

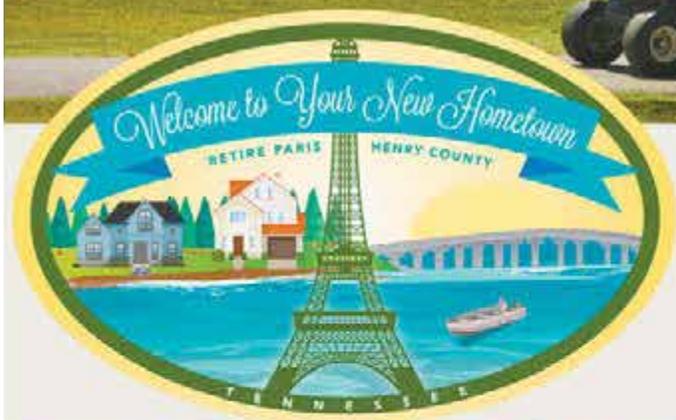
# Golden Years

Free Senior Citizen and Retiree Magazine

Summer/Fall 2015



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## Golden Years

Retiree & Senior Citizen Magazine

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# Well, will you look at the time!

written by: Teresa Jones

Time....We all have it, although for some there is never enough, for others, too much. It comes and it goes, it flies and it drags. As the long sunny afternoons of summer are slowly winding down and we prepare for the long dark evenings of fall and winter, it is important to take this time to prepare for the change of time. Begin by making your own sunlight. Starting the day with bright lights will help

ease the transition to loss of sunlight. By maintaining a brightly lit environment all day and into the evening, you can gradually reduce the lights as you prepare for rest. Make

time to go outdoors and soak up as much sunlight as possible during the day.

Since our heads and bodies are covered

colored vegetables and fruits such as pumpkin, mango, carrots and red peppers will aid in boosting the immune system



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-Rebecca Gay Lane, Administrator

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in coats and scarves during colder days, the Vitamin D naturally absorbed from the sun is reduced. Eating foods rich in Vitamin D aids in replacing what the sun naturally gives us. Less moisture due to the drop in humidity causes drier skin. Be prepared by having a good moisturizer on hand and drink plenty of water. It is important to stay hydrated even during colder weather. Now is the time to speak to your doctor about flu shot. Good habits to help avoid the flu include frequent hand washing and using an alcohol based sanitizer. Consuming brightly

Take advantage of the few long days we have left by doing a home check. To reduce energy costs, have heating systems and duct work inspected and serviced. The technician will repair any leaks or cracks which cause air loss. Energy costs can also be improved by simply switching ceiling fans to push warm air towards the floor. Look around doors and windows for any sunlight shining through cracks and seal them to prevent air loss. Outdoors, inspect chimneys, gutters, shingles, insulate water heaters and insulate any pipes leading to the interior of the home. Flush water out of pipelines

of sprinkler systems and hoses to avoid freezing and cracking and insulate outdoor faucets. You may also consider planting a fall garden to brighten up the lawn. Cabbage, lettuce, Swiss chard, pansies and petunias lend beautiful colors when summer flowers are gone. Now is also a great time to meet with your insurance agent to review policies. Your agent will check to assure you have adequate coverage for your property and reduce any coverage you may no longer need.

Be sure to dig out the flashlight and ice scraper from under the car seats and put them in a handy place. Keep in mind to add a blanket, protein snacks, and an extra phone charger in the car, as well. As temperatures drop, so does the air pressure in car tires. Maintaining proper air pressure helps save on fuel costs. Checking antifreeze levels is also good preventative maintenance. Last but certainly not least is preparing your four legged family

members outdoor homes for the cold. Wind chill, as well as weather, threatens a pet's life. Indoors is the safest place for pets but if it is not possible for them to come indoors, they must be kept in a dry, protected, draft free shelter. The floor should be raised off the ground and covered in straw or cedar shavings. Cover the door with plastic or a water proof material. Outdoor pets need extra food in winter because keeping warm depletes energy. Use only plastic water and food bowls to prevent their tongues from freezing to the containers. Check water daily to keep it unfrozen and fresh. Contact the local sheriff's office or animal shelter if you see an animal left uncared for in the cold.

A little preventative maintenance on the house, car, pets and yourself could save aggravation, money and energy consumption during the cold months. Daylight Savings time will end Sunday, November 1st at 2 a.m. My, oh my how the time has flown!



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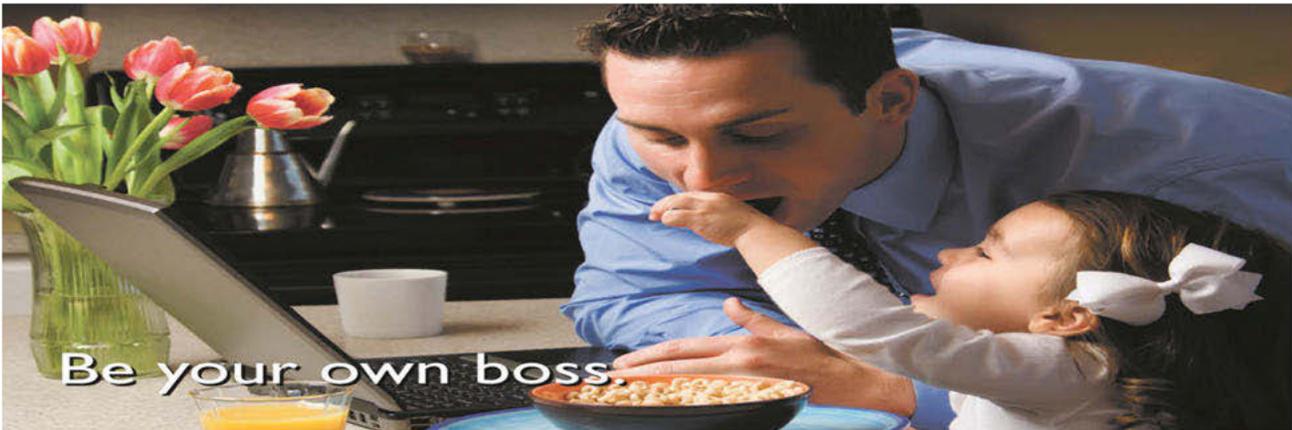
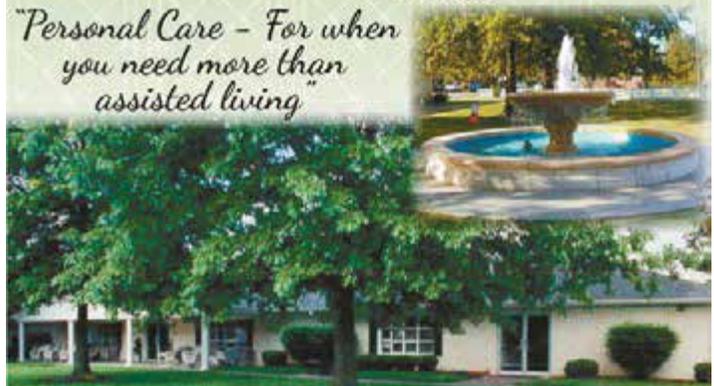
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# The Robotic Doctor Will See You Now

## HCMC adding another robotic surgery option to its lineup in patient care

Just four years ago, when you walked into the surgeon's office, you weren't expecting to go under the knife of anyone or anything other than the surgeon you were seeing for your problem. Yet, in 2012, HCMC became one of the few rural hospitals to purchase and begin offering robotic surgery options for hysterectomies, prostatectomies, and other surgical issues with the da Vinci Robotic Surgical System. And, in the Summer of 2015, HCMC has again added another robotic surgical option for orthopedic needs.

Henry County Medical Center is one of the first in the state and the first in the region to offer MAKOplasty® Partial Knee Resurfacing and MAKOplasty® Total Hip Replacement procedures, performed using the RIO® Robotic Arm Interactive Orthopedic System marketed by MAKO Surgical Corp. RIO is a surgeon-controlled robotic arm system that enables accurate alignment and placement of implants.

"Accuracy is key in planning and performing both partial knee and total hip procedures," said Blake Chandler, MD, Orthopedic Surgeon with West

**"RIO enables surgeons to personalize partial knee and total hip arthroplasties to achieve optimal results at a level of accuracy and reproducibility previously unattainable with conventional instrumentation."**

TN Bone and Joint. "For a good outcome you need to align and position the implants just right. RIO enables surgeons to personalize partial knee and total hip arthroplasties to achieve optimal results at a level of accuracy and reproducibility

previously unattainable with conventional instrumentation." Dr. Chandler first saw the technology last year at a conference and believed it would be an



- Dr. Blake Chandler, MD  
Orthopedic Surgeon

the first of our five orthopedic surgeons to be trained and perform cases using RIO.

The RIO System features a patient-specific visualization system and proprietary tactile robotic arm technology that is integrated with intelligent surgical instruments. It assists surgeons in pre-planning and in treating each patient uniquely and with consistently reproducible procedure.

MAKOplasty Partial Knee Resurfacing is a treatment option for adults living with early to mid-stage osteoarthritis that has not yet progressed to all three compartments of the knee. It is less invasive than traditional total knee surgery. A pre-surgical plan is created based on a CT scan of the patient's own knee, and the surgeon uses the robotic arm during surgery to resurface the diseased portion of the knee, sparing healthy bone and surrounding tissue for a more natural feeling knee. An implant is then secured

asset to orthopedic patients seeking to have surgery at HCMC and be a part of our Center for Orthopedic Wellness. Mark Cutright, MD, Orthopedic Surgeon with Innovative Orthopedics, agreed and both Dr. Cutright and Dr. Chandler are

in the joint to allow the knee to move smoothly again.

During MAKOplasty Total Hip Replacement surgery, RIO provides visualization of the joint and biomechanical data to guide the bone preparation and implant positioning to match the pre-surgical plan. After first preparing the femur or thighbone, the surgeon uses the robotic arm to accurately ream and shape the acetabulum socket in the hip, and then implant the cup at the correct depth and orientation. The surgeon then implants the femoral implant.

MAKOplasty offers the confidence of more accurate cup placement and accurate leg length restoration.

We are proud to be the first to use this innovative technology in the region," said Tom Gee, CEO. "It is part of our commitment to provide our community with the best possible health-care."

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

pedic 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.

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](http://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  
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Phone: (731) 644-2271*

*Blake Chandler, MD & Kyle Stephens, MD  
West TN Bone and Joint Specialists  
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Paris, Tennessee 38242  
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*Mark Cutright, MD  
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# Every flag tells A story

written by: Teresa Jones

From Mt. Everest to sailboats, from colleges to the moon, from every country in the world to many front porches, flags can be seen most everywhere. Historically, the world's flags date back over 3000 years. The oldest documented flag, unearthed in the 1970's, is the "The Shahdad Standard" which dates to the bronze age, about 2400 BC. It bears many resemblances of modern day flags. The 23.4 cm. bronze flag depicting a rain goddess along with two other women, two palm trees, two lions, a cow and swirls representing flowing water is supported by a metal pole on which the

flag could turn. A bird, presumed to be an eagle, with open wings sits atop the metal pole or finial. Discovered in Shahdad, Iran, the Shahdad Standard is now on display in Iran's National Museum.

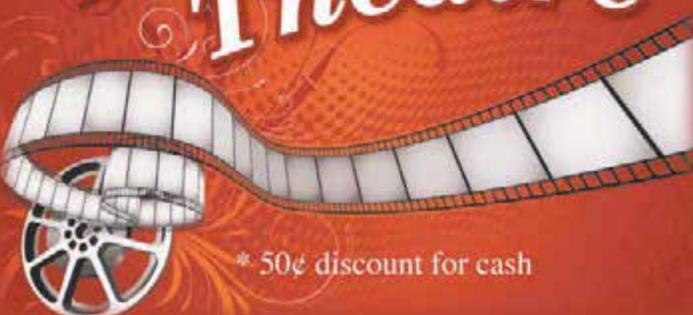
Extravagantly decorated wooden poles called "vexilloids" or "guides" were used by heavily armored knights on the battlefields as signals and to distinguish between friend and foe. Flags flown on ships were used to signal each other and at harbors to warn of infections or a diseased crew on board. When battling at sea, capturing an enemy's flag was



The Shahdad Standard - circa 2400 B.C.

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considered honorable and were used to rally the troops. Notably, the pirate's "Jolly Roger" was flown to intimidate anyone who might try to oppose them while a solid white flag stood for surrender. Throughout history the use of flags has grown and have various other representations and uses.

The colors used on flags are very important and are used to symbolize something meaningful. Red stands for danger, bloodshed of war, power, or valor. White is used to depict peace, surrender or truce. It is also found on flags depicting mountain snow, purity or innocence. Orange stands for courage or sacrifice. Green represents safety, land, hope, youth, Earth, agriculture, fertility or the Muslim religion. For example, Libia's flag, representing Islam, is

solid green and is the only one like it in the world. Gold or yellow is used to represent the sun, wealth and justice. Black on a flag not only represents mourning or death but is a sign of one's heritage and defeating one's enemies. Blue is a sign of freedom, vigilance, perseverance, peace, justice, prosperity and patriotism. For example, Uganda and The Republic of Congo use the colors red, white, black and yellow to stand for it's people, fertile land, hope and independence.

The use of National flags became common in the 18th century and are used to identify each country and the symbolism they stand for. With few exceptions, most every country's flags are quadrilateral. Napal has two stacked triangles representing the Himalayan Mountains and the religions of Buddhism

and Hinduism. The sun and moon on the flag stand for the hope of longevity for their country. Switzerland and Vatican City's flags are square. Some differ on the front and back such as Oregon's state flag. The state flag of Ohio is the only state flag shaped like a pennant. The country of Denmark boasts having the oldest flag, designed in the 13th century, that is still in use and remains unchanged.

Each country has it's own, yet similar design. They represent the struggles, virtues, goals and quests for independence. But, for over 200 years, no other flag has sparked as much strength and

unity in the hearts of Americans as Old Glory. Made up of 13 stripes and 50 stars, she is a source of pride for all. The red color representing hardiness and valor, white symbolizing purity and innocence and blue standing for vigilance, perseverance and justice, the American flag stands as a reminder of the history and values our country was built on. Although each country may have no common history, each flag is an expression of one's identities and cultures and represents the people that have died and are willing to die to defend them.

### Vatican City's Flag



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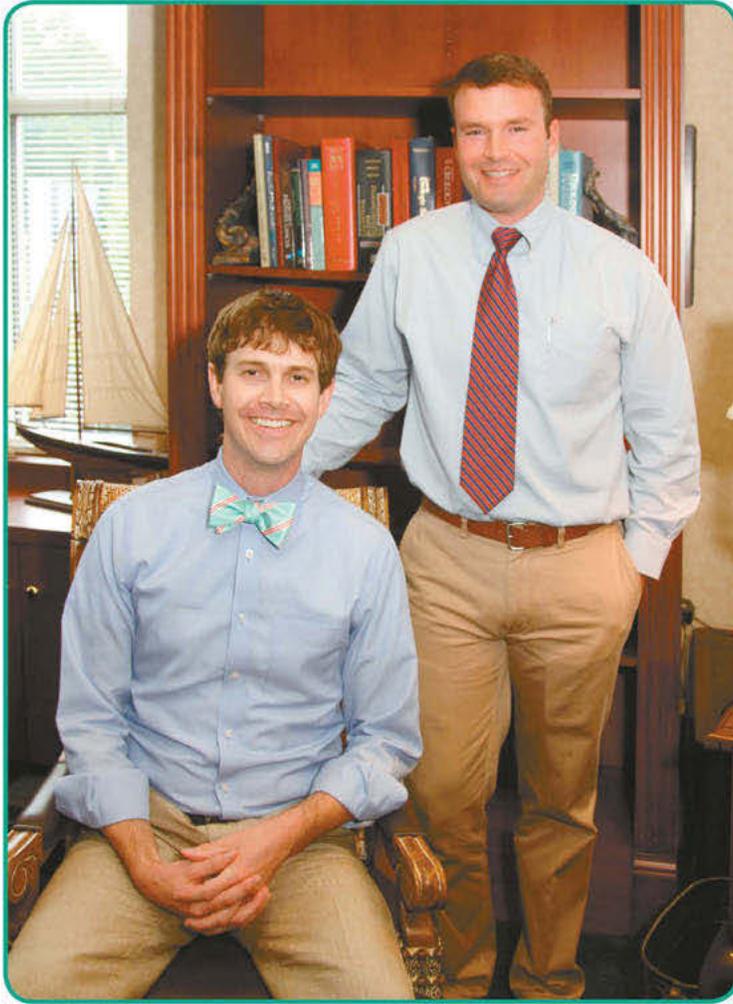
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# SUDOKU

See solution on page 26

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# Summer Sustenance



## Bacon Cheeseburger Meatloaf

- 1 lb. ground chuck
- 10 slices bacon, cooked and crumbled
- 1 - 8 oz. pkg. sharp cheddar cheese, grated
- 2 large eggs, lightly beaten
- 1/4 C. bread crumbs, toasted
- 1/4 C. mayonnaise
- 1 T. Worcestershire sauce
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1/3 C. ketchup
- 2 T. prepared mustard
- 1 - 3 oz. can French Fried Onions

Preheat oven to 350 degrees. In a large bowl, combine the ground chuck, bacon, cheese, eggs, bread crumbs, mayonnaise, worcestershire sauce, salt and

pepper, mixing well. In a small bowl, combine the ketchup and mustard. Stir 1/4 cup ketchup mixture into meat mixture, reserving remaining ketchup mixture. Press meat mixture into a 9"x5"x3" loaf pan, or shape into a loaf and place on a rack in a broiler pan. Spread remaining ketchup mixture over loaf. Bake 40 minutes. To with French Fried Onions; bake another 10 to 15 minutes, or until meat is no longer pink.



## Fried Dill Pickles

- sliced dill pickles
- salt and pepper
- 1 egg
- 1 C. milk
- 1 T. Worcestershire sauce
- 1 T. all-purpose flour
- 5 to 6 drops Tabasco sauce
- 2 C. flour

Mix beaten egg with milk, Worcestershire, Tabasco and 1 Tbs. flour. Salt and pepper to taste. Mix 2 cups flour with salt and pepper to taste in separate bowl. Dip pickles in egg wash, then in flour and in egg wash again and flour. Fry in 350 degree deep fryer. Fry to golden brown.



## Carrot Cake

- 2c. cake flour
- 2 C. sugar
- 2 tsp. cinnamon
- 2 tsp. baking powder
- 2 tsp. baking soda
- 1 tsp. salt
- 1 1/2 c. melted butter or coconut oil
- 4 whole eggs
- 3 C. grated carrots
- 1 C. chopped pecans

## Icing:

- 8 oz. cream cheese
- 1/2 stick butter
- 1 box powdered sugar
- 2 tsp. vanilla
- 2 tsp. lemon juice

Sift flour, sugar, cinnamon, baking powder, baking soda and salt together. Mix oil and eggs well, add grated carrots and pecans. Add dry ingredients to wet and mix well. Grease and flour cake pan (or pans for 2 layers). Bake 45 minutes at 325 degrees. For icing: cream all ingredients until smooth and ice cake.

## Hibiscus Tequila Cooler

- 1/2 C. brewed hibiscus tea
- 4 T. tequila
- 1 to 2 T. superfine sugar
- 1 lemon, juiced
- 1 lime, juiced, plus 1 wedge for garnish
- 1 orange, juiced
- ice, for serving

Place the hibiscus tea, tequila, superfine sugar, lemon juice, lime juice and orange juice in a shaker



with ice. Shake vigorously and put in a rocks glass filled with ice. Garnish with a lime wedge and enjoy. Makes one serving.

## Zucchini Au Gratin

- 6 T. unsalted butter, plus extra for topping
- 3 large yellow onions, cut in half and sliced
- 4 zucchini, sliced 1/4" thick
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 1/4 tsp. ground nutmeg
- 2 T. all-purpose flour
- 1 C. hot milk
- 3/4 C. fresh bread crumbs
- 3/4 C. grated Gruyere

Preheat oven to 400 degrees. Melt the butter in a very large (12-inch) sauté pan and cook the onions over low heat for 20 minutes, or until tender but not browned. Add the zucchini and cook, covered, for 10 minutes, or until tender. Add the



salt, pepper, and nutmeg and cook uncovered for 5 more minutes. Stir in the flour. Add the hot milk and cook over low heat for a few minutes, until it makes a sauce. Pour the mixture into an 8x10" baking dish. Combine the bread crumbs and Gruyere and sprinkle on top of the zucchini mixture. Dot with 1 T. of butter cut into small bits and bake for 20 minutes, or until bubbly and browned.



## Grilled Lasagna

- 1 - 1 lb. ball of fresh mozzarella, halved and thinly sliced
  - 1/2 C. grated Parmesan cheese
  - Pinch of red pepper flakes
  - Kosher salt
  - 2 cloves garlic, grated
  - 1 T. extra-virgin olive oil, plus more for drizzling
  - 3 large tomatoes (2 thinly sliced, 1 grated)
  - 12 no-boil lasagna noodles
  - 8 c. baby spinach (about 5 oz.)
  - 1/3 C. low-fat ricotta cheese
  - 1/3 C. chopped fresh herbs (basil, mint and/or parsley)
- Preheat a grill to medium.

Combine the mozzarella, Parmesan, red pepper flakes, 1/2 tsp. salt and all but 1/4 tsp. garlic in a bowl; drizzle with olive oil and toss. Season the sliced tomatoes with salt. Lay out 4 double-layer sheets of nonstick foil. Drizzle each with olive oil, top with one noodle and sprinkle each noodle with 1 Tbs. water. Divide half each of the spinach, sliced tomatoes and mozzarella mixture among the noodles. Repeat to make another layer of noodles, water, spinach, tomatoes and mozzarella mixture. Finish each stack with a noodle, 1 Tbs. water and drizzle of olive oil. Bring the foil together and crimp tightly closed to make 4 flat packets. Grill the packets, covered, until tender, about 10 minutes per side. Let rest 5 minutes. Meanwhile, mix the grated tomatoes, a pinch of salt, the reserved 1/4 tsp. garlic and 1 Tbs. olive oil in a bowl. Open the packets and cut the lasagna in half, if desired. Top with the tomato mixture, ricotta and herbs.

## Green Bean Bundles

- 1 can of fresh whole green beans
  - 1/2 pkg. bacon
  - 1 green onion
  - butter
  - 1/4 C. brown sugar
  - salt and pepper to taste
- Wrap 5-6 whole green beans with 1/2 piece of bacon. Tie with long piece of green onion and place on large cooking sheet, sprinkle with brown sugar and add salt and pepper for taste. Place a small pat of butter on each bundle and bake



at 350 degrees until the bacon is crisp, approximately 10 minutes.

## Ice Cream Truffles

- 1 pint vanilla ice cream
- 10 malt balls, finely chopped (1/2 cup)
- 2 Heath bars, finely chopped (1/2 cup)
- 2 PayDay bars, finely chopped (1/2 cup)

Line 2 small baking sheets with parchment paper or foil. Freeze for 10 minutes. Remove sheet. Using a melon baller, scoop the ice cream to form 1-inch balls and place on sheet. Return sheet to freezer. Repeat this process with second sheet. Freeze the balls for 30 minutes. Arrange the chopped malt balls, Heath bars, and PayDays on small plates. Working with 1 baking sheet at a time, roll the ice cream balls in the toppings, using your hands to gently press in the toppings. Freeze for 30 minutes.



# What's Going On?

**September 4th-7th**  
30 Mile Yard Sale  
Bargain Highway, dawn to dusk  
Benton County, TN

**September 4th**  
Commercial Bank's Noon on the Square music, food  
Court Square, noon  
Paris, TN

**September 5th**  
Downtown Saturday Market  
farmer's market  
Court Square, 7am-noon  
Murray, KY

**September 7th**  
Labor Day  
Labor Day \$10 Tickets  
Discovery Park of America  
Union City, TN

**September 11th**  
Commercial Bank's Noon on the Square music, food  
Court Square, noon  
Paris, TN

Wine & Paint painting class and wine tasting  
Discovery Park of America, 6pm  
Union City, TN

**September 11th-12th**  
Ice Cream Festival  
\$10 Bracelet, all you can eat ice cream  
Downtown Court Square, all day  
Murray, KY

**September 12th**  
Downtown Saturday Market  
farmer's market  
Court Square, 7am-noon  
Murray, KY

**September 17th**  
Clay Class  
arts and crafts  
Discovery Park of America, 6pm  
Union City, TN

**September 18th**  
Commercial Bank's Noon on the Square music, food  
Court Square, noon  
Paris, TN

**September 19th**  
Eva Beach Music & Arts Festival  
music, arts and crafts, food  
Eva Beach, 10am-6pm  
Eva, TN

Pioneer Day  
exhibits, food, games, music  
Henry, TN

Downtown Saturday Market  
farmer's market  
Court Square, 7am-noon  
Murray, KY

Citywide Yard Sale  
sidewalk sales, yard sales  
sun up - sun down  
Murray, KY

**September 25th**  
Commercial Bank's Noon on the Square music, food  
Court Square, noon  
Paris, TN

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**September 25th-27th**

Eye Full of Paris Weekend arts & crafts, music, food, demonstrations Court Square Paris, TN

**September 26th**

Arts Round The Square art exhibit, music, food Court Square 9am-4pm Paris, TN

Back to the Old 23rd Fundraiser entertainment, food contact Tennessee National Wildlife Refuge Visitor's Center Big Sandy Peninsula

Downtown Saturday Market farmer's market Court Square, 7am-noon Murray, KY

Legend Cruisers Car Club Cruise In classic cars, food, music, prizes Court Square, 4pm Camden, TN

**October 3rd**

Holy Cross Catholic Church Oktoberfest arts & crafts, flea

market, food, music Henry County Fairgrounds Paris, TN

classic cars, food, music, prizes Court Square, 4pm Camden, TN

**November 8th**

Christmas Open House shopping, food, music Downtown Paris, 1-5pm Paris, TN

**November 13th-14th**

Holiday Open House shopping, food, music Murray, KY, all day

**November 27th**

North Pole Family Fund Day Santa, arts and crafts, music, food Downtown Paris, 10am-2pm Paris, TN

**November 28th**

Visit with Santa Santa, elves, photos Downtown Paris, 10am-2pm Paris, TN



**October 17th**

70th Anniversary of the TNWR Celebration entertainment, food Tennessee National Wildlife Refuge Visitor's Center, all day Springville, TN

**November 6th & 7th**

Candlelight Christmas Open House shopping, food, music Downtown Paris, 6-8pm Paris, TN

**October 24th**

Spooktacular Halloween, trick or treating, games, contests Downtown Court Square, 10am Paris, TN

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Lighting of Pilot Knob decorations, music  
Pilot Knob, Nathan Bedford Forest State Park, 6-8pm  
Eva, TN

**November 28th - December 31st**  
Christmas in the Park decorations, music, drive thru  
Central Park, after dark  
Murray, KY

**November 29th**  
Visit with Santa  
Santa, elves, photos  
Downtown Paris, 2-4pm  
Paris, TN

**December 2nd**  
Candlelight Advent Walk  
Church service, music, refreshments  
Downtown Paris, 6:30pm  
Paris, TN

**December 3rd**  
Benton County Habitat for Humanity's Taste of the Seasons  
food, music, silent auction  
First United Methodist Church, 11am  
Camden, TN

**December 5th**  
Visit with Santa  
Santa, elves, photos  
Downtown Paris, 10am-2pm  
Paris, TN

**December 6th**  
Visit with Santa  
Santa, elves, photos  
Downtown Paris, 2-4pm  
Paris, TN

**December 6th**  
Community Christmas Concert



Over the River 8 Mile Run

choir music, orchestra  
First United Methodist Church, Paris, 3pm  
Paris, TN

**December 8th - 21st**  
Festival of Trees  
decorated Christmas Trees  
Heritage Center, Paris.  
Tuesday - Friday, 11am-

5pm, Saturday, 10am-2pm, Sunday 1-4pm  
Paris, TN

**December 12th**  
Over the River 8 Mile Run  
walk/run, awards  
Paris Landing State Park, 11am  
Buchanan, TN

Visit with Santa  
Santa, elves, photos  
Downtown Paris, 10am-2pm  
Paris, TN

Downtown Paris  
Christmas Festival  
Santa, Art and Crafts, music, food  
Downtown Paris, 3pm-5pm  
Paris, TN

Holly Jolly "Electric" Christmas Parade  
Santa, floats, decorated cars  
Downtown Paris, 5pm  
Paris, TN

Camden Christmas Parade  
floats, decorated cars, Santa  
Main Street, 4pm  
Camden, TN

**December 13th**  
Visit with Santa  
Santa, elves, photos  
Downtown Paris, 2-4pm  
Paris, TN

**December 19th**  
Visit with Santa  
Santa, elves, photos  
Downtown Paris, 10am-2pm  
Paris, TN

**December 20th**  
Last Visit with Santa!  
Santa, elves, photos  
Downtown Paris, 2-4pm  
Paris, TN

**December 24th**  
Christmas Eve  
Christmas Eve Services  
**Santa's Comin'!!**

**December 25th**  
Christmas Day!  
**MERRY CHRISTMAS!!**

**December 31st**  
New Year's Eve!  
**Don't Drink & Drive!**  
Friends of Paris  
Landing's New Year's Eve Celebration  
music, dancing, food, drinks  
Paris Landing Convention Center, 9pm-1am  
Buchanan, TN

**January 1st**  
New Year's Day  
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# NET BITS

Interesting & Strange Tidbits  
From the Internet



Say what you will about luck, but the number 13 is significant in United States history because of the 13 original American colonies that declared their independence from Great Britain in 1776. If you are superstitious, however, this might freak you out a bit! There are...

13 stars about the eagle.  
 13 steps on the Pyramid of the Great Seal.  
 13 letters in ANNUIT COEPTIS.  
 13 letters in E PLURIBUS UNUM.  
 13 vertical bars on the shield.

13 horizontal stripes at the top of the shield.  
 13 leaves on the olive branch on the right talon.  
 13 berries on the olive branch on the right talon.  
 13 arrows in the eagle's left talon.

Now, consider this, the Declaration of Independence had 13 original signers and the first American Flag had 13 stripes! Our forefathers were not so intimidated by the number 13. Don't you wonder what they might have known then that we don't know now?

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# HUMOR ME

Sam goes to the doctor for his yearly checkup. "Everything is fine," said the doctor. "You're doing OK for your age." "For my age?" questioned Sam. "I'm only 75, do you think I'll make it to 80?" "Well," said the doctor, "do you drink or smoke?" "No," Sam replied. "Do you eat fatty meat or sweets?" "No," said Sam, "I am very careful about what I eat. "How about your activities? Do you engage in thrilling behaviors like speeding or skiing?" "No," said Sam taken

aback. "I would never engage in dangerous activities." "Well," said the doctor, "then why in the world would you want to live to be 80?"

After much convincing from my husband, I finally agreed to call an old family friend to sing her happy birthday. It was only after I finished singing, that the voice at the other end of the line informed me, that it was a wrong number. "Oh, I'm sorry," I said, embarrassed. "It's OK," the voice said, "you can

use all of the practice you can get!"

Mrs. Green lived in a two story house together with an elderly widow. After not hearing from her for a few days, she got a bit nervous. "John," she called to her son, "do me a favor and go find out how old Mrs. Robinson is." So six year old John went down the stairs and knocked on Mrs. Robinson's door. "So how is she?" asked Mrs. Green when John came back up. "How is she?" repeated John,

"I've never seen her so mad in my life, she said it's none of your business how old she it!"

I was at a magic show, when after one particularly amazing trick, someone screamed out, "wow, how did you do that?" "I would tell you," answered the magician predictably, "but then I'd have to kill you." After a moments pause the same voice screamed out, "can you tell my mother-in-law?"

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# Down Memory Lane AT THE MOVIE THEATRE

written by: Stephanie Priddy



For a brief period in the 1940s, Downtown Paris was the location of three different movie theaters. All of them were at one point owned and operated by the Nashville based Crescent Amusement Co.

The oldest and longest operating theatre was the Capitol Theatre. Located on Popular St., the theatre was opened around 1929 where the former Dixie Theatre was located. Hal Laurence, the former owner of the Dixie, was hired as the manager for the Capitol by Crescent Amusement. The Capitol showed movies for the next half century, having several temporary closings for remodeling. The theatre closed for good in the early 1970s. Fred's Dollar Store opened in the building around 1972 and stayed there until moving to the Paris Plaza shopping center on Mineral Wells Ave. The former theatre was purchased by Grace Episcopal Church in 1980 and was remodeled into a parrish hall, now named Ketchum Hall.



The next theatre to open in Downtown Paris was the Gem Theatre. Located on the corner of W. Washington St. and Fentress St. the Gem was opened in the late 1930s by Tony Sudekum of the Crescent Amusement Co. The Gem Theatre was a very short-lived movie theater, only showing movies for less than 5 years before closing in the early 1940s. The building was later used as a Chevrolet car dealership in the late 1960s / early 1970s and is now the home of the Board of Public Utilities Water & Wastewater Operations.



The last movie theater to open was the Princess Theatre, located on the corner of N. Brewer St. and E. Washington St. The Princess opened in early 1940 under the management of Ben Diggs. The theatre was quickly bought by Crescent Amusement Co. The Princess continued to show movies under the new ownership for about the next 15 years, closing for good in the mid-1950s. Butler & Harbor Shoes used the building for a time before moving to their current location on the North side of the Court Square. The building is currently housing painted barrels from Odd Fodder Designs..



**Paris-Henry County Heritage Center**



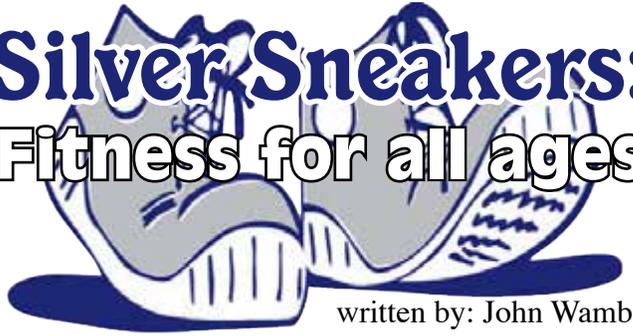
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# Silver Sneakers: Fitness for all ages



written by: John Wambles

It is never too late to take steps to achieving better health. As we grow into our senior years it is even more important. Recent studies have proven that exercise not only benefits your physical health but your emotional and mental health as well. Healthways Fitness has created the SilverSneakers Fitness Program exclusively for seniors. The biggest benefit of SilverSneakers is that many leading health plans already pay for this service. So that means no initiation or monthly fees for you.

fitness rooms and the swimming pool.

Another invaluable benefit is access to the SilverSneakers Senior Advisor. This is a trained professional, at the facility, that is there to help introduce you to a new lifestyle of fitness. The Senior Advisor can inform you on how to use equipment, introduce you to classes of varying skill levels and can help familiarize you with the facility. The Senior Advisor for the Paris Civic Center is Annette Johnson.

SilverSneakers members have access to a wide variety of services. First it pays for a basic fitness membership at any participating location around the United States. The Paris Civic Center is a member of the SilverSneakers Fitness Program. A basic membership at their facility covers the basketball gym, walking track, weight and

SilverSneakers also provides tracking of your progress at HealthwaysFIT.com and offers educational seminars, as well as, other health related events. SilverSneakers Steps is a way to work your own health plan, at home, if you do not have convenient access to a participating facility.

It is easy to get started. More than 65 Medicare health plans offer the SilverSneakers Fitness Program as a benefit

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to its members. There are more than 13,000 participating fitness centers, gyms, YMCA's and Curves to choose from. You can visit HealthwaysFIT.com to see if your provider covers the program and to locate a participating facility near you. Or you can take your health plan ID card or your SilverSneakers Member ID card to your local facility and see if they are a part of the program. If your

Loral (Burke) Underwood is the instructor for the SilverSneakers classes at the Paris Civic Center. Some of the classes that are offered in the program are toning and sculpting classes, water aerobics, group exercise classes and yoga. There are three different levels of group exercise classes to work with varying degrees of skill sets and you do not get on



health provider covers the program you are not limited to just one facility either. You may show your membership card and use it at any participating facility. You may also contact SilverSneakers Steps by calling 866-584-7389 (TTY: 711) to order a Steps Kit with tools to help you get fit at home. The kit includes resistance bands, an exercise DVD, and other "how-to" materials.

the floor for the senior yoga classes. The exercises are designed to improve your strength, flexibility and the ability to perform functional activities such as getting out of your car or lifting your grandchildren. The classes and exercises are easy on your joints and appropriate for individuals who exercise regularly, as well as, those new to exercise.

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Class descriptions include SilverSneakers Classic - you move to music through a variety of exercises designed to increase muscular strength, range of movement and activities for dally living. It will include hand-held weights, elastic tubing with handles and a chair may be used for seated and or standing support.

SilverSneakers Circuit combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. You will alternate between using hand-held weights, the SilverSneakers ball, elastic tubing with handles and a non-impact aerobic choreographed routine.

SilverSneakers Cardio is a safe, heart-healthy and gentle on the joints workout that includes low-impact movements, upper-body strength, abdominal conditioning and stretching. SilverSneakers Yoga will move your entire body through a complete series of seated and standing yoga poses.

often while you are exercising. Remember to listen to your body, slow down or rest if you need to. Always talk with your instructor if you have any questions or concerns about a class or an activity. The Civic Center offers SilverSneakers Fitness classes Monday through Friday, both in the morning and in the evenings. For more information about the SilverSneakers Fitness Program and the class schedules, contact Annette Johnson at the Paris Civic Center at (731) 642-2517 or visit the facility at 650 Volunteer Drive.



SilverSneakers says there are a few things you need to know before starting an exercise program. Always wear comfortable clothes and rubber-soled shoes. Have a water bottle with you and drink

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# Miss Kitty



## PURRfectly Good Advice on Love & Life

**Q** - I am a widow interested in meeting someone new, but it has been two years and I have not found anyone at church or through my friends. I am curious about online dating, but not sure if it is safe or if I really understand enough about it. Can you help?

**A** - Isn't curiosity just the grandest thing? Online dating has become incredibly popular and helped lots of folks meet their significant other. There are lots of options out there, from the biggies like match.com and eHarmony, to the much lesser known dating service from AARP.

eHarmony boasts of a multi-dimensional profile that helps determine your perfect mate. It is about \$24 a month for six months and the questionnaire is lengthy. Match.com is about \$20 a month. The less complicated OurTime.com is also less expensive, at \$13 a month for six months. AARP's service is even less expensive at \$12 a month.

Some folks try one service at a time while others stick with one. All of the services will probably require that you build a profile and submit a photo. Ask your grandchildren to help if you are not as comfortable online as you would like to be and TELL THE TRUTH! No 20 year old photos! Schedule your dates in public places where you feel safe. Anything that seems too good to be true IS. Trust your instincts and don't be afraid to cut off contact with anyone who makes you uncomfortable. Always let a friend or family member know if you are headed out to meet someone new. Happy hunting!

**Q** - I have met a very nice man who seems interested in me. He is widowed and I have been divorced for several years. We both play cards every couple of weeks with friends. He talks with me and always tries to sit at the same table as me, but has never asked me out or initiated any contact beyond our group. What can I do to make him take the next step?

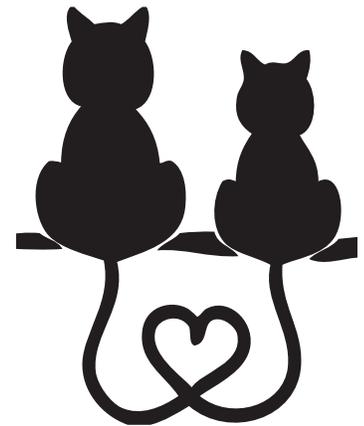
**A** - What an interesting query! I believe I shall answer it with a query all my own! Do you want

to go out or do you want to be asked? This kitty likes to be pursued, so she would probably not invite the gentleman to supper, to a church function or to a movie, but some might. Some might be so bold as to make the first move just so they would know if the Tom Cat in question is really interested or if he just has good manners.

Have you got questions about relationships, love, and life? Ask me! I love to chat, so send me an email at [peddlerads@bellsouth.net](mailto:peddlerads@bellsouth.net). I promise to keep your name and email address a secret!

You are the cat's meow to this Kitty!

Miss Kitty is for entertainment only.



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See solution on page 26

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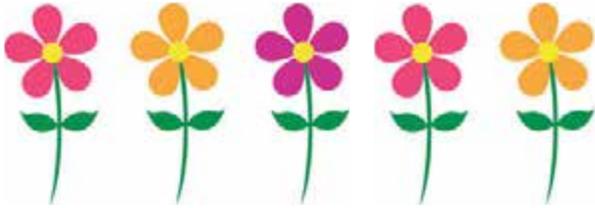
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- Lotion
- Picnic

- Planting
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- Popsicle
- Sailing
- Sand
- Sandcastle
- Sea
- Shorts
- Snorkeling
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- Tank Tops
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7	8	9	5	4	3	1	6	2
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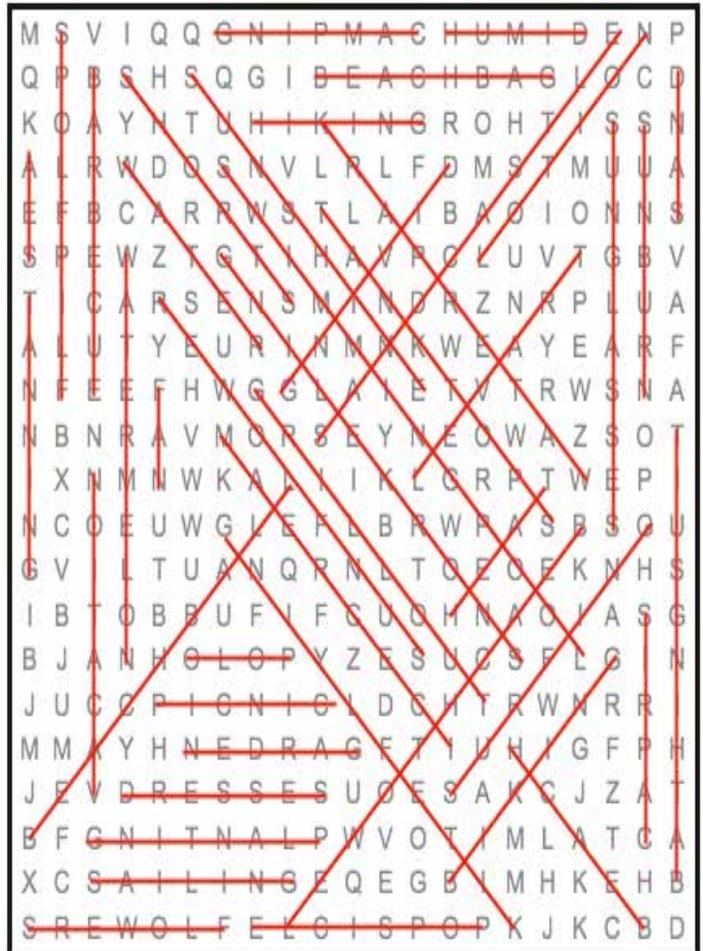
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# PUZZLE SOLUTIONS

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page 24

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Sudoku is on  
page 11




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# Be Ready for Medicare Open Enrollment

## October 15 – December 7

Medicare Annual Enrollment will soon be Underway! TN SHIP Medicare Counselors will Provide Free Help to Beneficiaries In your local area. Northwest Tennessee has the following locations scheduled at this time. Please call for an appointment. 1-877-801-0044.

TN SHIP teams are highly-trained and ready to help people with Medicare in our community. Without their dedication, we would not be able to provide the level of Medicare enrollment assistance we are able to offer. Here are some of the areas we will be during Part D Open Enrollment.

Tennessee SHIP, a service of the Tennessee Commission on Aging, is a free health insurance counseling program designed to help people in Tennessee with Medicare. Counselors are specially trained volunteers who can answer your questions and provide you with objective,

easy-to-understand information about Medicare, Medicare Supplemental Insurance, Medicare Part D plans and can help with applications for help with Medicare part D and Medicare Savings Programs. Call our statewide toll free line at 1-877-801-0044 to connect with a counselor in your area.

### October 19th

Benton County Library | 9:30 am – 3:00 pm

### October 20th & 21st

Martin Senior Center | 9 am – 3:30 pm

### October 27th and 28th

Dyersburg “McIver’s Library | 10 am – 3 pm

### November 3rd & 4th

Obion County Library | 9 am-3:30 pm

### November 12th & 13th

Humboldt Senior Center | 9 am- 3pm

### November 17th & 18th

Carroll County Complex Conference Room  
9 am- 3 pm

### November 24th

Lake County Office on Aging | 10 am -2 pm

### December 2nd

Henry County Office on Aging



Medicare has been changing lives for

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## Got Medicare Questions? WE CAN HELP!

Medicare Information & Counseling



**1-877-801-0044**

**December 5th:**  
Historic bus boycotts  
begins in  
Montgomery, AL by  
Rosa Parks



**September 30th:**  
James Dean killed  
in a car crash



**July 22nd:** Premiere of  
the Lawrence Welk  
show



*The Year*  
is

**1955**

**March 30th:** Grace  
Kelly wins Oscar for  
best actress - Marlon  
Brando for best actor



**Aug 12th:**  
Eisenhower raises  
minimum wage  
from 75¢ to \$1/hour



**1955 Buick  
Roadmaster  
Convertible**



**April 15th:** Ray Kroc opens 1st  
McDonald's fast food restaurant in  
Des Plaines, Illinois



**March 26th:**  
Ballad of Davy  
Crockett become  
the #1 record in  
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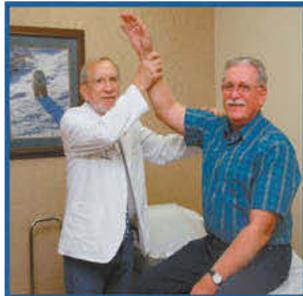
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- Private, Dedicated Rooms and Equipment Just for Our Total Joint Patients
- Comprehensive Educational Manual, Total Joint Replacement Class, and Educational Video
- Family-Centered Approach to Rehabilitation & Recovery
- Comprehensive, Continuity of Care with Henry County Healthcare Center Plumley Rehabilitation, HCMC Home Health & Hospice, and HCMC Center for Wellness and Rehabilitation

*To learn more about our Center for  
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