

OVER 50

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PICKER'S DELIGHT: J.C. Green's Collections

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Deven Salazar/Citizen Tribune

Clockwise from top: Green's silhouette of the State of Tennessee made out of license plates from each county in the state; an authentic Agrico Fertilizer sign from the 1960s and a Blackstone cast iron tractor seat from England.

PICKER'S DELIGHT

Green's collection is a work of art

BY DEVEN SALAZAR
Over50 Writer

J.C. Green, a native of the Lakeway Area, has preserved antique tractor seats and tools going back a hundred years.

Green who is a Marine, served in the Vietnam War. He was drafted in 1965, and by Christmas Eve, 1966 he was boots on the ground in Vietnam. He served for two years.

"I couldn't have stayed much longer because if I did I would have died, I wanted to but my dad had passed away

and so I had to come back to the states," Green said.

With over 700 collected tractor seats, each piece tells its own story of how farmers spent hours in the fields tending to their crops.

"These are some things that should be remembered," Green said. "It's important to keep our history alive to be able to tell the younger generations."

See **GREEN** page 4



Deven Salazar/Citizen Tribune

Tools displayed in Green's barn used for everyday farm work spanning from the 1930s to the 1970s. These are only a few of the tools included in Green's collection.

Green

(Continued from page 3)

"We cannot let them forget about the manual labor and hard work that this country was built on," he added.

Green helps preserve the history with his two barns full of old farming equipment, but mostly cast iron seats.

"We have all kinds of seats with different colors and from all over the country and we even have a few from England, which is really cool," he said.

The barn walls are lined with seats and while giving a tour, Green explained a brief history of the different types and the reasoning for the holes that many of them have.

"Originally the seats were soft and cushioned, but when it rained, water kept getting in the seats and during the winter time the seats would freeze and burst so they started adding holes in the seats," he said. "It also helped a nice breeze to come through when they were working in the heat all day."

In Green's collection is a set of seats

that could only be found at the Cast Iron Seat Convention, the first held in 1973.

"So the history behind these seats is the convention had made four seats, but the man who built them had passed away and the convention decided not to find anyone to replace him. Luckily we were able to get our hands on all four of them," he said.

Throughout the barn, Green has old farming tools such as a hog oiler or a fifty gallon crock on display.

"So when hogs got lice, farmers would fill this thing up with oil and the hogs would rub against it and as it spun the oil would get on them and kill the lice," he said.

"You don't see many crocks of this size, but that make them a lot bigger," Green said. "I found a hundred gallon crock in Ohio a couple of months ago and I said if you deliver it I'll take and he said no because if you hit a bump or a railroad track it would burst."

Although his barns are full of antique farming equipment, he also has antique license plates spread throughout.



"I collect license plates spanning generations," Green said. "I have plates from each year my kids were born and even when I was born."

Green also has an original license plate the State of Tennessee first issued to residents in 1915.

"Before 1915, residents would have to make their own plates, but in 1915 the state started to issue plates to drivers and I have an original one from when that happened."



Clockwise from top left: the handle of an antique corn grinder, a piece from a Cockshutt plow used to plow grain, an art piece called 'Girlboss' created by Green from Tennessee license plates and antique gasoline cans displayed in Green's barn.

Looking around the room there are plates from each year following 1915 with only a few missing dates here and there.

However, Green doesn't just use plates to preserve them. Some of the newer plates he has received have been turned into art décor.

Green cuts out letters and numbers of the plates and bolts them to a wood backing spelling out names or titles such as "Girlboss" or "Mancave."

Green's latest project was to create a life size silhouette of the shape of the State of Tennessee, including license plates from each county.

"I took me around four

months to finally complete the project," Green said.

"The hardest part was trying to get plates from the different counties."

He had to call each county to request plates to be featured in the art piece, but some counties made it difficult.

"Some counties really helped me out and sent the plates with no hassle and other ones said they couldn't send me a plate," Green said.

"There was a specific county that told me it was illegal to send plates like that, but when I told another

See **GREEN** page 6

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Deven Salazar/Citizen Tribune

Above: A 1925 Ford Paddy Wagon owned by Green. The two seater wagon has a removable top and basket in the back for storage; next page: a compilation of photos from the Over50 tour of Greene's collection.

Green

(Continued from page 5)

er county, he laughed and said 'Well I guess we're both going to jail.'"

After finally receiving all the plates needed for the project Green went to work, cutting each plate into pieces like a puzzle

to fit in the shape of the state.

Once he finished, he hung the state project up on his barn for anyone passing by to admire. \

He also sent Christmas cards with the pictures

of the finalized project to all of the counties who helped. The ones who didn't got a lump of coal.

Green continues to create smaller pieces out of plates, but doubts he'll take on another project

similar to the State of Tennessee one.

"Someone asked me to do one for them and I said I would if they collected all the plates themselves because I will not be doing that again," he said.



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Valerie Farmer/Special to the Citizen Tribune

The Senior Citizens Center van was loaded with smiling faces during a recent trip to the Farmer's Daughter restaurant upcoming Spring Craft Fair will benefit the center's programs that are designed for individuals ages 50 and up.

SPRING INTO IT

Morristown's Senior Center debuts new fundraiser

BY WADE LITTLETON
Over50 Staff Writer

The successful Holiday Craft Bazaar held by the Morristown Senior Center has spawned a new event for the spring.

The Spring Craft Fair will be held from 9 a.m. to 3 p.m., Saturday, March 11 at the Morristown Senior Center, located at 841 Lincoln Avenue.

Senior Center Executive Director Valerie Farmer said that the vendors who sell items in the Holiday Craft

Bazaar were wanting the center to host a spring event.

"Vendors from our Holiday Bazaar were so pleased with their success of that event, they requested for us to have a similar event in the spring to share their merchandise," Farmer said.

"This will be an opportunity to get Easter, spring, patriotic and summer items from craft vendors from all around the Lakeway Area."

Cost of space is \$35 for a table or two tables for \$50.

Like the Holiday Bazaar, there will

be goodies prepared by Senior Center members in the bake sale area, Farmer said.

If you missed getting your Sweetwater Valley Cheese, pecans, walnuts and mixed nuts from December, the remaining inventory of these items will be available for sale at the spring fair. Sweetwater Valley Cheese is available for \$7 a block, pecans for \$12 a bag and walnuts, cashews and mixed nuts are \$10 per bag.

For lunch, barbecue sliders from Buddy's, along with chips and drink will be available.



While Farmer doesn't know how many vendors she will have yet, she believes that the event will be worth their while.

"We have quite a few vendors coming," she said. "It should be another good event."

The Senior Center has various activities for its members. Recent activities included a movie trip to the AMC College Square 12 to see "80 for Brady," a movie about four women who attended one of the Super Bowl games when quarterback Tom Brady was playing for the New England Patriots.

There are groups who also travel to various shopping and dining activities. Recent trips included Circle S Butcher Block in Morristown, The Farmer's Daughter and the Mountain View Foods Mennonite Store, both in Chuckey.

The center also organizes trips to tourist attractions, such as the Titanic museum in Pigeon Forge.

The center also hosts bingo games weekly and has "Lunch and Learn" activities. There was also a "Valentine Social," which included treats and singing by Paul Indelicato.

Jim Perdue recently began a "Beginners Tai Chi" class on Thursday mornings. The slow precise movements of Tai Chi helps with fall prevention, increasing circulation and wellness, fighting arthritis and calms and relaxes by using the mind within movement.

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Special to Over50

Sue Baldus celebrates a birthday in the Blossom Shop workshop, the hub of the longtime Morristown business.

RETIREMENT? PLEASE.

Selling a long-time business leaves Sue Baldus busier than ever

BY GLENNA HOWINGTON

Over50 Assistant Editor

She loves working with flowers but don't think for a minute Sue Baldus is a shrinking violet.

If you have any doubts, watch her play cornhole. I wouldn't advise signing up as her opponent unless and until you have taken lessons from a

pro.

She's a consummate smack-talking backyard board master, and her competitive nature can be traced back to childhood, where she was the lone girl in a five-sibling household.

Sue was born and raised in Lineville, Alabama, the daughter of O.B. and Mildred Messer. She was the

middle child of five children, with two older brothers and two younger brothers.

There she attended Lineville Elementary and Lineville High School.

The story of how she ended up in Morristown is an intriguing tale of workplace romance.

As a young woman, Sue worked as

a Laboratory Assistant for the Plant Chemist at Amerace Esna, industrial rubber manufacturing plant in Lineville.

She met and married the Plant Manager, Don Baldus.

There's a story there, of course. It is rumored that Don engaged in a bit of reconnaissance prior to asking Sue out. He had a theory that if she kept the interior of her car clean, then she would be able to put up with his penchant for, let's say, 'detail management.'

Sue not only passed the test, she has ever since kept Don on his toes with regard to 'detail management.'

Don and Sue have four children, two who live and work in the Lakeway Area and two living in other states.

Don and Sue's life journey took them on various plant managerial assignments, the last of which brought them from Little Valley, New



Baldus

York to Morristown in 1975.

When the next managerial assignment opportunity approached,

the couple decided to remain in Morristown and put down permanent roots.

Years ago, Sue had the opportunity to work as a member of the original Blossom Shop team, founded in 1938 and located in what is now the First Baptist Church student building.

In the meantime, Don became a Realtor and after spending two years learning the ropes of Real Estate, he opened his own business and named it Settlers Realty.

Sue became a part of the team there and shortly after becoming a Realtor, their daughter, Susan Baldus Holt, joined them in the business.

Sue was honored as Realtor of the Year in 1989 by the Morristown Association of Realtors for her work and her dedication to the board.

When the original owner of the Blossom Shop passed away, its building was willed to First Baptist, mean-



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ing the remaining shop employees were faced with the need to relocate the business. They moved to temporary quarters and expressed to Sue the need to find a new permanent location.

Don purchased a vacant lot at the corner of High Street and West Third North Street and the Blossom Shop was built, completed in 1989. While the business is now 84 years old, its current location is 34 years old.

And the business grew. Each day was spend providing quality floral arrangements, with on-time delivery at a reasonable price.

In addition to Sue and Susan partnering in the work at the shop, in the early 2000s, they were fortunate to bring into the business employees Mike Johnson and Tim Webb. The four became the mainstay of the business for more than 20 years.

The workshop, or the back of the house, was and continues to be the hub of the business, with a number of part-time employees and delivery drivers enjoying the camaraderie that became rampant within its space over the years. From shared lunches and celebrations to offering tips on arranging fresh and silk arrangements, the workshop has attracted longtime customers and passersby to experience the humor and warmth that made the Blossom Shop such a unique mainstay in the community.

The front of the house has always been the place where the owners and employees spend time with customers, both those who are celebrating and those who have just suffered a loss. The care taken there, especially with those who are often in the early stages of the grieving process, goes above and beyond typical retail interactions.

The Blossom Shop built a wonderful reputation with loyal customers, which led to word-of-mouth advertising. The business continued to grow.

At the end of 2022, Susan and Sue sold The Blossom Shop business, with both Mike and Tim remaining



Special to Over50

Above: Don and Sue Baldus celebrate their most recent anniversary - their 52nd; Next page left: Mike Johnson, Tim Webb and Sue on the job; Right: 'Shorty' and Susan Baldus Holt enjoy a night out with Don and Sue.

to run the operation.

Today, Sue is 84 and deserves a long-awaited retirement.

However, as you can imagine, she and daughter Susan already miss the business.

"It's nice to get some sleep in the morning, but I miss the shop," Sue said.

However, as Sue also says, "Now I can devote more time to being a Rotarian." And she looks forward to her other service to the community and to spending more time at home during spring and summer, as she loves working in her yard and flowers.

As a Rotarian, Sue believes in the club's motto, "Service Above Self."

She is currently an active Charter member of Lakeway CASA (Court Appointed Special Advocates). Sue has been with Lakeway CASA since the beginning and is the agency's longest serving board member.

"We have all these wonderful volunteers that take care of the children," Sue said. "This is a very caring and respected organization that is very involved and committed to positively impacting young lives."

She has served as a board member and board president of Lakeway Area Habitat for Humanity and also served



as a board member of Morristown-Hamblen Central Services.

Sue is a longtime Rotarian.

Rotary was a 'men only' organization until women were admitted in 1989 and that is the year Sue became a Rotarian. She has been a Rotarian for 34 years. As a Club member, she has served with distinction in many important roles and made an

important footprint within the Rotary Club of Morristown. She served as Chair of the Service Committee for 10 years.

Sue's dedication also carries over to her membership at Our Savior Lutheran Church where over the years she has contributed her time and talent to the work of her Lord.

Don and Sue are enjoying time

together, and this July, they will celebrate 53 years of wedded bliss.

And Sue will be at home, playing in her flowers. Well, when she's not at weekly Rotary meetings, or raising funds for CASA, or helping with Our Savior projects, or checking in on Mike and Tim, or defending her neighborhood cornhole champion title.

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MOVING FORWARD

Pay it Forward Fitness offers donation driven workout model

BY DEVEN SALAZAR
Over50 Staff Writer

A fitness class is working together to raise funds to support nonprofits in the Lakeway Area.

Dona Bryon and her 'Pay it Forward Fitness' is held four times a week at First Presbyterian Church in Morristown and runs off of donations from participants.

Byron, who retired from the United States Air Force after 27 years of service, created the class to provide affordable fitness classes while also helping the community.

She hosts the class for free and the money each class raises is given to local organization who serve the community.

"With the gyms in town, they aren't inclusive because they are so expensive and outside some people's ability to pay," Byron said. "No one should not have the chance to work out because they couldn't afford to so that how the program was born."

"I originally thought about just hosting a class for free, but I thought why not take a small donation from each participant and give that to local charities in the community to help

them serve."

The program started in the beginning of November and the group votes each month on agencies in the area they want to help.

The class previously donated \$306 to the Daily Bread and \$540 to Food on Foot TN and they are working the month of February to raise funds for the Morristown-Hamblen Humane Society.

"We want to help all the animals in the shelter who just want to find a home and be loved," Bryon said. "The facility is always in need and my students wanted to help them out this

month.”

Byron plans to continue to help Food on Foot and other local agencies in the area.

“My goal is to help those organization when they really need it. If they have a big event planned in a certain month or if they expect a lack of donations we want to step in and help when help is needed,” Byron said.

The class has low, medium and high impact exercises placed throughout the workout.

“We use weights to strengthen our muscles because as we tend to lose some muscles and ensure we have the ability to live life. We also do some cardio to help boost our metabolisms and help lose weight.”

Byron has something new planned every single class to keep participants’ heart rate pumping.

“On Mondays we do cardio condi-



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tioning; on Tuesday we do cardio groove, where we do mostly dance and aerobics; Wednesday is circuit, where we set up stations for people to work their muscles so every day is something new," she said.

To come to class all new participants need is a mat and some water. However, Byron has extra mats for those who forgot their mat. All other equipment such as weights are provided by Byron.

"My goal is to make it easy and affordable," Byron said. "I want people to not have to worry about going out here to pay for the most expensive equipment, with this program

they can just come in and get a good workout."

"What people can expect when they come to a class is warmth, love and fun," Byron said. "I say I am the light, love and laughter of Christ and that what they will be greeted with."

"We are a family here. As soon as someone new comes in everyone is greeting them and asking their name and making them feel welcome."

Wendy T., a longtime participant of the fitness class cannot express her gratitude to Byron for creating the class.

"We love Dona so much because she gives older ladies



and men an opportunity to work out," she said. "It's not always about the youthful folk and we're blessed she gives us a chance to strengthen our bodies."

"Her energy is so wonderful, she is so much fun and she never has a bad day. She inspires us all to continue to work hard."

Wendy T. explained connections shared among the participants of Pay it Forward Fitness.

"There is a lot of community to it, we support each other so much. Everyone has a group of cheerleaders to push each other forward and not give up."

Byron has a busy schedule planned for March with four classes planned each week that are filled with a variety of cardio workouts.

For more information on Pay it Forward Fitness and its classes visit its Facebook page.

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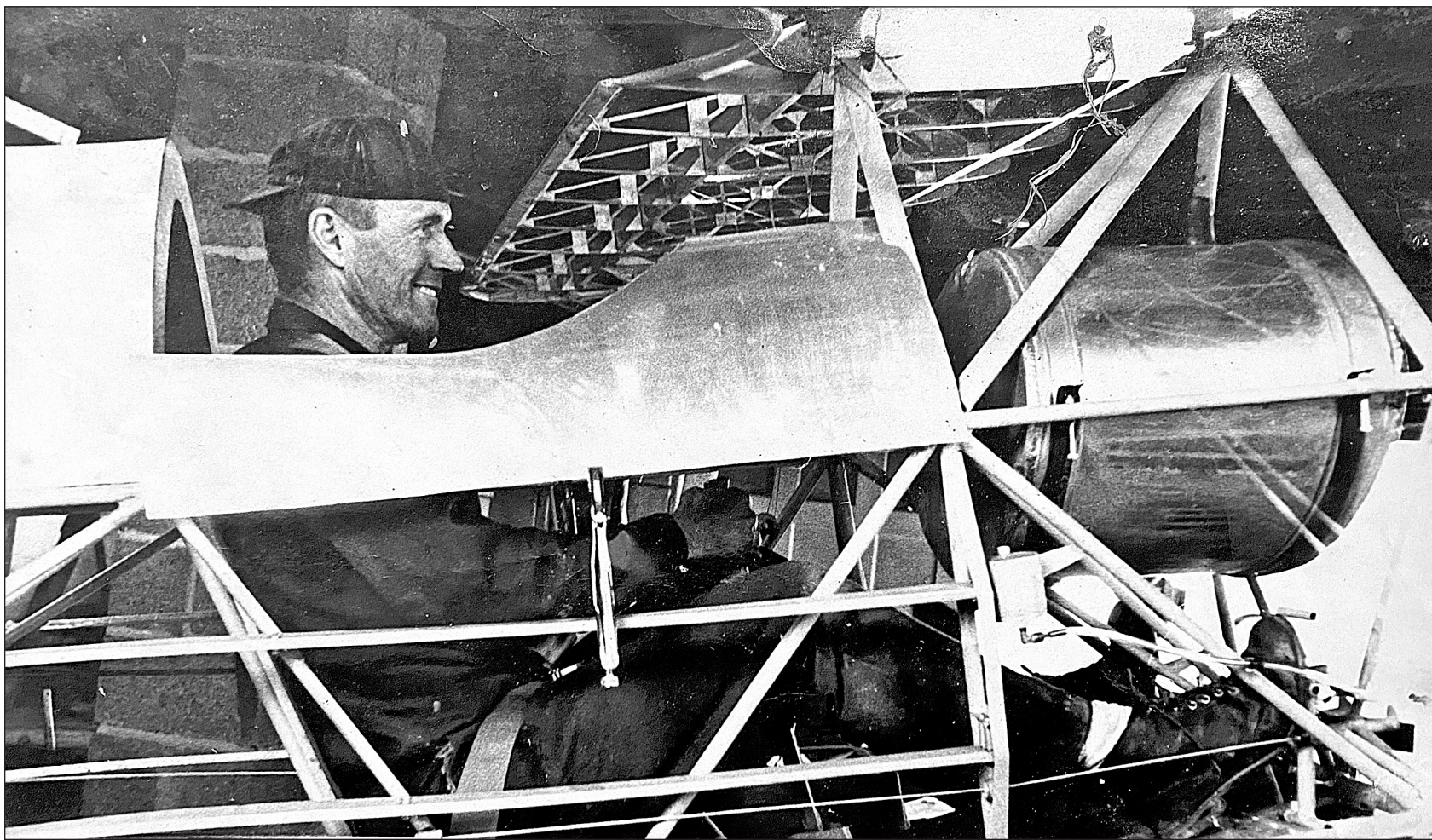
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Special to the Citizen Tribune

Neil Williams tries out the cockpit of his unfinished plane.

THE FLYING WILLIAMS FAMILY

BY JIM CLABORNE
Over50 Correspondent

In 1783 Etienne Montgolfier stepped into the basket of a silk and paper hot-air balloon to make the first recorded manned flight, with others to soon follow.

A young boy would be aboard the first manned glider flight in 1853 and by 1891 glider flights were

being controlled.

Hamblen County's Melville Murrell had patented a "flying machine" in 1877 which would see a short human-assisted flight some years later. John Crozier of Thorn Hill had built a glider he planned to motorize in 1901, but was murdered that same year.

One hundred and twenty years after the Montgolfier balloon flight, Orville

Wright would make the first powered flight in 1903. A jet plane would fly in 1939, and humans would fly to the moon in 1969, only 66 years after Wright's primitive airplane flight.

Karen Hughes Collins is the president of the local Experimental Aircraft Association which meets at the Morristown Airport for breakfasts on the first Saturday of each month

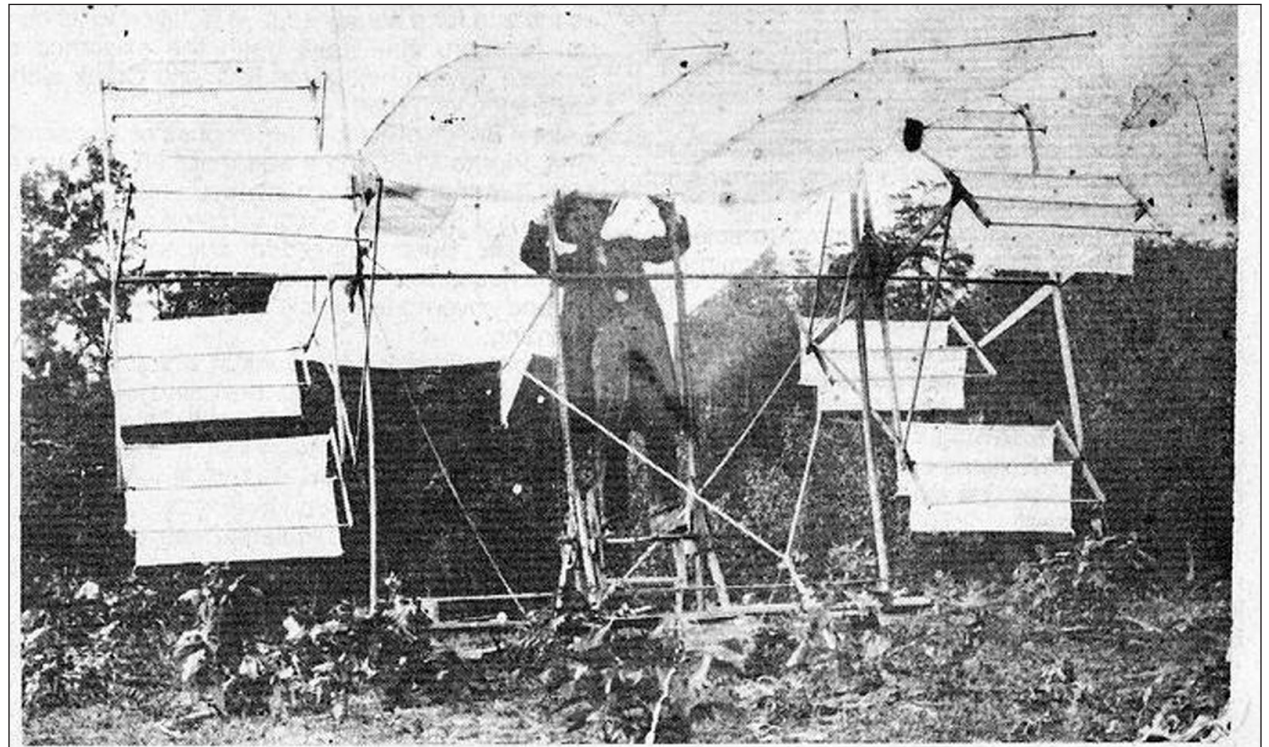
and the first Thursday of each month for food, hangar talk and an aviation program. The group holds frequent youth workshops and are presently working on a remote controlled craft with a 7 foot wingspan. The EAA keeps a full calendar of aircraft events that range from regular pilots to those who have unique aircraft. The association has annually sponsored a fly-in

which lately has attracted several World War II flying machines, while also sponsoring a large Young Eagles group of young people from age 8 through 17. The goal of the Young Eagles program is to create interest in aviation, and possibly spark interest into becoming a pilot.

The EAA dates from 1953 when a small group of amateur aircraft builders gathered to share their experiences. "The Baby Ace" would be an EAA craft that would put the group on the map, with the single-seat Pitt Special biplane also becoming very popular.

From its early days the EAA would quickly grow from a national to an international group with 200,000 members with 1,000 chapters across the world that would include 17 chapters in Tennessee.

Following the first days of flight, Hamblen County would see "barnstormers" appear in mostly surplus World War I airplanes to put on shows and give rides to the locals. In the 1930s an airport would be built on the top edge of Hamblen County, mostly as a stopover for long flights. In 1944, a formal local airport would be built in Russellville. (That airport's building, later to be called the "Blinky Moon, is now located at the Morristown airport and is in bad condition.) The present Morristown airport would be opened in 1953 and would be managed by the legendary Evelyn Johnson, who would go on to national fame, and could be found at the airport after her 100th



This newspaper clipping shows John Crozier testing his flying machine at Thorn Hill in 1901. He would be murdered the same year before adding a motor to his invention.

birthday. Another pioneer from the airport's early days, J.B. Marshall, is still working at the facility.

Karen would mention one of the early builders and flyers at the airport, Neil Williams, a name that I was very familiar with. Neil and his brother Reece were the sons of Robert "Uncle Bobby" and Malinda Hoskins Williams, who owned a 27 acre farm on Morristown's West Andrew Johnson Highway in the area of the present Golden Corral restaurant.

Father Robert would continue his custom of growing a patch of tobacco while the brothers would have two shop buildings near the farm house.

Both brothers were known for high-quality work in the wood working and the metal fabrication buildings, and despite different personality, they got along well together.

As a young teenager, the Williams would pay this

future high-powered newspaper writer \$3.00 a day to work in their tobacco crop. That work day would include a loaded down dinner (lunch in today's jargon) table for the midday meal prepared by Granny Williams. A workday might include my doing some chores in the two work buildings and I can remember my amazement at seeing Neil working on an airplane in the wood working shop. He would eventually build or work on 7 airplanes.

Karen mentioned that Neil

had been one of Evelyn's first flight students, and we'd learn that the two had two distinct philosophies of flying.

Neil was sometimes known to fly by the seat of his pants while Evelyn was known as a by-the-book pilot. I would later learn more about Neil's flying skills after seeing a couple of his planes taking flight at the airport.

It would stay in my mind that here was a man building a high-powered airplane only sixty-odd years after

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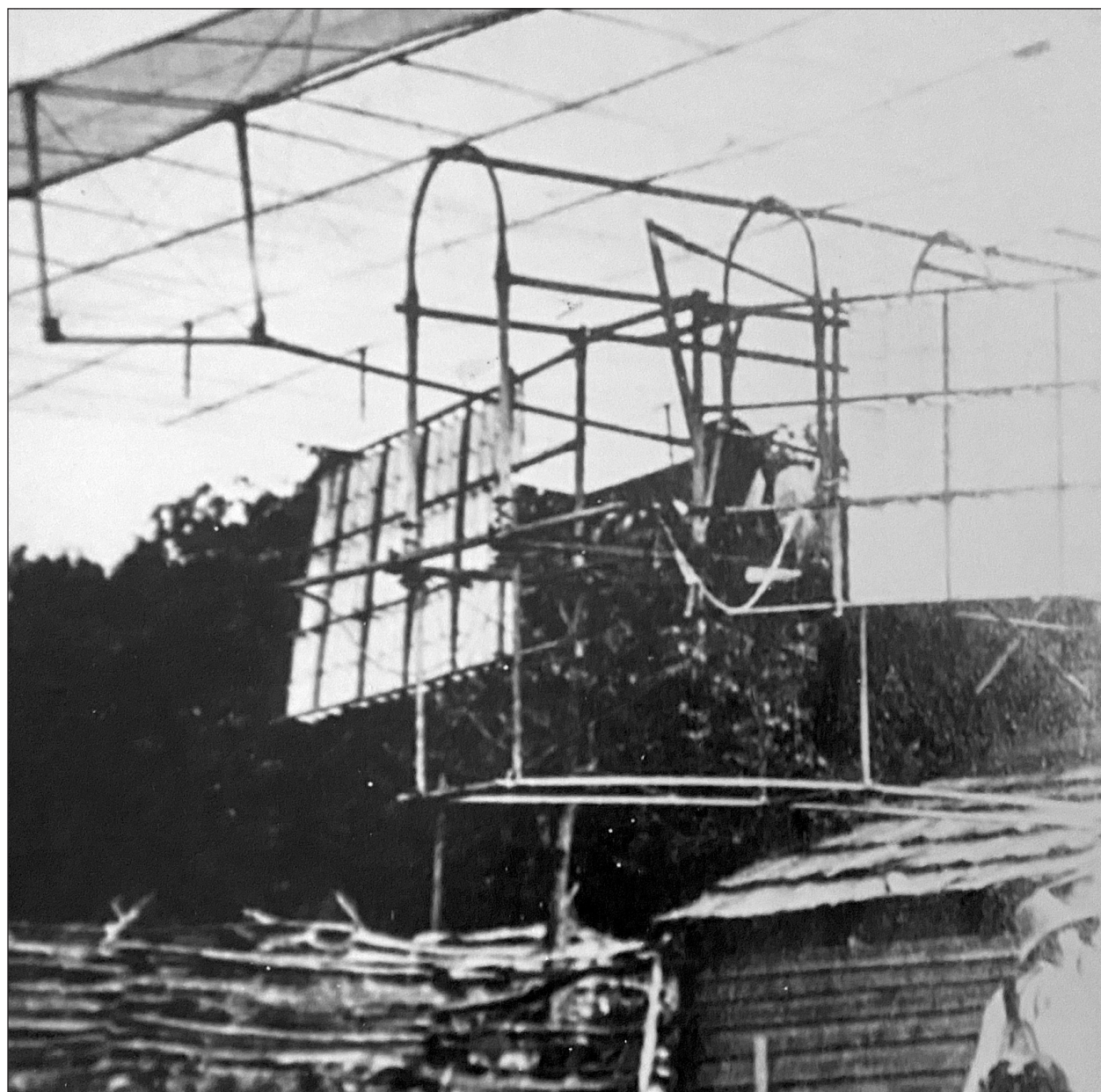
the first motorized flight. Following his retirement at age 62, Neil would continue working with wood by building rocking horses and beautiful furniture for those close to him. He would continue flying with his last flight being on his 90th birthday and would pass away in 2021 at age 94.

Sixty years would pass when I was reminded of those days on the Williams farm. That would be followed by her telling of Donna Williams Stansberry who had continued her dad's interest in flying, and we would soon be meeting with Donna. The Williams gene is obvious in Donna, who seems to carry the wonderful people skills that were similar to her dad and her Uncle Reece.

Donna Williams Stansberry would be born in 1954 in Morristown the daughter of Orville Neil and 'Bobby Bales Williams.

She would have a brother Roger 'and a sister Ann Devers. That farm would cross the railroad track to the south, where her father had a landing strip. After attending Manley School, Donna would be in the first four-year graduating class of West High School in 1972. After working at the Cherokee Health System, she would head to ETSU where she would graduate in 1977.

Following college, she would work at the Department of Human Services in Morristown and would become the director of Sevier County's DHS before moving to spend 26 years as an instructor at WSCC.



She would retire in 2018. Not satisfied with retirement, she would return to work with the Grainger County newspaper and serve as the president of the Grainger County Industrial board. "I just like to be out with people," she explained.

"My father only had a G.E.D., but he was a brilliant man. Dad had been in the Army, but was given an Honorable Discharge after 6 months. He'd build a lot of his plane in the basement, and even sewed the fabric to put on the wings. I know why they call the glue

'dope' because we would all be high when he was putting the dope on the fabric.

"When Dad finished one plane, he had to haul it to the airport and the police chief would lead him down the highway to the airport. Dad bought a J3 Cub and I flew with him.

"At 15 I started taking lessons from Evelyn, soloed on my 16th birthday and earned my pilot's license on my 17th birthday. I got my commercial license at 18 and was thought to have been the youngest student in the state to have done

that. She left a note in my car one time for buzzing the Brentwood community while they were having Bible study.

"Dad had been Evelyn's first student who earned a pilot's license", Donna ended. "He and Evelyn were good friends. Evelyn saw him land one day and his plane flipped over during the landing. Dad only got a few scratches, but a man had brought his wife to the airport to see about getting her license and turned around and went back home."

Filipino breakfast is a tasty garlic fried rice for any meal

BY CHRISTOPHER KIMBALL

Milk Street

In Filipino homes, the smell that wakes up many families is not coffee brewing or bacon frying, but slices of garlic sizzling in oil. It's for a fried rice that uses up the previous day's rice and makes it delicious by packing it chock-full of crisp, toasted garlic. For their version, the cooks at Christopher Kimball's Milk Street make golden garlic chips to mix into the rice at the end, along with a flavorful oil that infuses the entire dish. They add chicken to transform it into a main dish that can be eaten any time of the day. Soy sauce, scallions and a small amount of sugar give the rice complexity.

In Filipino homes, the smell that wakes up many families is not coffee brewing or bacon frying, but slices of garlic sizzling in oil.

It's for a fried rice known as sinangag, a way to use up the previous day's rice by packing it chock-full of crisp, toasted garlic. Sliced garlic is deeply browned in oil to create golden garlic chips that are mixed into the rice along with a flavorful oil that infuses the entire dish.

In this recipe from our book "Cook What You Have," which draws on pantry staples to assemble easy, week-night meals, we add chicken to transform it into a main dish that can be eaten any time of the day. Soy sauce, scallions and a small amount of sugar give the rice complexity.

For the best texture, use cooked rice that's been refrigerated until firm. To make enough for this recipe, in a large saucepan, combine 2 cups water and 1½ cups jasmine rice (or regular long-grain white rice) that's been rinsed and drained. Bring to a simmer over medium-high, then reduce to low, cover and cook for 15 to 18 minutes.

Let the rice stand, covered, for 10 minutes, then transfer to a wide, shallow bowl. Cool to room temperature,



then cover and refrigerate until well chilled.

Garlic Fried Rice with Chicken

Start to finish: 35 minutes

Servings: 4

8 ounces boneless, skinless chicken thighs, trimmed and cut into ½- to ¾-inch pieces

2 tablespoons soy sauce, divided

½ teaspoon white sugar

Kosher salt and ground black pepper

3 tablespoons grapeseed or other neutral oil, divided

8 medium garlic cloves, thinly sliced

3 scallions, thinly sliced, white and green parts reserved separately

4 cups cooked and chilled long-grain white rice, preferably jasmine rice (see headnote)

In a medium bowl, stir together the chicken, 1 tablespoon soy sauce, the sugar and ¼ teaspoon salt. In a 12-inch nonstick skillet over medium-high, heat 1 tablespoon oil until shimmering. Add the chicken in an even layer and cook without stirring until browned on the bottom, 2 to 3 minutes. Stir the chicken, then cook, stirring occasionally, until well browned all

over and cooked through, another 2 to 3 minutes. Transfer the chicken to a plate; set aside.

Wash and dry the skillet. Set it over medium-low and add the remaining 2 tablespoons oil and the garlic. Cook, stirring only occasionally at first then more often once the garlic begins to color, until some of the slices are light golden brown, about 5 minutes. Add the scallion whites and cook, stirring, until most of the garlic is golden brown, about 2 minutes.

Add the rice, breaking up any clumps, followed by the remaining 1 tablespoon soy sauce and ¼ teaspoon salt. Cook over medium-high, stirring and scraping the bottom of the pan to incorporate the garlic and any browned bits, until the rice is heated through, about 2 minutes. Add the chicken and any accumulated juices; cook, stirring, until warmed through, about 1 minute.

Off heat, taste and season with salt. Transfer to a serving dish, then sprinkle with the scallion greens and pepper.

EDITOR'S NOTE: For more recipes, go to Christopher Kimball's Milk Street at 177milkstreet.com/ap

What's Your Curry?



India meets East Africa in 1-skillet curried salmon filets

BY CHRISTOPHER KIMBALL

Christopher Kimball's Milk Street

Centuries worth of ships brought spices to East Africa during the spice trade, and the results were delicious. Locally available seafood and coconut were combined with rich spices from India and beyond.

Those seafood curries inspired the cooks at Christopher Kimball's Milk Street. They borrow from that tradition for a simple one-skillet salmon recipe.

They pair fillets with a saucy mix of vegetables simmered in coconut milk. A small measure of curry powder is a stand-in for the Somali spice blend called xawaash. It flavors the dish and gives the sauce a pale golden hue.

For centuries, the channel of ocean running between Mozambique and Madagascar provided passage and port to ships during the height of the spice trade. The results were delicious, combining local seafood and coconut with rich spice blends for seafood curries.

We borrow from that tradition — inspired by a recipe in “In Bibi’s Kitchen” by Hawa Hassan — for this simple one-skillet recipe from our book “Cook What You Have,” which draws on pantry staples to assemble easy, weeknight meals.

Instead of mackerel, we use salmon fillets and pair them with a saucy mix of vegetables simmered in coconut milk. A small measure of curry powder, a stand-in for the Somali spice blend called xawaash, flavors the dish and gives the sauce a pale golden hue.

Don’t let the sauce reach a simmer after returning the salmon to the skillet. Gentle heat — just enough to create steam — is all that’s needed to cook the fillets so that they remain moist and tender. Serve with steamed rice.



Ap Photos

Salmon in Coconut-Curry Sauce

Start to finish: 30 minutes

Servings: 4

Four 6-ounce center-cut salmon fillets

Kosher salt and ground black pepper

1 tablespoon coconut oil

4 scallions, thinly sliced, white and green parts reserved separately

4 medium garlic cloves, minced

1 pint cherry or grape tomatoes, halved

2 medium carrots, peeled and shredded on the large holes of a box grater

1 teaspoon curry powder

14-ounce can coconut milk

2 jalapeño chilies, stemmed, seeded and thinly sliced

1 tablespoon lime juice

Season the salmon on both sides with salt and pepper. In a 12-inch non-stick skillet over medium-high, heat the oil until shimmering. Add the salmon flesh side down, then immediately reduce to medium. Cook, undisturbed, until golden brown, 4 to 6

minutes. Using a wide, thin spatula, transfer the salmon browned-side up to a plate.

Return the skillet to medium-high and add the scallion whites and the garlic. Cook, stirring often, until lightly browned, 1 to 2 minutes. Add the tomatoes, carrots, curry powder and ½ teaspoon salt; cook, stirring, until the liquid released by the tomatoes has almost evaporated, about 5 minutes. Stir in the coconut milk, chilies and ¼ cup water, then bring to a simmer. Cover and cook over medium-low, stirring occasionally, until the carrots are softened, 6 to 9 minutes.

Stir in the lime juice and return the salmon, skin side down, to the pan. Cover, reduce to low and cook until the thickest parts of the fillets reach 120°F or are nearly opaque when cut into, 3 to 5 minutes. Off heat, taste the sauce and season with salt and pepper. Serve sprinkled with the scallion greens. EDITOR’S NOTE: For more recipes, go to Christopher Kimball’s Milk Street at 177milkstreet.com/ap



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