



Shoes

I have always loved shoes. My shoe size is 6 medium and I can buy shoes anywhere. Size 6 is usually what is on display in stores, so I can just try on whatever I see and not even have to have someone get a size for me. Steve makes fun of me when I am wearing a pair of shoes that hurt my feet. He always asks me why I bought them if they hurt my feet. Well, they never hurt your feet when you try them on in the store. It starts after you get them home and wear them for an extended period of time. I can remember when I was in college how we dressed up in heels every day for class and really “decked out” for week-end ballgames. My feet are still suffering today for the art of “looking good.” I’m always amused when I see a lone shoe or sock on the side of the road. I always wonder how it got there. Last week while on car duty, I noticed a sock by the building. We have no idea who it belonged to and who got home with only one sock. The first year my husband coached, he also had P.E. for the elementary students. The first day of school he took the first graders to the gym. They asked if they could take off their shoes and he told them that was fine. When time was over and they were to head back to the classroom, they all sat down and held out their little feet. It had not crossed his mind that they couldn’t tie their shoes! He was looking at 15 students, 30 feet and a pile of shoes and socks. After he got all of them ready to go, somehow there was one sock left. I think he threw it in the trash. One school year the weather had become chilly, so I decided to wear an outfit with my new boots. When I couldn’t find them in a very unorganized closet, I decided on an older pair of boots that I had not worn in a while. After about an hour, I remembered why I never wear them – they absolutely kill my feet. It was basketball season and I wouldn’t get home until very late. My observant children noticed I wasn’t my normal cheerful self. I explained my dilemma and they reminded me that I still had my Sponge Bob bedroom shoes that I had worn on pajama day in the classroom. My feet were relieved, but I still had basketball games until 10:00 that night and no time to go home and change

shoes. When school was out at 3:00, I painfully put my boots back on and quickly decided to buy new shoes. By the time I had purchased my new brown shoes and headed to the car, I could barely walk. While driving to the ballgame, I threw those boots out of the sunroof of my car onto the side of the highway – never wanting to lay eyes on them again. The next day my students noticed my new shoes and asked what had happened to my boots. I told them exactly what happened. Unfortunately, they never forget a thing. Once again, I tell you that story to tell you this one. Several days later, we had a program at school in the gym sponsored by the Mississippi Department of Environmental Quality. All the elementary students were seated on the gym floor where they enjoyed a wonderful program full of puppet shows, songs and hands-on activities designed to teach students about caring for our natural resources and our environment. At one point, the students were asked if they knew people who might throw things out on the side of the highways like trash, diapers, motor oil, or even articles of clothing. All 26 of my students raised their hands, pointed in my direction and shouted, “Mrs. Flemming threw her boots out of her car onto the side of the highway!” I wanted to dig and hole and crawl into it. Good sport that I am, I went to the center of the gym floor and vowed to never let it happen again and become a “good little helper for the environment.” Kids do say the darndest things and they will turn on you in a heartbeat. I hope you enjoy this weeks’ recipes. They are all from my Mama, the best cook in the whole wide world!

BAKED MUSHROOM DIP
 16 oz. fresh button mushrooms, cleaned and chopped
 1 cup chopped onion
 ½ stick butter
 1 ½ cups mayonnaise
 1 cup grated Parmesan cheese
 1 pkg. dry Italian dressing mix (I use Good Seasons)
 Saute’ mushrooms and onions in butter. Add all other ingredients. Bake at 350 degrees for about 30 minutes. Serve with toast points or crackers of your choice.



Living With Children

By John Rosemond
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A mother in California seeks her pastor’s opinion on allowing her fifteen-year-old son to have a smart phone. The boy claims that if he can’t use social media, he will have no friends. Mom is skeptical concerning the claim and afraid of other Internet experiences the youngster might be drawn to if he has a smart phone. The pastor tells Mom that her son needs to learn to navigate the realities of the Internet and learn to use a smart phone responsibly before he goes off to college. Three years! The Doomsday Clock is ticking! “Help me out here,” Mom asks me. With all due respect for

AUTUMN SALAD
 2 heads of fresh broccoli, chopped small
 1 small head cauliflower, chopped small
 ½ Vidalia onion, chopped fine
 1 lb. seedless red grapes, halved
 1 can real bacon bits
 1 small pkg. broken pecans, toasted and salted
 Cherry tomatoes, halved, amount should be suited to you taste
 2 (15 oz.) cans mandarin oranges (add last)
 Dressing:
 1/3 cup mayonnaise
 3 Tbsp. sugar
 3 Tbsp. vinegar
 Mix all salad ingredients together, except oranges. Prepare dressing and mix with salad ingredients. Add mandarin oranges and toss. Serve on a bed of shredded Romaine lettuce.

WARM ASPARAGUS CRABMEAT SPREAD
 1 medium red bell pepper, chopped
 3 green onions, sliced
 2 medium jalapeno peppers, seeded and finely chopped
 2 tsp. oil
 1 can (15 oz.) asparagus spears, drained and chopped
 2 cans crabmeat (6 oz.) drained and flaked
 1 cup mayonnaise
 ½ cup grated Parmesan cheese
 ½ cup chopped cashews
 In a large skillet, sauté the red pepper, onion and jalapeno in oil until tender. Add the asparagus, crabmeat, mayonnaise and Parmesan cheese; mix well. Transfer to a greased baking dish. Sprinkle with cashews. Bake at 375 degrees for 30 minutes until bubbly. Serve with crackers of your choice. *Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, *The Help*. Fleming can be reached at lafkitchen@hughes.net.

the pastor, here is the short list of “realities” concerning smart phones and teenagers: REALITY: Smart phone use by teens coincides with a dramatic increase in adolescent mental health problems including depression, anxiety, and suicide. REALITY: The addictive element of smart phone use has been verified by several researchers and supported by a preponderance of anecdotal evidence. REALITY: Teenage boys are notorious for using smart phones and other screen-based devices to access pornography. REALITY: Teens quickly learn to circumvent smart phone controls installed by their parents. Don’t kid yourself. REALITY: Teen girls often employ social media to construct alternative identities and personal soap operas that are destructive to proper socialization and adjustment. REALITY: There is no compelling evidence to the effect that teens without smart phones are at some form of risk – socially, emotionally, cognitively. In fact, the term “responsible smart phone use by a teenager” is not an oxymoron only because a small minority of teens do happen to use smart phones in a completely responsible manner. Repeat, a small minority. REALITY: I am personally acquainted with teenagers

who do not have smart phones or tablets. Said teens are, without exception, personable, well-adjusted, happy, and have plenty of friends. In short, they are normal. The idea that an otherwise well-adjusted teen is going to have no friends if he doesn’t have a smart phone is propaganda.

Salvation Army to take Christmas applications
 Press Release
 The Salvation Army will register people for the 2020 Angel Tree and Adopt a Family Programs Oct. 19-23 at the new Thrift Store, at 214 Highway 7 south in Greenwood. Residents from Leflore, Grenada and Holmes Counties can complete applications for Christmas assistance from 10 a.m.- noon and 1-4:30 p.m. Oct. 19-23. Low income families with children 0-12 years old and senior citizens 60 and older are eligible to apply. Applicants are required to bring photo identification, birth certificate/shot record for each child, current utility bill and proof of income. Applications for the 2020 Angel Tree and Adopt a Family Programs will be by appointment only. Please call the Salvation Army to schedule your appointment. For more details or to schedule an appointment, contact Capt. Keisha McMullin, Greenwood Corps Officer, at 662-455-9679.

REALITY: Many of the teens I have met who have smart phones do not act like normal human beings. They don’t converse, for example. They mumble. They don’t look people in the eye. They have their smart phones in their hands at almost all times like they are part of their bodies. While one attempts to engage them in conversation, they are snatching looks at their devices and even texting. REALITY: Over the last ten years, hundreds of parents have shared horror stories of well-adjusted, trustworthy kids who, a year or so after obtaining smart phones, were no longer trustworthy and in many cases had developed significant mental health and behavioral issues. You think you can throw the dice and roll snake eyes? Best of luck to you. Family psychologist John Rosemond: johnrosemond.com, parentguru.com.

Bridal Registry
 Camden Graham
 Blake Jones
 December 5
Peoples Drug Store
 Court Square 834-2721 Lexington

Save money and get the best coverage! It is worth taking time to compare

MEDICARE OPEN ENROLLMENT
OCTOBER 15 - DECEMBER 7

A local Medicare counselor can:

- Help you compare your current Medicare health or drug plan with other Medicare plan choices
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- Help you avoid high-pressure sales tactics

Call North Central Planning & Development District, Area Agency on Aging to speak with a SHIP Counselor
(662)283-2675
 Due to COVID-19 all counseling will be conducted on the telephone.

We have found safe, creative, and socially distanced solutions to continue serving you during the COVID-19 pandemic.

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