



On Aging

I awoke one morning,
awakening from a dream,
And realized, to my surprise
I was older than I seemed.

Somehow years were stolen
In decades and even more,
the age that I thought I should be
far behind me, out the door.

Being a rational person,
logically astute,
I tried to piece together
an age beyond refute.

I well remember
my fast and early days.
The errors of my way in truth;
Please do not remember the sins of my youth.*

Then it was the middle years,
military, school and work.
Time flowed on and hid itself,
years beneath the surface lurked.

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Aging

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Comes the morning early,
looking in the mirror;
you see another wrinkle
and the conclusion is quite clear.

Yes, you're getting older,
time has not stood still.
But truly understanding that
is an act of desperate will.

Yes, I've learned a few things
along the winding path,
mistakes I have learned from
seared in memory's aftermath.

When I see a young one,
repeating my mistakes,
I want to shout "Don't do it!";
they must learn from their own heartaches.

I go on like a tall, old tree
with broken limbs and lightning scars,
still blooming green and full in Spring
and at night wave gently at the stars.

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November 2017

* Psalm 25:7

Friends in Motion

Anniversaries being celebrated include: **Paul** and **Marcia Gossage** (58 years), **Linda** and **Cap Spangler** (60



years), both of Bushnell, **J. Doyle** and **Eunice Lutz** (36 years) of Good Hope. Happy anniversary to all!

Birthday celebrations include: **Sally Borg** (74) of London Mills, **Eunice Lutz** (69) of Good Hope, **Robert Wheeler** (81) of Ma-

comb, **Wilma Worthington** of Marietta, **Beverly Camp** (86), **Virginia Efland** (96), **Marcia**



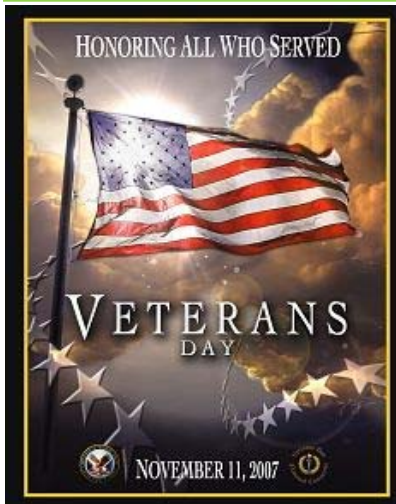
Gossett, Marjorie Hartwig, Don King (86), and **Evelyn Rock** (77), all of Bushnell. Happy birthday to all!

Remember, if you would like to have your birthday or anniversary in our newsletter, see any teller to fill out the form.

UPCOMING COMMUNITY EVENTS

Nov. 4 & Dec. 2 - VFW breakfast, 7 to 10 am

Dec. 1 - Free blood pressure, pulse/oxygen, cholesterol and blood sugar checks at F&M Main Bank Lobby, 9 to 10 am.



November 5, 2017



Want To Take The Chill Away?

RED BEAN AND ANDOUILLE SOUP

Dan Cortelyou

1 lb. dried red kidney beans
1 meaty ham bone, about 1 lb.
1 yellow onion, chopped
1 celery stalk, chopped
2 cloves garlic, chopped
1 large bay leaf
1/2 tsp. dried thyme
1 tsp. Tabasco, or to taste
1/2 lb. andouille or other smoked
sausage, cut into slices
salt and fresh ground pepper
Chopped green onions for garnish
Rinse and drain beans. Cover
with water and let soak overnight.

In a large soup pot, combine the
ham bone and 6 cups water and
bring to a boil. Reduce the heat to
medium-low and cook for 1 hour,
skimming frequently to remove
foam that rises to the surface.

Remove pot from heat. Re-
move ham
bone and set
aside on a
plate. When
cool enough
to handle,
remove meat
from the bone
and set aside.



Skim any fat from the surface of the
stock, and return bone to the stock.

Drain the beans and add to the
stock along with the yellow onion,
celery, garlic, bay leaf and thyme.
Place pot over high heat and bring to
boil, reduce heat to low, cover and
simmer, stirring frequently to pre-
vent sticking until beans are tender,

about 2 hours. Remove ham bone
and let soup cool slightly. Scoop
out 3 cups of the beans with a little
liquid and place in food processor or
blender. Process until smooth, then
return puree to the pot. Cut the ham
into bite sized pieces and add to the
pot. Season to taste with Tabasco,
salt and pepper. In a large frying
pan over medium heat, brown the
andouille slices on both sides, about
2 minutes per side. Remove from
heat.

Ladle soup into warmed bowls,
and top each with several slices of
andouille and sprinkle with green
onions. Serve immediately.

MEXICAN CHICKEN

Deb Powell

1 Tbsp. vegetable oil
4 boneless, skinless chicken breasts,
cut into 1 inch chunks
1 cup uncooked minute rice
2 cans (10 oz. each) Ro-Tel diced
tomatoes & green chilies
1/2 cup water
3 green onions thinly sliced,
reserve 2 Tbsp. for garnish
1 cup shredded cheddar cheese

Cook chicken in oil about 5
minutes, stirring frequently until no
longer pink. Stir in rice, tomatoes,
water and onions, bring to a boil.
Cover, reduce heat to low and sim-
mer for 20 minutes or until rice is
tender. Stir chicken and rice, top
with cheddar cheese and remaining
green onion. Cover and cook 5
minutes or until cheese is melted.
Serve with sour cream and soft
shells if desired.