

If you ever have questions about whether a call is legitimate, be safe: hang up immediately. Then call Social Security at 1-800-772-1213 and ask if someone there just called for any reason. If the answer is no, make a report with the Inspector General fraud office at 1-800-269-0271.

Remember that next year we'll start getting new Medicare cards that won't have our Social Security number as the identifier. The card will come in the mail; you don't have to do a thing. If you get calls saying you have to pay for your new card or give personal information, hang up.

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HOLIDAY VILLAGE, DANVILLE



Holiday Village residents had a great time at the recent Bingo function sponsored by Team Nurse on Thursday, September 14, 2017 in the Public Room. Following we have delicious donuts from Danville Donuts and drink. Left to right is Dorothy Jennings, Wanda Angle, Sue Simpkins, Bill Combs, Nancy Hamlett, Angie Moore, Team Nurse Senior Regional Manager, Rachel Meeks, Carol Jones, Elizabeth LaPoint, Shirley Moore, Helen Clemons, Juanita Hill, Ann Doolin, Pansy Thornton and Betty Sadler.

WHEN I'M AN OLD LADY

When I'm an old lady, I'll live with my son, And
make his life happy and filled with such fun,
I want to pay back all the joy he's provided,
Returning each deed. Oh, he'll be so excited
When I'm an old lady and live with my son.

I'll write on the wall with red, white, and
blue; And bounce on the furniture wearing
my shoes. I'll drink from the carton and then
leave it out. I'll stuff all the toilets and oh, will
he shout!When I'm an old lady and live with
my son.

When he's on the phone and just out of reach,
I'll get into things like sugar and bleach. Oh,
he'll snap his fingers and then shake his head,
And when he is done I'll hide under the bed.
When I'm an old lady and live with my son.

When my son's wife cooks dinner and calls me
to meals, I'll not eat my green beans or salads
congealed. I'll gag on my okra, spill milk on
the table, And when she gets angry, run fast
as I'm able. When I'm an old lady and live
with my son.

I'll sit close to the TV, thru the channels I'll
click, I'll cross both my eyes to see if they stick,
I'll take off my socks and throw one away, And
play in the mud until the end of the day.
When I'm an old lady and live with my son.

And later, in bed, I'll lay back and sigh,
And thank God in prayer and
then close my eyes; And my
son will look down with a
smile slowly creeping, And
say with a groan, "she's
so sweet when she's
sleeping,"When
I'm an old lady and
live with my son.



Great New Sport for Seniors: Pickleball

Pickleball is a little-known sport that can have a big impact on athletes who have developed arthritis as they've aged. Pickleball combines aspects of tennis, badminton, and ping-pong. It's played on a court similar to a badminton court, but with a low net like in tennis. You play with racquets that look like oversized ping-pong paddles and a smaller-than-average wiffleball. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities, but still encourages a good amount of competition for seasoned athletes.

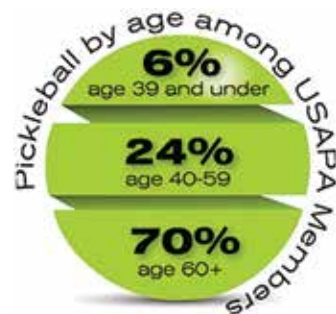
Pickleball has been gaining momentum with active people of all ages across the country.

The Benefits of Pickleball

Pickleball has become a hit in 55+ communities, mainly because it still promotes activity while remaining relatively low-impact. This allows for less stress to be put on muscles and joints, which strain as we age.

For people who suffer from Arthritis, the size and shape of the Pickleball racquet helps to ease the pain in their hands, wrists, and elbows

Builds hand-eye coordination and stamina, provides a great cardiovascular workout and encourages quick reflexes



Please let us know of any places to play pickle ball in our area.

Email: info@redbirdtimes.com



How to Search for Forgotten 401(k) Money

Dear Savvy Senior,

How do I find an old 401(k) that I think I contributed money to at a former employer?

Approaching Retirement

Dear Approaching,

If you think you may have lost track of a 401(k) retirement account, you aren't alone. As Americans jump from job to job, many leave scraps of their company sponsored 401(k) plans behind, believing they'll deal with it later, but never do. To help you look for an old 401(k), here are some suggestions along with some free resources that can help you search.

Contact Employer

The first way to find a previous 401(k) account is to contact your old employer's human resources department. Ask them to check their plan records to see if you ever participated in their 401(k) plan, and if so, how much it's worth. You'll need to provide them your Social Security number and the dates you worked for them.

They should be able to either get you the forms necessary to roll over your retirement money to a different 401(k) or to an IRA, or to give you contact information for any outside financial institution overseeing the plan on your employer's behalf. By following the appropriate instructions you get, you'll be able to move your retirement money where you want.

If you don't have contact information

for your old employer, check your old records to see if you kept an old 401(k) statement. Statements will typically have the information you need to get in contact with either your employer or a plan administrator.

If you need help tracking down your former employer because it may have moved, changed owners or merged with another firm, free help is available from sources like the Labor Department (AskEBSA.dol.gov, 866-444-3272) and the Pension Rights Center and Pension Action Center (PensionRights.org/find-help).

These services can tap into public databases that list incorporations and bankruptcies and may be able to help you dig up a plan's most recently filed Form 5500, the annual report that must be filed with the IRS, PBGC and the Labor Department. This form contains the plan's contact information and the employer's identification number, which can be used to locate any plan that inherited the assets in a merger, acquisition or sale.

You can also find recently filed 5500s yourself at websites like FreeERISA.com.

Search Tools

Finding a lost 401(k) account can be trickier if it's worth less than \$5,000, because your former employer can transfer the money to a default individual retirement account without consent. Your cash may go into an interest-bearing, federally insured bank account or to your state's un-

claimed property fund.

To search for a lost plan, use the National Registry of Unclaimed Retirement Benefits at UnclaimedRetirementBenefits.com. This website matches former employers with past employees who have unclaimed retirement funds. This is a secure and free service, but you'll need to provide your Social Security number to search.

It can also be challenging to track down a lost 401(k) account if your former employer goes bankrupt and abandons the plan. In this case, use the U.S. Department of Labor's Abandoned Plan Database at AskEBSA.dol.gov/abandonedplansearch.

Starting in 2018, the Pension Benefit Guaranty Corporation (PBGC.gov) will start accepting transfers of missing participants' accounts from terminating 401(k) plans. When the participants are found, it will pay them that money plus interest. The agency also plans to launch a registry of terminated 401(k) plans that sent money elsewhere, so missing participants can more easily find their accounts.

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.



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Pumpkin Muffins

Ingredients

- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1 15oz can pumpkin puree
- ⅓ cup vegetable oil
- 2 large eggs
- 1¼ cups sugar



Instructions

Put oven rack in middle position and preheat oven to 350F. Spray muffin cups with non-stick baking spray or use liners.

Whisk together flour, baking powder, baking soda, salt and pumpkin pie spice in a small bowl.

Whisk together pumpkin, oil, eggs, sugar in a large bowl until smooth, then stir in flour mixture just until combined.

Divide batter among muffin cups (each should be about ¾ full)

Bake 30 to 35 minutes, until puffed and golden brown and a wooden pick or skewer inserted into the center of a muffin come out clean.


Cool in pan on a rack 5 minutes, then transfer muffins from pan to rack and cool to warm or room temperature.

minutes, or until it's stiff and glossy. Remove it from the heat, and beat an additional 1-2 minutes.

Fold into the pumpkin mixture then spread evenly over cream cheese layer. Refrigerate uncovered for 1 hour, then cover and refrigerate for an additional 3 hours or until firm. Garnish with whipped cream and pumpkin pie spice; if desired.

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Working past the traditional retirement age offers psychological benefits as well as more money to pay for necessities, says AMAC

WASHINGTON, DC, Sep 22 - Retirement isn't what it used to be—a time for taking it easier in our old age and avoiding the stress and excitement of the workaday world. Maybe it's because we are living longer than ever before making retirement a pricey option. Then again, perhaps the miracles of modern medicine can make us more energetic in our sixties, seventies and eighties and more seniors find a sedentary lifestyle is just too boring.

The fact is, according to the Association of Mature American Citizens, more of us are opting for active, productive lives as we grow older. In fact, the Bureau of Labor Statistics reports that the labor participation rate for men 65 to 69 years of age in 1994 was 26.8% and that by 2024 it will be 40%. As for women in the same age group, just 17.9% remained in the workforce in 1994 but by 2024 32.8% of them will still be employed.

AMAC president Dan Weber says that "while working past the traditional retirement age of 65 is a necessity for many seniors, it also provides psychological and emotional benefits. Research shows that many older workers say they like what they do for a living and that working makes them feel valued."

The Milken Institute Center for the Future of Aging put it this way in recent testimony provided to the U.S. Senate Committee on Aging: "A growing body of research suggests that purposeful aging, engagement, and working toward goals as we age, offer

significant health benefits for older adults and solutions to an array of other societal challenges. It is well documented that purpose is important for longevity as well as vitality, productivity, and lower rates of cognitive decline, stroke, and heart attack."


Weber points out that older Americans are active these days and don't like the idea of giving up their careers. "Seventy is the new 50, but some seniors feel like they are 40 years old again. For one thing, people are not only living longer, they're living healthier, more active lives and so the concept of retirement has undergone a remarkable change."

Every day 10,000 people in the U.S. reach the age of 65 and it is worth noting that with the aid of modern medicine 25% of them will live past the age of 90.

"It boggles the mind to think about wasting all the irreplaceable experience and knowledge that these older workers have gained over their lifetimes. It is truly a homegrown resource we need to exploit for the future of our nation," says Weber.


ABOUT AMAC

The Association of Mature American Citizens [http://www.amac.us] is a vibrant, vital senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today. Live long and make a difference by joining us today at http://amac.us/join-amac.

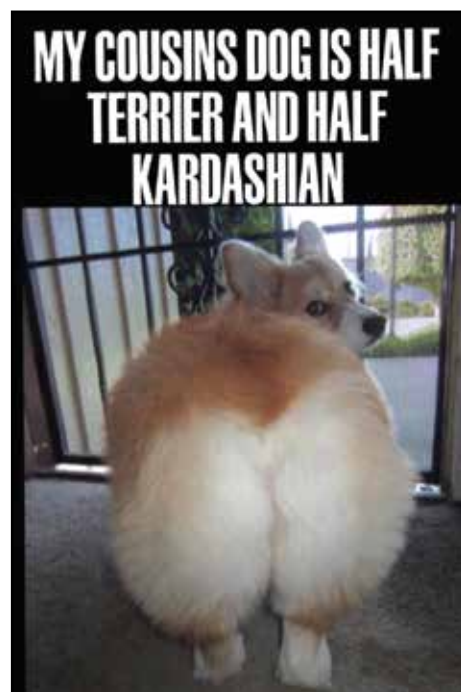



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8. You ask for high fiber candy only
7. When someone drops a candy bar in your bag, you lose your balance and fall over.
6. People say, "Great Boris Karloff Mask." and you're not even wearing a mask.
5. When the door opens you yell, "Trick or....." and can't remember the rest.
4. By the end of the night, you have a bag full of restraining orders.
3. You have to carefully choose a costume that won't dislodge your hairpiece.
2. You're the only Power Ranger in the neighborhood with a walker.
1. You keep having to go home to go to the bathroom.



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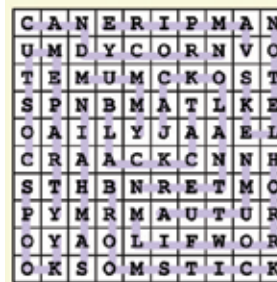
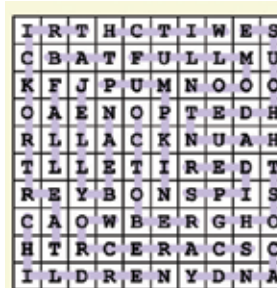
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Heartstrings

by: Elsee

Email any comments, suggestions or questions to elsee53@gmail.com

“The Way We Were”

Last month I wrote Part 1 of a 3 part article which focused on the past decades of 1930-1950. This month I would like to continue with decades 1960-1980, highlighting some of the events of that era. As I began researching material, my memory bank was filled with memories of my own, as these were pivotal decades in my own life. So among the facts, I will interject some personal comments reflecting my own life. Before I proceed, I titled this after one of my all-time Barbra Streisand songs “The Way we WERE” as so many of my memories evolve from the way things were once upon a time.

Let’s begin with the 60’s. Wow what a decade! This to me and perhaps to you was a decade like no other. It was a decade where diversity and uniformity, turmoil and order, anger and calmness, hatred and love, division and unity along with war and peace all plagued our country at the same time. During this decade despite everything happening there were two things that stood out in my mind. There was still a sense of great HOPE that all the negativity would pass. I truly believe that somehow music was the common thread that bound us all together. Songs about each of the aforementioned themes were prevalent and we all found some sort of comfort in our favorite songs.

1960’s Fun Facts:

- In 1960 the average income per year was \$5,315.00 and by 1969 was \$8,540.00.
- In 1960 a gallon of gas was 25 cents and by 1969 was 35 cents
- Volkswagen beetle: \$1,769
- Coal: \$14.95 ton

Important Historical Facts:

- Democrat John F. Kennedy wins the U.S. Presidential Election 1960
- The United States decides to send 3,500 U.S. troops to Vietnam and gets involved in 1964.
- U.S. Civil Rights Leader Martin Luther King Jr. gives his famous “I Have a Dream” speech. 1963
- United States President John F. Kennedy is

assassinated by Lee Harvey Oswald. 1963.

- Civil Rights leader Martin Luther King Jr. is assassinated in April by James Earl Ray. 1968
- The Civil Rights Act of 1964 and The Voting Rights Act of 1965 changed the lives of the minorities by ensuring equal rights for all
- Apollo 11 mission on July 20, 1969 put Neil Alden Armstrong and Edwin Eugene ‘Buzz’ Aldrin, Jr. became the first humans to land on the Moon.
- 60’s music:
- R&B and Rock ‘n’ Roll became more popular. Other genres included psychedelic, surf, folk, roots, hard rock, Motown. The music of the time often reflected just how people were feeling about society and the events of the world, which included the fight for civil rights for minorities and women and the most important anti-war movement.
- The Beatles and the Rolling Stones made their debut in America as two of the most popular bands emerge from the decade. Both appeared on the Ed Sullivan Show, Beatles in February 1964 and The Stones in October 1964.
- Who can forget that classic R-E-S-P-E-C-T by Aretha Franklin 1967 which to me would be the song of the decade as that is what everyone was begging to receive.

1970’s Fun Facts:

- In 1970 a new house cost \$23,400.00 and by 1979 was \$58,500.00
- In 1970 the average income per year was \$9,350.00 and by 1979 was \$17,550.00
- In 1970 a gallon of gas was 36 cents and by 1979 was 86 cents
- \$39.99 Car 8 Track Stereo Tape Player who can forget those bulky 8 track Important
- Hot Wheels For Boys and Barbie For Girls were the big news in toys
- The Era of Disco was born in 1970 reaching its peak in 1978-79
- NASA’s Apollo 13 Moon Mission returns to Earth successfully 1970
- Richard Nixon is elected as the President of the United States for his second term. 1972

- The Vietnam War ends. 1975 with millions of lives lost.
- Steve Jobs and Steve Wozniak create the Apple Computer Company. 1976
- The growth in women’s rights and women’s role in society happens during the 1970s

On a personal note, the 1970’s was a busy time in my life. I got married in 1973 and adopted my son in 1979. In between those years came an adjustment period of becoming a new wife while working full time so while I remember some of the 70s, much is a blur.

1980s fun facts:

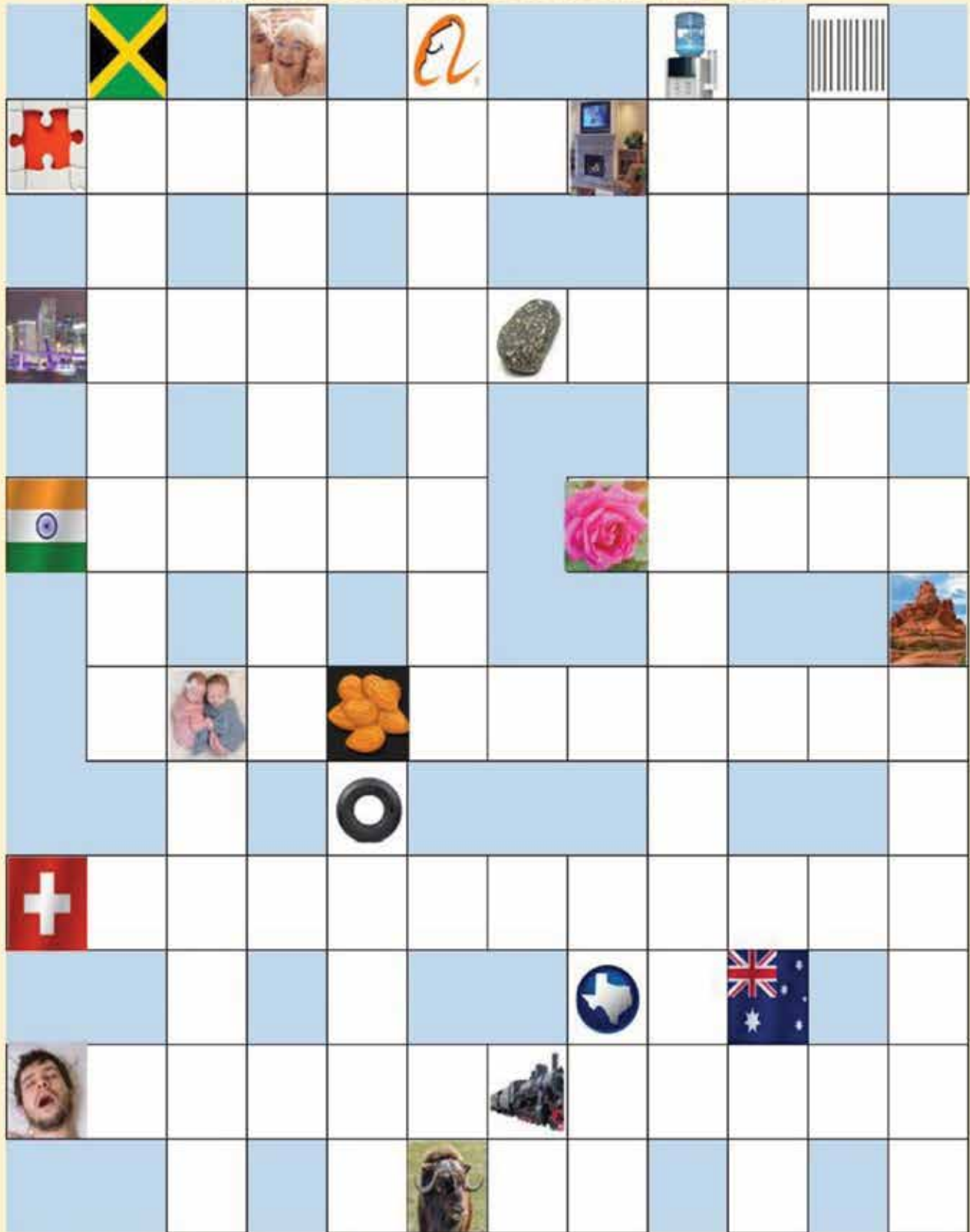
- In 1980 a new house cost \$68,714.00 and by 1989 was \$120,00.00
 - In 1980 a gallon of gas was \$1.19 and by 1989 was 97 cents
 - Who can forget the TV programs Married with Children, Hill Street Blues and the series Dallas.
- Important Historical Facts:
- Ronald Reagan is elected as the President of the United States.
 - The Space Shuttle Challenger disaster takes place when the space shuttle disintegrates after being launched, killing all on board.
 - George H.W. Bush is elected as the U.S. President after defeating Michael Dukakis.
 - The Berlin Wall is torn down at the end of the Cold War.
 - The Exxon Valdez oil tanker spills 240,000 barrels of oil in the Prince William Sound in Alaska.
 - Ironically, as technology improved, sizes gets smaller and smaller and more and more powerful

As with the 70’s, my memories of the 1980s decade evolved mostly around the raising of my son. The good old days of t-ball, pop warner football, soccer games and wrestling matches. On top of all that, it was in 1985 that I decided to go back to school full time to pursue my teaching career. Sadly, I never stopped to realize just how busy I was during the 80s until I heard a conversation regarding the music of that time period and suddenly I found myself totally lost. But as the saying goes, “Life is what happens while you’re busy making other plans.” by John Lennon. That quote, folks, is what describes me perfectly during the 1980s. Before closing, I must acknowledge that much of my facts were looked up on a website called The People History. I hope that some of these facts mentioned have taken you down memory lane if only for a minute or two, I know they sure did me. Until next month, have a Spooktacular October.

PhotoWords©Puzzle #2

Photos are the clues!

View larger photos here: www.DetailsPlease.net/PWF2



More Puzzles, Publisher Program & Contact Info

online: www.InfoQuick.net/22.html

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Meet the Farmer / Vendor



Alton Throckmorton is a regular fixture at the South Boston Farmers Market. He's been selling vegetables there for many years. If you go to South Boston on any weekday or Saturday, you are bound to see Alton selling vegetables from local farmers in his neighborhood. This time of year, Alton usually sells greens, purple hull peas, and cabbage.

Sautéed Greens

Olive oil (or any vegetable oil on hand, or bacon grease)

½ onion diced

Garlic clove, minced

Fresh greens, (wash several times) cut or chopped into ½ inch pieces

(if there are large stems on the greens, cut or pull them off. Then can be tough, but you can sauté them with the onions and garlic clove to soften them)

Directions: Heat oil or fat in a saute or frying pan. Add the onion (and any stems from the greens) and saute gently until onions are transparent. Add the garlic and cook until fragrant. Start adding the cut-up greens and begin stirring, turning the greens over and over as they begin to shrivel. This shouldn't take very long.

Remove to a plate or bowl and garnish with bacon bits, as desired.

I also like to serve greens with local chow chow and old-fashioned cornbread.



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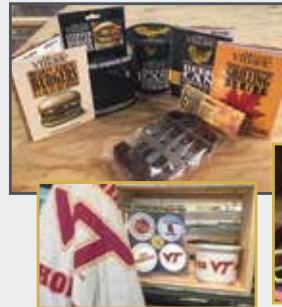


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- Tue. Oct 10, 11am & 6pm - No-carve Pumpkin Decorating
- Thur. Oct 12, 6pm - Fall Appetizers with Clara Gutierrez
- Sat. Oct 14, 11am - Fused Glass Bowl or Suncatchers with Aleen Wilson
- Sat. Oct 21, 11am - Fairy Teacup Gardens with Amy Abbott
- Sat. Oct 28, 11am - Halloween Treats with Clara Gutierrez

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FEATURED ARTIST - COURTNEY CRONIN



Courtney Cronin is an artist from Roanoke, Virginia who has extensive experience working with various media. Courtney is known for her use of vibrant colors, primarily in the abstract, with unusual juxtaposed shapes. Recently, she began using a mix of oil and cold wax. This media allows her to scrape, layer, remove and experiment with various textures.



Courtney has a degree in Art/Education from the University of Virginia and was the Artist in Residence at Black Dog Salvage. She appeared in the first few seasons of Salvage Dawgs which airs on the DIY Channel.

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