

Growing old, not so bad

One of my “virtual learning” grandsons had a history assignment last week as in where he had to write several biographies of twelve different people. Some of them were in the sports world. One he chose was Lou Gehrig. Gehrig suffered from a disease that attacked his nervous system and was later called ALS or Lou Gehrig’s disease.

I was somewhat familiar with this disease but only as to what it could do to a person. I have a very good friend that is experiencing

and suffering through this horrid illness now and I can tell you honestly, this is one of the most horrendous conditions that can attack a body

Growing old is a privilege that some of us are blessed with while others’ lives are shortened by many different occurrences. I used to think that growing old with wrinkles, gray hair, hearing loss, false teeth, and all the other issues that come with aging would be dreadful but, let me tell you I am proud of every wrinkle, gray hair, and lapses of memory that I have.

One of the saddest things about aging is that we begin to lose family and friends as we are left here to carry on.



Peggy’s Take

Of course, by my age I would have expected to have lost my parents and grandparents but losing those close to my age or younger has been devastatingly dreadful. We have lost two “heart” children, one to an accident and one to cancer and these caused us to stop and really consider our lives and to take nothing for granted. My mother was fond of saying, “We are not promised tomorrow. Make the most of today.” I can truthfully say that I am checking things off my “bucket list” daily.

Oh yes, of course I am still a blonde, with my hairdresser’s help. I still fight my wrinkles, with help from my “daily regimen.” I take vitamins to help my brain to remember and my body to replace the things age has diminished. I wear hearing aids in both ears, but still have trouble hearing sometimes. I do still have all of my own teeth thanks to my dentist and his replacing one or two at the time.

And I really don’t mind wearing a mask, it seems to hide some of the age creases! This is a new recipe for me, but my husband really likes it.

LOADED BAKED POTATO SALAD

Eight medium potatoes, washed and cut into small pieces. Cover with water and cook until fork tender. Then drain and let them cool. Mix the potatoes with 1 chopped onion, 1 cup of sour cream, ½ cup mayonnaise, 2 cups of shredded cheddar cheese, salt and pepper to taste. Mix well. Top with crumbled bacon and chives.

** Peggy Sims is a life-long resident of Attala County and columnist.*

MEMBER



MISSISSIPPI PRESS ASSOCIATION (USPS 247-680)

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SUBSCRIPTION RATES In Holmes County - \$35.00 In Mississippi - \$40.00 Outside Mississippi - \$50.00

Holmes County State Park lakes to be drained

MDWFP

English and Odom Lakes at Holmes County State Park Lake in Durant will be drained to make repairs to the dam.

Fishing will be allowed while the lakes drain, and the boat ramp will remain open until the water level is deemed unsafe for launching. All daily limits have

been lifted and anglers may keep as many fish as they want until the lakes close. Fish can only be caught by rod and reel or pole. No other fishing gear is allowed.

A state lake permit and a Mississippi fishing license are required unless exempt under state law.

Both lakes will be filled and restocked with fish once

the repairs are complete.

For more information regarding hunting or fishing in Mississippi, visit our website at www.mdwfp.com or call us at (601) 432-2400.

Follow us on Facebook at www.facebook.com/mdwfp or on Twitter at www.twitter.com/MDWFPonline.



Pictured above, English Lake at the Holmes County State Park. (Courtesy Photo)

Remembering,
Our Father, Brother,
Uncle and Friend...

RICHARD
“STIFF”
TRAVIS JR.



2-4-47 • 10-10-19

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Created: December 23, 2019

CALENDAR OF EVENTS

DEADLINE: FRIDAY, 4:00 P.M.

SALVATION ARMY

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.

10-8,15

ADDICTION HELP

Recently there has been an increase in relapses amongst those in recovery. A large contributing factor has been isolation caused by the recent outbreak of COVID-19. The staff of Narconon wants you to keep this in mind and pay extra attention to any loved ones who have struggled with substance abuse in the past. For more information, visit: www.narconon-newliferetreat.org

Narconon can help you take steps to overcome addiction in your family. Call today for free screening or referrals: 1-800-431-1754.

10-8,15

CANCER WALK

The first planned annual Ebenezer Community Awareness Cancer Walk is set for Saturday, October 17, from 8 a.m. to 10 a.m. The will start at 1186 Ebenezer-Pickens Road. Refreshments will be available and a 32’ flat screen TV will be raffled.

10-15

CHURCH MOTORCADE

Guiding Light C.O.G.I.C. in Lexington will host an Appreciation Motorcade on Sunday, October 24 at 1 p.m. on the church property.

10-15,22

CANCER BIKE RIDE

St. James Church Women’s Ministry will host its Pretty in Pink Breast Cancer Bike Ride on Saturday, October 17, at 9 a.m. Bring your own bike or borrow one for a 3K ride. Benefit is for the American Cancer Society Making Strides Against Breast Cancer Program. The ride will start at Derrick-Hobbs Park in Durant. Call 601-832-9112 for more information.

10-15

OUR HOUSE INC.

Monthly online chat is available for sexual assault victims/survivors in the Mississippi Delta area, the third Monday of each month. Safe Online Space (SOS) for Healing Conversations, Monday, October 19, 5 p.m. to 6 p.m. Visit www.our-housevoices.com

10-15