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FREE

Thursday, January 28, 2016

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Be Local Committee Chairperson Mary Beth Puckett, My Favorite Things, added “Any Chamber member with a bridal registry is welcome to participate, share the photos and encourage people to visit our community and create a memory at the Eiffel Tower or other Henry County location.”

Guidelines for participating are:

1. All participants must be 18 years of age or older.
2. Submit your marriage proposal photo, taken at the Eiffel Tower replica in Paris, Tennessee, or other Henry County location, to be included in the Paris-Henry County Chamber of Commerce’s “Propose in Paris” promotional campaign, including but not limited to website, social media and print advertising and in-store advertising. The photos may be shared with other affiliated websites.
3. Include your names, ages, mailing addresses and email addresses.
4. Submitted photos become the property of the Paris-Henry County Chamber of Commerce.
5. Use of the photos is at the discretion of the Paris-Henry County Chamber of Commerce.

The first couple to be featured are Morgan Perkins and Justin Chilcutt, who

are getting married June 4th. Perkins said “Part of the joy of an engagement is sharing the news with all of our family and friends. Being part of “Propose in Paris” is really fun and added to our memories of this time in our lives.”

Photos may be submitted to monica-smith@paristnchamber.com for inclusion.

Sulphur Wells Wild Game Supper
Paris, Tenn.- The annual Sulphur Wells Wild Game Supper that was scheduled for last weekend and was cancelled because of the snow will be this Saturday January 30th. There are several different types of wild game from deer to gator and more. It starts at 6pm and everyone is invited. There will musical entertainment as well. The church is located at 1760 Oak Grove Road in Springville.

World Series Champ Hochevar at TVCC
Luke Hochevar, winning pitcher in the final game of the 2015 World Series for the World Champion Kansas City Royals, will speak at Tennessee Valley Community Church this Saturday night, January 30th at 5pm. The first 100 youth, age 18 and under, will receive an autographed baseball and there will be hotdogs, chips, and drinks for all.

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Luke, standout at the University of Tennessee and #1 draft pick, will share how his faith has been his mainstay in the good times as well as during his recovery from Tommy Johns surgery and return to the

Chocolate Delight

Join the Henry County Medical Center Women, Health Advisory Council and the Henry County Healthcare Foundation for an evening of Chocolate Delights on Feb. 9th from 5pm to 6:30 pm. Ticket holders will be able to stroll the booths and buy their favorite chocolate delights. Money raised will go to help women in need of a screening mammogram and can't afford one.

First Annual Butler Bowl at Bethel

The Carroll County Humane Society will host the First Annual Butler Bowl at Bethel University on Saturday, Feb. 6 at 4 p.m. It will be held in the old gym, the Gaines Pool Building/Baker Field House.

This will be brother vs. brother in a battle of puppy antics. Dr. Lee Butler of Huntingdon Animal Clinic and Dr. Walter Butler of Bethel University have allowed us to name the puppy “players” after some of our very favorite people at the clinic and university. The event will not charge an admission, but we

hope you make a donation via cchspet.org or at 21822 Highway 22 in McKenzie for your favorite puppy (or person). You can also mail your donation with fav player listed to P.O. Box 384, McKenzie, 38201. The puppy with the most donations by event time will be named our MVP (Most Valuable Puppy).

Team Lee: Dr. Lee Butler, Dr. Matt Cole, Dr. Hillary Mincher, Dr. Martha Killen, Dylan Crain, Amber Brewer, Krita Alsbrooks and Angie Sanders. Team Walter: Dr. Walter Butler, Dr. Jim Scruton, Dean Cindy Mallard, Mrs. Myra Carlock, Mr. Tim Lindsey, Chaplain Anne Hames, Mr. Mitch Brown and Mrs. Amy Thompson. May the best Butler win!! For more info, email emailcchstn@gmail.com.

Harry Potter Book Night at WG Rhea Library

The W G Rhea Library will be hosting Harry Potter Book Night, A Night of Spells February 4th from 5-7 pm. There will be a costume contest as well as wand making and potion making while supplies last.

Also, there will be a special showing of Magic Beyond the Words, the J.K. Rowling Story. Fans of all ages will have the chance to celebrate J. K. Rowlings wonderful Novels and have the chance to pass the magic on to young readers who haven't yet discovered the unforgettable books. Registration required by calling 642-1702

Office on Aging To Travel To Lorraine Museum

The Henry County Office on Aging is going back on the road again. This time the office is going to the National Civil Rights Museum at the Lorraine Motel-Memphis, TN. This is the site on which Dr. Martin Luther King Jr was killed on April 4, 1968, a time that changed the lives in America.

The museum has undergone a \$27.5 million renovation in 2013 and 2014. The museum, updated; modern design reminds visitors of its charge to keep pushing civil rights issues forward.

This trip will be our commitment to African American History Month. The cost for this trip will \$25.00 for a senior citizen. \$26.00 if you are not a senior citizen. A senior citizen is classified as 55 years old and older. Our office has qualified for the group rate for admission to the museum. The admission cost to the museum is \$11.00-Senior Citizen and \$13.00-Adults. Our office will be paying for 2/3 of the bus fare.

The date of this trip will be Friday, February 26, 2016.

We are scheduled to leave from the Central Community Building 55 Jones Bend Rd Ext around 7:30AM. We will stop in Brownville, TN for breakfast. Our time to tour the museum is 11:00AM. We will eat lunch/dinner in Memphis, TN after the tour. We will head back to the area once we finish. We should be back later that evening.

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If you interested in going with Office on Aging, you can either contact Reginald Caldwell, Director at 731-642-2919 or Barbara Pearson, Senior Center Coordinator at 731-644-3193. The last day for sign-up will be February 20, 2016.

Thank you for all of your support to the Henry County Office on Aging.

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JANUARY 11 THROUGH MARCH 2, 2016

SUNDAY JANUARY 10	MONDAY JANUARY 11	TUESDAY JANUARY 12	WEDNESDAY JANUARY 13	THURSDAY JANUARY 14	FRIDAY JANUARY 15	SATURDAY JANUARY 16
AUCTION PHONE 644-1695	LAKEWAY KIWANIS FRED McLEAN 642-3273 PARIS LIONS CLUB CHIP McLEAN 642-3273 PARIS LIONESS CLUB POLLY GALLAMORE 642-1145	PARIS OPTIMIST CLUB CHRIS MOONEY 642-5779 MARTHA CHAPTER OES #155 PARIS LODGE #108 BUCHANAN LODGE #772 GAIL WRIGHT 641-9182 MASONIC LODGE #109 FREDDIE WADE 642-0926 FOREVER FRIENDS ANIMAL SANCTUARY TERI GRAZIANO 644-1508 HENRY COUNTY FAIR ASSOC. LINDA MANGRUM 642-4522	MEDICAL COMMUNITY JOHN SELBY 644-2747 HENRY CO. ORTHOPAEDIC JEANETTE TRIPLETT 644-2271 PARIS SURGICAL SPECIALISTS STACIA PUCKETT 644-3211 W. TN BONE & JOINT CLINIC CHIP ANDERSON 644-0474 EAST WOOD CLINIC JANET JANE 642-2011 MARILEE HART 642-2011 KY LAKE UROLOGIC ASSOCIATES LEIGH ANN HORTON 642-8884	WOODMEN OF THE WORLD DEBBIE SNEAD 731-415-9178 CIVITAN CLUB JOANNE COX 642-2001 DOWNTOWN PARIS ASSOC. KATHY RAY 653-7274 QUOTA JANE SINNEMA 642-3341	PARIS ROTARY CLUB DAN JACKSON 336-3620 OSAGE/AIRPORT COMMUNITY JAMES WILLIAMS 642-1139 NANCY ALLEN 642-6175 PARIS POST-INTELLIGENCER EVONNE WILLIAMS 642-1162 PARIS AARP COMM. GROUP PAUL RUSSELL 642-1222	AUCTION BEGINS AT 12 NOON PLEASANT HILL COMMUNITY FAY TURNER 642-0159 CAROL NORWOOD 642-3698
JANUARY 17 OFFICE PHONE 644-1833 OFFICE HOURS 7 AM - 30 MINUTES AFTER AUCTION ENDS	JANUARY 18 QUINN CHAPEL JOHN DANDRIDGE 642-8445 WANDA TODD 642-8445 FREDDIE WILLIAMS 642-8445 CIVIL AIR PATROL BEN WAINSCOTT 363-1418 INMAN BETA CLUB BECKY WILSON 642-8131 KAREN GOODMAN 642-8131	JANUARY 19 SECURITY BANK TRACI TEMPLETON 642-6644	JANUARY 20 COMMERCIAL BANK CLINT DAVIS 642-3341 FOUNDATION BANK KALEY BALLOU 642-8958 REGIONS BANK RENA BARKER 642-3825 FIRST BANK SCOTT MORRISON 641-6400	JANUARY 21 OAKLAND COMMUNITY RANDI FRENCH 642-6633 SHIRLEY KREZINSKI 642-4623 RANDY CANADY 336-6042 JUNIOR LIVESTOCK MISSY BELCOTE 247-5369 W. G. RHEA LIBRARY CONNIE MCSWAIN 642-1702 LEE SCHOOL ASSOC. RAY HARDING 642-7463 RAY OF HOPE FELLOWSHIP LAUREN STEELE 336-2544	JANUARY 22 PALESTINE COMMUNITY M/M JERRY BRIDGES 642-2805 SHIRLEY ROBERTSON 642-2793 BETH GREER 336-0135 CENTRAL POINT COMMUNITY PEGGY VEAZEY 642-6095 MELANIE TOWNSEND 642-5288 ELIZABETH CRAIG 642-4986 FIRST CHURCH OF THE NAZARENE MARY BRIGHT 644-1995 DAMASCUS ROAD MARIAN PASCHALL 336-8724	JANUARY 23 AUCTION BEGINS AT 12 NOON WHITLOCK COMMUNITY AND VOLUNTEER FIRE DEPARTMENT JUDY PASCHALL 642-1933 FREDDIE WADE 642-0926 LARRY & SUE CAROL NICHOLS 642-3909
JANUARY 24 Ring those phones for Helping Hand!	JANUARY 25 HENRY COUNTY EMPLOYEES BRENT GREER 642-5212 DEBBIE SIMMONS 642-5212 TRINITY UNITED METHODIST HARRY VOLLEN 644-9355 MASTER GARDENERS LAINEY REID 445-5974 ARTS COUNCIL AMY JONES 642-3955	JANUARY 26 COTTAGE GROVE COMMUNITY JW & CAROLYN AKERS 782-3390 MARILYN BROWN 571-6435 CENTER COMMUNITY ANDY/BECKY PASCHALL 782-3606 MIKE/PAM HUTSON 782-6166	JANUARY 27 JONES MILL/HICO COMMUNITY BOBBY/BRENDA OWENS 782-3554 REGINA VEAZEY 247-5581 MORNINGSIDE OF PARIS BARBARA BAGGETT 644-9680 HENRY CO. YOUTH ORCHESTRA LEAH WATKINS 731-343-9888 TN RIVER FINE ARTS LEAGUE DOREEN BATES 644-1217 KROGER TERESA SHEPHERD 644-1075	JANUARY 28 PUREYAR COMMUNITY DON JONES 247-3338 BETH TAYLOR 247-3784 HARRELSON BETA CLUB MAGGIE DUNCAN 247-3152 EW JAMES & SONS SUPERMARKET ANGELA OWENS 642-2464 OFFICE ON AGING REGINALD CALDWELL 642-2919 NORTHWEST NUTRITION DEB SNOW 642-3139	JANUARY 29 CLIFTY COMMUNITY JOHN/LISA CHILDERS 642-4984 CHIP & KAREN ANDERSON 336-1693 CLIFTY VILLAGE JIM & ANITA BREEDING 363-3803 RESCUE SQUAD DIANN MCGUIRE 642-3162 CAROL TEDFORD 336-3802 DIALYSIS CLINIC SARAH SCOTT 644-0763 RELAY FOR LIFE ALONNA TOSH 243-2231	JANUARY 30 AUCTION BEGINS AT 12 NOON EDUCATOR'S DAY DANNY VEAZEY 642-8131 LYNETTE SMITH 642-3675 LISA WILLIAMS 642-3675 REBECCA PEALE 642-0961 LISA HART 247-3152 NATALIE NORWOOD 243-7114 LYNNE GREEN 642-4586
JANUARY 31 Broadcast daily over WTPR-AM 710 12:30 PM til... Weekdays / 12 Noon on Saturday / Listen to KQ 105.5 for Saturday Night Auctions (check calendar time)	FEBRUARY 1 NEW HARMONY BAPTIST JOEL YORK 593-3876 HERITAGE CENTER SANDEE GREEN 642-1030 SPARKS STREET CHURCH OF CHRIST THERESA HOWARD 407-4857 HCHC BAND BOOSTERS TINA PASSMAN 644-1519 HCHS COLOR GUARD JOANNA STONE 644-1519	FEBRUARY 2 NEW BOSTON COMMUNITY KATHY STILES 782-3161 VESTER/BLANCHE BROWN 782-3464 ANGIE LEACH 782-3138 JOHNSON CHAPEL CHRISTI CROSS 336-7874 RENAE PEALE 642-1081 SEVENTH DAY ADVENTIST BLANCHE BROWN 782-3464 JOE MAHAN FORD 642-4711 JOANNA STONE 642-4711	FEBRUARY 3 MANSFIELD COMMUNITY LINDA FAYE NEAL 644-9031 EARL & ERLINE WILLIAMS 642-5200 JUDY SUTTON 642-6045 FIRST PRESBYTERIAN CHURCH DIANE MCDOWELL 642-2962 CHRIST LUTHERAN LORI TAYLOR 642-4025 CARL PERKINS CENTER CARLY WHEAT 642-8455	FEBRUARY 4 BUCHANAN COMMUNITY GAIL SCARBROUGH 247-5851 JUDY BEASLEY 644-3625 LAKEWOOD BETA CLUB MARY ASHLOCK 644-1600 HENRY CO. DEMOCRATIC WOMEN STELLA CADDILL 363-0544 COMMUNITY ACTION NETWORK SHARON MCCLURE 642-8208 PLUS ENDOWMENT SUSAN HAYES 731-431-8640	FEBRUARY 5 HOLY CROSS CATHOLIC CHURCH LEILA KACKLEY 642-4681 CHAPEL HILL/GUTHRIE ROAD MARY JUNE SINNEMA 642-1794 LAST MANGO IN PARIS PARROTHEAD CLUB CAROL MANNON 707-2095 T.A.P. CENTER FOR IND. LIVING DENISE WARDLE 644-0026	FEBRUARY 6 AUCTION BEGINS AT 12 NOON FIRST UNITED METHODIST CHURCH JIM & JACKIE BUNDY 336-0455 BRUCE & RITA REED 642-6516

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BUY ONE PEDDLER Personal Ad for \$9 (4 weeks) get a second personal ad for weeks FREE! Limited time! Call or come by our office today!

COMICS & TOY SHOW, Monday, Feb. 1st, 3pm to 8pm, Quality Inn, Paris, TN, Sky Vue Room. Star Wars, Dead Pool & more. FREE ADMISSION. For more info call 731-363-6209.

DOG HOUSE RESCUE - has dogs for adoption! If you need a new furry friend for life - think of us! 731-333-0980, 406-871-7932.

FAITH CHRISTIAN Fellowship Church, located at 1525 Hwy. 641 S., in Camden has a men's (young and old) breakfast every 3rd Saturday at 8am. For more information contact Shirlee Faircloth at 731-584-8500.

FIRE SEASON: YOU MUST HAVE A BURN PERMIT. Permits are free. Call the Forestry department in Henry County at 731-642-3808, Benton County at 731-584-7630.

FORMER EMPLOYEES of Genesco meet the last Wednesday of each month for breakfast at Downhome Restaurant in Camden at 8am.

FRIENDS OF NATHAN Bedford Forrest State Park meet the 2nd Sunday each month at 2:30pm, at the Folk Life Museum. For more info visit the website at www.friendsofnbfbp.vpweb.com or "like" us on Facebook.

GRAND RE-OPENING! TOMORROW'S HOPE THRIFT STORE, now located at 407 N. Market St., Paris. Furniture, antiques, vintage items, books, kitchen items, children/adult clothing & more. Credit & debit cards are now accepted. Phone: 731-227-9340. Sales help to support Tomorrow's Hope Pregnancy Medical Center whose mission is to provide a safe haven for young women and men facing crisis pregnancy.

HE WAS BORN in shadow but he will be shadow borne. Shadow Born, book 1 of the Shadow Borne Chronicles is available now. Only \$3.99 on Kindle. www.shadow-borne.com

HEALTH PRESENTATION - Natural approach to overcoming debilitating conditions. 2nd Tuesday, 6pm, Hope & Mercy Mission, 2827 Hwy 70 West, Camden, 731-584-7004 or email: hmec-school@yahoo.com

JOIN PAUL, Sushi & Spring on the AEnigma Project as they discuss the paranormal, close encounters with the unusual and interactions with the supernatural. www.aenigmaproject.com. Live show Mondays, 8pm EST. Available on iTunes!

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SACRED HISTORY Classes, 1st, 3rd & 4th Tuesdays, 6pm, Hope & Mercy Mission, 2827 Hwy 70 West, Camden, 731-584-7004 or email: hmec-school@yahoo.com

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Call Burney Miles - 731-644-2899,
731-973-4095 or 1-800-479-4095.

Unwanted brush & trees? We grind acres per day
Ditches, Levees, Fields, Roadsides, Swamps
TreeMuncher.com 731-695-8416



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FREE 32" TV
0% INTEREST FINANCING AVAILABLE**
Free Estimates
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731.352.5107
731.644.1555
Up to 1 year WAC. Call for details to make sure you qualify. * With every purchase of 10 or more windows - some exclusions apply. Call dealer for details on all promotions.

Crowder's Auto Center
925 Locust Street • Paris • 731-642-5300

 '05 Lincoln Aviator Leather, Loaded, 3rd Row Seat, Must See! Stk#585R	 '03 Chevy 1500 4X4, Ext. Cab, 4 Door, Nice Truck! Stk#587	 '07 Chevy Trailblazer Clean Vehicle, Great Condition! Test Drive Me! Stk#603
 '06 Chrysler Pacifica Leather, Sunroof, Loaded! Great Family Car Stk#616	 '02 Jeep Grand Cherokee Limited Loaded, Local Trade, Clean! Stk#595R	 '07 Ford F150 Lariat Supercrew 4X4, 4 Door, Sunroof, Loaded! Stk#607

MULTIPLE FINANCING OPTIONS AVAILABLE!
BUY • SELL • TRADE
WE FINANCE!

Obituaries
PARIS
In loving memory of
William "Willie" Berkley
died January 25, 2016
Ridgeway Funeral Home
is in charge.

In loving memory of
Jean Berryman
died on January 25, 2016
Ridgeway Funeral Home
is in charge.

In loving memory of
Phyllis Ann Grogan
died January 21, 2016
McEvoy Funeral Home
is in charge.

In loving memory of
Julian "Izzy" Israel
died on January 22, 2016
McEvoy Funeral Home
is in charge.

In loving memory of
Richard "Dick" Vincent, Sr.
died January 24, 2016
Ridgeway Funeral Home
is in charge.

MCKENZIE
In loving memory of
Keith Campbell
died on January 26, 2016
Brummitt-McKenzie Funeral Home
is in charge.

CAMDEN
In loving memory of
Thomas George "T.G." Douglas
died on January 20, 2016
Plunk Funeral Home
is in charge.

In loving memory of
Billy Gilbert
died January 21, 2016
Stockdale-Malin Funeral Home
is in charge.

In loving memory of
John Henson
died January 22, 2016
Stockdale-Malin Funeral Home
is in charge.

In loving memory of
Robert Hester, Sr.
died January 20, 2016
Stockdale-Malin Funeral Home
is in charge.

In loving memory of
Richard Stanley Hooten
died on January 22, 2016
Plunk Funeral Home
is in charge.

In loving memory of
Thomas "Vegas" Smith, Jr.
died January 17, 2016
Plunk Funeral Home
is in charge.

HUNTINGDON
In loving memory of
Ben Larry Abbott
died on January 20, 2016
Chase Funeral Home
is in charge.

In loving memory of
Louise Liles
died on January 23, 2016
Dilday-Carter Funeral Home
is in charge.

Across ————— Down —————

- 1) Leonine tresses

6) More than hesitant

11) Bleat of a sheep

14) Drama set to music

15) Cold weather quarters

16) “30” to an editor

17) Some overhangs

19) Id’s counterpart

20) Anger so to speak

21) Read between the lines

23) Bookstore?

27) Belfry locale

29) Form in the mind

30) Ancient Greek city

31) Beth follows it

32) Speaks highly of

33) Tell a better joke than

36) Waiting room call

37) Antiseptic targets

38) Needle case

39) Cobra kin

40) Calf, on the range

41) Many sweaters

42) Onetime Missouri tribe

44) Make people look away

45) An American in Paris?

47) Pope’s jurisdiction

48) Building used for sports

49) Window base

50) Kettle cover

51) Michael Keaton film

58) “To the max” indicator

59) Up to the point that

60) Gumbo pods

61) Even if, informally

62) Wal-Mart competitor

63) Irish poet William Butler
- 1) Unlawful assembly

2) “Great” or “lesser” animal

3) Alumna bio word

4) Do the wrong thing

5) Lord’s day of rest

6) Pharmaceutical giant Eli

7) Give a lustful eyeful

8) Three-time Frazier foe

9) Type of digit

10) Stocking stuffers

11) McDonald’s supply

12) Broadway backer

13) Love greatly

18) Land o’ the shamrock

22) .com alternative

23) Tarzan’s swing

24) Runs while standing still

25) Have experience with

26) Absorbed

27) Coastal spray

28) Small boys

30) Products of Indian looms

32) French cubist Fernand

34) Beyond the fringe

35) Downhill run

37) “Faster!”

38) “Green” emotion

40) Digital information carrier

41) Wet blanket

43) Immoral act

44) Big name in pineapples

45) Gentleman’s gentleman

46) Type of whiskey or setter

47) Components of rolling landscapes

49) Cookbook direction

52) 67.5 degrees, to mariners

53) Airport info, initially

54) “Aloha Oe” accompaniment, briefly

55) Bank offering, for short

56) Persian, for one

57) Laser center?

HIVE GOT A SECRET

By Hank Dellman

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17						18						19		
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58					59							60		
61					62							63		

THE BENTON COUNTY Chapter of Habitat For Humanity meets every 2nd Monday of the month at 6:30pm, The First United Methodist Church, on the Court Square in Camden. Volunteers are always needed! Contact Kathy Hooten for more info at 731-234-4488.

THE BENTON COUNTY Genealogical Society meets every fourth Thursday of each month at 6:30 pm in the Tennessee Room of the Benton County Library.

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McKenzie, TN
731-393-0771

Corner of Hwy. 641S. & Fairview St.
Paris, TN
731-407-7772

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LAST WEEK’S SOLUTION

SPRING TIME

By Mary Jersey

1	B	B	S		U	G	L	I		T	S	E	T	S	E
14	A	A	A		P	E	E	N		R	E	D	R	E	W
17	F	I	L	M	S	T	A	R		U	P	D	A	T	E
20	F	L	I	P			P	O	L	I	T	I	C		
23	L	O	N	G	E	R	D	A	Y	S		E	T	A	L
26	E	R	E		A	C	A	D	E	M	E		O	N	E
29				33	S	T	A	Y	S		34	S	N	O	R
36	I	M	B	U	E						39	D	O	S	E
40	T	I	L	E	R	S		S	A	R	A	H			
43	E	M	U		S	E	M	I	N	A	L		T	L	C
46	M	E	E	T		W	I	L	D	F	L	O	W	E	R
49				55	E	R	M	I	N	E	S		D	I	N
52	R	E	G	A	I	N				N	O	N	S	E	N
55	U	R	G	I	N	G				C	O	O	L		G
58	T	A	S	T	E	S				E	N	V	Y		E

WEST TENNESSEE Hot Rod Restoration and Fabrication. Sell or trade. Motorcycles, trikes, bikes, automobiles, boats and more. Welding, fabrication, frame-off restoration, custom painting & graphics, custom auto body and wood panels. Auto detailing, chrome service, custom built ProMod. Race Cars & Dragsters. We'll restore anything. Chris Willoughby, 731-336-2451.

CLEANING
NEW TO THE AREA - eager to get back to work. Will clean whatever you need done, no job too big or too small, reasonable, references upon request. Waverly Area. 203-908-6115

DOZER SERVICE
JEFF PAGE'S DOZER & TRACKHOE Service. We do land clearing, ditching, basins, terraces, ponds, lakes, site preparation, demolition in Henry County & surrounding areas. 731-642-3328 or 731-707-2665.

ROBERTSON & SON Backhoe & Dozer, landscaping, trenching, water line, sewer lines, gravel drive, basements & footers dug. Septic tanks & lines. 731-593-0519, cell 731-441-8899.

HOME REPAIR / BUILDING
A F F O R D A B L E
CONSTRUCTION - Room additions, block underpinning, decks, metal & shingle roofing, concrete, carports, garages. Free estimates. 24 years experience. Serving Henry County. 731-247-3104.

ALL YOUR BUILDING NEEDS, room additions, garages, remodeling, vinyl siding, porches, decks. Gary Brooks, 731-642-6132.

BENTON COUNTY Maintenance Service - New full service for home and business. Fast and inexpensive. Plumbing, electrical, computer & network service, alarm & security cam systems, carpeting, doors and windows, flooring, painting, cleaning in and outside, fix storm, water & fire damage. For more information call Uwe Jahn, 731-593-0201 or cell or text 731-363-0275, email: uwejahntn@gmail.com

CUSTOM ROOFING. New roofs, old roofs, shingle roofs, metal roofs, repairs. Guaranteed to beat anyone's price! Free estimates. Call 731-333-4337.

FALL SPECIAL!! Custom Roofing is running a special on 40 year metal roofing. Why pay more? Guaranteed to beat anyone's price. For top quality and 5 year workmanship guarantee. Call Custom Roofing 731-333-4337.

MERRELL'S CARPENTRY WE CARRY BUSINESS LICENSE. Carpentry; roofing, additions, flooring (all types), siding decks, porches, garages, & storm shelters added to any style home modular, mobile, etc. Concrete; slabs, sidewalks, & driveways. Quality work at prices for today's economy. Call David Merrell, 731-336-4484.

MOISTURE BARRIERS - mold spraying, laminate flooring installed, joist repair, brace work. Free estimates. Call Mike, 731-333-0582, 731-707-1827.

PAINTED METAL ROOFS - installed the right way by experienced roofers. Call Dennis R. Carter for estimates. 731-247-3086.

ROOF REPAIRS & COMPLETE NEW ROOFS, SHINGLE, flat roofs, painted metal, single ply roof systems. 29 Years Experience! For Quality Work call Carter Roofing, 731-247-3086.

STEVE REYNOLDS CONSTRUCTION. All types of brick, block, stone & concrete work. Metal buildings & metal roofing. New homes, additions & remodeling. Free estimates. 36 years experience. 731-644-0266, 731-514-2725.

S T U T Z M A N CONSTRUCTION - Quality is our goal. Concrete work, garages, porches, roofing, room additions, drywall, tile, hardwood & laminate, floors, remodeling & more. No job is too small. 731-415-9123.

TC'S REMODELING & Repair - metal roofs, metal buildings, porches, paint & stain interior & exterior, roof cleaning & repainting. 30 years experience. Free estimates. 931-305-9364.

WILLIAMS FENCE - Fences of all types. 40 years experience. Free estimates. 731-336-4608.

MISCELLANEOUS SERVICES

VANCE'S ANTIQUE RESTORATION: Specializing in hand stripping and refinishing, restoring old finishes and plaster reconstruction on art work. Also, lighting wiring and cleaning. More than 20 years restoration and collecting. By appointment only, Monday-Friday 9am-5:30pm. 731-584-8122.

WE HAUL CARS, freight, flatbeds, livestock trailers. We will move you state-to-state, reasonable fees. Call today for information. 931-257-3486, 615-879-4210.

PAVING / CONCRETE

CONCRETE CONSTRUCTION. Poured wall basements, slabs, retaining walls, driveways, sidewalks, storm shelters. Call 731-363-0732 or 731-642-6916.

TREE SERVICE

BOMAR LOGGING. Now buying standing timber and/or timber land top prices paid cash up front or cut on shares. For more info call 731-707-0050.0

CHRIS'S TRIMMING - master tree trimmer, 17 years experience. Low hourly rates available, trim or take down any tree. Licensed and insured. Call Chris Lambraia, 731-407-8847, Crystal Lambraia, 731-707-0811.

EVANS TREE SERVICES - take down, removal, stump grinding, trimming, fully insured, free estimates. Call Michael P. Evans, 731-593-3974, 731-697-1493.

H&B TREE Service. Tree Removal, Stump Removal, Trimming & Topping. Bucket Truck Service Available. Reasonable Rates. Fully insured. 731-642-7178.

HOFFMAN'S LOGGING - We cut veneer, hardwood, pulp wood. We work with local state forestry to help manage your property. Free references, free estimates. Prices have increased! Call 731-644-5747.

LOGS TO LUMBER - custom portable saw milling. An alternative to expensive retail lumber. Best quality, services and prices guaranteed. Call 731-363-0545.

MOSELEY'S STUMP REMOVAL. 731-336-4594.

HELP WANTED

\$800 "GUARANTEED" WEEKLY - Mailing flyers from home. For free packet. Call 1-972-221-7035.

ADVERTISING SALES Executive - Full Time. Established company looking to expand our territory. Must be self-motivated, organized, focused & goal oriented. Must have good oral & written communication skills. Sales experience a plus - but we will train the right person. We offer competitive salary plus commission & bonus, vacation & paid major holidays, training & other benefits. Interested candidates please send your resume to: JOB, 230 B Tyson Ave., Box 163, Paris, TN 38242. We are an equal opportunity employer and a drug and nicotine free workplace.

AVON REPS needed in this area immediately. Make money working from home, setting your own hours. Call or text 731-336-9757.

DENTON TRUCKING in need of CDL drivers with a clean MVR. Local log hauling, will be home every night. If interested call Kenny at 731-363-6770 or Tonya at 731-363-6769.

EASTSIDE AUTO REPAIR seeking mechanic. At least 3-5 years experience. Apply in person at 45 Muzzall Street, off Highway 79N, Paris.

PART-TIME BUILDING Supervisor/ Engineer wanted. Varying schedule with hourly wage. Applications available at First United Methodist Church, 101 E. Blythe St., Paris, TN. Applicants must pass criminal background check and drug test.

TYPE A CDL Agricultural driver needed. Must be willing to work long hours & weekends. Drug screen/background check. 270-492-8702.

WANTED EXPERIENCED Over the road flatbed truck driver, with good driving record. 731-336-0339, 731-593-0862.

APPLIANCES

GE GAS DRYER - \$200, white, 518-774-8430.

TV HOME SERVICE. Repair big screen TV at your home. 931-627-7848.

Call the Peddler at 644-9595 to place a classified. Or fill out our classified form on our webstie, peddlerads.com

Been putting off auto repairs? Tax time is the perfect time to get your vehicle in top shape!!

Let the ASE certified technicians at Eastside Auto Repair get you back on the road and running good!

AFFORDABLE QUALITY

Starters • Alternators • Batteries
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Brakes • Engines •
Electrical Diagnosis
Transmissions

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45 Muzzall St. • Hwy. 79E • Paris, TN

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New 2015 MSU 400

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murrayhomeandauto.com




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FURNITURE
2 ROCKER RECLINERS - 1 cream leather, 1 rusty brown fabric, \$200 each. 1 Nourison Oriental rug, 9.5x13.5, light neutral colors, with non-skid pad, \$400. 731-232-6168.

CHERRY WARDROBE - could be used as entertainment center, 1 year old, \$300. 731-593-5303.
PECAN FINISH DINING Room suite with glass front lighted hutch. Hutch has doors for storage. Includes 2 leaves, 6 chairs. Pictures available. 731-225-5935.

FREE PETS
DOG HOUSE RESCUE - has dogs for adoption! If you need a new furry friend for life - think of us! 731-333-0980, 406-871-7932.

FREE RABBITS - call Billy at 731-336-6172.

PETS & LIVESTOCK
2 MALE BEAGLES - 1 year old, female 1 1/2 year old, \$100 each. 731-363-1920.
2 WEANED HEREFORD HEIFERS - great genetics, bred for milk production, Buchanan, 731-445-4259.

30 GALLON FISH TANK - complete with stand and accessories, including pump and fish, \$50. 731-281-6057.
AKC REG SHIBA Inu - female, red, sesame, white, marking, 3 years old, need fenced-in yard, \$150. Call or text 731-415-6072.

AKC REGISTERED German Shepherd puppies, shots-wormed, vet checked, German blood line, come with limited warranty, black gold red, black tan, taking deposits, 6 weeks to 8 weeks. Good family pets and protective guard dogs. Big body, head. Call Nadine, 21 year breeder puppy set to be 100-125lb. 731-986-0183, 731-358-0143.

AKC SHIH TZU - males & females, shots up to date, \$600 each. 731-642-5151, 731-336-1949.

AUSTRALIAN SHEPHERD puppies, AKC, \$600, ready Jan. 26th. Shots & wormed. 731-363-1920.

BUY ONE PEDDLER Personal Ad for \$9 (4 weeks) get a second personal ad for weeks FREE! Limited time! Call or come by our office today!

CLOVER AND FESCUE Hay, NO WEEDS, never been wet, \$3.50/bale. 731-333-1033, 731-336-5170.

CORN FED BIRKSHIRE HOGS - killing hogs. Good BBQ hogs. Grass fed Angus Beef. Bred gilts and pigs for sale. Lesley, 731-336-1987.

DOG GROOMING IN YOUR HOME. We make house calls! Reasonably priced, \$45. Includes nail and ear cleaning. 731-822-3419.

ENGLISH BULLDOG PUPPIES - 11 weeks old, female, red and white, house trained, loves children, Buchanan, 731-445-4259.

FIEST PUPPIES - pretty colors, current on shots and wormed, \$50 each. 731-415-6776.

FIEST/ JACK RUSSELL Cross puppies, naturally bob-tailed, pretty with lots of energy, current on shots and wormed, \$100. 731-415-6776.

FREE PUPPIES, free to a good home, Pitbull mother, Daschund Father, 3 males, 2 females. 731-336-5818

FREE TO GOOD HOMES - donkeys for stock guardians and or pets. 731-336-5725.

GOOD QUALITY HAY - for horses and cattle, square and round. Proud to say that in 2016 will be a supplier of TEFF The Ultimate Hay. 731-234-2093.

HAY FOR SALE - kept in barn, 5x5 round bales. Fescue, Orchard Timothy mix, \$30 each. Fescue, red clover, little bit of Johnson grass, \$25 each. Pickup only, no delivery. 731-694-4425.

HAY FOR SALE - nice mixed grasses, good for feeding. \$3.50/bale. 731-415-2647, 731-336-6567.

SELLING HERD OF 19 GUINEA PIGS, \$10 each or all for \$145. 731-514-7857

WILD ROSE KENNELS
- Joy Dog Food for sale, by the bag or by the ton. Adult Formula 26/18, \$32. High Energy 24/20, \$28. Special Meal 26/12, \$25. High Performance 26/18, \$27. Maintenance Plus 22/12, \$26. 50 lb. bags, tax included in price. Robert 731-420-6178, Donna 270-205-0785.

FARM EQUIPMENT

BUY ONE PEDDLER Personal Ad for \$9 (4 weeks) get a second personal ad for weeks FREE! Limited time! Call or come by our office today!

DMI 3 PT. HITCH & andyrous bar, 11 shank, new Kiniker cold flow system, \$3750. John Deere 301 bush hog, 14', \$650. 1986 International single axle semi, runs good, \$2,000. 731-822-6471.

JOHN DEERE M tractor, will all equipment, \$3,000. 731-986-0115.

JOHN DEERE Tractor 4720 Hydrostat, one owner, 1260 hours, very nice, loader, canopy, 58 PTO hp. 731-676-1466.



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Get FAA approved maintenance training at campuses coast to coast. Job placement assistance. Financial Aid for qualifying students. Military friendly.

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Perkins Drugs & Gifts

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We're more than just a drug store!

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Perkins Gift Shop is moving next door!

(Currently Sugar Salon (the old Najie's building).)



STOREWIDE MOVING SALE!

Red Dot Items 1/2 Price!!*

*Some Items excluded







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FOR THE TERRITORY OF HENRY & SURROUNDING COUNTIES

Full time or part time available.

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Paris TN 38242

No phone calls please!

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LAWN & GARDEN EQUIPMENT

BUY ONE PEDDLER Personal Ad for \$9 (4 weeks) get a second personal ad for weeks FREE! Limited time! Call or come by our office today!

TROY-BUILT 42" cut riding mower, with twin bagger, brand new, \$1200. 731-336-1264 or 731-642-5151

MUSICAL INSTRUMENTS

FREE GRAND PIANO. 731-363-1947.

REAL ESTATE FOR SALE

10 ACRES OF WOODED LAND. 5 miles outside of Puryear or Hazel, KY, 18 miles from Paris & Murray, KY, 10 miles from Paris Landing. Make good hunting land or build a home. \$25,000 firm 731-247-5139

BUY ONE PEDDLER Personal Ad for \$9 (4 weeks) get a second personal ad for weeks FREE! Limited time! Call or come by our office today!

CABIN with 2 Screened in porches in Britton Ford Campground, gated community. Separate garage, really nice. Must See! \$23,000. 573-718-3521, 573-718-3212.

KENTUCKY LAKE waterfront, long frontage; great view, fishing, hunting, good homesite, "dockable." 10 minutes to shopping, schools, hospital. Financing. 731-220-8081.

OWNER FINANCE - Craftsman style house, 3 bedroom, 1 new bath, newly updated, hardwood floors. 223 E. Main, Puryear, TN, \$3500 down, \$531/month. Call Ruthie, 270-753-2222.

REAL ESTATE FOR RENT

2 bedroom mobile home, 80 Colefair Way, \$400 rent, \$400 deposit. 731-363-5177.

MIKE'S MUFFLERS INC.
Complete Brake Systems Auto Repairs
204 East Blythe St.
Paris, TN 38242
731-642-4992
Mon-Fri 8am-5pm
Mike Weatherford - Owner

3 BEDROOM Brick with full basement for rent, between Big Sandy & Camden, \$450/month. 2 bedroom trailer in Paris, \$425/month. 731-363-5177.

APARTMENT FOR RENT - beautiful 2 bedroom, 2 bath, 3 car garage near Paris Landing. Quiet park like setting. \$725/month, plus security & utilities. 276-970-5008.

FOR RENT - 3BR/2BA home close to Paris Landing. \$750/month. First, last month's rent and security deposit required for move-in. Contact Harold Bass, Owner/ Broker, Bass Realty, 104 Tyson Ave., Paris, 731-642-9612 or Pam Bygden, Broker, Lake Associates, Inc. 6471 E. Antioch Rd., Buchanan, 731-642-1399 for more information. Available immediately.

FOR RENT - Available March 1, 2016. Commercial building on Memorial Dr., Paris. Excellent location. 2846 total sq. ft. Carpet 2 years old. HIPPA compliant reception/front office. Large warehouse in rear of building. \$1850 security deposit. \$1850 rent per month with minimum 2 year lease. Contact Pam Bygden, Broker, Lake Associates, Inc. 6471 E. Antioch Rd., Buchanan, TN 38222, to schedule a showing. Property currently occupied. Must make appointment to preview. 731-642-1399.

FOR RENT - double wide mobile home, \$300/month. 731-336-9400.

FOR RENT OR LEASE - Four Bay Shop Building, good location on Hwy 69 South. 731-336-7135.

OLDER MALE US Army Veteran wants to share or rent living quarters, must be deep in a wooded country area, preferred on a dirt or gravel road. Avid hunter/fisherman. A retired trades person, can help with many chores. party.skip@gmail.com 931-692-5667.

OUR DUN-FOUND-IT WINNER THIS WEEK IS:

Candace Smith

Please come by the Peddler to receive your certificate.

POP'S SHOP Opening Soon!

All Knives ~ Circular Saw Blades ~ Lawn Mower Blades ~ Sissors ~ Hair Clippers Lathe Tools ~ Kitchen Knives

205 E. Washington St. (Old Shirt Factory) | Paris | 407-4964 | Tues.-Fri. 10am-5pm

DUN-FOUND-IT!

All you have to do is locate the above 5 symbols in the various ads in this week's Peddler. Once you have found the symbols fill out the form below. Write the business name of the ad you found the symbol in. We will take all the forms with correct answers and draw a winner each week. Form must be filled out completely and returned to the Peddler office by noon on the following Monday. Mail entry to: 512 North Market Street, Paris, TN 38242. **THIS WEEK'S WINNER WILL RECEIVE 2 TICKETS TO THE PARISIAN THEATRE.**

DUN-FOUND-IT GAME FOR JANUARY 28, 2016

 _____
 _____
 _____
 _____
 _____

Name: _____ Phone: _____

Miss Pearl's Country Cookin'

Cinnamon Caramel Swirl Bars

Original recipe makes 24 servings

- 1 1/2 cups flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon, Ground
- 1/4 teaspoon salt
- 1 1/2 cups firmly packed brown sugar
- 1/2 cup butter, melted
- 2 eggs
- 1 tablespoon Pure Vanilla Extract
- 1 cup coarsely chopped pecans
- 1 (14 oz) package caramels, unwrapped
- 1/4 cup milk



Preheat oven to 350 degrees F. Mix flour, baking powder, cinnamon and salt in medium bowl. Set aside. Mix brown sugar, butter, eggs, vanilla and pecans in large bowl until well blended. Add flour mixture; mix well. Reserve 1 cup of the batter. Spread remaining batter into lightly greased foil-lined 13x9-inch baking pan. Bake 15 minutes or until firm. Microwave caramels and milk in microwaveable bowl on HIGH 2 to 3 minutes or until caramels are completely melted, stirring after every minute. Cool 5 minutes or until slightly thickened. Pour over baked layer in pan, spreading to within 1/2 inch of edges. Drop reserved 1 cup batter by spoonfuls over caramel layer. Cut through batter with knife several times for marble effect.

Honey Roasted Red Potatoes

original recipe makes 4 servings

- 1 pound red potatoes, quartered
- 2 tablespoons diced onion
- 2 tablespoons butter, melted
- 1 tablespoon honey
- 1 teaspoon dry mustard
- 1 pinch salt
- 1 pinch ground black pepper

Preheat oven to 375 degrees F. Lightly coat an 11x7 inch baking dish with nonstick cooking spray. Place potatoes in a single layer in prepared dish, and top with onion. In a small bowl, combine melted butter, honey, mustard, salt and pepper; drizzle over potatoes and onion. Bake in the preheated 375 degrees F oven for 35 minutes or until tender, stirring halfway through the cooking time.



Philly Cheesesteak Quesadillas

Original recipe makes 4 servings

- 1 (1 lb.) beef top sirloin, thinly sliced
- 2 small onions, sliced
- 2 green bell peppers, sliced
- 1 cup barbeque sauce
- 8 (10 in.) flour tortillas
- 2 cups shredded Cheddar cheese



Preheat oven to 425 degrees F. Heat a skillet over medium heat; cook and stir beef until browned, 5 to 7 minutes. Add onions and green bell peppers to beef; cook and stir until softened, 5 to 10 minutes. Pour barbeque sauce over beef mixture and simmer until sauce is slightly reduced, about 10 minutes. Lay 4 tortillas on a baking sheet and top each with beef mixture and Cheddar cheese. Top each Cheddar cheese layer with a tortilla. Bake in the preheated oven for 10 minutes; flip the quesadillas and cook until cheese is melted, about 5 minutes more.

Spinach Pizza Rolls

original recipe makes 6 servings

- 1 tablespoon cornmeal
- 8 ounces bulk Italian sausage
- 1 (13.8 oz.) package refrigerated pizza dough
- 1 cup shredded mozzarella cheese, divided
- 1 cup fresh baby spinach
- 1/4 cup grated Parmesan cheese
- 1 egg, lightly beaten
- 1 (8 oz.) can pizza sauce, warmed



Preheat oven to 375 degrees F. Line a large baking sheet with Reynolds Wrap® Non-Stick Aluminum Foil; sprinkle with cornmeal. Set aside. Brown sausage in large skillet on medium-high heat. Drain and set aside. Unroll pizza dough onto prepared baking sheet. Carefully stretch or roll dough into a 13x10-inch rectangle. Arrange sausage on dough to within 1/2 inch of the edges. Sprinkle with 1/2 cup of the mozzarella. Layer spinach on cheese. Top with the remaining 1/2 cup mozzarella and the Parmesan. Starting from a long side, roll up dough to make a 13-inch-long loaf. Pinch seam and ends to seal. Place loaf, seam side down, on the prepared baking sheet. Brush with egg. Using a sharp knife, cut four 2-inch slits in top for steam to escape. Bake 20 to 25 minutes or until golden brown. If necessary, cover the last 5 minutes of baking to prevent overbrowning. Remove from oven and slice into rounds to serve with pizza sauce.

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1991 MERCEDES 420 SEL, \$1,000. Starts but won't keep running. Most of the time fuel system problem. Huntingdon, 731-209-0211, 615-584-3457.



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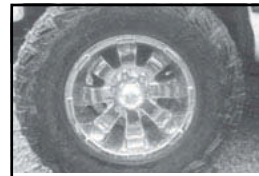
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20 7 37 2

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Numbers will be drawn each Tuesday morning. Look in next week's Peddler ADvantage for the 4 winning numbers. Jackpot increases \$25 each week until won or \$500 limit. Then a new Jackpot will begin at \$25.

JACKPOT RULES

Absolutely only one entry per household each week! No photocopies will be allowed. Any Jackpot entries that have the same handwriting or appear to be in conjunction with any other entry will be disqualified. All entries must be brought or mailed to the Peddler ADvantage (512 North Market Street, Paris, TN 38242) before 5pm or postmarked before Friday prior to Tuesday's drawing. We are not responsible for entries lost or late by mail delivery. If more than one correct entry is received the Jackpot will be split between the winners. The Judge's decision is final. Employees and family relation not eligible to enter contest. Must be 18 to enter.

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6	1	7	4	8	2	3	5	9
3	8	9	7	1	5	6	4	2
2	4	5	9	6	3	7	8	1
5	2	1	8	7	6	9	3	4
8	9	6	3	5	4	2	1	7
7	3	4	2	9	1	5	6	8

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Your Weekly Love Horoscope



Aries
March 21-April 19

You have been trying to manage career-related issues based on old information while Mercury did its retrograde dance in your 10th House of Profession. Although you made valiant efforts to move forward, your thinking was stuck in the past. However, it's now time to let go of recent events and get serious about executing your plans. Although you may temporarily lack confidence, don't seek security by looking back. It will take a few days until you gain enough objectivity to see that you're truly on the right track.



Taurus
April 20-May 20

You are finally ready to share your opinions on a delicate matter. You wisely kept your feelings to yourself as you developed your ideas because you didn't want to rock the boat until you were sure your position could be defended. Although you have the certainty of facts and the power of conviction on your side, the dynamics are trickier than you might think. Your words pack an extra punch now, which can put others off. Toning down your intensity is the key to creating the positive effect you desire.



Gemini
May 21-June 20

You can tell that a power shift is in the air now that messenger Mercury has turned direct in your 8th House of Deep Sharing. You might feel as if you're a kite at the whim of the changing winds. Although it's always a temptation for you adaptable Twins to pursue the next intriguing curiosity, it makes more sense to anchor yourself to the ground, stick around and dig beneath the surface. Paradoxically, the most profound growth occurs if you can hold your position for a few more days and face your fears.



Cancer
June 21-July 22

You could receive a visit from an old friend or acquaintance tied to your past as mischievous Mercury spins around in your 7th House of Companions. Meanwhile, issues at work grow more complicated now as a topic that was discussed weeks ago returns to the forefront. Whatever surfaces today may prove to become more important over the next week or so. Scan the significant events of the last few weeks to ascertain if there is any unfinished business that still needs to be completed. Stepping into the future is easier when your house is in order.



Leo
July 23-August 22

You may not want to say everything you are thinking today, but you know exactly what's going on and you know what you need to do about it. However, you're emotionally sensitive now, but your inner stress isn't apparent to others. You're uncharacteristically cautious because you intuitively understand how significant these days are to your success, and you don't want to blow your chance. Trust your instincts and make your move only once you're truly ready.



Virgo
August 23-September 22

Your emotional reactions are strong today while the moody Moon is howling in your sign, yet it may be tricky to express what's going on within your heart. If you reveal your feelings to others, you could inadvertently change the game and things might intensify too quickly. Keeping your thoughts quiet isn't a bad strategy now if you don't want to upset the apple cart. Nevertheless, you can't predict the future, so leave room to share your desires with someone special as circumstances permit.



Libra
September 23-October 22

Your ideas continue to be innovative and bold, but you can scatter your precious energy today instead of using it wisely. Even if your mental game is in top form now, sloppy thinking could prevent you from reaching your final destination. Take a few deep breaths and then get back to work; your current confidence will help you achieve your goals on time. Your mantra for the day is "pushing the river won't make it go faster."



Scorpio
October 23-November 21

Focusing your fierce intensity on your goals heightens your senses in the present moment. Your fixed purpose allows you to see straight into the eye of the hurricane. Thankfully, you have nothing to fear now and might even gain strength from experiencing the stillness of the center. The time for contemplation is over; fortunately, you can jump back into the winds of change and reclaim your power when you're ready to move boldly into your future.



Sagittarius
November 22-December 21

You might forget about your chores today as you wistfully replay childhood fantasies. Perhaps you are dreaming about possessing super-hero powers, imagining what you would accomplish if you could defy gravity, stop time or eliminate evil. Although your most human characteristics are all too obvious, you still can perform magic in everything you do. Don't fritter away your time. Be fearless and use your creativity to express the passion in your heart.



Capricorn
December 22-January 19

Although you are quite clear about the road ahead, it feels as if something is wrong with the picture today. You can't put your finger on your uncertainty, but an inner voice is telling you not to trust your desires now. Normally, you're an expert at compartmentalizing your emotions if they interfere with your progress; however, shutting down your feelings is not a smart plan while Venus is casting her spell in your sign. Stay connected with your heart, no matter how inconvenient it may be in the moment.



Aquarius
January 20-February 18

You might be concerned that something is lurking on the outskirts of your awareness today. Unfortunately, you could waste valuable resources in pursuit of the unknown keys to your life. Sometimes a mature attitude is required to let go of a goal that can't be reached, instead of setting yourself up for further disappointment. Review the past few weeks and make up your mind to push past anything that has been holding you back from following your destiny.



Pisces
February 19-March 20

It's as if the entire world has temporarily stopped spinning, just to give you extra time to think through a pesky problem. However, Mercury's direct turn in your 11th House of Long-Term Goals indicates a change of direction. If you recently made a decision that greatly impacts your future, take one more look at the alternatives before heading down the new path. Reconsidering your options one last time is wise now; once you make up your mind there's no going back.

Person to Person

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HOW TO RESPOND TO A PTP: 1st Step - Write a letter. 2nd Step - Put letter in an envelope. 3rd Step - Seal envelope. 4th Step - Write PTP number on back of envelope. 5th Step - Put stamp on front of envelope. 6th Step - Place envelope in second envelope with \$3 (cash only). 7th Step - Seal envelope and mail to: PTP, 512 North Market Street, Paris, TN 38242. Be sure that your letter to be forwarded has a stamp on it otherwise it will not be mailed. PLEASE NOTE: If these instructions are not followed, your reply will not be sent.

WWM. 5'3", 170lbs, 67 years young, retired, enjoy walks, flea markets, old cars & trucks, boating, fishing, quiet evenings, visiting family & friends, would like to meet lady or ladies with the same interests. 40-75 years old. Just moved to Dover, TN area. Can travel 50-75 mile radius. Send info and phone number, will try to answer all. No smoking, drugs, or drinkers. PTP440

Widowed white female, just turned 61, 5'3", 165lbs., seeking companionship and possibly more with age appropriate single male. I am easy going, honest, and affectionate, with a good sense of humor. Looking for same in a man. Could lead to a permanent relationship. I am a smoker. PTP441

SWM, financially secure, In my late 60s, looking for WF between the ages of 55-68 that enjoys life, wants to travel and must love my old dog. I am looking for companionship and maybe a long term relationship with the right woman. I will respond to all letters. PTP442

40 SWM, 5'9", 205lbs., in search of SWF 35-45 who can appreciate a semi-domesticated southern gentleman. Said lady must also be caring, love children, and, above all, love to cuddle up. I am a homebody but do enjoy the outdoors. If you are ready to be appreciated loved, worshipped and looked upon as an equal, please send a photo along with a letter describing you and your likes and we will see where it goes. PTP443

SWM, 48, 6', 190lbs., would like to meet a good woman 40 to 50 and 110 to 150lbs for friendship and maybe more later. I like going out to eat, movies and flea markets. And staying at home watching tv. I have a good job and own my home. No druggies or alcoholics. Please write and send picture. PTP444

SWF, 50, 5'2", 120 lbs, Enjoys life, family and friends. Would like to meet SWM, 50ish, for friendship first. No druggies. PTP445

Single, never married, blonde hair, short, fun-sized lady, not old but not too young. Seeking older man to spend quality time with. 60 & older is a plus. PTP 314

SWF, 70 years old, 4' 9" and 175 lbs. New in area and would like a male friend to date. Maybe coffee or a meal. No smoker or drinker and no drugs. PTP 446

Hi Ladies, Good looking single man, 73 years young, Italian American, looking for a single lady with a boat! Send photo of the boat please. PTP 447

SWM, 64, Seeks nice lady for friendship. I am 197 lbs, hazel eyes, salt and pepper hair, 5'8". Hobbies are motorcycle riding, camping, fishing, yard sale, and anything to do with the outdoors. PTP 448

WWM, 71, would like to meet single or married male 50+ for friendship. To run around with. PTP 452

DWF, 5'4", 60, first timer, short blonde hair, hazel eyes, Would love to meet a DWM or WWM, 55-65 who's serious about meeting their forever love and mate. No games or one night stands, no drugs or heavy drinking. I love being around the water, picnics, camping, campfires, fishing, watching movies at home in the arm's of a special someone. Send me a letter. I'll text you a picture then, let's see if we're made for each other. PTP 449

SWF, age 50, seeking marriage minded SWM, must own home, vehicle, steady income. Serious only. Like fishing, gardening, animals, rides in the country. I'm a smoker and drink occasionally. Photo, address, and phone number. PTP 450

DWM, 5' 7.5", 200lbs., age 55, looking for WF 45-55. I like yard sales & flea markets, eating out at times. I don't smoke but I do drink, not heavy. If interested write and enclose photo if possible. PTP 480

WWM. I lost my loving wife of 22 years one year ago. I am 5'7"/170lbs/hazel eyes/salt and pepper hair. I do not smoke, drink only on special occasions, no drug use or criminal history. I am looking for companionship with a lady with the same values. I would prefer a lady to age 65, slender to medium built in Henry, Weakly, Carroll Co. area. A widow would be a plus. I am not looking for a one night stand or someone to support me. I have my own place and income. I am not a gold digger and I am not interested in meeting any. Respond with current bio, picture, phone number and let's see where it leads to. Will answer all until I meet the special lady for me. PTP 403

DWM, 61, living on Ky. Lake, non smoker, social drinker, not daily, looking for a single or divorced female that likes the water, boats, fishing, being outdoors, 4-wheeling, and being together. Looking for a long term relationship. Please like small dogs. I live on the lake out from New Concord. I am 5'4", with short hair & beard. PTP 456

White male, 72, like almost anything, 180 lbs., would like to meet white woman, age 65-72, who does not drink or do drugs, to live with me, rent free. PTP 472

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PLAQUE ATTACK

Submitted by: Henry County Medical Center

Did you know that arterial plaque is the culprit behind some of the worst cardiovascular conditions? Coronary heart disease (CHD), coronary microvascular disease (MVD), carotid artery disease and peripheral arterial disease (P.A.D.) all stem from the accumulation of hardened low-density lipoprotein in your circulatory system. According to the National Heart, Lung & Blood Institute, coronary heart disease (CHD) is the

leading cause of death in the U.S. for BOTH men and women, with more than half a million Americans dying from the disease each year. Thankfully, many of the risk factors for CHD, including plaque and cholesterol, are easily controllable.

WHAT IS...

> Coronary heart disease (CHD): when plaque builds in the coronary arteries of the heart, blocking the oxygen supply and leading to angina (chest pain)

or heart attack.
> Coronary microvascular disease

heart disease.
> Carotid artery disease: when

oxygen from reaching the brain. Can lead to a stroke.

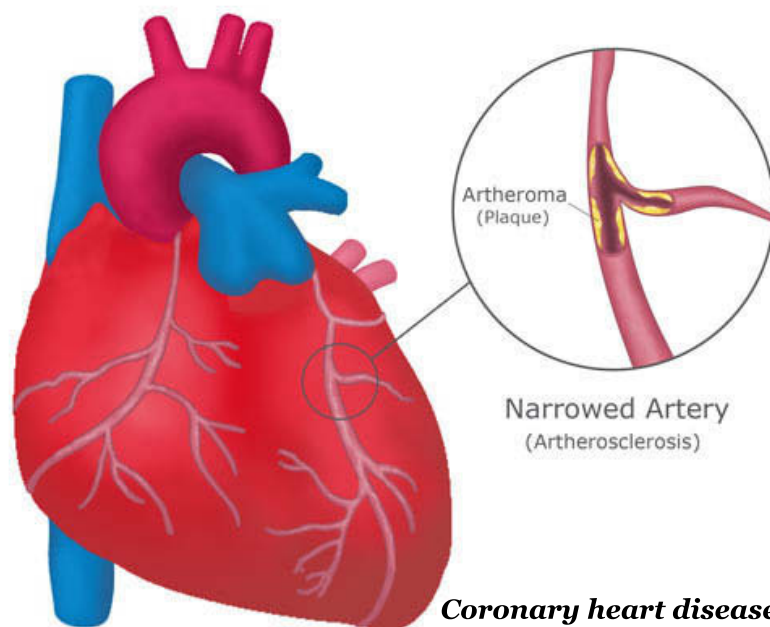
> Plaque accumulates in your arteries and prevents oxygen from reaching the heart muscle.

> Plaque can also form cracks, causing blood cells called platelets to clump together and form blood clots at the site of the cracks, increasing chances of angina or heart attack.

and not smoking are what's needed to live free of worry over what could be going wrong in your arteries.

Don't distress if you find your cholesterol to be on the high side. Talk to your local Spirit of Women physician to help get your cholesterol back on track. There are many options to bring your cholesterol back to a "healthy" level and your Spirit of Women hospital will work with you to figure out what positive steps are both doable and agreeable for you. Fortunately, arterial plaque can also be prevented effortlessly with the right daily choices. Eating right, exercising, dealing with stress, and support from family and friends all contribute to keeping you unstoppable.

Committed to ensuring you don't become a statistic, HCMC also offers a look inside with an ultrasound screenings for stroke/carotid arterial, abdominal aortic aneurysm, and peripheral arterial disease and the CT Cardiac Calcium



Coronary heart disease

(MVD): when plaque builds in the heart's smallest arteries, leading to

plaque builds in the arteries on the side of the neck, preventing

> Peripheral Arterial Disease (P.A.D.): when plaque builds in the major arteries of the legs, arms and pelvis. Can lead to numbness, pain and dangerous infections.

PLAQUE ATTACK 101

The Basics

> Plaque is composed of fat, calcium, cholesterol and other substances found in the blood.
> Plaque can build up in the arteries and when this occurs, the condition is called atherosclerosis.

> Plaque reduces the blood flow to your heart muscles and narrows the arteries.

Plaque has many risk factors, but one of the major risk factors is an unhealthy cholesterol level. Ideally, cholesterol levels should fall within these ranges:

- Total cholesterol = Less than 200 mg/DL
- Low-density lipoprotein, (LDL or "bad" cholesterol) = Less than 100 mg/DL
- High-density lipoprotein, (HDL or "good" cholesterol) = 60 mg/DL or higher
- Triglycerides = Less than 150 mg/DL

By not maintaining the right cholesterol levels, you're increasing the chances of a Plaque Attack. A nutritious diet, consistent physical activity, being at your healthiest weight

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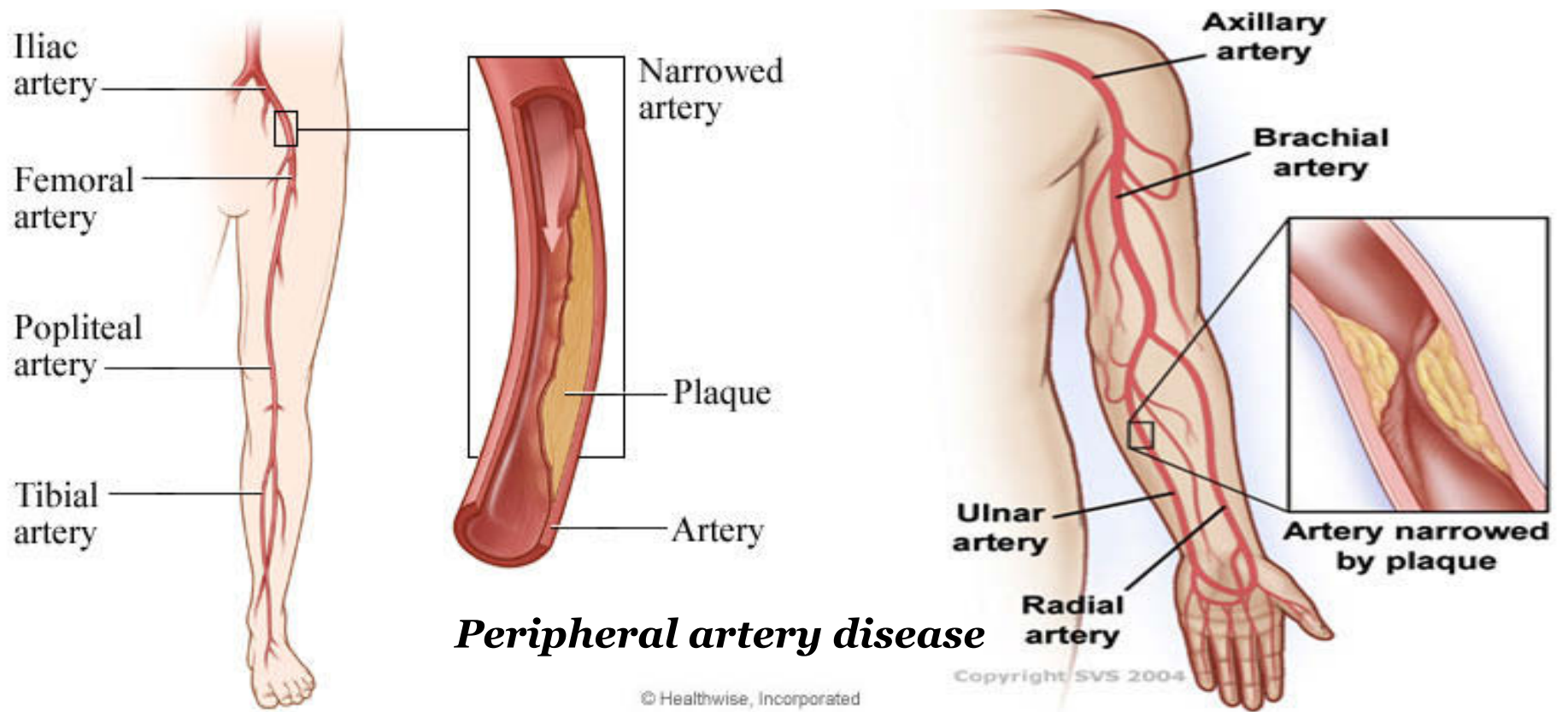
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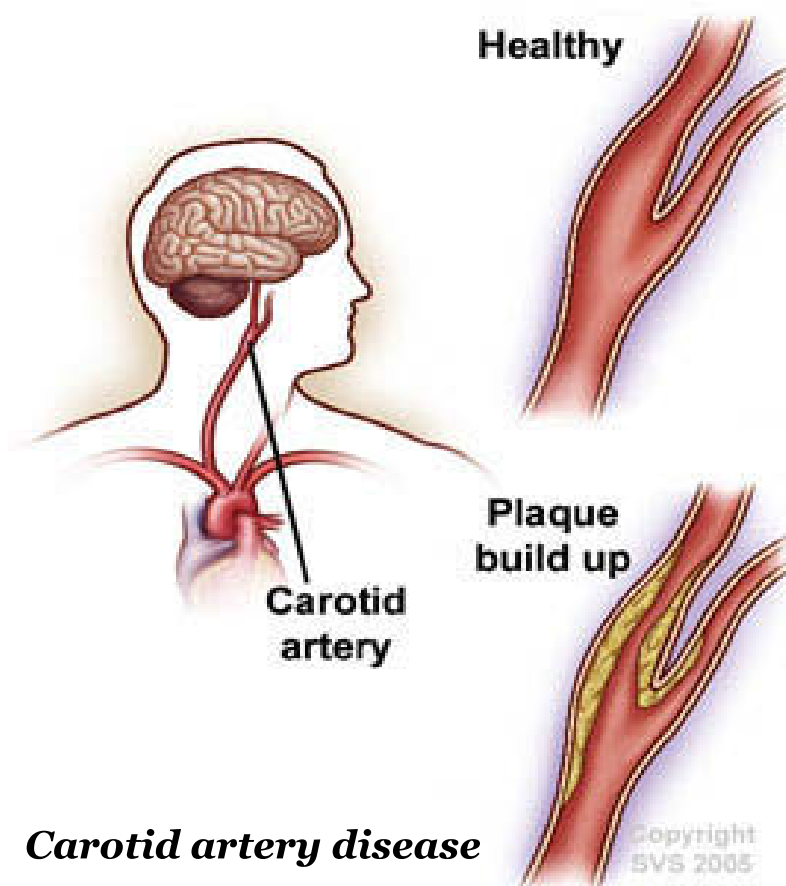
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Insurance Review Planning Process for Clients

by Lisa Eliison, CIC, AIA
Consolidated Insurance
Services

There are numerous reasons why a life insurance policy owner should review their coverage on a regular basis. Many

garding your business pose updates to your financial future. Some of the major reasons for reviewing your life insurance coverage

that people are often unaware of how it can affect their insurance. That is why it's so important to regularly review your insur-

time to make an annual review of your coverage. Here is a compiled checklist of events that may have occurred since you last reviewed

- Changed homes?
- Entered into a new relationship?
- Separated from your partner or spouse?
- Had more children?

- Had a pay increase or decrease?
- Accumulated a sum of money?
- Stopped smoking?
- Any changes in

- family trust?
- Changed from salaried to self-employed?
- Started or stopped other life insurance policies?



If any of the above events may have occurred in your life since your last insurance meeting, you need to contact your agent and discuss changes in your protection.

The same also applies to your property insurance including your home, rental properties, vehicles, watercraft, etc. Understanding your current financial situation and assets helps your agent determine the appropriate insurance coverage limits and recommendations to protect you and your family's future.

times there are legitimate planning issues and changes in financial or personal situations. Even changes re-

include updates to beneficiaries, career changes, and changes in your financial status. Life changes so rapidly

ance, and make sure it accurately reflects your circumstances. Contact your insurance agent to arrange a

your insurance coverage. Have you:

- Increased or decreased your mortgage(s)?

- Formed a family trust
- Changed trustees of your trust?
- Changed occupation?

- health?
- Retired or stopped working?
- Transferred ownership of assets or real property to a

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Balance-Boosting Footwear Tips for Older People

Submitted by: Butler & Harber Shoes

Balance in all aspects of life is a good thing. We work hard but make time for fun, love our children while setting boundaries, and eat healthy to enjoy a sundae on Friday night. But mental equilibrium isn't the only kind of balance that's important in life. Good physical balance can help older people avoid the debilitating and potentially life-threatening complications of a fall.

Falls are the leading cause of fatal and non-fatal injuries among older people, according to the Centers for Disease Control and Prevention (CDC). In 2010, 2.3 million fall injuries sent older folks to emergency rooms; 662,000 required hospitalizations; and falls cost \$30 billion in direct medical costs, the CDC says.

"Preventing falls among older

Americans is a top health priority, and improved balance can help reduce the risk of a fall," says Dr. Matthew Garofalis, a podiatrist and past-president of APMA. "Proper footwear can help improve balance, especially in older people who may struggle with mobility and balance issues."

When selecting a shoe to improve balance, keep these guidelines in mind:

Put shoes to the 1-2-3 test.

Step 1:

Press on both sides of the heel area to ensure the heel is stiff and won't collapse.

Step 2:

Bend the shoe to check for toe flexibility. The shoe shouldn't bend too much in the toe box area, but it shouldn't be too stiff and inflexible either.

Step 3:

Try twisting the

shoe; it shouldn't twist in the middle.

Have your feet professionally measured every time you shoe shop. Natural aging and health changes can cause the size of your feet to change. Measure both feet, late in the day, and shop for the larger foot.

Bring the type of socks you plan to wear with the shoes and walk around the store in the shoes before you purchase them.

If you don't feel comfortable or steady in the store, don't buy them. Shoes should feel comfortable and supportive right away; if they don't feel good right away, breaking them in won't improve things.

If you have specific health challenges or foot issues, talk to a podiatrist about the best footwear for your needs. If your podiatrist has prescribed orthot-

ics-biomechanical inserts that go into your shoes-take them with you when you shop and try them out in the shoes you're considering.

Quality shoes can be an investment. Before you buy, check to see if the brand and style you're considering have earned the APMA Seal of Acceptance. APMA grants the seals to products found to promote good foot health.

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Achieving Your Spiritual Awareness

Submitted by: Pastor Luther Hasz of Christ Lutheran Church

Elusive as the beautiful butterfly! One of the most elusive qualities of daily life may be “wellness” or “wholeness,” or that feeling and

fact of harmony, peace, and calmness in our souls.

How does one integrate such values into daily life together with a

happy sense of purpose and direction? A good sense of self-esteem works together with the love of my family, friends, and associates to let me experience wellness; it

helps to know that “somebody loves me.”

“God grant me the serenity to accept the things I cannot change; The courage to

change the things I can And the wisdom to know the difference.”

This prayer or peaceful wish for wellness was popular in the 1950s when Twelve-Step programs took root across America in our churches, communities, and schools. The folks at Amazon.com released in 2014 some information about their best-selling Kindle

books. People highlighted favorite sentences, sayings, and Bible verses they regarded as important, helpful, and valuable to remember. The most frequently highlighted Bible verse was: “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be known to God. And the peace of God, which transcends all understanding,

will guard your hearts and minds in Christ Jesus.” (Philippians 4:6-7)

To achieve a sense of spiritual wellness people have memorized the Serenity Prayer and they pray it regularly and daily. This meditation and a quiet time alone from others helps to reach a sense of calmness of spirit. The Bible indicates that we humans have a three-fold nature:

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our physical bodies, our emotional souls, and our spirits that reflect a need for a “higher power” or a relationship with God.

Distress of spirit is a symptom that we need to renew our relationship with that Eternal Entity beyond the earth and sky. Sometimes we feel lonely, empty, and alone in the world. Hopelessness and helplessness lead to withdrawal from family and friends. People begin speaking in self-destructive words and attitudes. Bitterness toward life’s hurts and failures bring anger and resentment toward others and God.

Spiritual un-wellness is a painful way to live. Pain in our bodies, pain in our souls (emotions), and pain in our spirits brings frustration and despair.

We need a lift. We need someone who cares, truly cares with strength. Sick and weakened people gravitate toward other sick and weakened folks. The old saying is “birds of a feather flock together.” We all need someone strong to help us, to lift our spirits and help us regain our balance, regain a sense of wellness. For Christians, that person comes in Christ Jesus. Being re-assured that God

loves us and has not left us floating alone in the universe, we are offered forgiveness for our past and wholeness for the future.

When someone shows us compassion and true love we experience healing and health and wellness. Our spirits come alive again with a positive outlook upon life’s complexities.

Some wellness programs depend upon emotional strengths to be drawn up from our empty souls. Hours of counseling, listening, and empathy seek to pull up from within a resource stronger than our problems, weaknesses, and hurts. We try to manage our emotions as best we can.

The ancient writings that pre-date the birth of Jesus include The Psalms and The Proverbs. Both books express a way to reach out for spiritual wellness. Type into Google-Search engines the words “spiritual wellness” and you will find much encouragement to meditate more often, to pray regularly, and to seek to live day by day, trusting that your life has a wonderful purposes. Find harmony with where you find yourself. Accept gracefully

that some things just cannot be changed. Worry, anxiety, and stress just wear you out. Lear to trust that the Eternal God does not change. God still loves this world of people and gave freely to redeem all your faults and failures. God loves you, and we do, too!

You are loved and you are lovable! Look in your mirror tonight or tomorrow morning and remind yourself that God loved you before you were born. And we still love you. Knowing the Bible’s message about such love helps to express compassion, love, and affection for

others. Wholeness comes within when we give to others our listening ears and our compassionate attitudes.

We look at the troubles of our world and say, “Grant me the serenity to accept that some things I just cannot change.” We pray for “courage to change the

things we can;” and we ask God for “wisdom to know the difference.”

Spiritual wellness is often as elusive as a butterfly. Just when we think we have a good grasp on our life, something goes “bump in the night” and we look for who or what to rely upon. God’s

Word in the Bible gives you peace in knowing that Jesus loves you and will never leave you nor forsake you. Find the Psalms in the middle of your Bible and let your heart seek that which Moses, David, and Solomon found there. Spiritual wholeness can be yours. Seek it with all your heart.

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10am to 7pm, Friday 10am to 5:30pm and Saturday 8am to 12pm. We can be reached at 644-FLEX and we are located at 601 Spruce St. in Paris, TN. We would love to be your next step!



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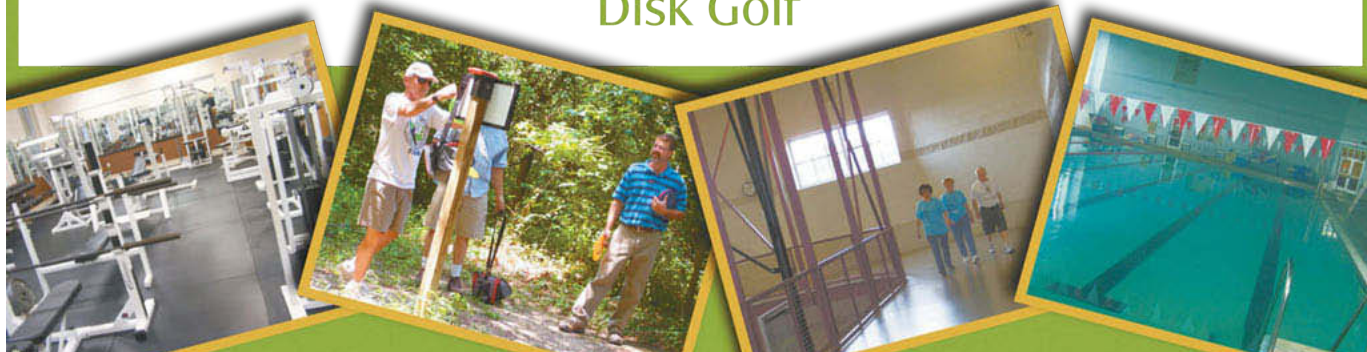
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PARENTS CAN BE ROLE MODELS FOR WEIGHT CONTROL

Submitted by:
Paris Pediatrics

Our nation is facing a health crisis that has grown exponentially over the last three decades. No, it is not heart disease nor is it cancer, both of which are also major health issues. The new crisis is obesity. The percentage of obesity among young people in the United States has more than tripled since 1980 according to data at the Centers for Disease Control (CDC). Obesity related conditions like heart disease, stroke and Type 2 Diabetes are also some of the leading causes of preventable death in the U.S. Other conditions linked to obesity include cholelithiasis (gallbladder disease), sleep apnea (which can be associated with learning problems) and orthopedic problems like knee and ankle pain. It is also associated with social discrimination which can be as devastating as the medical problems and lead to low self-esteem

and depression. These problems, if the obesity epidemic is not addressed successfully, mean that today's children could be the first generation with a lower life expectancy than their parents.

What does this mean to us living in Tennessee? Overweight and obese are both labels for ranges of weight that are greater than what is generally considered to be healthy for a given height. These terms are also used to identify ranges of weight that have been shown to increase the likelihood of certain diseases and health problems. Health care providers follow the weight to height ratio, also known as the Body Mass Index (BMI). Health care providers follow the growth of children and have the responsibility to inform parents of their child's growth pattern and whether it falls within the expected healthy

ranges. Overweight is defined as a BMI of 25 – 29 while obese is defined as a BMI of 30 or greater.

The CDC provides statistics on obesity and related factors. The latest data, from 2015, is discouraging for Tennessee. Adolescents, defined in this survey as 12 to 18 year olds, make up 23% of Tennessee's population. 15.4% of these adolescents are overweight and 16.9% are obese. Tennessee ranks among the bottom five states for healthy weight. This is not just a cosmetic problem. 92% of newly diagnosed Type 2 diabetics are overweight or obese. 65% of overweight 5 to 10 year olds have at least one cardiovascular disease risk factor. Overweight adolescents have 8 times the risk of hypertension as adults compared to non-overweight adolescents.

Where is the problem? The answer is there is more than one factor leading to the obesity epidemic. Genetics plays a role but genes alone cannot account for the huge increase in obesity in the last three decades. The main culprits are the same as for adult obesity – too much eating and too little activity.

The CDC report from 2015 had some staggering statistics for both eating and activity in Tennessee high school students. 45% of students reported eating fruit or drinking 100% fruit juice less than once daily and also reported consuming less than one vegetable daily but 80% reported drinking at least one can, bottle or glass of soda in the 7 days prior to the survey. At the same time, 77% of the students did not attend daily PE in a 5 day school week, 75% had not been physically active for at least 60 minutes on all 7 days

prior to the survey and 20% had not been active for 60 minutes on at least one day in the prior 7 days but 34% reported watching at least 3 hours of TV on an average school day.

Not only are there multiple roots to the problem of obesity, there are also multiple barriers to solving the problem. Lifestyles have changed and now many families do not have family dinner around a table but rather the family eats in front of the TV. With greater affluence there is more access to fast foods and the increased

portion sizes offered by many fast food establishments impacts the community's understanding of the appropriate quantity of food for a serving. The "regular" size fry currently served by most fast food establishments would have been a "large" size in 1979. Soda is a major barrier to solving the problem with many teens preferring soda to water and drinking an average of two cans of soda per day with as many as 200 calories and 20 teaspoons of sugar! The ADA guidelines recommend only 10% of

daily calories come from added sugars, yet foods like soda account for 18 to 20% of teen daily calories!

Many teens are concerned with their weight and decide to skip breakfast to "cut back" on their calories but this behavior actually increases the amount eaten later in the day and is also associated with poor academic performance. Education and behavior modification is the initial step in correcting the problem of obesity. There has been legislation limiting the direct advertising of junk food to children.





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Activity must be increased by limiting all screen time, not just TV. Body composition, insulin sensitivity (which is decreased in Type 2 Diabetes) and self-esteem all increase with regular exercise. Physical education classes should provide 45 to 60 minutes of exercise daily with an emphasis on “life-time” activities to avoid the drop-off in exercise we see in teens.

While children can exercise more and choose healthier foods, most of all they need support. Children

usually know they are overweight and don’t need constant reminding. They need acceptance, encouragement and love.

At the end of the day, parents are role models for their children. Children form habits from their parents and generally maintain them into adulthood. If your child sees you reach for an apple instead of a brownie, he is likely to do the same. If he sees you exercise by going for a walk or washing the car, he may join you. Keep healthy snacks like fruit,

veggies, nuts and low-fat yogurt on hand. Offer low-fat yogurt for dessert. Keep calorie-dense foods like cake and brownies that have minimal nutrition as the occasional treat in an otherwise healthy diet. Start an activity such as a family walk several days a week. Suggest a sport to your child and be present for the practices and games. These activities build habits that can last a lifetime and prevent obesity and its consequences.



If you are looking for something to do in the cold winter months the Paris Civic Center has something for almost everyone. The Paris Parks and Recreation Department operates and maintains the Paris Civic Center. It has several recreational and fitness opportunities including exercise rooms, an indoor swimming pool, an elevated walking track, a basketball gym and meeting room facilities. Our meeting room hosts several organizational meetings as well as multiple exercise and wellness

and Blue Cross. The companies listed are not the only carriers, so be sure to call or come by and check with our Silver Sneakers coordinator to see if you are eligible. Loral Underwood is the instructor; she has numerous certifications in exercise/fitness classes, and is a huge asset to this program. This program gives you free access to any area of the Civic Center as well as access to the Silver Sneaker specialized classes. This year we are also partnering with Silver & Fit which is pro-

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Friday 8:00 -4:00 and we can find out if you are eligible. The exercise rooms are divided into two separate rooms. One for cardiovascular workouts, with exercise bikes, treadmills and elliptical trainers which gets your heart rate up and helps facilitate fat burning and overall health. And another room for weight / strength training with free weights and pulley weight operated machines which help maintain or grow muscle fibers. The walking track is elevated above the gymnasium

The indoor pool is unique to Paris. We offer open swim, lap swim lanes, water aerobics and it houses our local swim team the Paris Swim Team. It is often taken advantage of by our lap swimmers / and triathletes in the area. We also rent out the pool on Weekends after 5:00 PM for parties. Be sure to book early for parties during the winter months. In our 17 years of operation we have been able to maintain a steady flow of patrons and look forward to the years to come. If

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and has a steady amount of users. Located below the walking track is a regulation size basketball court and six basketball goals available. It also is utilized for volleyball on Sunday afternoons.

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Retirees Need a "Longevity Strategy"

The late, great Yogi Berra supposedly said it: "The future ain't what it used to be." And the same could be said of retirement. Due to several factors, such as advances in health care, today's retirees are living longer, more active lives than their predecessors. In fact, you could spend two, or even

Travel the world? Stay close to home and pursue your hobbies? Volunteer? Open a small business or do some consulting? Your choice of lifestyle will probably affect every aspect of your longevity strategy.

- Income:

Your biggest threat

corporates, among other elements, a withdrawal rate that allows you to take money from your 401(k), IRA and other investment accounts in such a manner that you don't run out. You'll also need to answer other key questions, such as when to take Social Security - as you may know the

or moving to a more favorable climate, or even purchasing a vacation home, you need to calculate the costs and include them in your plans.

- Health Care:

As far as health care, consider three questions: What will the treatment of existing medi-

produced by Genworth, a financial services company. A financial professional can suggest ways of meeting these long-term care costs.

- Caregiving:

It's possible, at least early in your retirement years, that you could still be a caregiver to

aging parents. If so, you might need to factor in these costs to your financial strategy. Later on, you may need some caregiving yourself, such as that provided by a home health aide. So you'll need to consider these potential expenses. Your retirement years can be filled

with activities and accomplishments. And you can get even more enjoyment from this time of life if you stick to an appropriate longevity strategy.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor



three, decades in retirement - which means you need a "longevity strategy."

Such a strategy needs to be part of your overall retirement income strategy, but here are five key areas you'll need to address:

- Lifestyle:

What do you plan to do during your retirement years?

to an enjoyable retirement is the possibility of running out of money. This fear is apparently widespread; in a survey commissioned by Allianz, a life insurance company, more than 60% of respondents said they were more scared of outliving their assets than they were of dying. You need to create a retirement income strategy that in-

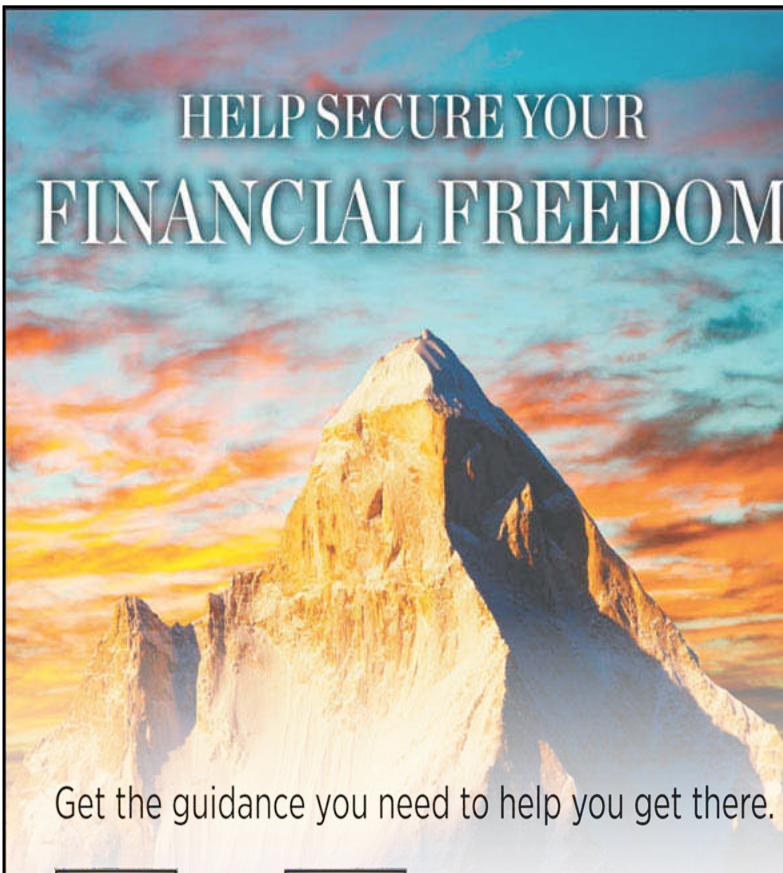
longer you wait, the bigger your monthly checks, until they "max out" at age 70.

- Housing:

Once you retire, you may want to review your housing situation. If you've already paid off your mortgage, and you like your house, you may want to stay there. But if you're thinking of downsizing

cal conditions cost over the long term? Do you know what costs Medicare will cover? Have you thought of how you might pay for a nursing home or other long-term care? This last item is especially important, because the annual average cost for a private room in a nursing home is more than \$90,000, according to the 2015 Cost of Care Survey,

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