

LIFT UP YOUR EYES

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• **Health & Activity**

Home At Heart Pg. 6

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Emily Chapin
Lakeway Printers Manager
423-581-5630

John Gullion
Editor

Glanna Howington
Assistant Editor

Don Lovelace
VP of Circulation

Matt Thompson
Jon Hayes
Graphic Designers

John Gullion
Layout



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Lift Up Your Eyes

The founding of an aviation library at the Morristown Regional Airport spurs donation of rare edition

BY CHELSEA CARRIER
Over50 Correspondent

Within months of their grand opening, organizers of the EAA Chapter 1494 Aviation Library are already working to preserve valuable history.

The library, which now contains over 450 volumes, has recently added a 1929 book signed by Henry Ford Jr. called “Lift Up Your Eyes.”

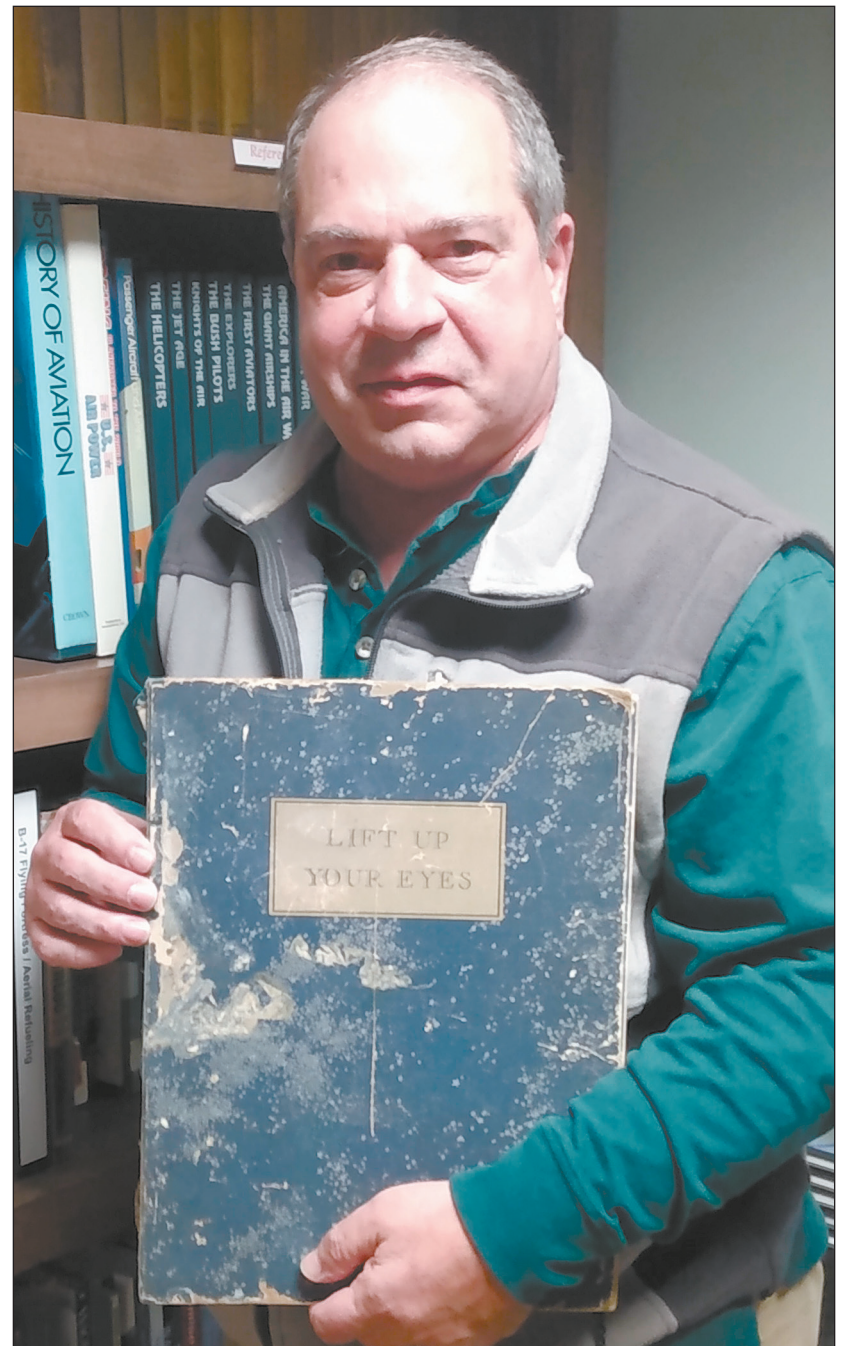
The book was donated by Wilson Hains, who heard about the library while chatting with Nelson Collins at one of the airshows held at Morristown Airport. Wilson remembered how Nelson loves planes and history and told him about the book.

“He can get real excited,” Wilson adds, “so I said I’ll bring it to you.” The two met and looked through the book carefully, and “it was just a good visit. The book’s there for the airport....It’s original. I’ve had it for, I’m going to say, pretty close to exactly 73 years. It was my dad’s.”

Vince Miraldi, who founded the library, explains that the book, “Open Your Eyes,” was “basically published by Ford as a promotional for air travel and the Trimotor.” The book originally came, according to Vince’s research, with two 8x10 glossies, one of the Trimotor, and one of Henry Ford Jr. himself.

The Ford Trimotor had an engine on the nose plus one on each wing. “Lift Up Your Eyes” was published while flying was in its infancy, a time in which flying was, as Vince points out, “only for the elite, and they were trying to open it up to businesses and transport of goods and mail.”

The book also demonstrated how flight would apply to the military and was “looking at the vision and future



Chelsea Carrier / Citizen Tribune

Vince Miraldi, founder of the EAA Chapter 1494 Aviation Library, with the 1929 book donated by Wilson Hains.

of aviation and how diverse it can be,” something that people today really take for granted less than 100 years later.

Wilson Hains knows firsthand about the history of aviation, both through his childhood in Morristown and the twenty-years he spent in the military.

He recalls, “My dad was one of the early members of the CVB, the Civil Aeronautics Board, and he worked at the Will Rogers Airfield in Oklahoma. He owned a couple of what we call the old trucker planes. They were the thing in the ‘40s and early ‘50s. Actually, he retired from Will Rogers when it was moved to the FAA, and he had some other positions with it.”

During this time, Wilson’s father met Henry Ford, Jr. though he’s not sure when, but Wilson does remember

that his dad gave him the book when he was about seven-years-old. The book was in beautiful shape, but then later when he spent four years in Germany, the book was stored in a shed, and when he returned it was already damaged.

Born and raised by his mother in Hamblen County, Wilson attended Alpha School, where he fondly remembers a local field trip to Morristown Airport:

“I came to that airport when it was a dirt strip... and my first trip we walked there.” It was around 1947, and Wilson was in the first grade.

He remembers, “Kathleen Manley...had flown back from Africa...and landed on that dirt strip in an old airplane.” After the children watched her plane land, “she told us stories about doing the mission work in Africa and eating snails. I still remember those things,” Wilson chuckles. “I watched the airport grow from a dirt strip to where it is today.”

Later, when he was 16, Wilson joined the U.S. Army, where he graduated from jump school in June 1958, two months before his 17th birthday. During his 20 years in the military, he served in Korea, and, although he had a ninth grade education, he “went about as high as you could go with research and development” for his rank by the time he retired. Today he lives near Morristown Airport, “about one mile as the crow flies, two miles if you go by road.”

With deep roots in both aviation and Hamblen County, Wilson wants to pass along his childhood copy of “Lift Up Your Eyes,” to those who can truly treasure it: “I gave it to take apart and frame pieces and put it in your museum or library...whatever you think is good,” Wilson tells Vince as they discuss plans for preserving the book.

While Wilson’s hope is to ensure the book is shared with people who can appreciate and benefit from it, Vince is researching the best ways to both preserve and share given that the book’s condition is “kinda beyond repair. I think we would degrade the value trying to repair it.”

Vince, who joined the EAA Chapter 1494 about three years ago, founded the library, which opened this past May. His experience with airplanes, both their mechanics and history, has lasted most of his life. He was part of the Apollo program while “growing up near the Finger Lakes in New York State,” and has worked in aerospace for 40 years. First, he worked with Northrop in Los Angeles and then with Boeing for 27 years in Seattle where he also volunteered giving tours every other weekend at the Museum of Flight. After retiring five years ago, he moved to Jefferson City. “I’ve been in the four corners,” he laughs, and in each corner he has continued “to promote and educate peo-

See **LIBRARY** page 13



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HOME AT HEART

Clinic highlights issues facing a small community's need for good healthcare

BY **GLENN A HOWINGTON**
Over50 Assistant Editor

Scrolling through social media in search of good news can be a challenge.

However, beginning last spring, hope seemed to spring eternal from across the Olen Marshal Bridge in Bean Station, by way of a newly established Facebook page.

To clarify, I don't actually scroll through Facebook. I spin.

The news feed on my phone rolls past like images of fruit on a casino slot machine. I am relentlessly in search of events to add to our small paper's community calendar and I deviate, mostly, for smiling 'good boi' photos, 'thick' cats wedged into small boxes and posted TikTok videos showing containers being filled 'to the brim' with food items and household supplies.

I speed read while engaging in this business of scrolling. I hone in on action words and marketing descriptives, therefore eliminating hundreds, maybe thousands of connecting words in a session – I am no target for click bait. I am on a mission.

But on March 18, an entire phrase caught my attention.

"The need for healthcare in our community is overwhelming."

It stopped me in my tracks.

The statement was part of an announcement for a family practice – Hometown Medical Clinic – that was set to open in late July.

Good name, 'Probably a marketing ploy,' I thought to myself. News writers are a cynical lot.

But Ashley McKinney, FNP-C,



Ashely McKinney, FNP-C, has opened a family practice in Bean Station

explained herself in concise terms.

"I am opening a family practice in Bean Station," the post read. "The need for good healthcare in our community is overwhelming. I have lived in this town for 38 years (all my life). My children are in this community. The need has tugged at my heart for some time now, in which I decided to act to help the problem."

'Wow,' I thought. I worried that I

would get busy, get distracted, and not follow up with the anticipated date of July 25. I did all of that – but I managed to 'like' the clinic's page during that initial sighting and posts would occasionally pop up during one of my manic event scrolling sessions.

McKinney had offered to mail paperwork to prospective patients, and the response must have been good, because by May 17, the clinic was

booking appointments for opening day.

“We have been busy behind the scenes. Finally our systems are starting to go in and several of our insurance contracts are coming in! You guys should see signs going on the poles by the end of the month!” that day’s post read.

On June 2, the clinic announced opening day was less than 60 days out and that McKinney would be accepting all TN care, Medicare, and most all commercial plans, and that the clinic would have a reduced cash price option as well.

“We will provide on site lab, joint injections, womens/mens/children’s health exams, skin biopsy (with small removals), suturing, vivitrol treatment services, mental health medication management and regular primary care services. We are accepting ages 0-110 (since some of y’all are liv-

‘The need for good healthcare in our community is overwhelming. I have lived in this town for 38 years (all my life). My children are in this community. The need has tugged at my heart for some time now, in which I decided to act to help the problem’

Ahley McKinney
FNPC

ing longer these days!),” the post read.

I was hooked. I needed to know how this was going to turn out.

Well, it turns out McKinney has a sense of humor – which is a good thing when practicing medicine in a small town, as I have learned from watching the streaming series, “Big River.”

A slight vendor issue was document-

ed in her cheery style on June 21.

“So on today’s edition of ‘Honey, I shrank the sign,’ our signs came incredibly small. We hung them anyway, Bigger signs are in order. We will be open in 1 month!” the post read.

By July 11 – two weeks from opening – McKinney was assuring anyone who may have mailed back a patient packet that they were being processed. She encouraged those with appointments to arrive 15 minutes early and bring their lists of current medications.

“I am completely full for the 1st week, booking into week 2 and 3. We are taking patients of all ages! I look forward to servicing my community. Feels good to be home!” she posted.

Five days away from opening – July 20 – McKinney posted a reminder to the community that she is a Grainger County native.

“My husband, children, and family are all a part of the community here.

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I graduated with a BSN, RN from Carson-Newman in 2013, working ICU until 2020. I graduated from Tusculum University in 2019. I have worked in the Tazewell community as a Nurse practitioner for the last couple years.”

Then McKinney revealed her true intent.

“My vow to you as your provider, is that I will always take the best care of you and your family that I can. If it is ever outside of my ability, I will get you where you need to be! I will never judge. I will always be your safe space. You can share anything at my office without fear of judgement.

“I will offer primary care services. I am also well-versed in mental health, vivitrol for substance abuse, hepatitis C treatment, wound care/laceration repairs, joint injections, IV infusions. I have onsite lab services. I block time daily to work in sick patients. I will never turn away my sick patients no matter how busy I am.”

There was a quick post at the end of opening day – expressing gratitude to her new patients.

“Thanks everyone! It was a bumpy day working the kinks, but overall it was a success!” McKinney wrote.

Then another post the day after, with a similar sentiment: “Thank all of you for your support! Y’all have been so patient and wonderful this week! We are getting all the kinks out and soon enough, we will run like a well-oiled machine!”

A month later, McKinney indicated her mission was

being accomplished.

“I feel like we are making a positive impact and a dent in the community for access to quality care,” she posted. “I appreciate every single person that has supported us. Your outpouring support and appreciation has made it worth every tear and worry I’ve put into this clinic. I’ve never been more proud of my hometown and never felt more privileged to serve my community!”

The roller coaster ride that inevitably accompanies a new opening was included in an August post.

“If you tried calling today and got an unavailable message, we had a power outage,” McKinney said before offering the emergency number to those who might need it. “Sorry for anyone we had to reschedule!” she added. “It was out longer than we wanted it to be:(I did still see a few in the dark. We appreciate all of you!”

Apparently, McKinney’s humor and efforts to be considerate, via social media, of those whom she treats has been appreciated, as reflected by a patient’s post.

“..They sincerely care about your well-being, reasonable rates, this is what a Doctors’ office was meant to be. I’m blessed to have her to turn to....”

The clinic is under the direction of Tommy Live-say, M.D. and is located 1034 Main Street in Bean Station.

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In this Dec. 7, 1941 file photo, the battleship USS Arizona belches smoke as it topples over into the sea during a Japanese surprise attack on Pearl Harbor, Hawaii. Wednesday is the 70th anniversary of the attack that brought the United States into World War II.

WE REMEMBER

Storms discusses
history of Pearl
Harbor at December
Rotary meeting

BY WADE LITTLETON
Over50 Staff Writer

With Wednesday being the 81st anniversary of Japan's attack on Pearl Harbor, Hawaii, Carl Storms explained to the Morristown Rotary Club some of the circumstances around the infamous attempt to take out the United States' Pacific fleet.

"There are many books, movies and documentaries about what happened on Dec. 7, 1941," Storms said. "Most

of us don't know a whole lot about why in the world would a little country like Japan pick on a big country like the U.S., attack them and start a war."

"In Franklin Roosevelt's speech to Congress, it's the last sentence we need to look at a little closer," Storms said. "Roosevelt asked, '(Congress to) declare war since the unprovoked and dastardly attack of Japan, a state of war has existed between the U.S. and the Japanese Empire.'"

World War II started in September, 1939 when Germany invaded Poland. The world was in conflict even before that, Storms said. Japan was one of the players in "creating mischief" around the world at that time. During World War I, Japan had been on the Allies side.

Storms explained that Japan is an island nation with its land being fed by volcanoes for centuries made for rich soil for farming land. However, after World War I, Japan set its sights on becoming an industrialized nation. To achieve this goal, Japan had to purchase steel, iron, copper, coal and oil from the U.S. and other countries.

"Japan didn't have the resources to be a strong industrial nation," Storms said. "We were supplying them with a lot of their resources to help them build their navy, especially during the early days of the 20th century. In 1932, Japan created an incident in China and used it as an excuse to attack Manchu-



Carl Storms speaks about Pearl Harbor at Morristown Rotary Club.

ria. Their goal was to gain land and resources to supply their people with the things they needed."

Predictably, the U.S. wasn't too happy when Japan attacked Manchuria, but the country had the Great Depression to deal with and many countries were struggling to survive, Storms said. Things were changing in Europe with Hitler taking power in Ger-

many.

"We were more worried about what was going on in Europe than we were about what was going on in Asia," Storms said. "Japan pretty much did what they wanted in Manchuria for a few years."

In 1937, Japan attacked China to begin the Second Sino-Japanese War in Nanking, the Chinese capital at that time. China resist-

ed Japan's advances until the end of 1938, a period of stalemate until 1944 and Allied counterattacks in the Pacific and Japan's home islands. The Nanking (Nanjing) Massacre resulted in as many as 300,000 civilians and troops killed and the rapes of at least 80,000 women on the orders of the Japanese command.

This prompted the U.S. to cut exports of materials to

Japan, Storms said.

“Instead of sending more and more materials, the U.S. kept sending Japan less and less,” he said. “By the 1940s, Japan was really beginning to hurt, especially with oil. They were able to recycle steel, but they didn’t have the oil to run their war machine.

“A modern economy, at least in the last 100 years, has run off oil,” Storms said. “Japan, looking to maintain their supplies, began to look to other places to get steel and oil.”

The Japanese were told to remove their troops from Manchuria. China was not only fighting the Japanese, but fighting as a Civil War was also going on.

“You had Mao Zedong and Chaing-Kai shek fighting against each other,” Storms said.

Crampton Helms gave Storms access to the “Pacific Crucible: War at Sea”




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trilogy of books written by historian Ian W. Toll. The books serve as a narrative history of the opening phase of the Pacific War, which took place in the eastern Pacific between the Allies and Japan.

“It very well covers what led up to the war,” Storms said.

The emperor was not in charge of the military, but some unknown mid-level military officers were the ones who determined Japan’s strategies, according to Storms.

“They’re the ones who encouraged the attacks in Manchuria and in China,” he said. “They even put out ‘hit-lists’ of the general officers who were going along with what they wanted.”

Japan’s leaders turned to the 1892 book “The Influence of Sea Power Upon History” by Alfred Thayer Mahan, which advocated for a strong naval presence. This helped Japan to gain an upper hand in getting more supplies from other countries.

“This book was based entirely on history before airplanes,” Storms said. “Mahan used examples involving the Spanish Armada and others. His theory was that if one could defeat their enemies’ navy, one could win a war.”

Japan’s idea in their attack on Pearl Harbor was that if they could knock out the U.S. Navy, the Japanese would win the war, Storms said. However, the Pearl Harbor attack brought the U.S. into the war, plus some American aircraft carriers



and submarines were out on maneuvers during the attack.

Japan also attacked targets throughout Southeast Asia, including British, Dutch, French and United States possessions in order to gain oil from that part of the world, Storms said.

“On Dec. 7, 8 and 9, they not only attacked the U.S., they attacked some other countries,” he said. “Much like 9-11, when Pearl Harbor was attacked, there were lines outside of the recruiting officers and peo-

ple were joining the military as fast as they could in order to punish Japan for what they had done.”

Born and raised in Morristown, Storms served as Morristown Rotary secretary from 1978 to 1984, as president in 2002-03, served on the board of directors and foundation chair for a number of years. He is an Eagle Scout, an active member/elder and deacon of the First Presbyterian Church, a 1969 graduate of Morristown-Hamblen High School West and a

1973 graduate of Colorado State University with a B.S. degree in industrial construction management. He has served on the Morristown Area Chamber of Commerce Board of Directors, the Boys and Girls Club Board of Directors, the Morristown-Hamblen Healthcare System Board of directors and is the current board president of the United Way of Hamblen County. He was elected to the Tennessee Boys and Girls Club Hall of Fame in 2017.

Library

(Continued from page 5)

ple in aviation,” even during retirement.

At Boeing, Vince worked to restore a B17 bombing that was in the hanger and was able to witness its first flight after restoration in Boeing Field. Since then Vince “had an affinity for that type of plane.” Years later, after moving to Jefferson City, Vince was sitting one day on his deck and heard a plane. “I thought, that sounds like an old bomber, and sure enough, it was a B17.” He found out it was coming to Morristown Airport, and as Vince says, “the rest was history.”

Shortly after, he joined the EAA Chapter 1494. Vince saw what the chapter was doing for the youth, and one day asked if there was a community resource for the kids in the community to learn about aviation, and they said no,



“But knock yourself out.” With years of experience under his belt and a love

for helping others learn about aviation, Vince did just that: “I kinda took the

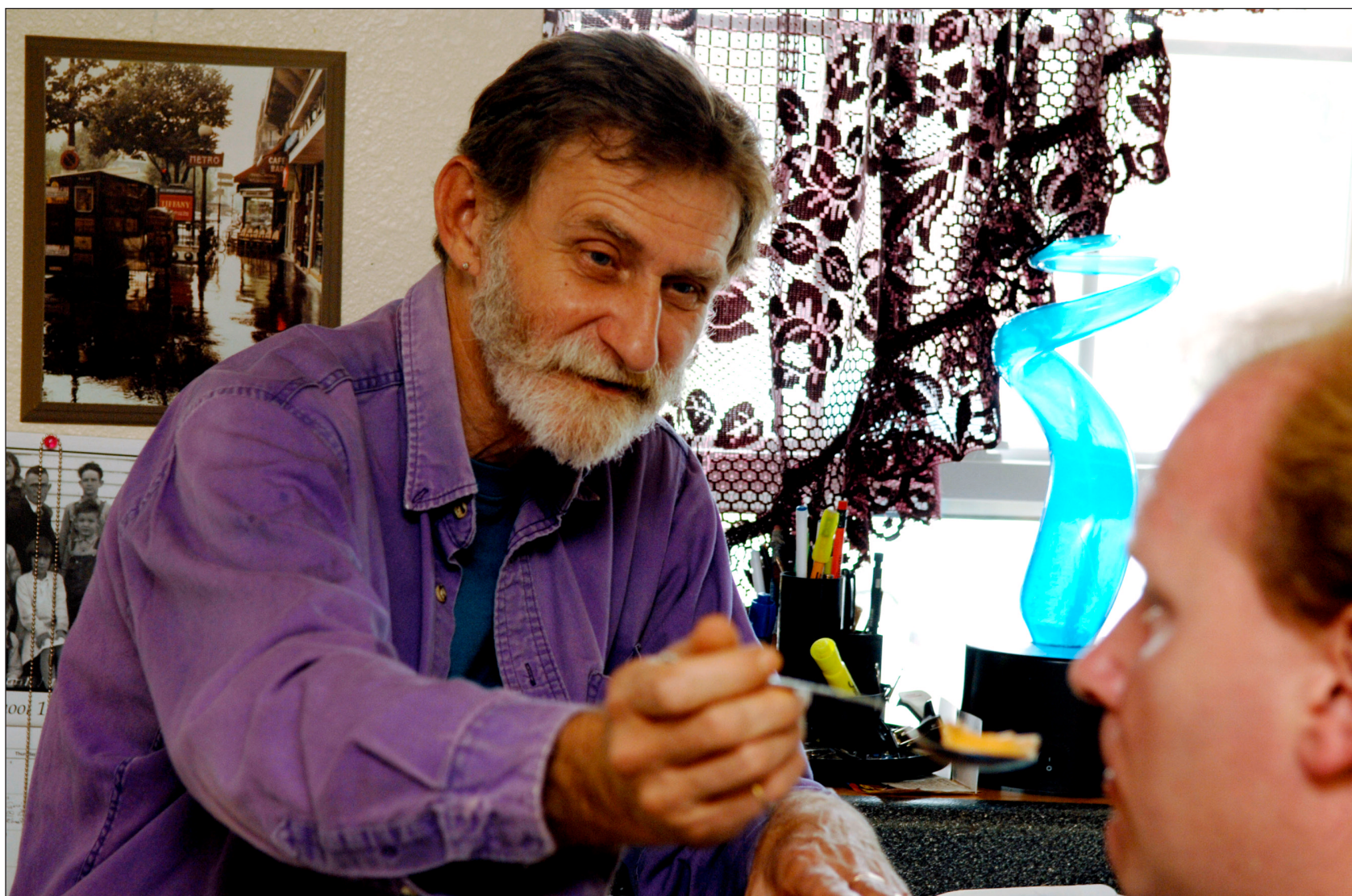
bull by the horns, and it’s been a success.”

He started by mentioning that the chapter was collecting books and starting the library at meetings, and then he began passing out flyers to local libraries. The library started with a tiny bookshelf and exploded overnight, and Vince is still looking to expand the library and offer digital options to make resources more accessible.

“People are enthused about it,” Vince says. “They love to get rid of their old books that are hanging around. They get repurposed rather than collecting dust.”

People can find more information about the library by visiting the “Morristown TN EAA Chapter 1494” Facebook page or by visiting the library located at the Morristown Airport.





AP

THE STRESS OF CARE

Home health care givers need to care for self as well

BY GLENNA HOWINGTON
Over50 Assistant Editor

The act of caregiving can be an emotionally gratifying experience, for both the giver and the recipient – however, what can be forgotten, or swept aside, is the stress that accompanies the act – and that can result in burn-out.

“This is something that is very stressful on the person, to be a caregiver,” Dr. Ron Sheppard, OP/NTI said.

“We put a lot of things on ourselves

... Whether it’s a family member or significant other or extended family member or a friend that you consider family, it’s the same thing. It could be an acute injury or a chronic injury; it could be from birth – there are parents who have taken care of their children all their lives.”

“So, there’s a lot of stuff going on. There are lot of people still working and trying to manage this caregiving situation,” Sheppard added.

He said one particular patient suffered a light stroke while serving as the primary caregiver for her hus-

band who suffers from dementia.

“She was so stressed out trying to take care of this person and taking care of the house and she has adult children, and she has grandchildren. Her blood pressure was sky high when I took it, and she was not taking any medication at the time. My advice to her was, “You’ve got to get some help, circle the wagons, that kind of thing.”

Sheppard said the there is a mentality, among family members especially, that prevents individuals from asking for help.

“In their mind, they are think-



AP

ing, ‘nobody’s going to say I didn’t take care of my spouse, or my family.’ We want to make sure that everybody knows our family member was taken care of and not just put off on somebody else.”

Sheppard made the point that ‘respite’ is temporary relief.

“You’re not giving away the reins of taking care of that family members,” he said. “But if you don’t take care of yourself, someone is going to be taking care of you, and I’ve seen that,

health wise. Because that’s what’s happens when we get stressed. So respite caregiving will enable you to get a little bit of respite, get someone else taking care of that person, so that you can be a better caregiver.

“Because you can’t be a caregiver if you are constantly taking care of somebody and stressing about everything else. It’s eye-opening how we’ll go until we drop sometimes,” he said.

Respite is essential for the psycho-social wellbeing.

“I’ve had patients who have been in the choir at church or participated in food drives, taken food to people’s homes – you start being reclusive because you don’t feel that you have another moment to give anything to yourself. That’s when we start breaking down and getting sick if we don’t do things we enjoy. Some people like to mow their yard, do physical work,” Sheppard said.

Caregivers use a variety of excuses to avoid bringing in a respite caregiver.

“They think, ‘I have to do it all. No-one else will know them like I do,’” Sheppard said. “If you’re with them all of the time, you tend to start speaking for them; so you’re afraid to have someone come in and train that person to do what you know so well.”

Caregivers may not realize that respite is available in the home.

“You can enlist professionals. You can enlist adult family members to help. Create a schedule. When we are always stressed, forget



things, mistakes are made (one caregiver was hurrying and fell and broke his hip and required hospitalization and therapy),” Sheppard said.

“While someone is with your loved one, you can still be at home,” he added.

In one situation, a caregiver became ill due to the stress and hired a ‘house-keeper.’ The patient became concerned that the new ‘housekeeper’ wasn’t cleaning much. After a while, he wanted to know where she was; so she began coming to the table, spending time with him little by little: putting together puzzles with him.

“She came in to help with the dynamic,” Sheppard said. “The wife then could pay bills, check emails, read a book out in the gazebo. There are things you can do in your own home, to pull away a little bit, and not feel guilty because you’re still there.”

“If you’ve got someone caring for your loved one – you’re not ‘not caring’ for them; you’ve given that person instruction, you’ve done the hiring, you’ve got people in there to help you with this,” Sheppard added.

He suggested that activities like working out in a home gym, reading, doing crafts, watching movies; even paying bills and communicating via Zoom with the grandkids can become part of a daily schedule again – “You can set that stuff up in another area, and you’re still there in the home,” he said.

The same gradual adjustments back to an active life can be made with regard to an adult day care center.

“You can be there in the room at first, just a figure in the room, and then gradually back away. Patients will often look to make sure their caregiver is there. When the patient starts trusting and knowing what’s going on there; and you know they’re going to be fine, then you can run small errands – get some groceries without it being a race to get the groceries in the car and get out of there to get back home. It’s amazing how we can get on the ‘treadmill of

life' and try to move as fast as we can when we've got someone waiting on us at home that we feel it's our responsibility to take care of," Sheppard said.

Warning signs and symptoms of burnout can vary from person to person; however, there are a few that are common among caregivers.

- Depression or anxiety from the stress of feeling: "I can't do this – but I'm the only one to do this."

- Losing interest in activities. Sheppard said this often happens because caregivers feel like activities that bring joy are considered 'frivolous.'

- Avoiding friends and family. They notice the effects the stress is having on you and comment on them: what's happened to your hair? You're really losing weight." They say, 'Holler at me if you need



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me' – Shepard recommends to immediately commandeer their help: 'I tell them to say, 'What's your number? ; I need you Thursday at 2 o'clock. "There are ways of taking care of this and not giving up and feeling like you're not helping your family member."

- Weight change
- Lack of energy that leads to exhaustion
- Shortness of temper with the patient. "Then

you feel guilty," Sheppard said. "Then you lie awake all night and get even less sleep. It continues to perpetuate into this snowball effect. You either decided to, or it dropped in your lap, to take care of this loved one. If you're going to do it – do it like your job (which means organize personal time, delegate responsibilities).

In addition to research about respite caregiver

options locally, Sheppard advised to prepare the home environment for potential, sudden illnesses that might require a spouse to provide care.

'Ahead of time' home modifications include: increase lighting (sensor lighting, tube lighting at Home Depot, small Winter lights against the baseboards – good for balance issues); add electric outlets to bathrooms and sunrooms (for

future oxygen, IVs, television hookups); install grab bars (suction cup styles are not reliable) in the bathroom and bedroom; install handrails along a long hallway and in areas where a walker won't fit well.

Shepard graduated Morristown-Hamblen High School East in 1980 and was inducted into the school's Hall of Fame in 2019.

He is a graduate of CNU, East Carolina University



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and the University of St. Augustine. He is neuro-certified for both adults and children, and he has practiced in out-patient and home health settings.

He was most recently an associate professor in both the Master's and Doctoral programs at Emory and Henry College.

He was Founding Academic Field Work Coordinator at East Tennessee State University's Doctoral of Occupational Therapy Program.

He is presently taking patients at Benchmark Physical Therapy in Morristown.

He travels the country, providing neuro CEU for practicing occupational physical and speech therapists.

He and his wife, Mindy Norton Shepard, reside in Morristown.

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This image shows a Wintertime Negroni cocktail.

IN THE SPIRIT

Winter advice for home bartenders, plus 4 warming cocktails

BY LOUISE DIXON
Associated Press

LONDON (AP) — Looking to create a bit of winter luxury when tending bar at home this winter season? London's top cocktail-makers have some tips.

“Winter is a special time when you want to join with friends and family. And sometimes, the centerpiece of any happiness is to have a good

drink,” says Salvatore Calabrese, an Italian-born drinks expert and author who has been making cocktails at top hotels, bars and private clubs for over 40 years.

Currently at the cocktail bar Velvet, at London's five-star Corinthia hotel, Calabrese goes by the nickname “The Maestro.”

And The Maestro's advice?

First, choose the right glassware.

“The glass is the star. It's the canvas

of the drink,” he says. So if it looks elegant, things already feel festive.

Next, think about the quality of the ice and how it dilutes the drink.

“Remember, ice is like the heat for the chef when he is cooking,” Calabrese says.

Cracked ice cubes that disintegrate in your palm are a no-go, as is crushed ice for Winter.

“It's not a Tiki night,” he jokes. “It is about an elegant night, so make the

effort and maybe you can make your own homemade ice.”

Also, he advises, plan. Even prepare your cocktail in advance. Especially when a drink is a little complicated.

“Put it in the freezer or in the fridge, so it’s nice and cold, so the only thing you have to do is to put it in a mixing glass or, to show off, put it in the shaker and shake,” Calabrese says.

Jake Burger, co-owner of The Distillery, a 19th century pub and gin distillery in London’s Notting Hill neighborhood, says that knowing when to shake and when to stir is something a lot of home mixologists get wrong.

“It’s fun using a cocktail shaker, so people think we should shake everything,” he jokes. But it’s only really needed when using fruit juices, egg whites or cream, he says. Otherwise, stirring is best.

“As a general rule, if all the ingredients are alcoholic, you probably don’t need to shake it,” says Burger. “So as an Englishman, it pains me to say it, but James Bond got it wrong. A martini should definitely be stirred, not shaken.”

Liana Oster, bar director at The NoMad Hotel London, suggests adding some seasonal luxury by decorating your glasses. She creates a peppermint-bark paint by melting equal parts cacao butter and white chocolate, with a few drops of peppermint essence added in. She then paints a swirl on one side of a cold glass, sprinkles some crushed-up candy



cane on it, and then places it in the fridge until needed.

This works particularly well with a heavier cocktail with a lot of body, as at will “mellow it out” on the palate, Oster says.

Alex Girvan, brand ambassador for Masons of Yorkshire, has more ideas on garnishes. For his chocolate orange martini, Girvan explains how he creates simple yet delicious dipped-chocolate candied fruits.

First, dehydrate orange slices by placing them on a baking sheet, sprinkling them with a bit of brown or fine granulated sugar (known in Britain as caster sugar), and then putting them in the oven on low heat for about an hour, until dried out. Then melt some dark chocolate and dip the slices. Place them in the fridge until hard.

To serve, balance them on the side of the glass.

Girvan also suggests a

sharing platter of garnishes, “almost like a charcuterie board.” By laying out rosemary, orange peel and lemon zest on sticks, “everybody can just pick the one that they like and pop it into their drink, and maybe they’ll try something that they’ve never had before,” he says.

“Just make a little effort,” Calabrese sums up, “because really, a great cocktail is a great journey from the beginning.

“And when you taste something nice and delicious, the world seems to be a better place.”

Four cocktail recipes:

WINTERTIME NEGRONI

from The Distillery

1 ounce London Dry Gin
1 ounce Campari
0.5 ounces sweet vermouth

0.5 ounces sloe gin

Mix ingredients together over ice and stir. Serve over fresh ice and garnish with

an orange wedge studded with cloves.

SCROOGE SOUR

*from Common Decency, at The NoMad Hotel
London*

1 egg white
0.75 ounces simple syrup
0.75 ounces lemon juice
2 ounces Irish whiskey
0.75 ounces of mulled wine

Pour the egg white into the larger tin of your shaker, and the simple syrup, the Irish whiskey and lemon juice into the smaller tin. Dry shake together in the shaker to emulsify the egg and the alcohol.

Then hard shake with ice and pour over a strainer into your glass.

Add 0.75 ounces mulled wine slowly into the corner of the glass, and then sprinkle edible gold dust over the half of the surface to cover and garnish.

TRUFFLE SAZERAC

from Velvet, at Corinthia London

0.8 ounces Bourbon
1 ounce Cognac

Homemade truffle syrup (you can make your own by heating a few drops of truffle oil with a teaspoon of sugar)

A few drops of orange biters

Mix ingredients together over ice and stir. Serve over fresh ice and garnish with a slice of fresh truffle.

MASON’S CHOCOLATE ORANGE MARTINI

2 ounces chocolate vodka
1 ounce triple sec

Mix ingredients together over ice and stir. Serve in a martini glass and garnish with a chocolate-dipped, candied orange segment.



MoneyMatters: Is meal kit delivery still worth the cost?

BY DALIA RAMIREZ
NerdWallet

Meal kit subscriptions boomed in popularity in 2020, when more people were staying home and cooking than going out to eat during the beginning of the COVID-19 pandemic.

Companies like HelloFresh, Blue Apron and EveryPlate catered to customers looking for healthy meals with more variety, made with pre-portioned ingredients shipped to their door.

But now that restaurants and supermarkets are back to business as usual, some meal kit users are wondering if

their subscription is still worth the cost — especially after the promotional offers are gone.

Meal kit companies are known to offer dramatic discounts on their plans for new customers, including dozens of free meals, or over 50% off the full price for first-time subscrib-

ers.

Excluding promotions, meals generally run between \$6 to \$12 per serving, putting the cost on par with some takeout options. And with most meal kit subscriptions covering just four to six meals a week, customers still need to grocery shop for their other two daily meals.

Whether the meal kits are worth the cost depends on what's important to you and what you would be spending otherwise on food. Here are some factors to consider when you're deciding whether to start — or continue — a meal kit subscription.

HOW MUCH WOULD YOU OTHERWISE SPEND ON FOOD?

For some customers, the most important factor in deciding whether to use a meal kit is the price. A subscription may cost more or less than you would typically spend on ingredients, depending on your budget for groceries and dining out, and household size.

"The intro offer pricing was equivalent to my usual weekly grocery budget, but a full-price box wasn't," says Nadia Russell, a health care analyst. She enjoyed the convenience and variety her subscription offered, but she canceled after the promotional period due to the cost increase.

"I could spend the same amount at the grocery store for a week's worth of groceries," says Emily Bird, an administrator for a music distribution company, about the cost of a weekly meal kit package. She, too,



took advantage of a popular meal kit's promotional offer but chose to cancel the subscription after the first few weeks.

But if you'd otherwise be purchasing takeout or going to a restaurant, a meal kit could be a cheaper option. It could also be a more appealing option for a larger household: Most services offer a discount for a higher number of servings.

Madisenne Berry, a massage therapist, subscribed to an ingredient-based meal kit to cook weeknight dinners for her three-person household.

"It was definitely cheaper than buying groceries at the grocery store every week," she says, noting that she didn't cancel for cost-related reasons.

HOW MUCH ARE YOU WILLING TO PAY FOR CONVENIENCE?

Meal kits can be cost-effective in less concrete ways. They reduce the time and energy needed to plan meals and shop for groceries, which can hold you back from getting creative

in the kitchen.

"I like to cook and try new recipes," says Christina McNichol, a full-time nanny. "It's way more expensive to try to make elaborate recipes when you have to buy all the ingredients separately; with a meal kit, I could pick my meals ahead of time and get the exact amount I needed."

Others benefit from the convenience of having pre-portioned ingredients delivered — especially if it's difficult to get groceries in person.

"I moved to a new city this year and didn't have a car, so I wasn't able to access groceries easily," says Russell, the health care analyst. "Using a meal kit service for the first few weeks allowed me to cook a variety of meals at home without relying on someone else to help me get to the store."

If grocery shopping is too time-consuming or difficult to access, a meal kit subscription can help ensure you're not sacrificing the variety or nutritional value

of your food in exchange for convenience.

HOW MUCH ARE YOU WILLING TO PAY FOR VARIETY?

Cooking at home — without a meal kit — typically involves finding creative ways to reuse available ingredients throughout the week, resulting in meals with repeating elements or leftovers to limit food waste (think a fish and rice dinner, followed by fish tacos the next day). With meal kits, you can get a wider variety of meals without ending up with leftovers or extra items, since ingredients are divided into smaller amounts than what you'd find in a grocery store.

"Having the exact right amount of each ingredient was a big plus," Bird says. "Some items, like a herb garnish or a spoonful of yogurt for a sauce, can't be purchased in a single serving at a grocery store. Getting the perfect portion encouraged me to make recipes I wouldn't usually try."

"I definitely wasted less food," says McNichol. "Some of the recipes included ingredients I don't usually cook with, which would typically go bad if I couldn't use them for another meal."

If you're happy with your usual home-cooked rotation of meals and leftovers, paying more for a varied dinner menu might not make sense. But it could be worth the extra cost — and perhaps even more cost-effective — if you're itching to try new recipes but don't want to buy a cartful of ingredients you haven't used before and might not use again.

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