

Golden Years

Free Senior Citizen and Retiree Magazine

Spring 2016



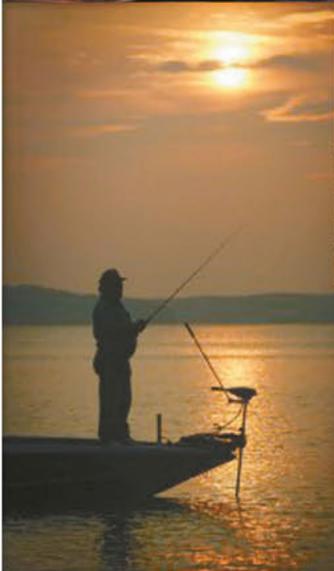
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Golden Years

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The Big Sandy Christian Community Outreach Center welcomes you

The hard work of Greg and Wendy Hauck will come to fruition when a new community center opens in Big Sandy. The Big Sandy Christian Community Outreach Center, founded by the Haucks and their Board of Directors, will provide a range of programs to residents of northern Benton County.

those who serve as the Board of Directors for this center, we see a real need in this area, and believe God is guiding us to help those who need it most."

The U.S. Census Bureau says 21.4% of the residents in Big Sandy live in poverty, with more than half of those living well below the government's poverty threshold. To address community needs, the center is working with Second Harvest Food Bank as part of its community focus. The center will offer daily free meals and a food bank, as well as parenting classes, sewing classes, job training, fitness and nutrition programs,

"We welcome anyone who wants to visit, and we are glad to help anyone we can," stressed Greg. "Along with our friends and partners in faith,

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afterschool programs, pastoral counseling, and Bible study.

The center is a non-profit organization. Funding for all projects is provided through public and private donations, partnerships, and grants. Wendy is the

principle grant writer for the outreach, which was recently awarded a Walmart grant for afterschool programs in Big Sandy. Started April 12, afterschool programs include a ballet class offered Tuesday after-

noons at Big Sandy School, and the "One Way Jesus Club" on Thursday afternoons at the center. Kids participating in the Jesus Club have opportunities to complete crafts, learn to sew, and exercise through athletics and outdoor activities. "As with all



Members of the Board of Directors for the Big Sandy Christian Community Outreach Center. From left: Greg and Wendy Hauck, Mary Powers, and Kevin Ealey.

our services, there is no charge, although donations and volunteers are always welcome," said Wendy. Located in the former Renate and Gary's Restaurant at 30 Front St. in Big

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Sandy, the center was only a vision a few months ago. With the hard work of the Board of Directors, including Kevin and Melissa Ealey, B.J. and Bonnie Hunt, Mary Powers, and the

Fund Me” campaign at www.gofundme.com/enkt6rus, and the board held fundraising events including a spaghetti dinner, jambalaya dinner, and chili cook-off.



Haucks, the dream of a Christian community center for Big Sandy has become a reality. To raise funds to start and run the center, Kevin Ealey established a “Go

Although very modest about their own role in the project, the Hauck’s strong faith prompted their journey from St. Bernard Parish, La., to Tennessee four years

ago. With no family in the area and no ties to the community, Greg and Wendy moved to Big Sandy led only by what they describe as “the call of God”. Both Haucks have pursued Biblical studies at Liberty University. Greg graduated with a degree in advanced Biblical studies, while Wendy is working on a double major in psychology and Christian counseling.

Both Greg and Wendy feel that their life experiences have led them to this mission. Prior to coming to Tennessee, Wendy owned and operated Leap of Faith, a Christian dance studio in Louisiana, and with Greg parented their four sons and foster daughter, all of whom are now grown.

try of the Billy Graham Evangelistic Association, following his conversion to faith in the aftermath of 2005’s Hurricane Katrina that devastated their home parish in Louisiana. Noted Greg, “The storm destroyed our hometown, I mean, one hundred percent destroyed. The town was submerged under 17 feet of water. I was separated from my family for days, and realized they didn’t even know if I had survived. But, through that disaster, God changed our lives!”

“All seven board members have had life experiences that prepared them for their work at the Big Sandy Christian Community Outreach Center,” Wendy emphasized. “It is touching that some people want to focus on our story, but the realization of the center has very much been a group effort. It is not

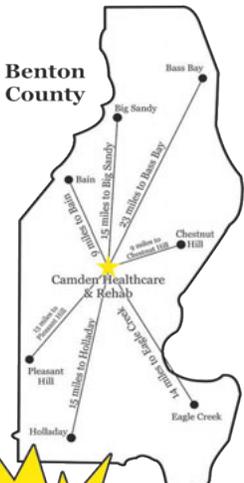
Greg, a retired law enforcement officer, began his ministerial training with Celebration of Hope, a minis-



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about who we are or what we have been through, but what God is doing.”

Wendy shared the center’s mission statement as the best way to understand their ministry, “We share the gospel of Christ as we strive to meet basic physical, spiritual, and emotional needs of our community. Building relationships here is an important aspect of our outreach. Our community is stronger when people are equipped to lead productive lives.”

“We’re asking people to pray for this mis-

sion, we need the support. The great people who have worked to make this possible will continue to do what they can do, but whatever happens now is in God’s hands,” Greg stated.

The official grand opening of the center will be later in May. Thereafter, the center plans to be open Monday through Saturday from 10 a.m. to 7 p.m. For more information about programs or to volunteer, visit www.bigsandycoc.com or contact the center at 731-707-1047 or bigsandycoc@gmail.com.

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The First Presbyterian Church Celebrates 100 Years of History & Service to Paris

By Beverly Wood ; contributions by Dr. Jenna Goggins

This congregation, of what is known today as the First Presbyterian Church in Paris, began in 1823 as a Southern Presbyterian Church with 10 members, 9 men and one woman, who contributed \$100 each. It was located in a building on Market Street that was later the location of Lasater Lumber Company. The congregation united with the Cumberland Presbyterian Church in 1857. Later in 1866, it moved to the

Masonic Building on the corner of Poplar and Ruff Streets. In 1906 the Cumberland Church united with the Presbyterian Church USA, the Southern Church. The congregation remained in the Masonic Building until 1913 when they purchased the lot where the present building stands for \$4,000. There was a building on this lot which had to be removed. The USA Church united in the 1980's with the

Southern Presbyterian Church.

The present building was started September 18, 1916, when the cornerstone was laid. The congregation met in the Circuit Court Room of the Court House from 1913-1917. Pulpit furniture was stored in the Court House. There is a pulpit and two pulpit chairs still in the present building from the original church. Rev. B. B. Lavender was the minister during the construction of the building. Worship services were held in the basement until the sanctuary was completed. The first service in the sanctuary was the funeral of Dr. S. H. Caldwell, November 12, 1917. The men

worked all night putting the theater style chairs in the sanctuary for the funeral. Dr. E. W. Grove was a very supportive member who contributed generously to the construction of the church and the purchase of the organ. He also left an endowment so the work of the congregation would continue. His funeral was held here in 1927.

This congregation has a long history over the years of being influential in our community, as well as, our long time accomplishments in the Mission Field. There has been a lot of participation in Clean Water projects in Mexico and Africa. Many other mission

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projects have been completed and many are still in progress. This congregation made the first donation to Habitat for Humanity in Henry County. It continues to support Hoofbeats of Hope, the Food Bank and many other local charities.

This church was the first church in Paris to have a Vacation Bible School in the 1920's. It was also the first church to have a Kindergarten for four and five year olds in 1965. It is now a Pre-Kindergarten for three and four year olds.

The beautiful stained glass windows in the sanctuary are

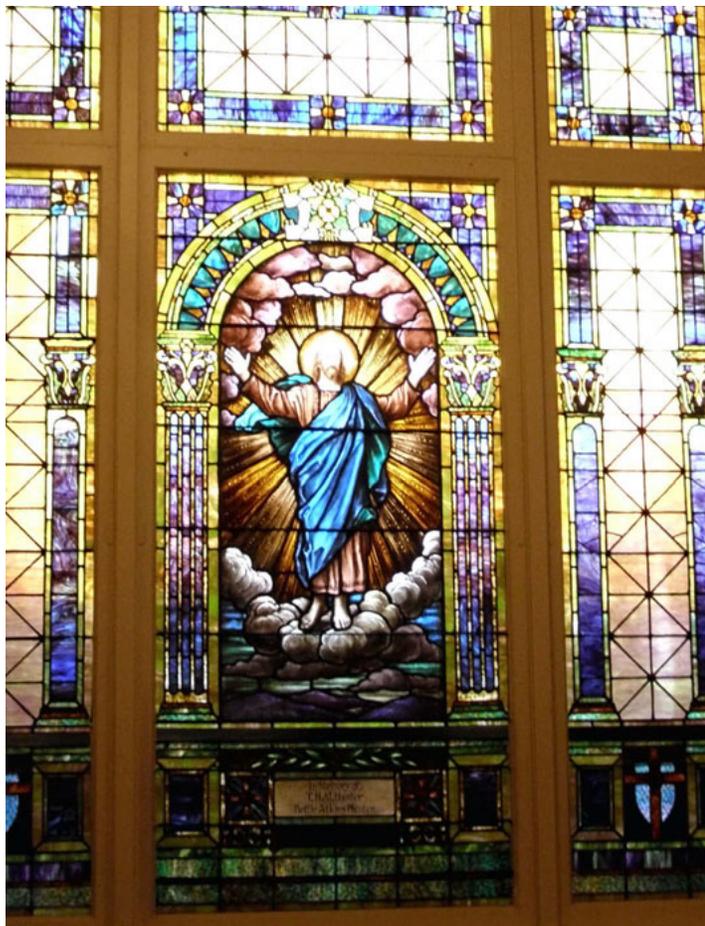
outstanding treasures of the this building. The scenes are from religious paintings, three selected by Mrs. Clintie Atkins and one by Mrs. A. E. Rison. They were donated by members of the church in memory of family members. The "Light of the Word" window was paid for by the congregation in appreciation to Dr. E. W. Grove for his generosity. "The Ascension" is in memory of T. H. M. Hunter and Bettie Atkins Hunter. "The Good Shepherd" is in memory of Alex H. and Lucy Jernigan Lankford, and "Christ in Gethsemane" is in memory of J. D. C. and Elizabeth Porter

Atkins. A New York Museum asked to have them on display for a brief period because of their outstanding beauty and this request was granted. There are 19 windows in all. The stained glass windows inspire the worshipful atmosphere each and every worship service.

In 1948, theater style seats were replaced by pews in the sanctuary. The entire church was remodeled inside. In 1979 the fellowship hall was constructed with a modern kitchen, along with a meeting hall, pastor's and secretary's office, an elevator and a beautiful small chapel named "The Bigam Room." This was

named for Rev. W. M. Bigam who served the church over 25 years. Three members have gone into the ministry, Ernest Williams, Doug Scott and Jack Edmission.

The women have, from the very beginning, had a prominent part in the worship and mission activities of the church. In earlier years women collected money on Monday mornings to pay the preacher. Later the women collected money to pay the bank notes. Their activities have raised money for many needs - one being completely paying for all of the equipment in the present kitchen and raising money for many



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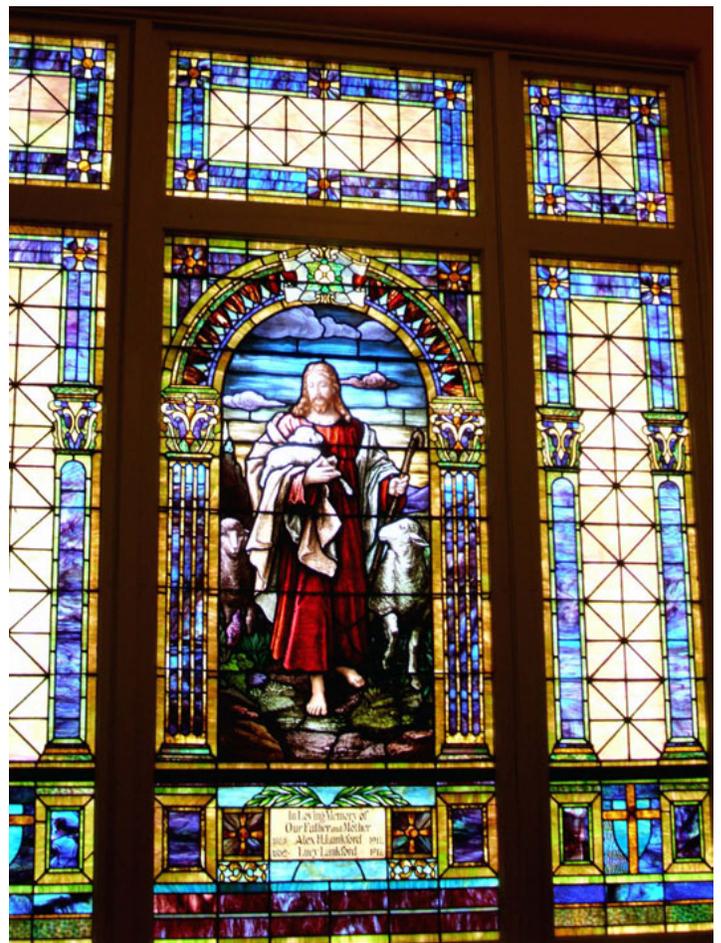
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other church mission projects and needs. The first women to be ordained as elders were Mrs. Charles Watkins and Mrs. P. S. McEvoy in 1971. Some other women whose influence is still felt are Mrs. W. P. Williams, Mrs. Diana Rhodes, Miss May Corum, Mrs. Walter Herndon, Mrs. Charles Watkins, Mrs. Charles Marlow, Mrs. Letitia Covington, Mrs. Stark Johnsonius, Mrs. S. H. Caldwell, Mrs. Bryant Williams, Mrs. Dale Chesemore, Mrs. Gordon Bennett, Mrs. Dolores Simmons, Mrs. Pete Lasater, Mrs. Robert Humphreys, Mrs. Melissa Humphreys, Miss Mary

Beth Greer, Maggie Veltman, Mrs. James Vincent and many others.

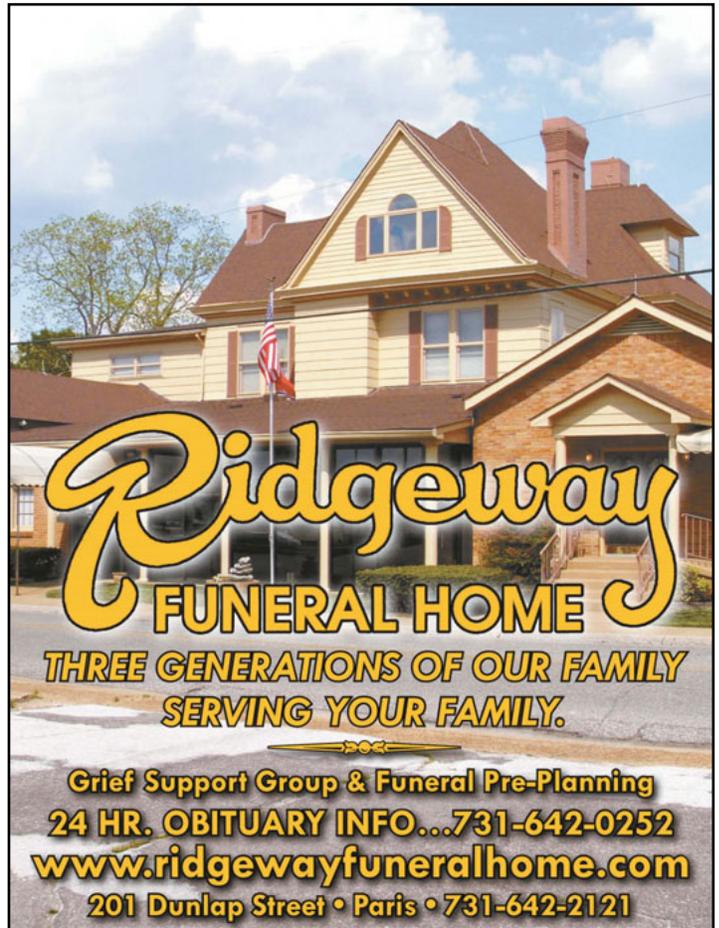
There has been a strong leadership among the many men who have served in our ministry: Otto Hauri, Dr. W. G. Rhea, James Vincent, Clinton Matthews, Bryant Williams, W. P. Williams, Esco Clifford, Dr. L. D. Chesemore, J. P. Lasater, Richard Rhodes, Charles Johnsonius, Stark Johnsonius, Robert Lee Humphreys, Edgar E. Culley, J. O. Key, Ralph Johnsonius, Jimmy Vincent, P. S. McEvoy, Gordon Bennett, J. H. DeBruce, Bill Jameson,

Jack Dodd, Dick Kemp, R. A. Johnsonius, Billy Bundy, J. J. B. Johnsonius, Bill Jameson, Jack Dodd and others. The above women and men left a legacy that inspires the congregation to continue their work and mission.

The current pastor at First Presbyterian Church is the Reverend Dr. Jenna Goggins. Jenna came to Paris in 2009. She has been a Presbyterian pastor for almost 20 years. Her husband, Rory, is a professor at Murray State University, and they have three children, Brendan, Kaylie and Emma. Jenna graduated from Grove City College, and received her Masters of Divinity Degree from Princeton Theological Seminary. A life-long learner, Jenna recently went back to school, and received her Doctorate in Ministry from United Theological Seminary in 2013. Jenna is well known for her passionate

preaching, and for her warm and affectionate personality. She is a certified spiritual director through Oasis Ministries, and is often called upon for both individual counseling as well as group retreats. Jenna is trained in Physical Healing, Inner Healing and Deliverance ministries and instructs students in these areas through workshops and online.

This fall First Presbyterian Church is excited to celebrate their 100th anniversary. A day of festivities is planned for Sunday September 18th. Members and friends are invited to a worship service at 11am followed by a luncheon afterwards. Members of the church from each generation will share their stories and memories throughout the day. A re-dedication of the church is planned along with worship inspired by the Presbyterian Church's Scottish Heritage.



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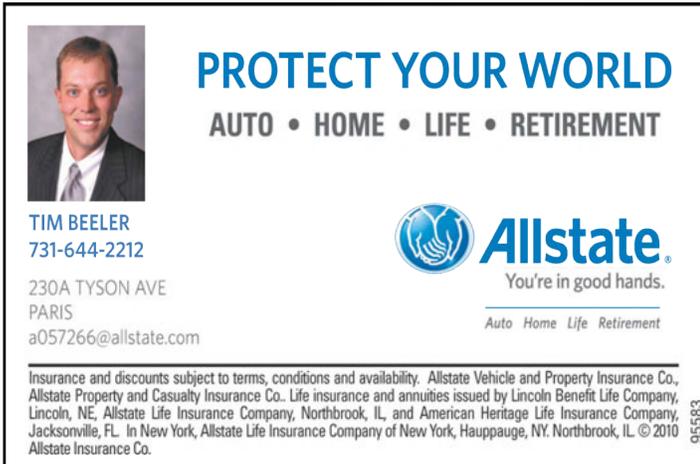
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Springtime Eats



Spaghetti With Snap Peas and Prosciutto

Kosher salt
12 ounces spaghetti
1/3 cup white wine or dry vermouth
1 clove garlic, smashed
2 wide strips lemon zest
5 tablespoons unsalted

butter, thinly sliced
3 tablespoons extra-virgin olive oil
Freshly ground pepper
1 medium head escarole, torn into 1-inch pieces, or 6 heaping cups torn spinach
1/2 pound sugar snap peas (about 2 cups), halved
1/4 pound prosciutto, torn into pieces
1/4 cup roughly chopped fresh parsley
2 to 4 ounces pecorino romano cheese, shaved

Bring a large pot of salted water to a boil. Add the spaghetti and cook as the label directs. Bring the wine, garlic and lemon zest to a simmer in a large skillet over medium-high heat. Gradually whisk in the butter, then the olive oil, until thickened; add 1 teaspoon salt, and pepper to taste. Add the escarole and cook until wilted, about 3 minutes. Add the snap peas and cook until tender, 2 to 3 minutes. Discard the garlic and lemon zest.

Reserve 1/4 cup cooking water, then drain the spaghetti and add to the skillet. Add 1 to 2 tablespoons cooking water and 1 teaspoon salt; toss, adding more cooking water as needed to loosen. Divide among plates and top with the prosciutto, parsley and pecorino.

Watermelon Limeade

1 seedless watermelon (about 6 pounds), cut into chunks
3/4 cup lime juice (10 to 12 limes), plus lime slices for garnish
2 - 4 tablespoons sugar
Ice
Mint sprigs, for garnish

Using a blender, working in batches, puree the watermelon with the lime juice. Pour the watermelon puree into a large



pitcher, add the sugar and stir until dissolved. Dilute with water if desired. Serve over ice and garnish with lime slices and mint sprigs.

Spring Pasta Salad

Dressing:

1/3 cup extra-virgin olive oil
2 teaspoons Dijon mustard
1 teaspoon honey
1 clove garlic, grated
1 lemon, zested and juiced
Salt and freshly cracked black pepper

Pasta:

12 ounces cavatappi pasta, cooked to package instructions and shocked under cold water
4 ounces asparagus, blanched and thinly sliced



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 1 box frozen peas, defrosted
 One 12-ounce jar roasted yellow peppers, chopped
 1 pint grape tomatoes, halved
 1 shallot, minced
 1/2 cup fresh dill, chopped
 Ricotta salata, for garnish

For the dressing: In a small bowl, whisk together the olive oil, Dijon mustard, honey, garlic, lemon zest and juice, and season with salt and pepper.

For the pasta: Toss the pasta with the asparagus, peas, roasted peppers, tomatoes, shallots and dill. Pour the dressing over the salad, tossing to coat. Let the salad hang out for a bit to soak up all of the flavor. When ready to serve, bowl it up and shave some ricotta salata over the top to seal the deal.



Blueberry Scones with Orange Glaze

2 cups unbleached flour, plus more for rolling berries
 1 tablespoon baking powder
 1 teaspoon salt
 1/3 cup sugar
 1/4 cup unsalted butter, chilled and cut in chunks
 3/4 cup buttermilk or cream
 1 egg
 1 pint fresh blueberries

Orange Glaze:
 2 tablespoons unsalted butter
 2 cups powdered sugar, sifted
 2 oranges, juiced and zested

Preheat oven to 400 degrees F. In a large bowl, sift together flour, baking powder, salt and sugar; mix thoroughly. Cut in butter using 2 forks or a pastry blender. The butter pieces should be coated with flour and resemble crumbs. In another bowl, mix buttermilk and egg together, and then add to the flour mixture. Mix just to incorporate, do not overwork the dough. Roll blueberries in flour to coat, this will help prevent the fruit from sinking to the bottom of the scone when baked. Fold the blueberries into batter, being careful not to bruise. Drop large tablespoons of batter on an ungreased cookie sheet. Bake for 15 to 20 minutes until brown. Cool before applying orange glaze.

For the Orange Glaze:
 To prepare Orange Glaze: combine butter, sugar, orange zest, and juice over a double boiler. Cook until butter and sugar are melted and mixture has thickened. Remove from heat and beat until smooth and slightly cool. Drizzle or brush on top of scones and let glaze get hazy and hardened.

Parmesan Spring Chicken

1 egg white
 5 tbsp finely grated Parmesan



4 boneless, skinless chicken breast
 400g New potatoes, cut into small cubes
 140g frozen pea
 good handful baby spinach leaves
 1 tbsp white wine vinegar
 2 tsp olive oil

Heat grill to medium and line the grill pan with foil. Beat the egg white on a plate with a little salt and pepper. Tip the Parmesan onto another plate. Dip the chicken first in egg white, then the cheese. Grill the coated chicken

for 10-12 mins, turning once until browned and crisp. Meanwhile, boil the potatoes for 10 mins, adding the peas for the final 3 mins, then drain. Toss the vegetables with the spinach leaves, vinegar, oil and seasoning to taste. Divide between four warm plates, then serve with the chicken.



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What Can Golf Teach You About Retirement Planning?

If you're a golfer, you know the joys (and occasional frustrations) of the game. But you might not realize that some of the lessons you learn on the links can carry over to other areas of your life - such as retirement planning.

So whether you're already retired or are planning to retire in the next few years, consider the following suggestions:

Try to overcome the "yips." When you miss those short putts - the ones you should be making - you might be in the grip of your old friend, the "yips." As you know, it's not always easy to shake this problem, but many golfers have benefited by working to improve their concentration, especially by adhering to a strict pre-shot and in-shot step-by-step routine.

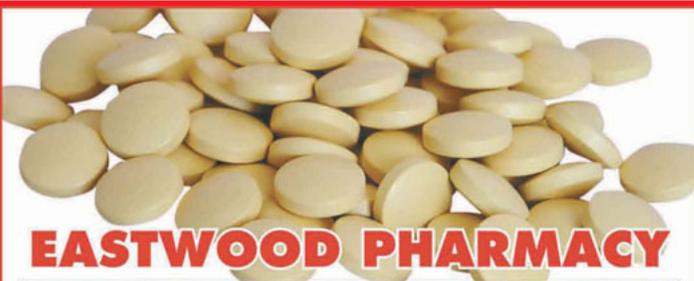
When investing for retirement, or managing their portfolios during retirement, many people can get the investment version of the yips - that is, they get nervous during market downturns, and then they make mistakes, such as selling quality investments when their price has dropped. (Remember the first rule of investing: Buy low and sell high.) To overcome this type of yips, the solution is the same as for golf: Maintain your focus and concentrate on making appropriate moves, such as building and maintaining a diversified portfolio that's suitable for your needs, goals and risk tolerance.

Forget about the hole-in-one. It's every golfer's dream: a hole-in-one. When you tee up on that

tempting par 3, and you're feeling good, you might just want to go for it - but when you do, you could end up overshooting the green or plunking into the water. Many investors also try for a "hole-in-one," in the form of pursuing that one "hot" stock that's going to make them rich. However, by the time they hear

about such a stock (if it even exists), it may have already cooled off - and, in any case, it might not be right for their needs. Instead of looking for that ultimate, one-time winner, look for solid investments that you'd be comfortable holding for the long term.

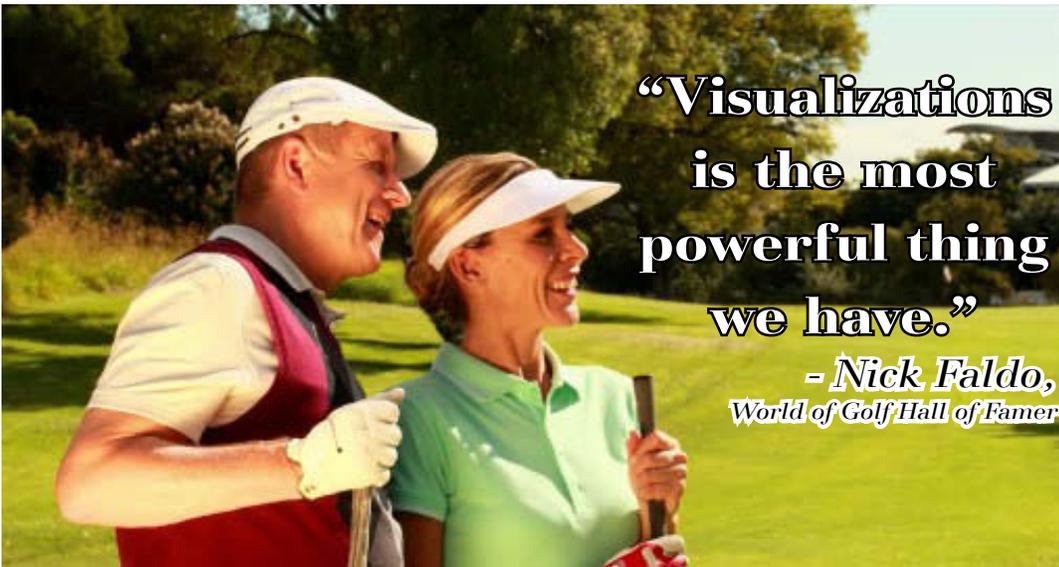
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we have.”**

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World of Golf Hall of Famer*

more you know about a course you’re going to play, the better off you will be. You can plan the approaches you’ll take on various holes and think about how to avoid

the sand, water and rough. When planning for your retirement, or even when you’re living it, you also need a strategy, one that addresses questions such as these: How

can I structure my investment mix to provide me with a long-term income stream? How much should I withdraw from my portfolio each year? When should I start taking Social Security? Am I doing all I can to control investment-related taxes?

most powerful thing we have.” If you can visualize what you want to do on each hole you play, you are well on your way toward a successful round. The same idea holds true for retirement planning: If you can envision the type of retirement lifestyle you want, you’ll be more likely to achieve it by sticking with appropriate financial and investment strategies.

So, there you have them - some ideas that play well on the golf course and in the retirement arena. Put them to work soon.

This article was written by Edward Jones for us by your local Edward Jones Financial Advisor.

Visualize. Consider these words from World Golf Hall of Famer Nick Faldo: “Visualizations is the

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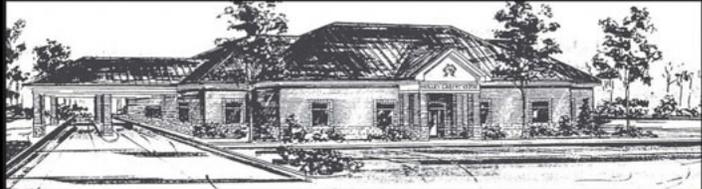
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Word Search



See solution on page 23

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| April | fog | puddle | stem |
| baseball | garden | rainbow | storm |
| bird | grow | raincoat | sunshine |
| bloom | hatch | rainy | thaw |
| butterfly | insect | roots | tulip |
| caterpillar | kite | season | umbrella |
| chick | leaf | seed | violet |
| cloud | lilac | shovel | warm |
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The Movie Maverick reviews Cool Hand Luke

This is my favorite movie. To me the best movie ever made by my favorite actor of all time, Paul Newman. You can date this film. It doesn't matter that it was made in 1967, a great movie is always a great movie! Great acting is always great acting. A great cast is always a great cast.

I don't know if today's audiences would sit through this movie today with no special effects, no bombs or explosions for entertainment. Cool Hand Luke is only a great story told by great actors. I have this movie on DVD, I could watch it every week. I never get tired

of watching it. Sadly, Paul Newman lost the Academy Award to Rod Steiger for In The Heat Of The Night.

It's ironic that the Rod Steiger movie was about race relations in a small town in the South. There are no black men in the bunkhouse or the chain gang. At that time, black prisoners went to a different place than white prisoners. The only reference to black men is when one of the guards told Luke that in 22 years of being a guard he had never shot and killed a white man. The implication being that if he had of shot and killed a black man it



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had no ramifications. Truly, a sign of the times depicted in the film.

Newman's character, Luke, was a war hero, who made it to Sergeant status, but came out a buck private. He

was honored with a Silver Star, a Bronze Star and two Purple Hearts. Apparently, conforming was not in his makeup. Despite his achievements, cutting the heads off of parking meters, in the days there were such things, was

enough to get Lucas Jackson two years in a chain gang.

He won't bow down to Dragonfly (George Kennedy), who runs the bunkhouse.

That costs him a horrible beating in the weekend's boxing

match. Luke both lost and won that match. He lost by taking a horrible beating from Dragonfly, who told him and then begged him to stop getting back up. Luke, would not listen, and after everyone else walked away from watching the match, so did Dragonfly. Luke won by continuing to get up, even though he had no chance of winning. Everyone notices, including the guards, his undying spirit. No one can understand why or how anyone would keep getting up and

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not quitting. Then comes the Poker game at night, when Luke wins, when he has nothing in is hand. That's it - that's when everyone else knows that he is special, different, not like them. He doesn't follow, he leads.

He escapes from prison and they capture him. They punish him. He escapes again and they capture him again. This time they punish him worse than before. The Captain (Strother Martin) tells him

there will be no third escape. Luke knows the rules or implications. If he escapes, again he is dead. He is beat, and beat down more than any man should have to take and he breaks. The rest of the men turn their backs on him. They live through him. When he wins, they win. But when he breaks, they have nothing to look up to. It's the way of the world and the way of men. But, Luke can not stay broken. It's not his fault, he is simply incapable of it. Luke escapes again,

he can't help himself. He know the rules and pays the ultimate price. The character of Lucas Jackson is all about what is good in man, as well as, tragic.

I wish kid's today would go see this one. I hope they would see what's good in men. That a long time ago, their grandfathers and great grandfathers did heavy, hard work all day long. Those were the rules. No complaining. A man's handshake was a contract and you

didn't shake hands unless you were sure. I wish people would still see the good in men and women and reward them for it, instead of punishing them. But apparently, the rules have changed. And now, I'm the old guy nobody listens to and probably never did.

Don't forget to take some time and sit and enjoy a good movie.



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Miss Kitty



DEAR MISS KITTY,

After years married to the same man, I found myself single. It was difficult at first, but I did eventually get myself back together and even worked up the courage to try online dating. It was slow going at first, but now I find myself with three suitors! They are just far enough apart geographically that I can (kind of!) manage all three of them, but it is exhausting! They are all nice men in my age range, any

one of whom would make a good boyfriend, but I am not sure I am ready to settle down with just one or get married again. Women who dated more than one man at a time were not well-respected in my day, but it is kind of fun! Any advice?

Too Many Men

Dear Too-Too,

You have made Miss Kitty jealous! What a lovely predicament, to have the Tomcats chasing! Times have changed! On-

line sites have made potential mates from all over the world available. You don't say that you have promised any one of them an exclusive arrangement, and I know you would not fib, so let's just let nature take its course.

Maybe one or more of your gentlemen callers is also seeing more than one someone special? Maybe with more dates and more courting, one stray cat will endear himself to you! Don't fib, and don't make promises you do not intend to keep, but do have lots of fun and keep me updated!

Miss Kitty

DEAR MISS K,

My man friend and I have been seeing one another exclusively (or least I think so) for several months, but we have never had "the talk." We talk to one another every day, have keys to one another's homes and there is an unspoken assumption that when we attend a social event we will go together. We celebrate birthdays and holidays together and included our children from previous marriages.

It is all really very nice, but a part of me just wants more. We are in our 60s and I don't know if he is my "boyfriend" or "companion" or "significant other." Maybe I am complaining about nothing, but I think we should talk about it. Unfortunately, I never seem to find that perfect time to bring it up. Should I let it go?

Wondering

Dear Wondering One,

Let's remember the number fact of later life: We are playing Beat the Clock, not Hard to Get! Ask the boy! He probably assumes everything is fine between the two of you, which it seems to be! If you want a title or a way to refer to him, ask him what he prefers! Do you really think he is going to give up a good woman because she asked a question? It's not even math! Ask him what you want to know and move on to more important things, like back scratches and afternoon naps!

Miss Kitty



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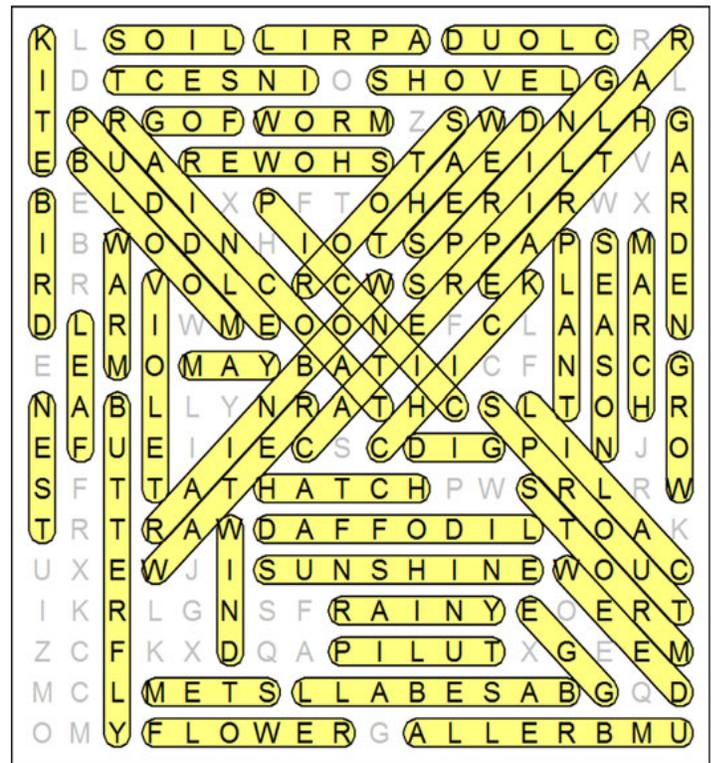
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Word Search is on page 15

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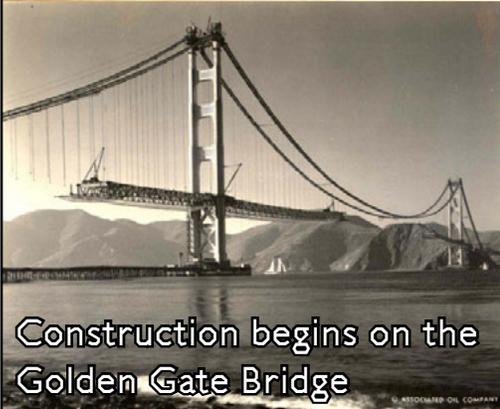
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