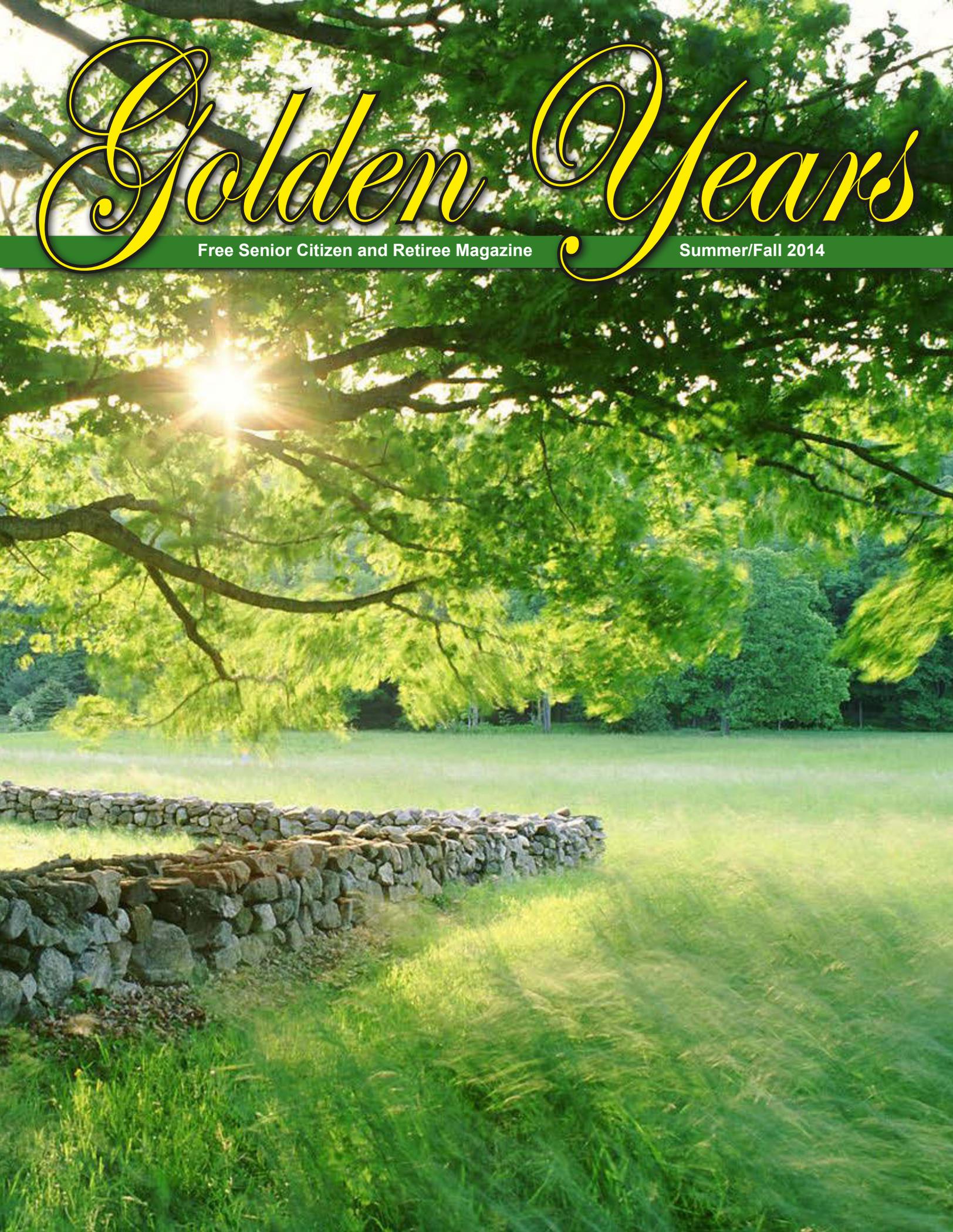


Golden Years

Free Senior Citizen and Retiree Magazine

Summer/Fall 2014



Come visit the
NEWLY REMODELED SHOWROOMS

at

PEPPERS AUTOMOTIVE



home of the

LIMITED LIFETIME WARRANTY

on most new and on select pre-owned vehicles

GRADE "A" GIVE-A-WAY

Details coming soon...



PEPPERS TOYOTA

2400 East Wood Street
Paris, TN 38242
731-642-5661
TOLL FREE
1-800-748-8816



PEPPERS AUTOMOTIVE

2420 East Wood Street
Paris, TN 38242
731-642-3900
TOLL FREE
1-800-325-3229



PEPPERS CHRYSLER

2440 East Wood Street
Paris, TN 38242
731-642-5661
TOLL FREE
1-800-748-8816

VISIT US ONLINE AT WWW.CLICKPEPPERS.COM



Contents



Organic Food, Better Health.....page 2
Fresh Food is the Best Food

Sudokupage 5

Orthopedic Health A Prioritypage 6
HCMC has a Program Right for You

Your Medicare Part D Plan.....page 10
Let TN Ship Advice You to a Better Plan

Summertime Sustenancepage 12
Cook up these Yummy Favorites

Steps to Fall Gardening.....page 14
Enjoy Fresh Vegetables Year Round

Word Search.....page 16

Diversifying Through Growth.....page 18
Learn more about Your Portfolio

Jokes & Puzzle Solutionspage 21

What's Going On?page 23
Calendar of Local Events

Pets Make Great Companypage 26
Adopt a Rescue Pet

Down Memory Lanepage 28



Customized appointments
Monday - Friday
8am - 5pm
1st Saturday of every month
No sedation
I personally do all grooming!
14 Yrs. Experience
Check us out on 

1885 Hwy. 79S
Paris, TN 38242
731-642-3679
Christina Brewer

Golden Years

Retiree & Senior Citizen Magazine

Publisher

Gary Benton

Editor

John Wambles

Graphic Designer

Stephanie Priddy

Sales

Gary Benton

David Michael

Mechelle Robbins

Peggy Staples

Golden Years is published three times annually by the Peddler ADvantage of Paris, Tennessee. All contents ©2013-2014 by Golden Years / Print Advertising Inc. Reproduction or use of the contents without written permission is prohibited. Comments written in this magazine are those of the author and do not necessarily reflect the opinion of the ownership or management of Golden Years.

All advertising inquiries, remittance or reader inquiries should be made to the editor:

Golden Years

Peddler Advantage

512 North Market Street

Paris, Tennessee 38242

(E) peddlerads@bellsouth.net

(O) 731-644-9595

(F) 731-644-9970

This magazine accepts no responsibility for unsolicited manuscripts, photography or artwork. All submissions may be edited for length, clarity and style.

Organic Food, Better Health

Cancer, Gluten Intolerance, CAnker, Lactose Intolerance, CANcer, ADHD, CANcer, Migraine Headaches, CANcer, Premature Puberty in little girls, CANcer. The list could go on and on.....

Chemical use just became common in the 1940's - 50's. At this time you may have heard of someone having cancer. Now you know someone who

has cancer.

Why?

One of the answers is pretty simple, but seems to be overlooked.

Everywhere around us chemicals are routinely being used. People have come so accustomed to using them they don't even think about the harm they cause. On lawns so they look pretty. On crops and vegetables

so they produce more. On our pots and pans to make them easier to clean.

Have you ever stopped to think where those chemicals are going? In our food and our water supply.

According to Natural Health News and Scientific Discoveries "Agricultural regions that see a heavy use of chemicals and in which genetically modified

(GM) crops are grown have a cancer death rate twice as high as the national average, according to a report by the Ministry of Health of Cordoba Province. Cancer cases are multiplying as never before in areas with massive use of pesticides."

Many people this year with gardens are having a problem with not getting any



Retire Henry County

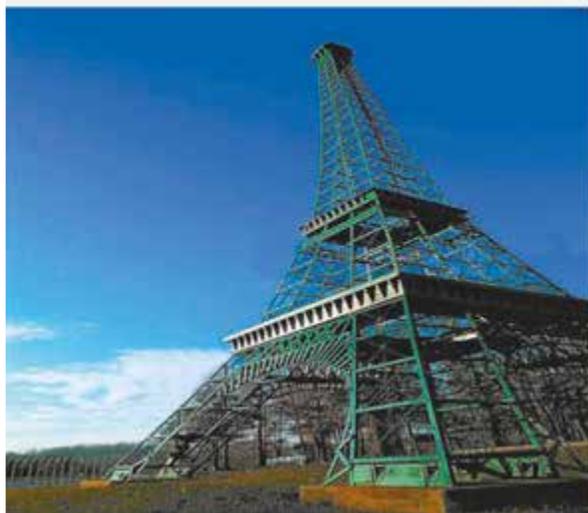
Charmed Life

When folks who have found Paris and Henry County tell their friends about us, one word come into the conversation - "Charmed." And we couldn't agree more.

Rich in history and Southern culture, our community is just the right size to know your neighbors yet large enough for retired individuals to maintain an active lifestyle. It's truly a charmed existence.

For more information on retiring to Paris & Henry County Please contact:

731-642-3431
www.paristnchamber.com



produce. The plants look good, they get blooms, but then the blooms fall off and no produce. When asked, they come to realize they have not seen any honey bees pollinating the plants.

What do you think happened to the honey bees? About three years ago we had seven honey bee hives. They were doing great and really thriving. One day a helicopter came to a neighboring farm and sprayed pesticides. A short time later we had five hives of bees die. Two weeks later the helicopter came back to a different neighboring farm to once again spray pesticides. Two days later our last two hives of bees died.

The Environmental Protection Agency states that children are especially sensitive to pesticides since their organs are still growing and developing, and in relation to their weight, they eat and drink more than adults, increasing their exposure to pesticides in both food and water. Consuming too many pesticides, which cover all fruits and vegetables unless they are certified organic, can also block the absorption of nutrients necessary for healthy growth. It has been found that children with above average pesticide exposure were two

times more likely to develop attention deficit hyperactivity disorder, or ADHD.

I noticed in the local paper there was a picture on the front page of a



crew getting ready to spray for weeds at the fairgrounds 3 days before the start of the fair. There was no rain in the forecast. So now we have people, including small children, walking through the sprayed areas. What was wrong with using a lawn mower, weed-eater, or just letting the weeds grow? Which is worse – weeds – or children walking/playing in chemical residue?

Take a look at your cleaning products, which are another big contributor to chemicals. Remember that your skin is your largest organ. If you get the cleaners on your skin, they are absorbed

into your body. When you breath in the cleaner chemicals they are also very hard on your lungs.

There are many harmful effects of non-stick cookware.

Perfluorooctanoic acid or PFOA is a polymerization aid that has been used for many years in the manufacture of nonstick cookware. It has been proven

The more things CHANGE, the more they REMAIN THE SAME,

like the merger of **DR. BLAKE CHANDLER** of **BONE & JOINT SPECIALISTS** with **WEST TENNESSEE BONE & JOINT CLINIC.**

- Dr. Chandler's patients will enjoy appointments in the same Paris and Union City clinics as before.
- They'll have the same friendly, skilled staff, including nurse practitioner Clay Nolen.
- Surgeries will take place at the same locations with the same hometown care.

SO WHAT'S DIFFERENT?

The merger provides better access to cutting-edge technology, helping patients return to their pre-injury lifestyles more quickly.




G. BLAKE CHANDLER, M.D., FACS
Board Certified Orthopedic Surgeon

Call for an appointment today at **731-644-0474**

1004 CORNERSTONE DRIVE • PARIS, TN • www.wtbjc.com

that when you breath the fumes from the non-stick cookware (Teflon) people develop flu like symptoms. The shocking truth is that AT LEAST 90% of Americans have PFOA in their blood. PFOA is extremely hardy and stays in the human body for years. According to Environment Working Group, even if all new exposures to PFOA were stopped, it would still take over 4 YEARS for your body to get rid of half of the PFOA that's accumulated in your organs and tissues!-So which is worse – having to scrub your pots and pans – or use non-stick (Teflon) and be exposed to PFOA's?

It has been proven that an active chemical in Round-up causes Celiac Disease (gluten intolerance). Right here in Henry County some farmers spray their wheat fields with Round-up so the wheat will die faster. Shortly after, they go in and harvest the wheat, which is then sold to processors to go in our food supply. The wheat is still contaminated with the spray.

For some reason the consumer can no longer go to the store and buy chemical free, drug free food. It has come to the point that if you don't buy organic you're buying a product with something added

to it. Pick up most anything at the store and read the ingredient list and chances are there are going to be words on there that you can't even pronounce, let alone know what the ingredient is. Why? Are the processors including different



additives to keep the cost of the actual product down? So is it better to have cheap food, be sick, then spend the money you saved on medical care? Or is it better to pay more for "clean" food, feel good, and not need to spend money for medical care?

I mentioned earlier about little girls reaching puberty at a much younger age now than they used to. Some of the large egg laying poultry farms feed their hens estrogen to make her lay two eggs a

day, rather than one. The estrogen passes through to the egg, and now we have "female problems", including the premature puberty. The milk you buy at the store has been ultra-pasteurized. Before this is done, milk has the bacteria needed to

on! Chicken that is ready to process in 4-5 weeks instead of the 9-10 weeks that it should take. Beef and pork being fed constant antibiotics and growth hormones. All of this being done for quicker growth rates, with no consideration (or care)

break down the lactose in your stomach. Ultra-pasteurization kills this bacteria, which is why there is such a high rate of lactose intolerance. Some processors are also adding titanium dioxide (a whitener and known carcinogen) to the milk because they have taken all of the "good stuff" out and are left with a gray colored product. We all know the consumer is not going to buy gray milk! You will not find it listed on your carton of milk, they consider it a "manufacturing aid".

I could go on and

of what it is doing to the end consumer – you!

Consider doing yourself and your loved ones a favor. Buy local, organic, drug and hormone free food. You will feel so much better!

If you have any questions or just want to talk about your food sources please feel free to come see us. While you are here, shop our Farm Market for good, "clean" food.

Crum Farms,
7865 Jones Bend Rd.,
Cottage Grove, TN
38224 731-336-6995
www.crumfarms.com

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

SUDOKU

See solution on page 21



EASTWOOD PHARMACY



LET OUR FRIENDLY STAFF HELP YOU!
 1325 East Wood Street • Paris, TN 38242
731-642-0451
 Owner: Casey Vernon
 FREE CITY-WIDE DELIVERY
www.eastwoodpharmacy.com



I-Limb



C-Leg

Artificial Limbs
 Orthopedic
 Braces
 Diabetic Shoes
 Spinal Braces
 Foot Orthotics
 Walk-Aide Certified



Hi-Tech
 PROSTHETICS & ORTHOTICS
 Live Active

1027 Mineral Wells Ave.
 Suite 2B
 Paris, TN 38242
 Phone: 731-642-9984
 Fax: 731-642-9986

www.hi-techpando.com

Orthopedic Health a Priority at HCMC's Center for Orthopedic Wellness

Don't be a spectator in your own life because of muscle and joint pain. Henry County Medical Center is raising awareness about orthopedic health with its comprehensive Center for Orthopedic Wellness, which provides the total continuum of care including inpatient and outpatient rehabilitation as well as rehabilitation at home.

HCMC's Center for Orthopedic Wellness focuses on total joint replacements as well as other orthopedic issues. HCMC is very fortunate to have four board-certified

orthopedic surgeons on staff to care for our patients in the dedicated unit with a full gym and



large private rooms as well as a comprehensive class prior to surgery for the best in care for our

orthopedic patients. The newest of our orthopedic surgeons is Mark Cutright, MD, of Innovative

Orthopedics.

Dr. Cutright has years of experience diagnosing and treating orthopedic conditions. He graduated magna cum laude from Miami University, then received his medical degree from the Ohio State College of Medicine. Before entering private practice, Dr. Cutright completed five additional years of training at Akron General Medical Center. Dr. Cutright is dedicated to his patients and to staying current on the best treatments available for orthopedic conditions and injuries.

Orthopedics, or musculoskeletal health, comprises our bones, muscles, tendons, ligaments and related connective tissues. The female body is built differently from the male body, resulting in some more common orthopedic

issues in women:

Shoulder Injuries result in the overuse and laxity of our ligaments. In women, this means the ball of the shoulder moves around more within the joint. Overly repetitive movements can result in a rotator cuff injury or tendonitis.

Stress Fractures are typically seen in the hip, the foot bones and occasionally in the tibia (or shinbone).

Osteoporosis and obesity can contribute to the likelihood of this pain which is caused by repetitious motion that is greater than the weight-bearing ability of the bone.

Anterior Cruciate Ligament (ACL) Tears often take place in athletes. Women are known to suffer ACL tears twice as often as men because of the anatomy of the knee. The size of the notch through which the ligament goes is smaller in women than it is in men.

Kneecap Pain (Patellofemoral Pain) is the result of an overabundance of stress on the knees. Women have wider pelvises than men and the angle between the upper and lower leg bones is greater, causing more strain. The knee may also wear unevenly if pulled to one side more often.

Mineral Wells Animal Clinic
 1116 Volunteer Drive • Paris, TN 38242
 731-642-5699 • 731-642-6909 • Fax 731-642-2228
 Monday-Friday 7am-5pm • Saturday 8am-12pm
 Over 60 Years of Experience • Walk-Ins Welcome

**EMERGENCY SERVICES PROVIDED
 24/7/365 DAYS A YEAR!**



**STATE OF THE ART LABORATORY EQUIPMENT
 GROOMING • BOARDING
 LARGE/SMALL ANIMAL MEDICINE & SURGERY**

www.mineralwellsanimalclinic.com

Women are also more prone to inflammation and pain because their bodies are always ready to defend against infection or injury. The following common conditions are causes for joint pain:

Arthritis means joint inflammation and refers to any disorder affecting the joints. It usually targets one joint in a specific part of the body, such as the back or hands, and causes pain and stiffness. A person can have arthritis of several joints.

Rheumatoid Arthritis is a chronic progressive disease called inflammata that is related to the autoimmune system and its malfunction.

Osteoarthritis is the most common form of arthritis and is sometimes called degenerative joint disease. It happens when the surface layer of cartilage (the hard but slippery tissue that covers the end of your bones) breaks down and wears away. This results in intense pain, swelling and loss of joint motion.

Bursitis is an inflammatory condition where the fluid-filled bursae (tiny sacs) that decrease rubbing and friction, swell and cause joint pain. These sacs are typically found in the knee, elbow, hip, shoulder and Achilles tendon.

Osteoporosis, a weakening of the bones that can increase susceptibility to injury, is a large concern in females. Pregnancy, breastfeeding and menopause can all

lower bone mass. You can battle brittle bones with exercise, consuming regular amounts of calcium, and incorporating broccoli, kale, figs, yogurt and salmon into your diet.

Don't forget about your posture! Walking with a guide book on your head for balance during your group tour may attract a few stares but so will hunched over shoulders. Postural deviations occur when the positioning of the spine is misaligned. Stand up straight! You also breathe better, increase your confidence and appear taller and thinner!

The most common struggle we face as we get older is inactivity. Staying active is imperative because muscles can begin to atrophy. That much-admired toned look will fade away if you don't pay your muscles a little attention. A little exercise goes a long way so remember, "use it or lose it."

For strong bones and muscles, weight-bearing exercises offer the best results. These are activities that you do while on your feet to help bones adapt to the impact of the weight and the pull of muscles by building more cells and becoming stronger. Try to incorporate one of these activities into your routine for 30 minutes a day, four or more days a week.

FIND THE MONEY IN YOUR HOUSE



*There's money hidden around your house. Find out where at energyright.com.
Take the Home e-Valuation and get a free energy-saving kit.*




641 PLUMBING & ELECTRICAL SUPPLY

1182 North Poplar Street • Paris, TN 38242
731-644-0287 • 731-644-9102 • Fax: 731-644-0118

MAKE BATH TIME SAFE & EASY!



This package is made complete with our exclusive Extension Kit and Adjustable Shower Bar.

OUR INTRODUCTORY LEVEL WALK-IN BATHTUB SOAKER HAS ALL THE SAFETY FEATURES ONE WOULD DESIRE FROM A WALK-IN TUB.

THE SOAKER FEATURES THE FOLLOWING:

- Low Threshold Entry • Safety Bar Installed • Slip Resistant Flooring
- ADA Compliant Fixtures • Lifetime Warranty on the Door Seal
- Built-In Safety Seat • Hand-Held Showerhead w/ 6" Stainless Steel Flex Hose

CONTACT US TODAY SO WE CAN HELP!



- Brisk walking, jogging, hiking
- Yard work, such as pushing a lawnmower
- Dancing, step aerobics, stair climbing
- Tennis and other racquet sports
- Skiing, skating, karate and bowling

- Weight training with free weights or machines

A healthy diet can also provide a positive effect on muscle and joint pain. Whole and fresh foods versus packaged, frozen or those containing additives can help defend against inflammation and osteoporosis. Try adding some garlic, berries and omega-3 acids (flax,

walnuts, fish) into your meals. Consider the assortment of treatment options available – traditional and non-traditional – before turning to surgery. Often times, a combination of treatments works better than just one.

If you are experiencing any of these symptoms, it may be time to seek the assistance of an orthopedic surgeon at

our Center for Orthopedic Wellness:

- Pain that persists despite medication
- Pain or difficulty walking or performing other simple activities
- Poor sleep due to aches and pains
- Inclination to stay inactive or motionless
- Stiffness
- Decreased range of motion
- Inability to participate in formerly enjoyable activities

For more information on our Center for Orthopedic Wellness, call 731-644-8325. For more information on our Orthopedic Surgeons, go to our website at www.hcmc-tn.org or call 731-644-3463 or contact them directly:

Eugene Gulish, MD & Heather Gladwell, MD
Henry County Orthopaedics and Sports Medicine
1015 Kelley Dr. Paris, Tennessee 38242
Phone: (731) 644-2271

Blake Chandler, MD
West TN Bone and Joint Specialists
1004-A Cornerstone Dr. Paris, Tennessee 38242
Phone: (731) 644-0474

Mark Cutright, MD
Innovative Orthopedics
Medical Arts Building, Suite 201 Paris, Tennessee
Phone: (731) 644-8304

Perkins Drugs & Gifts LLC

Randall & Debra Perkins, Owners

We're so much more than just a Drug Store!



Randell Perkins, Pharmacist
Adam Weatherly, Pharmacist
2 Certified Pharmacy Techs

- ~ Come in & ask about your Part D Medicare Supplement
- ~ Accept all insurance plans
- ~ We also offer Pneumonia, Flu, Shingles & other Vaccines

- ~ Baby & Wedding Shower Gifts
- ~ Children's Books
- ~ Gund Animated Plush Animals
- ~ Michel Designs! Soaps, lotions, etc.
- ~ Russell Stover Candies
- ~ Frames
- ~ Men & Women's Cologne
- ~ Gifts for every holiday occasion

AND MUCH MORE!

Bridal & Baby Registry available upon request.

110 E. Washington Street • Paris, TN 38242 • 731-642-3531

Rose Ella Village

A Retirement Community in Dover Tennessee

Visit our website at RoseEllaVillage.com

We're on FACEBOOK!

"Still living Independently only better!"



- ✦ Rose Ella is All Ground Level
- ✦ All Large 2 Bedroom Suites
For less than most alcove or studio apartments
- ✦ Each With a Private Garden Patio
- ✦ Kitchenette With Full Size Refrigerator
- ✦ Meals, Housekeeping And Activities



931-232-0561 Locally Owned and Operated

call the professionals

SerVal

PARIS, TENNESSEE

RESTORATION SERVICES

24-HOUR EMERGENCY SERVICE

- Fire Damage Restoration • Carpet Cleaning & Repair
- Area Rugs • Odor Control • Water Damage Restoration
- Vandalism • Upholstery Cleaning
- Professional Home Cleaning • Air Duct Cleaning



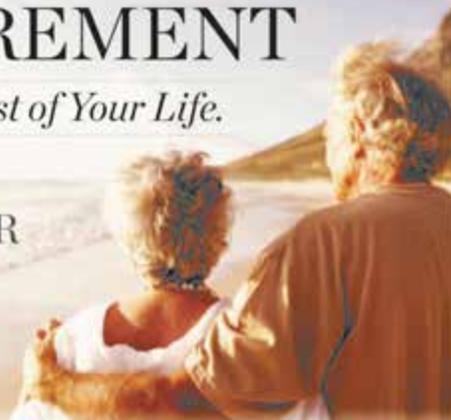
642-1111
1-866-342-2121

RETIREMENT

Is the Rest of Your Life.

WILL YOUR MONEY LAST?

I can help you build a strategy for lifelong income.




Contact
James Darren Roberson
Financial Advisor
Vice President
at 731-642-8000
www.jdarrenroberson.com



Registered Representative of INVEST Financial Corporation (INVEST), member FINRA/SIPC. INVEST is not affiliated with FirstBank or FirstBank Investment Partners. INVEST and its affiliated insurance agencies offer securities, advisory services and certain insurance products. Products offered are: • Not FDIC or NCUA insured • Not Bank or Credit Union Guaranteed • May lose value including loss of principal. 10sm725p-0000-000000

Tuesday Thru Saturday 11am - 7pm

EAGLE CREEK ARMORY, LLC




- Small, family owned gun store with friendly customer service.
- Low prices with financing available.
- Special orders welcome!
- Largest Gun Selection in this area.

**43 EAGLE CREEK DRIVE
BUCHANAN, TENNESSEE**

731-407-7118
www.eaglecreekarmory.com

SHANKLE'S SHEET METAL, LLC

Heating & Air Conditioning
Commercial & Residential

*Heat Pumps • Gas Heat
TVA Certified Contractor*

Free Estimates • Licensed & Insured

OVER 20 YEARS EXPERIENCE
408 Memorial Drive • Paris, TN
Owner: Steve Shankle • 731-642-8841




Relax. It's Rheem.™

Does Your Medicare Part D Plan still Fit Your Needs?

The Medicare Part D plan that made perfect sense for you in 2014 may not be the best choice for you in 2015. Changes in your prescription needs and the structure of the plans can significantly impact the cost of your medications under Medicare's prescription insurance program. Medicare beneficiaries should conduct a cost comparison among the available plans to make sure that their current plan is still a cost effective plan for them in 2015.

There will be more than 30 "stand alone" Part D plans available in the state of Tennessee next year. ("Stand alone" plans cover prescriptions only. They are different than Medicare Advantage plans that cover hospital, medical and prescription costs.) Only a handful of drug plans have reduced their monthly premiums. Other plans have increased their premiums.

The decision is not quite as straightforward for the majority of Medicare beneficiaries who do take prescription medications. Although all Part D plans cover the same categories of medications, they do not cover the same medications in each category. The Centers for Medicare & Medicaid Services (CMS) allows the drug plans to determine which medications they cover in each category. The secret to minimizing your costs is to find the plan that has all of your medications on their formulary (the list of medications that they cover) at the lowest price. You should consider switching to a different plan if all of your medications are not on your

current plan's formulary.

Even if you choose to stay with your current plan, check to make sure that your medications are on their formulary next year. Plans are allowed to change their formulary from one year to the next.

There are three basic costs involved in all Part D plans – a monthly premium, an annual deductible (anywhere between \$0 and \$325) and monthly copays at the drug store. The least expensive plan for you is the one that has the lowest total of these three costs. The least expensive plan for your neighbor is probably not going to be the least expensive plan for you unless you take exactly the same medications.

Check to see if you are eligible for the Part D "extra help" if you think that you will have trouble paying for your prescription needs even with the Part D program. Eligibility for this financial assistance is based on income and assets. SHIP staff and volunteers are trained to perform online applications for this financial assistance based on telephone calls from Medicare beneficiaries who think they may be eligible. It is not necessary to leave the comfort of your own home to file this application for financial assistance with your Part D drug plan.

Medicare beneficiaries impacted by the coverage gap (or "donut hole") in 2014 can look forward to paying lower cost of their brand name medications during the coverage gap, as opposed to the 100% that they paid in 2010. As a result of the Affordable Care Act, their share of the cost of brand name



Have Medicare?
Still Need Help
Paying for
PRESCRIPTIONS?

Medicare

+

EXTRA HELP

=

Almost Free
Prescriptions

Call the State Health Insurance Assistance Program (SHIP) at

1-877-801-0044

to find out how to enroll in "Extra Help"




medications will gradually decrease until the coverage gap is totally eliminated in 2020.

The Medicare Prescription

in a few minutes with no more information than the beneficiary's zip code and a list of their medicines. The tool will generate a list of



Drug Plan Finder at www.medicare.gov is an invaluable tool for performing a cost comparison of the different plans. Regular Internet users should find the process fairly straightforward. A general plan search can be performed

all the plans in Tennessee listed in order of least to most expensive estimated annual cost.

Since many Medicare beneficiaries do not use the Internet, they should consider asking family members

or friends to perform this cost comparison for them. Assistance is available 24 hours a day from Medicare at 800-633-4227. Consider calling outside regular business hours or on the weekend in order to minimize your wait time.

The State Health Insurance Assistance Program (SHIP) provides free information and counseling about all issues pertaining to Medicare, including Medicare Part D. This federally funded program operates out of the Area Agency on Aging and Disability at the Northwest Tennessee Development District. Out-of-town residents can call SHIP toll-free at 877-801-0044. Local residents can call 731-824-3430 Monday – Friday during regular business hours. Individual counseling appointments may be scheduled with SHIP staff at several locations in the

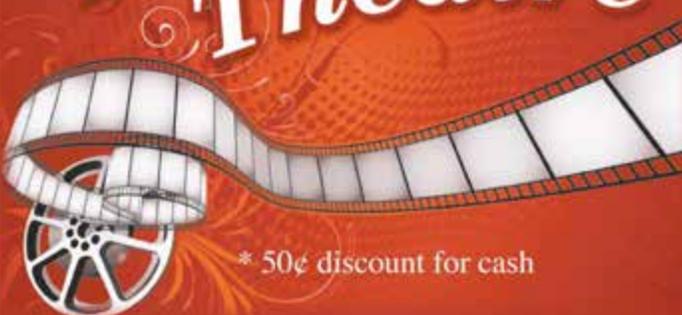
Northwest Tennessee area.

In closing, don't assume that last year's plan is your best choice for 2015. Be an informed consumer and perform a cost comparison based on the medicines that you take. If your current plan is still competitively priced and all your medications are on their 2015 formulary, you do not need to take any action to stay with the same plan next year. If you do decide to make a change, make it early during the October 15 – December 7 Annual Enrollment Period. Although changes can be made as late as December 07, you have a better chance of a smooth transition if you don't wait until the last minute.

The State Health Insurance Assistance Program (SHIP) provides free and objective information to Medicare beneficiaries and their families in the 9 counties in northwest Tennessee. SHIP is part of the Area Agency on Aging & Disability at the Northwest Tennessee Development District. Their toll-free number is 877-801-0044.

**All movies
\$6.50*
for Senior Citizens!**

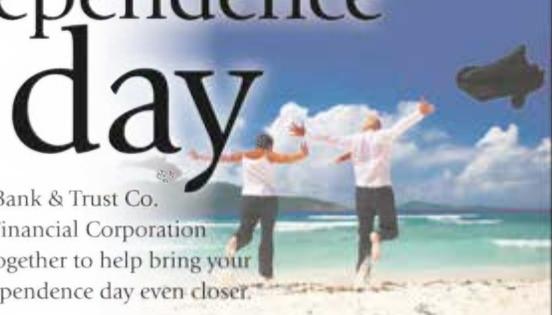
**Parisian
Theatre**



* 50¢ discount for cash

**Info Line...731-642-7171
Jim Adams Drive • Paris, TN 38242**

Plan for your
**financial
independence
day**



Commercial Bank & Trust Co. and INVEST Financial Corporation are working together to help bring your financial independence day even closer.

Ask our Investment Representative how.



Beverly Neighbors
INVEST Representative
731-641-9371



Bill Wilson,
INVEST Representative
731-641-9416

located at
Commercial Bank & Trust Co.
101 N. Poplar Street
Paris, TN 38242

INVEST
FINANCIAL CORPORATION

Registered Representative of INVEST Financial Corporation (INVEST), member FINRA/SIPC. INVEST and its affiliated insurance agencies offer securities, advisory services and certain insurance products and are not affiliated with Commercial Bank & Trust Co. Products offered are: • Not FDIC or NCUA insured • Not Bank or Credit Union Guaranteed • May lose value including loss of principal.

11tc2785-0412-80264

Summertime Sustenance



Apple Cole Slaw

makes 6 servings

3 cups chopped cabbage
1 unpeeled red apple, cored and chopped
1 unpeeled Granny Smith apple, cored and chopped
1 carrot, grated
1/2 cup finely chopped red bell pepper
2 green onions, finely chopped
1/3 cup mayonnaise
1/3 cup brown sugar
1 tablespoon lemon juice, or to taste

In a large bowl, combine cabbage, red apple, green apple, carrot, red bell pepper, and green onions. In a small bowl, mix together mayonnaise, brown sugar, and lemon juice. Pour dressing over salad. Let everything marinate. Can be served at room temperature or chilled.



Lemon Berry Slush

makes 2 servings

1/3 cup lemon juice
1 cup water
1 cup frozen strawberries, thawed, with juice
1/4 cup sugar
1 tray ice cubes

In a blender, blend the lemon juice, water, strawberries with juice, sugar, and ice cubes until slushy. Serve in a tall glass with a straw.



Calico Bean Casserole

makes 6 servings

1 (15 ounce) can kidney beans, undrained
1 (16 ounce) can baked beans with pork
1 (15 ounce) can butter beans, undrained
1/2 cup ketchup
2 teaspoons white vinegar
1 tablespoon dry mustard
3/4 cup packed brown sugar
1 pound lean ground beef
4 ounces bacon, chopped
1/2 cup chopped onion
salt to taste
black pepper to taste
Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, fry the ground beef, bacon and onion together until ground beef is no longer pink. Drain fat. In a large mixing bowl, combine the kidney beans, baked beans with pork and butter beans. Stir in the ketchup, white vinegar, dry mustard, brown sugar and cook beef mixture. Mix thoroughly, adding salt and pepper to taste. Pour the bean and meat mixture into a 9x13 inch baking dish. Bake in preheated oven for 30 to 40 minutes.



Chicken Burgers

makes 4 servings

1 ripe avocado, sliced
1 tablespoon lemon juice
1 tablespoon butter
1 large Vidalia onions, sliced into rings
4 boneless, skinless chicken breast halves
salt and pepper to taste
4 hamburger buns
4 tablespoons mayonnaise
4 slices provolone cheese
In a small bowl, combine sliced avocado and lemon juice. Add water to cover;

set aside. Preheat an outdoor grill for high heat and lightly oil grate. Heat butter in a large heavy skillet over medium-high heat. Saute the onions until browned and caramelized; set aside. Season the chicken with salt and pepper. Place on grill, and cook until no longer pink and juices run clear, about 5 minutes on each side. Place buns on grill just long enough to toast them. Spread buns with mayonnaise to taste, then layer with chicken, caramelized onion, provolone and avocado.

Grilled Pork Loin Chops

makes 2 servings

2 cloves garlic, minced
2 tablespoons brown sugar
3 tablespoons honey
3 tablespoons soy sauce
3 tablespoons Worcestershire sauce
2 teaspoons ketchup
1/2 teaspoon ground ginger
1/2 teaspoon onion powder
1/4 teaspoon ground cinnamon
1/8 teaspoon cayenne pepper
2 (6 ounce) thick-cut boneless pork loin chops
Mix the garlic, brown sugar, honey, soy sauce, Worcestershire sauce, ketchup, ginger, onion powder, cinnamon, and



cayenne pepper together in a bowl. Pour half the mixture into a large plastic zipper bag, and place the pork chops into the marinade. Squeeze the air out of the bag, and seal the bag. Refrigerate 4 to 8 hours, turning occasionally. Refrigerate remaining marinade in the bowl.

Preheat an outdoor grill for medium heat, and lightly oil the grate. Remove the pork chops from the plastic bag, and shake excess droplets of liquid from the chops. Discard the marinade from the plastic bag. Grill chops on the preheated grill, basting with the reserved marinade until meat is browned, no longer pink inside, and shows good grill marks, 8 to 10 minutes per side. A meat thermometer inserted into the thickest part of a chop should read at least 145 degrees F (63 degrees C).

Pour remaining reserved marinade into a saucepan over medium heat, bring to a boil, and reduce heat to a simmer. Cook the marinade until slightly

thickened, about 5 minutes, stirring constantly; serve sauce with chops. ****Teriyaki sauce can replace the Worcestershire sauce with equally great results.**

*****If thick enough, the chops can be cut into kabob sizes and marinated in the fridge for about two hours. Put on skewers with veggies of choice, and turn and baste as needed on a medium-temperature grill until done.**



Butter Pecan Ice Cream

makes 1 quart

1/3 cup chopped pecans
1 tablespoon butter
1 cup brown sugar
2 eggs, beaten
1 1/2 cups half-and-half cream
1/2 cup heavy cream
1 teaspoon vanilla extract
In a small skillet over medium heat, cook pecans in butter until lightly browned and fragrant, stirring constantly, about 3 to 5 minutes. Set aside. Whisk eggs in a mixing bowl; set aside. Combine brown sugar and half and

half in a saucepan and mix well. Bring to a boil over medium-high heat; remove from heat. Gradually pour hot mixture into the eggs, whisking constantly. Return custard to saucepan and cook, stirring occasionally, until mixture coats the back of a spoon.* Remove from heat and stir in cream, vanilla, and pecans. Pour into ice cream maker and freeze according to manufacturers' directions. ***The custard mixture is ready when you can draw your finger down the back of the coated spoon and see a clear line.**

Cucumber Punch



makes 3 quarts

3 quarts water
3 quarts ice cubes
1 (.14 ounce) package sugar free instant lemonade powder
1 (12 fluid ounce) can white grape juice concentrate
1 lemon, sliced
1/2 medium cucumber, thinly sliced
Stir together the water, ice, lemonade powder and grape juice concentrate. Float slices of lemon



and cucumber on top. Chill and let the cucumber flavor distill into the drink before serving.

Key Lime Cake

makes 3 - 8 in round pans

1 (18.25 ounce) package lemon cake mix
1 1/3 cups vegetable oil
4 eggs
1 (3 ounce) package lime flavored Jell-O® mix
3/4 cup orange juice
1/2 cup butter
1 (8 ounce) package cream cheese
3 tablespoons fresh lime juice
4 cups confectioners' sugar

Combine cake mix, gelatin mix, oil, eggs and orange juice. Pour into three 8 inch cake pans. Bake according to instructions on box. Allow to cool, then frost.

To make the frosting: In a large bowl, beat the butter and cream cheese until light and fluffy. Add lime juice and confectioners sugar. Mix well.

Enjoy These Favorites!

Steps to Fall Gardening

by John Wambles

Everyone loves fresh vegetables from the garden. But it can be a little tricky when trying to grow them in the fall. Garden Guides has a step by step plan for Tennesseans to follow for growing your veggies at home.

STEP ONE suggests that you find the average date for the first frost of the year in your area. In Tennessee, this date can be as early as mid-September or as late as the beginning of

November. If you visit UT's Fall Vegetable Garden online you can get a listing of dates for various areas in our state.

STEP TWO says to add two weeks to the average date of the first frost if planning cool-season crops. This would include kale, radishes, turnips, collards and broccoli. Subtract two weeks from the average date of the first frost if you are planting warm-season crops like snap beans, cucumbers, tomatoes

and green beans.

STEP THREE is to locate, on the seed package, the estimated time for the seeds to mature from planting.

STEP FOUR is to add 10 days to the estimated time for the seeds to mature to allow for the shorter days of fall. This is known as the "days of maturity" for the crop.

STEP FIVE can get a little tricky. Subtract the number of days found in Step Two to the date you determined in Step

four. So, you would either be adding two weeks to that date for a cool-season crop or subtracting two weeks for a warm-season crop.

STEP SIX is to repeat this process for each vegetable you are interested in planting. Trust me, you want to have a calendar and The UT List close by when you start working on this process.

These are some helpful hints to ensure your success in growing a bountiful crop. Once you have determined

Low CD rates? Say "hi" to Woodmen of the World.

With Certificates of Deposit, the interest rate may be low, you're taxed every year on the gain, and you may not have much confidence in banks.

With a Woodmen of the World annuity, you can:

- Earn competitive interest rates
- Benefit from tax-deferred earnings
- Feel secure choosing a company with more than a century of experience in helping families

Call today to find out more information.



Tim Hastings FICF
Field Representative
731-584-9997
Camden, Tn.



Woodmen of the World Life Insurance Society
Home Office: Omaha, Nebraska
woodmen.org

CD0766WOW 10/10

Insurance Protection • Financial Security

VISION SOURCE

Camden Eye Care Association, P.C.
Dr. Michelle Harrison & Dr. Tonya Reynoldson
Optometrists



We Accept Most Vision Insurance Plans

File Medicare Claims For Glasses After Cataract Surgery

Packages Available Starting At \$110.00 For Frames & Lenses

Latest Technology Used For Your Vision Care

731-584-7942

when you want to plant your fall garden, choose vegetables that are best suited for our area this time of year. Good choices for the fall in Northwest Tennessee are tomatoes, turnips, summer squash, mustard, Irish potatoes, lettuce, kale, cucumbers, cabbage, broccoli, collards, cauliflower, spinach and snap beans.



Water the soil thoroughly before planting. Hydration of the seed is just as important in the fall as in the spring. This will also make it easier to dig your holes for your seeds. Plant your seeds approximately 1/4 inch

deeper in the fall than you would in the spring. This will help prevent the seed from drying out. Cover the seeds with a light mulch of compost or vermiculite. Both of these will keep the seeds from drying out and help prevent a crust from forming over them. Water your seeds regularly, applying at

least one inch of water per week.

Check your garden for weeds and pests. These are notorious for the downfall of fall gardens. Another thing to deal with is the constant temperature changes. Cover vegetables if the temperature suddenly drops or if an early frost

is predicted. Use old blankets or drop cloths. To keep the material from weighing your plants down support them with stakes, plastic jugs, paper cups or anything you may purchase from the farm supply store.

Gardening is not only a pleasant activity that helps relieve stress but can also be good for your health. No true southerner would ever tell you there was such a thing as too many vegetable fresh from the garden. The art of gardening will fill you with joy for your efforts. The science of gardening will ensure you will fulfill that joy.

PEPPERS

SATURDAY ONLY SERVICE SPECIAL



OIL CHANGE

\$18.95

EXCLUDES SYNTHETIC & DIESELS UP TO 5 QUARTS

 **Moon's Jewelry & Repair**

"SERVICE WITH QUALITY & EXPERIENCE"

114 North Market Street • Paris, TN • 731-642-0881

Open Mon-Sat 9am-5pm • Closed Wednesday

THIS AREA'S LEADING BUYER OF SCRAP GOLD

DO YOU NEED EXTRA MONEY TO PAY BILLS?!

Then **BRING IN YOUR OLD, BROKEN OR DAMAGED JEWELRY** and **TURN YOUR SCRAP GOLD INTO CASH!**

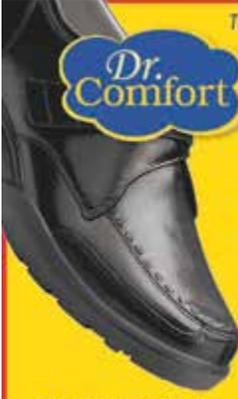
Free Estimates

FREE Jewelry Inspection & Cleaning

Voted "BEST JEWELRY STORE" 9 Years In A Row

Word Search

N T R A V E L M I W S N K S Q N S O
 A R T C E T T R E L A X R K S P I L
 T S R A G S N A S C N E V P O E G N
 R R I R N U S T R A W B E R R I E S
 E E P N I G A N E O K F T J G E M L
 L P D I N U M C L P M S B A U A H P
 O P I V T A O F M U F A R R E A I O
 O O V A H O T R L A S D E A L N K P
 C H I L G W A C M E E M P M T R I S
 E S N H I F I I B N M P X H S U N I
 H S G U L N L A C U L J S J A B G C
 O A E M C Y L N S E U E Z S C N S L
 T R R I I L I N S L H Y E H D U H E
 U G P D I G N I Y A L P N O N S O O
 E K C A P K C A B D G A U V A R R O
 A T S A N D A L S P B W J E S N T Z
 H C A E B O C A M P I N G L S R S A
 A S R O O D T U O F R I S B E E I O



Dr. Comfort
 The Finest Quality Diabetic Footwear **PERIOD!**
 One in four Americans will develop foot complications due to their diabetes. Properly fitted shoes are essential for reducing these risks.
 Dr. Comfort shoes are created from the world's finest leathers and are specifically designed for the diabetic foot.
CALL TODAY!
 Jeff Tucker 731-642-7365
MCP Medical Equipment
 A Division of Medical Center Pharmacy
 Formerly Vital Care of Paris
 234 Tyson Avenue • Paris • 731-642-7365
 Dr. Comfort Shoes are now available at:



HOLLEY CREDIT UNION
 16204 Highland Drive McKenzie, TN 38201 1-800-426-5004
 1107 Mineral Wells Avenue Paris, TN 38242 731-644-9031
 Monday, Tuesday, Thursday 8am-4:30pm
 Wednesday 9am-4:30pm and Friday 8am-5pm
NCUA SERVING OUR MEMBERS SINCE 1952
 Visit us on the web: www.holleycreditunion.org
NEW CARS – 3%
 (up to 72 months financing)
 Rates based on credit score • Loan subject to approval
 Holley Credit Union has a loan for almost every need with affordable rates and convenient terms. Apply in person, by phone, fax, mail, or download our loan application.
 New & Used Auto Loans • Home Equity Loan
 1st Mortgage Loans • Vacation/Christmas Loans
 New or Used Boats, Motorcycles, or Jetskis
 Visa Credit Card (Minimum rate 12% APR)
 Kwik-Kash (Pre-approved line of credit)

- | | | |
|----------|--------------|--------------|
| Apples | Family | Sports |
| August | Farm | Strawberries |
| Backpack | Flowers | Summer |
| Baseball | Frisbee | Sunburn |
| Beach | Garden | Swim |
| Camping | Grasshoppers | Tan |
| Carnival | Hiking | Travel |
| Cooler | Hot | Trip |
| Diving | Humid | Zoo |

See solution on page 21

Join others in
worship at...

First United Methodist Church

Pastor - Dr. Robert (Rob) Martin

**Informal, Contemporary
WORSHIP**

8:30am • Christian Life Center

COME AS YOU ARE!

Refreshments served • Nursery provided

**Inspirational, Traditional
WORSHIP**

11am • The Sanctuary

Children's Church • Nursery provided

South of Court Square • Paris
Poplar & Blythe Streets • 731-642-4764
THERE IS PLENTY OF PARKING!

Paris-Henry County Heritage Center



A Great Place For Weddings Or Other Special Occasions

614 North Poplar Street • Paris, TN 38242 • 731-642-1030

Tuesday-Friday 10am-4pm • Saturday 10am-2pm

**CONSIDER US FOR YOUR NEXT RECEPTION,
MEETING, OR PARTY**

IN NEED OF VOLUNTEERS

Visit our website: www.phchc.com

Taking Care Of All Your Insurance Needs

- Group Benefits
- Individual Health, Dental And Vision Plans *(On And Off The Marketplace)*
- Medicare Supplements And Part D Drug Coverage *(For 65 And Over)*
- Disability Insurance
- Life Insurance
- Long Term Care



P.O. Box 147 | 298 Broadway Street | Martin, TN | 38237
731.587.9993 | westan.net | martin@westan.net
info@westan.net | www.westan.net 866-532-0551



See Leigh Ann Moore
or Julia Ransom



Your Locally Owned, Hometown Bank With Friendly Faces You Know & Trust

- Checking Accounts • ATM/Debit Cards • Savings Accounts • Certificates of Deposit
- IRAs (Individual Retirement Accounts) • Loans and Mortgages • 24-Hour Hotline



| | | |
|---------------------------------------|--|--------------|
| Main Office | 210 West Washington Street Mon-Fri 9am-4pm • Drive-Thru 8am | 731-642-6644 |
| Annex | 204 West Washington Street Mon-Fri 8:30am-4pm (Loan & Operations) | 731-644-8050 |
| Paris Landing ATM available | 12625 Highway 79 North Monday-Friday 9am-4pm | 731-642-5366 |
| Lakeway ATM available | 2509 East Wood Street Monday-Friday 9am-4pm | 731-644-8082 |
| Puryear | 110 South Front Street Monday-Friday 9am-4pm | 731-247-3261 |
| Mineral Wells Avenue ATM available | 1033 Mineral Wells Avenue Mon-Fri 9am-5pm • Sat 9am-Noon | 731-644-8090 |

Instant Account Information: 731-642-2800
(24-HOURS A DAY / 7 DAYS A WEEK)

WWW.SBTCPARIS.NET



Ridgeway FUNERAL HOME

THREE GENERATIONS OF OUR FAMILY SERVING YOUR FAMILY.

Grief Support Group & Funeral Pre-Planning
24 HR. OBITUARY INFO...731-642-0252
www.ridgewayfuneralhome.com
201 Dunlap Street • Paris • 731-642-2121

T. Leon Ridgeway, Bradley Ridgeway, Chad Kennedy and Mike Butler
 Licensed Funeral Directors & Embalmers
 Vicky Sinclair, Tommie Dicus and Jess Hedges - Licensed Funeral Directors

Diversifying Through Growth



By:

Beverly Neighbors
& Bill Wilson

About Growth Investing

Thomas Rowe Price, founder of T. Rowe Price and Associates, pioneered the method of growth investing. His strategy focused on well-managed companies in developing industries whose earnings and dividends were expected to grow faster than inflation and the overall economy.⁴ Growth investors are more concerned with a stock's future growth prospects than they are with its current stock price. Companies whose earnings grow the fastest see their stocks appreciate the most in the short-term – since the market tends to reward growth.

Deciding how to allocate the money in your portfolio is one of the most imperative tasks for an investor, considering that as much as 90% of a portfolio's return is determined by the way the monies are divvied among the major asset classes of stocks, bonds, and cash.^{1,2}

Once you establish how much of your portfolio to place in stocks, what is the best approach for picking stocks under these volatile market conditions? While there is no "one suits all" approach, following a defined strategy can help simplify investment decisions, providing guidelines and a basis for selecting one stock over another.

Companies potentially achieve accelerated growth in many ways: through superior technology, higher quality products and more innovative marketing. Or, a company might gain advantage by being first-to-market in a new business niche, or by enjoying other efficiencies its competition does not. Often, a successful growth company benefits from more than one of these advantages.

Two predominant investment strategies are growth investing and value investing, and there is much debate about which should be favored over the other. The fact is, they both have their merits, and many strategists suggest using them in combination to build a robust and diversified portfolio, with the goal of maximizing profits, balancing risk and combating market volatility.³

How do you spot a growth stock? The general characteristics of growth stocks are:

1. low dividend yields

- (since young companies tend to reinvest earnings),
- 2. high price-to-earnings ratio, and
- 3. high market price-to-book ratio.

About Value Investing

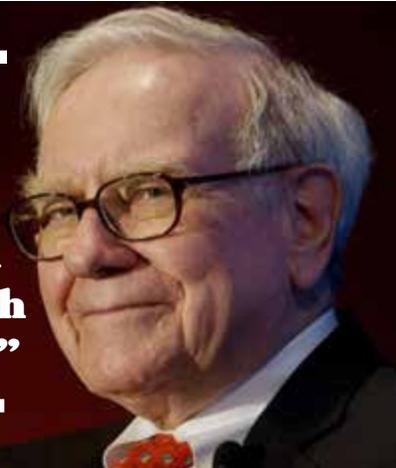
The principles of value investing were conceived by Columbia University professors Benjamin Graham and David Dodd. Modern day value strategists, like Warren Buffet, search for bargains – high quality companies with strong fundamentals and earnings potential that the market may have

prospects but also on the price being paid for it. To value investors, the key to recognizing an undervalued stock is to determine its intrinsic value - which is its fair value based on underlying observations of the business. To start, they examine company fundamentals, looking at both qualitative measures (business model, target market, regulation) and quantitative measures (financial statements and ratios) to gauge if the company may be worth more than its current valuation.

To analyze intrinsic

underestimated.

“Modern day value strategists, like Warren Buffet, search for bargains”



They seek stocks that have fallen out of favor and are currently trading below historic averages or below industry peers. For example, if a company is restructuring or experiencing earnings problems, value investors may view a downturn in its stock as a temporary situation that will correct itself when current conditions improve.

This is where the concept of value comes in — value investors consider whether a stock is a good buy, based not only on its future

value, value investors rely on a core principle known as the “margin of safety,” which is the difference between what is determined to be a stock’s intrinsic value and the actual stock price as set by the market. In concept, a high margin of safety would reduce risk of the investor overpaying for the company’s stock and allow for a greater profit margin. In practice, the stock price upon sale may be higher or lower than the actual purchase price.

To single out potential

SUBWAY
OF PARIS LANDING
14201 Highway 79 North • Buchanan • 731-407-7474
SENIOR DAY THURSDAY
10% OFF
*NOT VALID WITH ANY OTHER OFFER.

WE ARE CHOMPING AT THE BIT TO SERVE YOU!

Wild Bird Seed
Black Oil Sunflower Seeds
Thistle Seed • Sweet Cakes
Wildlife Blocks
Bird Feeders

**YOUR FRIENDLY, HOMETOWN
FEED, TACK & PET SUPPLY STORE**
45 Muzzall Street (Off Hwy. 79 North) • Paris, Tennessee 38242
Behind A-1 Auto Sales & Eastside Auto Repair
Open: Monday-Friday 8am-6pm and Saturday 9am-2pm
Questions? e-mail: pam@s-and-r-feed.com or call 731-407-7124

BARCROFT

AUTOMOTIVE
YOUR DEALER ALTERNATIVE!
731-407-4629

SOUTHERN CONCRETE
RUSSELL STREET
FIRSTBANK
MINERAL WELLS AVE.
KROGER SHOPPING CENTER
BARCROFT AUTOMOTIVE
Monday - Friday
8 am - 5 pm

NEW LOCATION! **191 RUSSELL STREET
PARIS, TENNESSEE**

value stocks for a closer look, watch for these general characteristics:

1. low market price-to-book ratio,
2. low price-to-earnings ratio and,
3. high dividend yields.

Growth and Value Strategies in Action

Looking back over 30 years, growth stocks and value stocks have performed cyclically, taking turns outperforming one another.

Cumulatively, the difference between the two strategies amounts to less than one half of a percent over that time period.⁵ The styles generated similar returns when implemented as a long-term investment strategy. Used in combination, growth and value investing may provide



the benefit of diversification — as the value portion of a portfolio zigs, the growth portion can zag and vice versa. Over time, investors may achieve the same returns either strategy might produce independently, but with potentially less volatility and anxiety along the way.

Sources: 1. Gary P. Brinson, Brian D. Singer, and Gilbert L. Beebower, "Determinants of Portfolio Performance II: An Update," *The Financial Analysts Journal*, 47, 3 (1991). 2. Roger G. Ibbotson and Paul D. Kaplan, "Does Asset Allocation Policy Explain 40%, 90%, or 100% of Performance?" *Financial Analysts Journal*, Jan/Feb 2000. 3. Mark Biller, "Why You Want Both Growth and Value Investments," *Sound Mind Investing*, August 2009.

4. John Train, *The Money Masters*, Harper Business, 1994. 5. Cambridge Associates and Morningstar Principia, "The Cyclical Nature of Growth vs. Value Philosophies."

Beverly Neighbors & Bill Wilson are registered representatives with offices in Paris, TN. If you have a question, send it to:

| | |
|---|--|
| Beverly Neighbors INVEST Manager 731-641-9371 101 N Poplar St Paris, TN 38242 | Bill Wilson INVEST Representative 731-641-9416 1045 Mineral Wells Ave. Paris, TN 38242 |
|---|--|

Registered Representative of INVEST Financial Corporation (INVEST), member FINRA/SIPC. INVEST and its affiliated insurance agencies offer securities, advisory services and certain insurance products and are not affiliated with Commercial Bank & Trust Co. INVEST does not provide tax or legal advice. Products are: • Not FDIC or NCUA insured • Not Bank or Credit Union Guaranteed • May lose value including loss of principal.



WHEN OPERATING, PLEASE RESIST THE URGE TO WEAR A CAPE.

Faster than a speeding pullet! More dependable than a locomotive! Able to cut tall grass over varying ground! Bush Hog's line of Zero-Turn Mowers make maintaining your property so effortless, you'll feel like you have super powers. They're easy to operate and maintain, deliver a beautiful manicured appearance and with speeds up to 14 mph, they fly through even the biggest jobs. So if you have a large lawn or lots of acreage, never fear: Bush Hog is here! Suit up and head to your nearest Bush Hog dealer for a test flight. And remember, Bush Hog ZT Mowers are proudly made in America and built to last.



www.bushhog.com

B&G Equipment Inc.
2816 Hwy. 54
Paris, TN 38242
731-642-1242

 **Manor House of Dover**
537 Spring Street • Dover, TN 37058
(931) 232-6902 • (931) 232-4256

Clinical Capabilities

- Cardiac Care Program
- Diabetic Care Program
- Wound Management
- Orthopedic Surgery Recovery
- Medication Management
- Stroke Recovery Program
- Outpatient Rehabilitation Therapy
- Wound Management
- Respite Services
- Postsurgical Reconditioning



Excellence By Exceeding Expectations

Manor House offers an extensive range of services to each patient and resident we serve and we pride ourselves in the development of appropriate solutions for each individual. Our approach to healthcare and rehabilitation involves working together to enhance quality of life by reshaping abilities and teaching new skills. We strive to build hope, confidence, self-respect and a desire to achieve one's highest level of independence.

HUMOR ME

"My memory is gone, Mildred, so I changed my password to 'incorrect.' That way when I log in with the wrong password the computer will tell me, 'You're password is incorrect.'"



John angrily looked at the text he had just received from his mom. It read, "Professor called to say failed the course. LOL, Mom" How could I have failed, he thought?! And all his Mom has to say is the she's Laughing Out Loud?! Fed up, he texted his Mom, "What was up with the LOL?"

She replied, "I just wanted to send you Lot's Of Love because I know how disappointed you must be."

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

PUZZLE SOLUTIONS

TRAVEL MIWS NK S Q N S O
 ARTCE T TRELAX R K S P I L
 TRAGS N A S C N E V P O E G N
 R R I R N U S T R A W B E R R I E S
 E E P N I G A N E O K F T J G E M L
 L P D I N U M C L P M S B A U A H P
 O P I V T A O F M U F A R R E A I O
 O O V A H O T R L A S D E A L N K P
 C H I L G W A C M E E M P M T R I S
 E S N H I F I I B N M P X H S U N I
 H S G U L N L A C U L J S J A B G C
 O A E M C Y L N S E U E Z S C N S L
 T R R I I L I N S L H Y E H D U H E
 U G P D I G N I Y A L P N O N S O O
 E K C A P K C A B D G A U V A R R O
 A T S A N D A L S P B W J E S N T Z
 H C A E B O C A M P I N G L S R S A
 A S R O O D T U O F R I S B E E I O

2014
SUMMER CLEARANCE EVENT

Jeep **DODGE**
Peppers Chrysler
 clickpeppers.com
 2440 East Wood Street • Paris, TN
 731-642-5661 • 1-800-745-8816

Paris Civic Center
 650 Volunteer Drive • Paris • 731-644-2517

Health and Fitness Facility



Indoor Walking Track



Daily Water Aerobics

Fun For All Ages
 Personal Trainers Available

Loden Vision Center Cataract & LASIK Experts

Our devoted team of experts take pride in offering the highest quality patient care and technology. From the latest advancements in LASIK and cataract care, Loden Vision Centers continues to be the area's clear choice for all of your vision needs.

FULL SERVICE EYE CARE
SPECIALIZING IN:

- Blade-Free iLASIK
- Cataract Surgery
- Lifestyle IOL's
- Refractive Lensectomy
- Routine Eye Exams
- Glaucoma

Call today to schedule
your **FREE** Consultation!

iLASIK: (731) 707-7713 or
Cataracts: (731) 707-7712



Thomas D. Bailey, M.D.



David O. Carrico, O.D.

Cataract & LASIK Experts
(731) 707-7713 LASIK

Cataracts & General Info
(731) 707-7712

WWW.LODENVISION.COM



1024 KELLY DRIVE | PARIS

What's Going On?

August 29 - September 1st
30 Mile Yard Sale
yard sales,
dawn to dusk
Benton County, TN

August 30th
Downtown Saturday
Market
open flea market,
7am-noon
Murray, KY

September 1st
Labor Day
Community Event
Carroll County
1000 Acre Lake
Carroll County, TN

September 5th
Commercial Bank's
Noon on The Square
music, food, noon
Downtown Paris

September 6th
Downtown Saturday
Market - open flea
market, 7am-noon
Murray, KY

Ice Cream Festival
food, games, music
Court Square,
Murray, KY

September 12th
Commercial Bank's
Noon on The Square
music, food, noon
Downtown Paris

September 13th
Downtown Saturday
Market
open flea market,
7am-noon
Murray, KY

September 19th
Commercial Bank's
Noon on The Square
music, food, noon
Downtown Paris

September 20th
Downtown Saturday
Market
open flea market,
7am-noon
Murray, KY

Eva Beach Music
& Arts Festival
food, art, music,
10am-6pm
Eva Beach,
Camden, TN

City Wide Yard Sale
shopping all
around town
Murray, KY

Pioneer Days
exhibits, food, games,
music, parade
Henry, TN

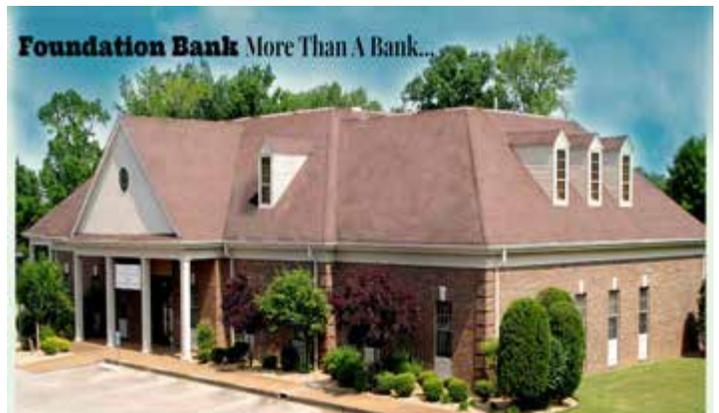
September 22nd-27th
Benton County Fair
carnival, food, exhibits
Camden, TN

September 23rd
Downtown Cruise In
cars, music, food,
5:30pm
Downtown Paris

September 26th
Commercial Bank's
Noon on The Square
music, food, noon
Downtown Paris

September 26th - 28th
Eyefull Of Paris
Weekend
music, art, food
Henry County

September 27th
Arts Round The Square
art, music, food,
demonstrations,
9am-4pm
Downtown Paris



We're your Financial Solutions Provider for all
your personal and business needs.
Let us help you today.



1137 E. Wood St.
Paris, TN
731-642-3130

FOUNDATION BANK

foundationbank.org

Eagle Creek Plaza
14201 Hwy. 79N
Bochaman, TN
731-641-8885

Downtown Saturday Market
open flea market,
7am-noon
Murray, KY

Concert in the Vineyards
music, food,
5:30-8:30pm
Paris Winery, Paris

Camden Cruise-In
cars, music, food, 4pm
Court Square, Camden

September 28th
Downtown Churches
Rejoice
music, afternoon
Downtown Paris

October 4th
Oktoberfest
arts & crafts, food, music
Henry County
Fairgrounds, Paris

Downtown Saturday Market
open flea market,
7am-noon
Murray, KY

McLemoresville Cotton Festival
music, games, food fun
McLemoresville, TN

October 10th-11th
Atwood Antique Tractor Show
tractors, music, food
Atwood, TN

October 21st
Small Business Expo
exhibits, food
Henry County
Fairgrounds, Paris

October 25th
Spooktacular
games, food, fun,
noon-4pm
Downtown Paris

Camden Cruise-In
cars, music, food, 4pm
Court Square, Camden
October 28th

Downtown Cruise In
cars, music, food,
5:30pm

Downtown Paris
November 7th
French Holiday Bazaar
shopping, food,
8am-1pm
First Presbyterian
Church, Paris

Flapjack Fundraiser
food, 6am-7pm
First United Methodist
Church, Paris

November 7th-9th
Candlelight Christmas
Open House
shopping, music, food,
Friday & Saturday,
6-8pm, Sunday 1-5pm
Downtown Paris




DOVER EYE CLINIC
1306 Donelson Pkwy • Dover, TN 37058
(931) 232-5118

Dr. John J. Maria
Dr. Kevin Adams

Thorough Eye Exams
Glasses/Contacts
Eye Diseases/ Injuries

Mon. & Tues.
8:30AM - 5:30PM
Wed. & Fri.
8:30AM - 4:00PM
Thurs.
8:30AM - 7:00PM

0% Interest Financing Available

LOW PAYMENTS

\$500 CASH BACK

ARMOR
Siding & Window

731-352-5107 • 800-957-3404
*ON QUALIFYING PURCHASES WAC

Ask how you could win a 32" TV!



YOUR FUTURE IS CALLING DAY CLASSES 8AM-NOON DAILY AT THE ADULT LEARNING CENTER

Western Valley Adult Education
SERVING HENRY, BENTON AND CARROLL COUNTIES
55 Jones Bend Road Extended • Paris, TN 38242

731-642-8655
Office Hours: Monday-Friday 8am-4pm
E-mail: westernvalleyae@gmail.com

Success • Job Advancement • Educational Opportunities
Empowerment • Personal Fulfillment • Educational Counseling

This project is funded under an agreement with the Department of Labor and Workforce Development.



SMITH AGENCY
Multi Companies / Best Rates

Hard to keep up with Medicare Changes? WE CAN HELP!

Offering Medicare Supplements and Medicare Part D Prescription Drug Plans from Multiple Companies.

Call 731-642-0034 with any questions concerning Long Term Care, Annuities or Life Insurance.

238 Memorial Drive • Paris, TN 38242
Cell 731-336-4930 • Fax 731-642-0371

www.edwardjones.com

Meeting on your schedule, not ours.

Face-to-face meetings. One-on-one relationships. How did Edward Jones become one of the biggest financial services companies in the country? By not acting like one.

With more than 10,000 offices. Including the 3 in Paris.



Edward Jones
INVESTMENTS

Brian G Tusa, CFP®
Financial Advisor
101 East Wood St
Paris, TN 38242
731-644-1466

Pete Piskos, AAMS®
Financial Advisor
331 Jim Adams Drive
Suite C
Paris, TN 38242
731-642-4164

Jamie G Orr, AAMS®
Financial Advisor
810 E Wood St
Paris, TN 38242
731-642-8424

**Ashli Scott
Newcomb**
Financial Advisor
331 Jim Adams Drive
Paris, TN 28242
731-642-4164

Edward Jones®
MAKING SENSE OF INVESTING
Member SIPC



Pets Make Great Company



Loneliness is one of the leading causes of depression in retirees and senior citizens. Living alone, without a sense of needing to be somewhere at a certain time, like when you were working, can lead to overwhelming loneliness. But there is a sure cure for beating the blues - get a furry friend!

Statistics show that seniors that have a pet are both physically and mentally healthier than those that don't. Those same senior citizens

are more emotionally stable and are known to have lower blood pressure. A pet helps ward off the depression and loneliness. Besides just having the added company, pets can actually help you have lower health related costs and doctor's visits.

You might be thinking, "yeah, right!" But think about this... pets need attention, lots of attention for many different things. Pets need to be fed, they need to be walked, they

want to play and need to be nurtured. All of

Taking care of a pet can give a new meaning to



these things add up to a sense of purpose where before there was none.

your life. Pets can show affection and return your love. The physical



Lakeside Health Clinic, P.C.
Quality Healthcare with Hometown Charm

706 East Wood St
Paris, TN 38242
(731) 924-2000

Agustin Vitualla, MD **(731) 653-0053**
Lisa Hubbard, PA-C Physician Assistant
Rina Prosser, MSW, FWP, CHM
Sue Dierkes, PA-C, Physician's Assistant
lakesidehealthclinic@aeneas.com
www.lakesidehealthclinic.com



MIKE TURNER
scottslawntrn@bellsouth.net

MICHAEL TURNER
turners.landscaping@yahoo.com

LawnService®
Locally owned & Operated
Weed Control & Fertilization

www.scottslawnservice.com

1690 Highway 79 S • Paris, Tennessee 38242
(731) 642-5500 • Toll Free (888) 872-6887

Charter #4226 



■ Seasonal Low Prices on many of your favorite items!

■ Earn Gas Reward points by using your Kroger Card today!

Great Food Low Prices

1059 Mineral Wells — Paris, TN
731-644-1075



PROTECT YOUR WORLD
AUTO • HOME • LIFE • RETIREMENT

TIM BEELER
731-644-2212

230A TYSON AVE
PARIS
a057266@allstate.com



Allstate.
You're in good hands.
Auto Home Life Retirement

Insurance and discounts subject to terms, conditions and availability. Allstate Vehicle and Property Insurance Co., Allstate Property and Casualty Insurance Co. Life insurance and annuities issued by Lincoln Benefit Life Company, Lincoln, NE, Allstate Life Insurance Company, Northbrook, IL, and American Heritage Life Insurance Company, Jacksonville, FL. In New York, Allstate Life Insurance Company of New York, Hauppauge, NY. Northbrook, IL. © 2010 Allstate Insurance Co.

950593

activity associated with walking a pet or playing with the pet can help you burn calories and control your weight and also lower your blood pressure. All are symptoms of a sedentary lifestyle.

The companionship alone has tons of health benefits. When seniors are less lonely they are less depressed. When seniors have responsibility for something other than themselves they feel needed and wanted. Those factors lead to a more positive frame of mind and an improved morale. Stress can be handled more easily when a person has a happier disposition. Pet ownership can even encourage a more independent lifestyle.

Before adopting a pet there are a few things you should keep in mind. First, would be your physical ability to care for an animal. Do you have any limitations that may keep you from walking a dog, or cleaning a litter box? If so then you know you may want to check into more independent type pets, like birds or fish. A fish tank has been proven to bring a sense of peacefulness to seniors that enjoy a more quiet companion.

Don't forget about your budget. Pets do

have costs associated with them. Medical costs, food, toys and general supplies can add up, especially if you go overboard. When you have a new loved one to tend to that is easy to do. Check your budget and see what you can afford monthly and then check with a local pet shop or veterinarian about the monthly expenses.

Safety is always an issue that seniors need to keep on the forefront of their mind. You may think a large pet would be great for your protection but may be too much pet for you to handle and control. You will also need to give some thought to your own medical safety too. Pet dander and dust and other things that can be brought in from going outside can cause health and allergy issues.

One of the toughest things to take into consideration is the future care of your pet if something should happen to you. You have to make sure that you have a plan. An illness or a fall, or even death, can sometimes be unexpected. Your pet will still need to be cared for properly. Make sure you have a written plan, agreed upon by all parties, in place for just such an



emergency.

Seniors can get turned off by the idea of having a pet because they don't want to take the time to house train a pet. Visit Pet Rescues. Not only are the fees usually very low but the animals tend to be left by a previous owner who, for one reason or another, just could not care for them anymore. These animals are used to being with a companion and know how to give love. They are in these facilities waiting for someone to come love them again. Usually, there is an adjustment period after you take them home. But in a day or two they are right back to their old routine and remembering how to be the best houseguest you ever invited over. Rescue pets are usually vet checked and are up to date on vaccinations. Typically, they are also

spayed or neutered. A lot of things that you will not have to deal with. If you should choose to use a private breeder, make sure you use one with a good reputation and always have a vet check your animal before final adoption.

Imagine not dreading going home anymore because you know it's going to be quiet and lonely. Imagine opening the door and the cutest dog in the world is there waiting for you with her tail wagging just waiting to get a pet from you. Imagine having your kitty sitting in you lap purring while you are watching your favorite television program. Imagine watching your lighted fish tank as you fall asleep at night. You just can't imagine what you have been missing until you get a pet.

Down Memory Lane

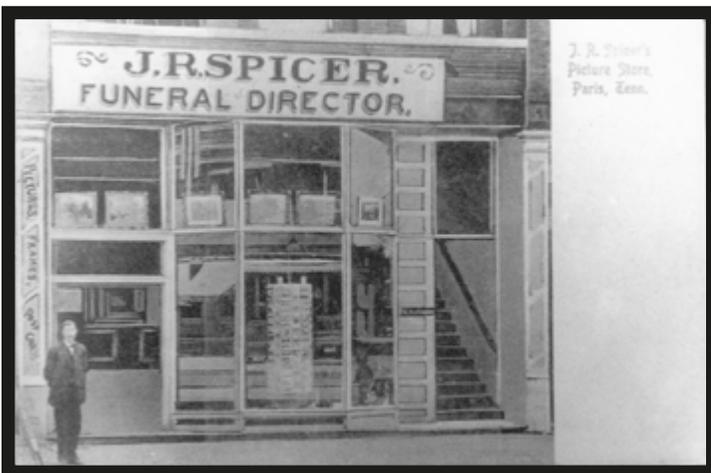


Joe Wilson opened Wilson's Grocery Store in 1929 and it quickly became a place of community and fellowship for Big Sandy. Caring for his neighbors without respect to the ability to pay, Wilson's Grocery Store was a place for all to receive what was needed for 60 years. Perhaps Mr. Wilson was so inspirational because he was born in a different age of kindness, or perhaps because he took some time away from his business to serve in WWII - no matter the reason he made his community his beloved home.

Inside Wilson's Store. Pictured from left to right: Bernadine Wright, Tilt Winters, Joe Wilson, Mattie, Joe's mother, John Wilson, Joe's father, and Kathleen Holland Jent.



Wyatt's Mill on Big Sandy River Built by Zachariah Wyatt in 1826. It was operated (under several different owners) for nearly 100 years. After Zachariah's death, the Blantons purchased it from the heirs and operated it through the Civil War. The Blantons sold it to William Caraway and Silas Bullock in 1891. The mill was badly deteriorated and had been out of service since the late 1880's so Caraway and Bullock moved down the millrace a short distance and built a new mill and operated it for several years before selling it to its final owner, John Hastings, who operated it several more years. While he had it closed for repairs to the mill and check dam (which was leaking like a sieve). Some irate farmer or farmers, knowing that the check dam was causing the flooding of their crops with nearly every rain, blasted the check dam, thus ending forever the legendary Wyatts Mill on Big Sandy River.



J.R. Spicer's Picture Store was located to the left of Crete Opera House which was located on Washington Street. The Courthouse Annex is now to the left of this building. Upstairs is now Paris Karate; downstairs was once Matthews Dress Shop and is now a beauty shop.

Put the spring back in your step.

Physical, occupational and speech
rehabilitation and skilled nursing care
designed to renew your independence
and refresh your quality of life.



Life
Care
Center
of Bruceton-Hollow Rock

731-586-2061 • LCCA.com
105 Rowland Ave.; Bruceton
Joint Commission accredited



JOE MAHAN FORD



211 Memorial Drive
Paris, TN
731-642-4711

COME SEE
the all-new
2015 Lincoln MKC
coming summer 2014.
www.joemahanlincoln.com





Our doctors.
Our neighbors.

Introducing
our newest
neighbor.

Mark T. Cutright, MD Orthopedic Surgery

As a regional community hospital, we are committed to providing the best in care to our neighbors. Dr. Cutright, our newest neighbor, recently opened his clinic, Innovative Orthopedics and joined the medical team at Henry County Medical Center.

Dr. Cutright is originally from Lancaster, OH. He received his undergraduate degree from Miami University and his Doctor of Medicine from The Ohio State University. He completed his residency at Akron General Medical Center in Akron, OH. Dr. Cutright comes to Henry County Medical Center from NorthCrest in Springfield, TN. Dr. Cutright is board certified by the American Academy of Orthopedic Surgeons. He is married to Jill, who is a Nurse Practitioner at Innovative Orthopedics and they have two sons, Zach and Josh, who will be attending Henry County High School playing on the Tennis Team. The family enjoys hiking, farming, and water sports including boating. He is currently accepting new patients. To make an appointment, contact Innovative Orthopedics at 731-644-8304.

HIC HENRY COUNTY
MIC MEDICAL CENTER

*Medical Arts Building
Suite 201*

*Paris, TN 38242
731.644.8304*

INNOVATIVE
ORTHOPEDICS
BRINGING QUALITY
ORTHOPEDIC CARE
Home to You

www.hcmc-tn.org