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Senior Citizen's
Fair & Expo
June 4th, 2022
Picayune High School
Gym



LYNNE BARZE'
Birthday Cakes and Customs



MARY BETH MAGEE
Oyster Shell
Metamorphosis



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Spring 2022

Saturday, June 4th, 2022
8:00 AM - 12:00 PM
Picayune High School Gymnasium

WRJW PRESENTS THE 24TH ANNUAL
**Senior Citizens
FAIR & EXPO**



Cover Story
Senior Citizen Fair and Expo
By Carey Meitzler
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Customer Service
Phone: 601-798-4835
Website: southern senior.info
Email: contact@southern senior.info
Address: P.O. Box 907, Picayune, MS 39466

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Metamorphosis** Page 14

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The History Behind Birthday Cakes and Customs



By Lynne Adams Barze'
Author, writer, poet

Ever wonder if there was a beginning to birthday parties, candles, cakes, and presents? Most of the time it is just taken for granted because it all starts exactly twelve months after the day

we are born. Consequently, we grow up with the idea and feel it has always been. But everything has a beginning and a history.

According to giveagift.net, birthday celebrations vary by culture. As early as Roman times, celebratory traditions, some pagan, were adapted to recognize the annual event of an individual's date of birth. And, like other holidays we celebrate today such as Mardi Gras and Christmas, some have religious origins.

In the early days of Christianity, many children were given the names of martyrs or those thought to have conducted themselves in exemplary religious ways. Those persons would celebrate his or her "name day" rather than "birth day".



Then there are also other cultures that do not celebrate birthdays at all because of one or the other of these origins.

In researching the history of birthday gifts, this same site stated that the custom began with presents acting as good wishes and symbolic tools to ward off evil spirits. In early Europe, it was believed that evil spirits would haunt royalty on their birthdays. Friends would gather around the celebrant and offer good wishes which later morphed into pleasant, happy presents to symbolically ward off harm from bad spirits.

Continued on Next Page...

These gatherings turned into birthday parties.

Rich Coffman is a Colorado blogger under the name of 'bravodeluxe' and published an informative study on the history of the birthday cake. Though many cultures have baked commemorative breads and cakes for thousands of years, the current fashion of birthday cake is believed to have been started in Germany in the 1400's. Before then cakes were primarily marketed for wedding celebrations. However, they were still mainly for the wealthy.

Thanks to the Industrial Revolution, 1712-1942, with the advancement and proliferation of technology and materials, celebratory cakes became cheaper and more easily produced. This made them affordable for the average family.

The tradition of lighting birthday candles on the cake goes back thousands of years and is rooted in Greek Mythology. The Greek goddess Artemis was celebrated for her association with the moon and a successful hunt. She was said to live in a cave and cakes brought to her in appreciation were lit with many candles to provide light.

A lot of ancient cultures and religions believed smoke carried their prayers up to the gods and pos-

sibly supports our "make a wish" tradition.

In the 1700's the Germans began the custom of putting one candle on the cake for each year in the age of the celebrant and extra ones for good wishes of many years to come.

Even though cakes, candles and gifts are a part of our tradition in the United States and many other countries, but some cultures have very unique customs.

In South America dancing the waltz is incorporated into the celebration. In Mexico, Cuba, and Panama it is traditional to incorporate piñatas into the party. Still others require special attire to be worn by the birthday boy or girl.

Whatever the style or history, it is quite evident the world believes the day someone is born is an important date to celebrate.

Lynne Adams Barze'



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ADGD: Attention Deficit Gardening Disorder

By: Betsy Burk

I wake up at the most insane times of the morning. Not because I must do something normal like, you know, visit the lady's room, but because I can't sleep more than 6 hours most nights of the week. Fortunately, or unfortunately, there's high-speed internet and YouTube! Thus, how I was re-introduced to the rewarding hobby of **GARDENING!**

Now, prior to Covid, I would watch the news, an occasional Netflix or just read a book. The only positive aspect that I can find with the pandemic is my return to gardening and my subsequent obsession with all things **VEGETABLE**. I also discovered that I may have ADGD (Attention Deficit Gardening Disorder).

I'm beginning my fourth growing season this fall. I've gone from a small 30-foot x 50-foot row style garden area to two 30-foot x 50-foot row style plots to containers and now raised beds. To add more assuredly to my suspicions, I'm on about my third rendition of a custom raised bed structure that I've been designing and building myself. I have bounced from one potting soil medium to another. I have gone from store-bought in bags to bulk purchased from soil farms to personally devised mixtures of the above. I won't bore you with my combinations of fertilizers, fertigation and other feeding habits for my veggies, nor will I scare you with my personal concoctions produced to kill the parasites that stalk my charges. I will own some of my scatter-shot approaches and rabbit-hole visiting. However, a good many of my adventures come from the hundreds of videos I watched and the myriad of opinions I considered from very well meaning and enthusiastic gardeners on YouTube.

To save those of you who might relate to my pain, let me let you in on a secret I have found to solve 99% of my "trial by error" and organizational short comings: The Mississippi State Extension Service's website. I will even drill down a bit further: THE SEARCH BOX in this site!

This is a wonderful place to start if you have a single question, are new to gardening, an old pro or just someone who enjoys a beautiful lawn, majestic tree, or an abundant garden...and want one. Across the Mississippi State University Extension Service website are articles on every conceivable question about a garden, a lawn, or a tree from 50,000 foot overviews to a micro-

scopic pathogen blowing up your prized heirloom tomato. Information is available in formats ranging from video to PDF. These materials are fact based from scientist not your amateur "YouTuber" looking for a thumbs up. Here are a few examples: It's December and you may or may not have a garden in production. What do you need to be doing in your yard, your flower beds or in your languishing vegetable plots? Check out "Calendar of Home Gardening Chores in Mississippi" (P3437). Your pruners and loppers are stacked in the shed so dull they couldn't cut butter in the middle of August. Check out the video "Sharpening Your Garden Tools." Want to plant some of your own Blueberry bushes, a Citrus Orchard, or a Pecan Grove? There is an entire library of information contained in the "Fruits and Nuts" publication and blog.



To conclude, save yourself a ton of confusion. Avoid the unnecessary stress of knowing what information is accurate and what is just show-biz. Look to the pros to optimize success, to save valuable time, conserve treasure and for many of us, stay organized. Gardening requires persistence; but gardening is so much fun, and it is so personally rewarding to see or taste your hard-earned labors. Avoid circling the global information superhighway for knowledge that is super easy to access right here in your own backyard.

If you enjoy gardening and the company of others who also enjoy gardening, check with your local county Extension Service office about the Master Gardener classes that are offered by MSU.

By: Betsy Burk, MSU Pearl River County Extension Service Master Gardener Intern



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Senior Citizens FAIR & EXPO

Picayune, MS

Saturday, June 4th, 2022
Picayune Memorial High School Gym
8am - 12pm

- Health Education and Community Resource Exhibits
- Engaging Demonstrations
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The Gap Home



The popular Christmas carol "O Come, All Ye Faithful" traces its history back several centuries. While the lyrics to the song have been attributed to various authors, the text is most often credited to an 18th century English hymn-writer named John Francis Wade. While Wade may or may not deserve such

credit, the earliest known written versions of the hymn, sometimes referred to as "Adeste Fideles," each include his signature.

"O Come, All Ye Faithful"

O come, all ye faithful, joyful and triumphant,

O come ye, O come ye to Bethlehem;

Come and behold him born the King of angels;

O come, let us adore him; O come, let us adore him;

O come, let us adore him, Christ the Lord!

God of God, Light of Light;

Lo, he abhors not the virgin's womb;

very God, begotten not created;

O come, let us adore him; O come, let us adore him;

O come, let us adore him, Christ the Lord!

Sing, choirs of angels, sing in exultation,

Sing, all ye citizens of heav'n above;

Glory to God, all glory in the highest;

O come, let us adore him; O come, let us adore him;

O come, let us adore him, Christ the Lord!

Yea, Lord, we greet thee, born this happy morning:

Jesus, to thee be all glory giv'n;

Word of the Father, late in flesh appearing.

O come, let us adore him; O come, let us adore him;

O come, let us adore him, Christ the Lord!

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Spring in Wiggins Means Pine Hill Festival

Wiggins, MS--The Stone County Economic Development Partnership-Chamber Division is looking ahead to an outstanding Pine Hill Festival 2022.

Opening Ceremonies are set for Friday, April 29, 5:00 p.m. You are invited to enjoy an evening of Gospel Music until 9 p.m. On Saturday, April 30, 10 a.m. 6 p.m. you will find an assortment of food vendors, arts and crafts along with plenty of fun for the children, along the streets of Downtown Wiggins. The festival is being sponsored by Jeff Register Buildings and grant from Mississippi's Gulf Coast Heritage Area.

Enjoy the sounds of local and regional performers throughout the day from the pavilion at Blaylock Park and at the Boardwalk on Pine Hill. More than sixty

vendors, including a variety of artisans and specialty food vendors will fill Pine Hill Ave, College Street and 2nd Street. There's something special for the kids including jumpers, rides, a petting zoo and other activities that make for a great family weekend.

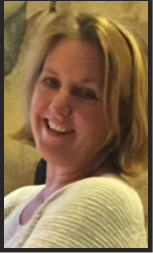
The Pine Hill Festival is the largest single event in the county, planned and organized by a dedicated group of community volunteers. "It is a wonderful way to celebrate the heritage of Stone County, our citizens and the creativity found in South Mississippi," said Wiggins Mayor, Darrell Berry. He added, "we are expecting approximately three to five thousand visitors to gather over this two-day event to eat, listen to good music, shop and fellowship."

The 1-Mile Fun Run is being presented by Flint Creek Physical Therapy and starts at 8 a.m. on Saturday while vendors and local businesses are getting geared up for the day. For animal lovers, the Stone County SPCA's Annual *Mutt Strut* will also take place Saturday.

For more information about the event contact the Stone County EDP at 601-928-5418 or find details on our Facebook page: <https://www.facebook.com/scedp/>



Creating a Bog Landscape



By: Carmen Ulfers

I became a Master Gardener in 2017. That's what opened me up to native plants, their important role in the environment, and the idea of creating a bog and other natural landscapes. A bog landscape is easy to obtain if you have an area on your property that doesn't drain well. My bog is a natural branch that runs 250 feet across the front of the property with a 100 feet depth and starts just beyond the lawn.

It was somewhat easy to transform 25,000 square feet of muck into the bog that I love. I removed most of the small loblolly pine trees (*Pinus taeda*) that were in the area, along with an abundance of small Titi trees (*Cryilla racemiflora*), leaving two large ones as specimen plants in the bog. I placed three culverts so that the rainwater could continue to flow naturally and built golf cart trails that are passable most of the year. This allows easy access to each section of the bog to enjoy the native plants up close and serves as a firebreak when I burn the bog each year in late winter for a fresh flush of wildflowers in the spring.



The Few-flower milkweed (*Asclepias lanceolata*), Joe Pye Weed (*Eutrochium purpureum*), and Boneset (*Eupatorium perfoliatum*) are a few of the native herbaceous perennials that keep

the butterflies and many other pollinators in the bog area. There are many native grasses, perennials, and shrubs that have happened naturally. I was able to add many of my favorite natives from the Crosby Arboretum plant sales and my master gardener friends. A few natives that you may want to consider are Pond cypress (*Taxodium ascen-*



dens), Buttonbush (*Cephalanthus occidentalis*), and Switchgrass (*Panicum virgatum*).

It's not difficult to have a native landscape in a corner of your yard. Simply leave it alone... there's no need to protect anything through the winter or fertilize in the spring. Certainly, there is no need to weed. For more information about bogs or becoming a Master Gardener, contact the Pearl River County Extension Service at 601-403-2280.

By: Carmen Ulfers, MSU Pearl River County Extension Service Master Gardener



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June 4

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Gymnasium**

- Senior Citizen

FAIR & EXPO

Y

ounger generations do not realize that aging has many benefits and is not something to be feared. In fact, to showcase the fun and unique benefits of becoming a senior citizen, the Senior Citizen Fair & Expo invites you to see what today's senior has available to them. Rather than weak and feeble, today's senior citizen just might surprise you. Did you know:

- More than 10,000 "baby boomers" turn 65-years-old every day.

- Senior citizens are the fastest growing demographic group on Facebook. Recent studies show that more than half of all U.S. seniors are active online, and more than one-third are on Facebook and other social media websites.

- Older adults aged 85 and up are the fastest growing age group in the country.

- There are more than 55,000 seniors over age 100, and by 2050 the number of "centenarians" is expected to top 600,000. This is roughly the population of Vermont.

- There are more than 11,400 senior centers across the country that together serve more than 1 million older adults every day. The average age of a senior center participant is 75.

- Nearly half of all seniors volunteer in some capacity.



- About 65 percent of all "baby boomers" say they plan to work past age 65.

- Studies show that physical activity can slow the elder aging process.

- A recent survey found that at least 70 percent of all seniors are still sexually active, and that they reported being just as satisfied, sometimes more satisfied, than when they were younger.



Senior's- EXPO

As you read these statistics, you realize that the rocking chair stereotype just doesn't fit anymore. What help do you need as you plan forward for your future? Do not miss the upcoming WRJW Senior Citizen Fair & Expo! There are resources there to address your questions now, or in the future.



The WRJW Senior Citizen Fair & Expo will be held one day only, **Saturday, June 4th** at the Picayune School Gymnasium. Doors are open from 8am-noon. The Expo will be full of interesting booths. Some vendors offer free health screenings, product samples, coupons and other helpful information for today's senior citizens. Those interested in attending may visit www.wrjwradio.com for pictures and a list of participants. There is no charge for admission or parking for this event. The first seniors thru the door will receive a goodie bag filled with helpful information, money saving coupons, small gifts, and samples.



In addition to products and services on display, there will be many free health screenings including blood pressure and spinal screenings. These free health screenings are a big help to the seniors who attend.



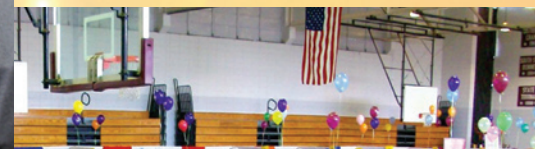
Stay for lunch! A concession stand, staffed by the Picayune Maroon Tide softball team, will be selling breakfast and lunch items for you to enjoy. This team partners with WRJW Radio each year to help set up the Senior Fair & Expo, stuff goodie bags, help vendors with their booths and cleanup.

As a certified retirement community, WRJW knows that Senior citizens are an important part of our town. In recognition of the outstanding seniors who serve our local area, WRJW established the Senior Citizen of the Week award.

If you would like to nominate someone to be recognized as the senior of the week, call the WRJW business office at 601-798-4835 for more details. At the Senior Fair each year we recognize a WRJW Senior Citizen of the Year. This person is selected from the list of weekly nominees based on community service. Don't miss this year's presentation of the WRJW Senior Citizen of the Year! Get a group of seniors together and go to the WRJW Senior Citizen Fair & Expo this year!



Booth spaces fill up quickly. If you own a business that would like to participate in the annual WRJW Senior Citizen Fair & Expo, please contact WRJW Radio for more details. Call 601-798-4835 or email info@wrjwradio.com.





Oyster Shell Metamorphosis

By Mary Beth Magee
www.LOL4.net

Behold the amazing oyster shell! Scientists identify them as mostly calcium carbonate and add lists of various impurities which might be included. In my opinion, they sell the oyster's vacated home short. I think oyster shells are simply magical.

When I was a child, oyster shells were everywhere. While commercial uses abounded, we used them on a more personal level. We employed them for paving and playing and anything else we could think of.

Daddy would purchase a sack of oysters at the dock from the oystermen, the only way we could afford the delicacy occasionally. He would shuck them in the back yard. The tasty oysters were eaten, usually in Mama's yummy oyster dressing. The resulting shells never, ever went to waste. They would be washed down with the hose and put to work.



My uncle's home had a driveway which ran alongside his shotgun house. It was "paved" with oyster shells. The weight of vehicles moving over the shells would eventually crush them and they would have to be replenished. No problem.

My grandmother used them in the bottom of her flowerpots to improve drainage. I always loved the way time in the rich potting soil shaded the shells and highlighted the irregularities of them.

Over the years, I saw adults use them as impromptu ashtrays (I know, not good around kids, but who knew back then?). Barbecue masters used them as rests to hold their utensils at the grill.

Daddy often used them to hold screws or nails in his workshop. He would also use them as wedges, slipping one or more



into place to level or block an item of furniture or equipment while he worked.

Under our raised house, the ground was covered with washed oyster shells. When my sisters and I played under there, we knew we might get scratches and nicks from the edges, but we wouldn't get muddy. And our "playroom" came equipped with an array of oyster shell toys.

Balanced on their rounded side with the open face up, they became dishes for tea parties, swimming pools for elves and boats for little dolls, among other possibilities. We often floated tiny wildflowers in them to dress up our "playhouse."

Turned open side down, they formed pathways through imaginary lands or steppingstones across raging make-believe rivers. Stacked and nested, they became building blocks for fairytale castle towers and walls for toy cowboy forts. Change the configuration to change the playtime scenario, and off we went with the next adventure.

We mixed fingerpaint in them, used them to make lacy lines and ridges in modeling clay. Traced on paper, the outlines formed the bodies of fantastical creatures existing only in our minds. The possibilities for our shells knew no limits.

Nowadays, oyster shells have made another magical shift, this time into works of art. Some get painted in vibrant colors. Others find their artistry created with glue and lace, beads, or glitter. They may frame small photos or miniature paintings. Artists paint pictures of them on canvas.

Tourists carry them home to remember their southern vacations. I'll bet you could find oyster shell souvenirs in every state of the union and probably most countries of the world.

I celebrate the possibilities of Over the decades the lowly oyster shell evolved into something more than a calcium carbonate waste product. Like a butterfly, it has emerged into beauty!

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Author/speaker Mary Beth Magee writes cozy Christian fiction, poetry, children's books, and nonfiction. For more on her writing and training sessions, visit her website at www.LOL4.net.

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PEN PALS

Dear Diary,
Hi there. It's me, Emma.



I have a pen pal.

I didn't know that I needed a pen pal but now that I have one, I kind of like it.

I met her one day while Mom was talking to someone on the little TV that she holds in her hand. Mom calls the little TV her cell phone. When she talks to it, the person on the little TV talks back and Mom and the person can have a conversation.

Sometimes I wish that I could have a conversation with the big TV on the wall. I'd tell those guys to grow up and stop being so angry about everything!

Anyway, I was sitting beside Mom one day while she was talking to her cell phone and a cat magically appeared. The cat, who wasn't very big, looked at me and I looked at her, I said "Who are you?" and she said "Meow". I asked Little Meow if that was her pet human with her, and she said yes. She calls him Mario because he likes racecars. He calls her Indy.

I decided to write a text message to Little Meow and guess what? She texted back. So now I have a pen pal, or a text pal, or an email pal, or some kind of pal that I cannot smell. Whatever it is that she is, it's okay. The best part is that Little Indy Meow is not marching around in my territory.

She also needs to improve her typing skills.

Purrs,
Emma



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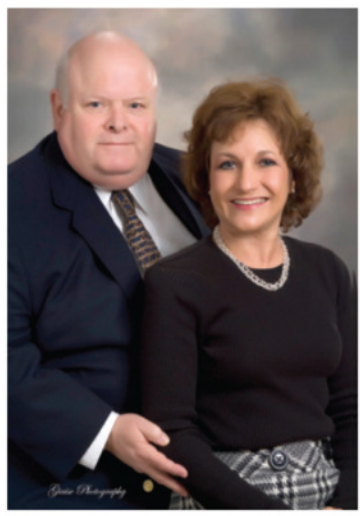
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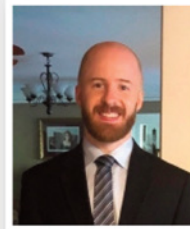


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Ambulance Fraud and Medicare Coverage



A ride in an ambulance can be a serious situation for a Medicare beneficiary. The last thing anyone wants to think about in an emergency is the bill. Unfortunately, the bill for an ambulance ride can add additional stress – especially if the charges are incorrect and the provider won't cooperate.

The Senior Medicare Patrol (SMP) receives calls from individuals asking what to do in challenging situations like this. The SMP program educates Medicare beneficiaries on how to protect themselves from fraud and abuse and is the go-to when people suspect they've been billed incorrectly.

Medicare covers ground and air ambulance transportation when: the transportation is medically necessary; a wheelchair van or car could endanger the patient; it is the only means of transporting the patient safely; the ambulance and its crew meet certain standards; and the destination is the nearest appropriate facility that can treat the beneficiary's condition.

To stop ambulance fraud, Senior Medicare Patrol recommends that beneficiaries:

>Review their Medicare Summary Notices (MSNs) and/or Explanations of Benefits (EOBs) and ensure the following:

- The services listed match what they actually received.
- The mileage billed isn't more than the distance traveled.
- They weren't billed for emergency transport if there wasn't an emergency.

>Be on the lookout for upcoding (billing for more expensive care than was performed) on transport claims from basic life support (BLS) to advanced life support (ALS).

- ALS vehicles must be staffed by at least two people, each of whom must be certified as an EMT-Intermediate or an EMT-Paramedic by the state or local authority where the services are being furnished to perform one or more ALS services.

Your local SMP is ready to provide you with the information you need to PROTECT yourself from Medicare error, fraud, and abuse; DETECT potential error, fraud, and abuse; and REPORT your concerns. SMPs use trained senior volunteers to help educate and empower seniors in the fight against health care fraud. Your SMP can help you with questions, concerns, or complaints about potential fraud and abuse issues. It also provides information and educational presentations.

Senior Medicare Patrol (SMP):

Call 1-877-272-8720 or visit www.stopmedicarefraud.org.

Funded by the U.S. Administration for Community Living (ACL), Administration on Aging (AoA), Grant Number 90MP0194-01-01

To report possible healthcare fraud,
waste or abuse, and to find out
more about Senior Medicare Patrol
and volunteer opportunities, call:

1-877-272-8720

www.stopmedicarefraud.org

We're helping
fight Medicare fraud.
You can too!

The SMP program offers a variety
of presentations for all types of groups.
(1-2 presenters; approx. 30 min. with Q&A)

- Senior Group
- Faith-based Ministries
- Civic Clubs
- Professional Meetings
- Retiree Groups
- Educational In-Service Sessions

Call SMP to schedule presentations at
1-877-272-8720




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