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Alive Magazine is just what it says it is. A southern lifestyle magazine for the young and the young at heart. Our area is rich in colorful characters, exciting community events, distant and not-so-distant history all wrapped up with some southern hospitality. We are proud of where we are from and want to celebrate those things that make us who we are. Hopefully you are holding in your hands one of many Alive Magazines and we hope you enjoy the dirt road with us.

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Publisher
Gary Benton

Editor
John Wambles

Graphic Designer
Stephanie Priddy

Sales
Gary Benton
Mechelle Robbins
Peggy Staples
Shea Castleberry

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Alive - PAI
512 North Market St.
Paris, TN 38242
(E) alivemagazine
paris@gmail.com
(O) 731-644-9595

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THE SHED

is the perfect example of

KINDNESS & GENEROSITY

written by: **Jennifer Wheatley** • photographs courtesy of: **Shea Castleberry**

“Because no matter how small an act of kindness or generosity or simple positivity you put out into the world, it will make a difference.”

That’s a quote from Wonder Woman, but it might as well be the mission statement of Michelle Brewer, a 20 year veteran of the Henry County Sheriff’s Department who serves as the

second grade students at Rhea are her passion and The Shed, an all volunteer effort to serve her community, was born from her realization

that some students needed help beyond the classroom.

School Resource Officers in Henry County became a reality after the Sandy Hook school shooting, New Town, Connecticut, in December 2012. Brewer was assigned to Rhea in January 2013 and

soon had her office, home and patrol car full of clothes, shoes and notebook paper, whatever she could acquire that would improve the lives of her students. Parents and friends saw her efforts and

“Because no matter how small an act of kindness or generosity or simple positivity you put out into the world, it will make a difference.”

School Resource Officer for Rhea

Elementary School and volunteer coordinator of The Shed, a free community resource facility available at the Sheriff’s Department, 210 Forrest Heights Road in Paris. The pre-school through

began to contribute. She shared her efforts with Sheriff Monte Belew, who allowed Rhea parents to purchase a 10' x 15' portable building and place it at the Sheriff's Department complex to store items, making them available to any student in Henry County. The parents were trying to provide a "place" but to Brewer it was "a dream".

Brewer shared one of the stories that touched her heart about giving back to her community: "There was a little boy whose parents were doing the best they could. He wore the same clothes to school every day and his toes were pushing through the ends of his shoes. We got him new shoes, new clothes, even some cologne. The first day he put on those new clothes he passed a maintenance worker on the way to class and asked him 'Don't I look sharp today?' The clothes changed him, give him confidence and a new attitude."

She recalls stories of families who are forced to make decisions between new school clothes and food for their children. She sees The Shed as a source of hope and says "We help when we can and listen when we can't." Local thrift stores often fill in the gap when a needed item is not immediately available and she is grateful because "they usually donate it."

Brewer's dream of providing the basics not only to students but to anyone in need took a big leap forward when a supporter of The Shed asked to replace the storage building which had been donated. He prefers to remain anonymous, but the new building is 50' x 50' and includes electricity and air conditioning. Almost anything is available



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except furniture, which takes up too much space. Everything in the building has been donated and contributions may be tax deductible. Receipts are available if requested, but most folks just prefer to give without credit. Receiving assistance from The Shed is private too. Brewer makes appointments with those who need help so items can be picked up without fear of judgment or shame. Many recipients become volunteers, which she explains as “it’s contagious” when you help people.

Serving “infant to elderly” now, The Shed’s original building is a drop off facility for donations, Monday – Friday, 8 am to 4 pm. The new building allows for more community service, but still with a focus on clothing and hygiene items. Brewer says she “has cried with fire families,” people who have lost everything and do not have even a toothbrush. She is quick to point out that while she serves as a volunteer coordinator, The Shed is not about her, or even the Henry County Sheriff’s Department. “It’s the right thing to do and it takes the whole community.”

Always looking for new ways to serve, The Shed will partner with the Henry County Family Resource Center and Trinity United Methodist Church this year for a Back to School Bash on July 25, 2020, making sure students in every Henry County school have the supplies they need to begin the academic year, all in a shiny new backpack.

Seeing students succeed is important to Brewer, who says serving as School Resource Officer is different than other police work. “It’s the relationship with the children. You make a difference to them and they make a difference to you.” The sentiment is shared by Brewer’s sister, Henry County Trustee Randi Allen French, who says “Her heart is always in the right place. She cares about people and is invested in the long haul.”

Sharing a story from serving Henry County’s youngest students, Brewer recounts that “They sometimes ask me what I do when I am not at school with them. I tell them it’s a secret, but I’m Wonder Woman.”

Maybe it’s not a secret.

Brewer maintains a Facebook page for The Shed and leaving a message there or at the Henry County Sheriff’s Department, 731.642.1672, is the easiest way to reach out if you need assistance.



A vertical advertisement for Westwood Wines and Liquors. At the top is a logo with a stylized 'W' and a green leaf. Below it, the text 'WESTWOOD' is in large, bold, black letters, with 'Wines and Liquors' in a cursive script below. To the left is an image of a wine bottle and a glass of red wine. To the right of the bottle, the address is listed: '1220 West Wood Street at the "Y" at Highways 54 and 69 Paris, Tennessee 731-642-7714'. Below the address, the hours are listed: 'Monday-Thursday 8am-10pm Friday-Saturday 8am-11pm Sunday 12pm-6pm'. At the bottom, the text reads 'The Lowest Prices & Largest Selection of Wines & Liquors in Henry and surrounding counties including Western Kentucky'.



written by: **Teresa Jones**

The nursery rhyme "Sing a Song of Sixpence" may have been the inspiration of the first pie birds produced in the United States in the 1930's, they actually first originated in Victorian Europe during the 17th century. Also called pie vents, whistles, pie cups, ventilators or chimneys, these delightful pieces of ceramics have a very useful purpose. Placed in a fruit or meat pie, they are used to vent the steam from the pie keeping it from boiling over. They are also referred to as crust holders as they help keep the crust from sagging in the center.

In the 1800's the English first used pie vents made like a funnel shaped chimney that

supported a pipe. Older ovens had inconsistent heating temperatures and often pies would boil over creating messes and loss of delicious desserts. The pipe vented the steam the pie produced while baking. By allowing the steam to escape, the bottom of the pie crust is left with a nice texture and the fillings are completely heated without boiling over. Pie birds are now usually made of ceramic or Pyrex and are manufactured in various shapes including animals, people, fruits or characters used in advertising. Some were printed with logos or company names on them and came with directions how to use them.

Helping in the kitchen



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After World War II, the pottery movement began. Cookie jars, head vases and various pastel colored pie birds were produced by McCoy and Shawnee Potteries. As the demand for pie birds rose, well known ceramic producers like Spode, Royal Worcester and AJ Wilkinson added pie birds to their product lines. Royal Worcester produced a set of birds, one to be baked in the pie, complimented with another delicate bird to be displayed on a separate plate. Nutbrown Pottery of England created the elephant design with it's hollow up raised trunk used as the vent. Betty Cleminson of California began producing designs in her garage using a kiln she received as a Christmas present. Her business took off and was known as "California Cleminson's". She is credited as one of America's greatest enterprising ceramicists.

Although many shapes and designs were created, they all fall under the moniker, "Pie Birds".

To bake a pie using a pie bird, first put the bottom crust in the pie pan. Next, gently place the bird in the center of the crust making sure not to pierce the bottom crust. Then add the filling around the bird. Place the top crust over the filling. Make a small X just large enough for the head to stick out of the top crust. No other venting is needed. When cooled, the pie can be served with the bird removed or intact for a more fanciful presentation. "Wait and see- when you bake a berry pie with a bird like me, I'll keep your oven clean, and show you what my use is, when you serve your tasty pie, complete with all it's juices!"

When women began working outside the home, pie birds became obsolete. Most lay forgotten in cabinets or drawers. Now a new generation of collectors have emerged making pie birds popular once again. These tiny treasures are small, easy to display and most fun to search for. Amazon and E Bay are great places to start a collection. Most newer ones can be found for about ten to twenty dollars. Rare ones can cost as much as several thousand, although most antique pie birds are quiet affordable. New ones can also be purchased in most kitchen stores such as Williams Sonoma or Le Creuset.

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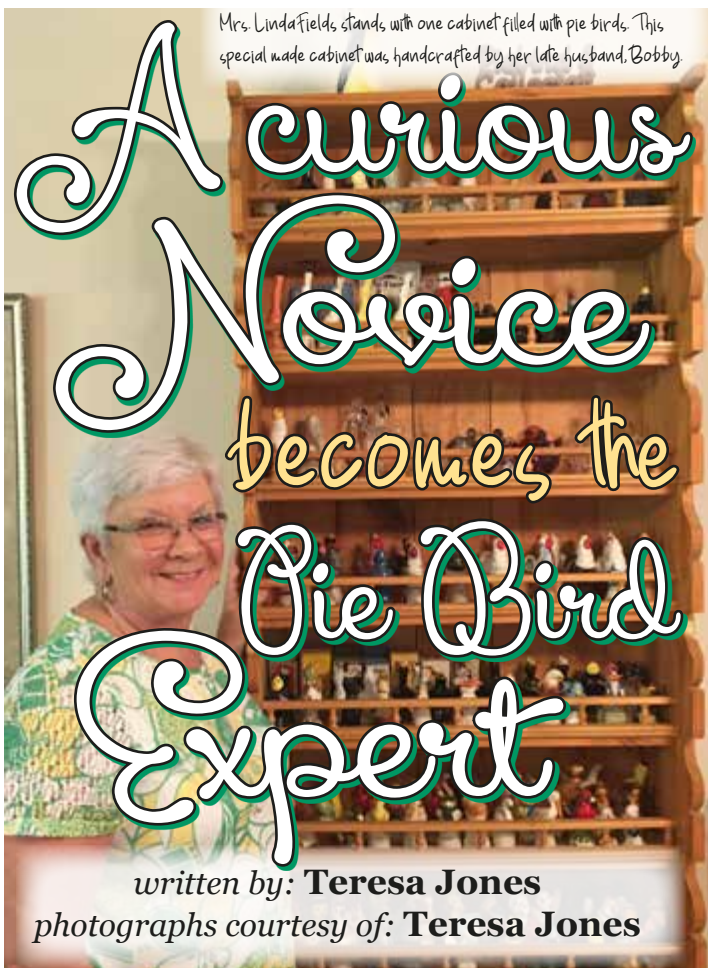
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Mrs. Linda Fields stands with one cabinet filled with pie birds. This special made cabinet was handcrafted by her late husband, Bobby.

A Curious Novice becomes the Pie Bird Expert

written by: **Teresa Jones**
 photographs courtesy of: **Teresa Jones**



As a well known pie bird enthusiast, Mrs. Linda Fields of Buchanan preserves and celebrates the beauty and history of these unique little treasures. Each special little bird in her massive collection has a story behind it. Her extensive knowledge on the subject has been shared through numerous magazine and newspaper articles as well as in 2 sold out books, "Twenty Blackbirds Volumes I and II", she has published. Known world wide, she is one of the greatest experts on the subject of pie birds. Her story and love of collecting began in the mid 1980's when she read an article in Country Woman Magazine. The article featured a woman in New Jersey named Lillian Cole and her pie bird collection. At the time, Mrs. Fields had no idea what a pie bird was or how to use one, but it sure did spark her interest. She thought, I'm a birdwatcher and I love to bake. What a great thing to collect!

Mrs. Fields contacted Lillian Cole through the magazine and began what would become



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not only her passion for collecting but the beginning of a treasured friendship. Mrs. Cole had been writing newsletters for collectors so Mrs. Fields ordered all the back issues and began correspondence. She said when they arrived in the mail, she read them cover to cover and drank in all the knowledge they held. Mrs. Fields, along with her husband, Bobby made several trips over the years to visit Mrs. Cole in New Jersey. One visit, Mrs. Cole mentioned she wished someone would publish a book on pie bird pricing. Something to give collectors photographs, attention to the makers and prices to value their collections. She also wanted to get together with all the people she had corresponded with throughout the years. Mrs. Cole had just been diagnosed with stage four cancer and sadly, she was not well enough to host such an event. On their way back to Tennessee, Mr. and Mrs. Fields decided they would take on that task.

Since she had attended many conventions through her job at the bank and knew the basics of how to host such an event, the planning got underway. They decided if they could get 30 people to come, the event would be a success. So in 1996, the very first pie bird collector's convention was held at Paris Landing. Amazingly, over 120 attended. People had traveled from 27 states, Canada, New Zealand, England and Australia to attend. Mrs. Lillian Cole was the honored guest and speaker. The event was a success! In 2000, Stewart Bass of England created a pie bird unique to the millennial pie bird convention. It is a mocking bird, Tennessee's state bird with delicately painted iris, the state flower. The Fields'



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Mrs. Fields favorite pie bird.

would go on to host the convention every other year for the next 12 years. The last event they organized was held in June, 2008 and was the last one held at Paris Landing. Sadly, Mr. Fields had passed away in January that same year. Mrs. Fields' two sons and two sisters-in-laws stepped in to help with the convention that was already in the works. She realized then, it was just too much to take on without her husband by her side and made an announcement at that convention, it would be their last.

Through the years, Mr. and Mrs. Fields traveled the country in search of pie birds. They called it "Going on hunting trips". As they planned their travel route, she would check her list of contacts of other collectors to see if any of them were on their route. She would call ahead and make plans for a stopover to visit, photograph their collections and gather information to go in her books. Where Mrs. Fields primarily collected just the bird shaped vents, other collectors might have different shapes she needed to feature in her books. While Mrs. Fields would search antique stores along the route for pie birds, Mr. Fields searched for Razor Banks to add to his collection. Thanks to these hunting trips and visits, the couple developed many great memories and long lasting friendships.

Mrs. Fields does not just collect antique pie birds, but mixes her collection with new ones, as well. Her way of thinking is, there are so many "Mom and Pop" ceramic shoppes that will make and sell

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their own versions of pie birds and for various reasons they might quit making them altogether. If you were fortunate enough to have purchased one during this short production period, one might have a very rare bird because first, they didn't make very many of them and now they aren't making them at all. For example, while reading a newsletter feature about an Alaskan potter that was using native Alaskan clay to



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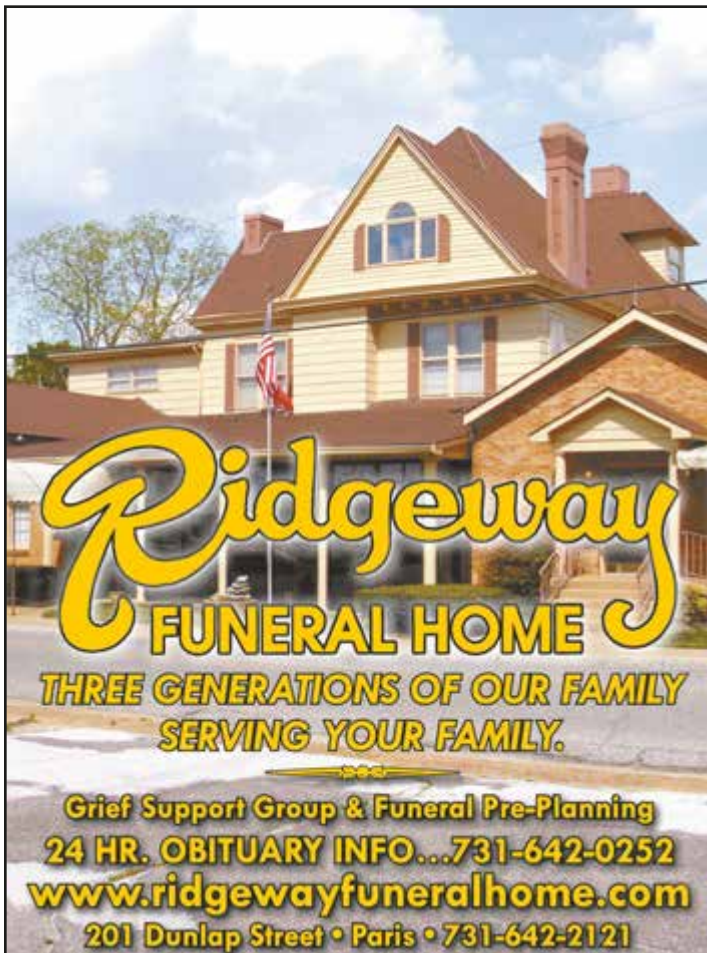
adorn her pie bird series which included an Eskimo, an igloo, a bear and a puffin. The puffin was the only "bird" in the collection. At the time she wasn't sure she liked it that much because of the marbling (which was the slip made from the native Alaskan clay used to adorn the bird) and it was priced a little more than she was used to spending for one. She didn't buy it. Later on she heard the shoppe was moving from Alaska to Louisiana. She contacted them to see if she might purchase one. Unfortunately they had sold out. Just like that, the Alaskan pie birds became extinct. About five years passed and while in an antique store, she ran across an Alaskan Puffin pie bird. She ended up paying double the price she

could have paid years earlier. Today she laughs about it.

The Pillsbury pie birds are also a unique pair. These birds were produced exclusively for the Pillsbury Company and were used as premiums to entice bakers to buy their new convenient 5 pound bags. Prior to that, Pillsbury flour came in 25 pound cloth sacks. The new 5 pound flour came in a paper sack. It was hard to get women to switch to the new paper bags as the cloth sacks provided extra sewing materials. The new paper sacks came with a coupon to be mailed in to the company and one could redeem a specially made pie bird. So many pie birds were needed for the promotion, it is believed Morton and Shawnee Potteries

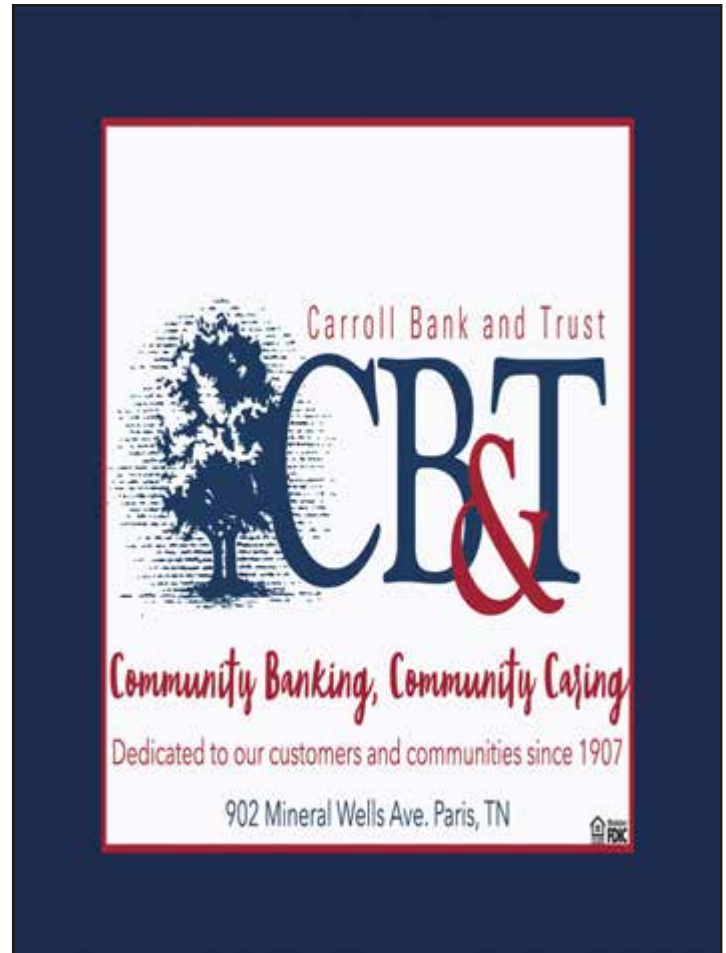
were contracted to produce them. They came in pastel pink and pastel blue.

Her massive collection is full of whimsical and beautiful pie birds, each with it's own story. The ones she holds most dear are the two Josef Originals baker lady and chef her son sent her for Mother's Day while away at college. Another favorite is a 1950's Artisan Galilius bluebird with babies. She says she never makes a fruit pie that she doesn't use a pie bird and recommends the birds with arches or a "V" cut out on the bottom of them. These days Mrs. Fields is enjoying her retirement. Her favorite thing is spending time with her family. She still enjoys going on hunting trips for pie birds and also spends time bird watching and photographing the beautiful birds of Tennessee.



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Down Home Cooking Recipes

Lime Marinated Grilled Salmon

1/4 cup fresh lime juice • 1 tablespoon olive oil • 2 teaspoons Dijon mustard • 1/4 teaspoon ground ginger • 1/4 teaspoon garlic powder • 1/4 teaspoon cayenne pepper • 1/8 teaspoon black pepper • 4 salmon steaks

Whisk together the lime juice, olive oil, mustard, ginger, garlic, cayenne pepper, and black pepper in a bowl, and pour into a resealable plastic bag. Add the salmon steaks, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 1 hour. Preheat an outdoor grill for medium heat, and lightly oil grate. Remove the salmon from marinade, and shake off excess. Discard remaining marinade. Grill until the fish flakes easily with a fork, 5 to 10 minutes per side depending on thickness.

Coleslaw

1 medium head cabbage, shredded • 1 carrot • 1/4 onion, chopped • 1/4 cup vegetable oil • 1/4 cup vinegar • 1/4 cup white sugar

In a large bowl, combine cabbage, carrot, onion, vegetable oil, vinegar and sugar. Stir until the ingredients are well mixed. Chill in the refrigerator until serving.

Raspberry Almond Coffee Cake

1 cup fresh raspberries • 3 tablespoons brown sugar • 1 cup all-purpose flour • 1/3 cup white sugar • 1/2 teaspoon baking powder • 1/4 teaspoon baking soda • 1/8 teaspoon salt • 1/2 cup sour cream • 2 tablespoons butter, melted • 1 teaspoon vanilla extract • 1 egg • 1/4 cup sliced almonds • 1/4 cup sifted confectioners' sugar • 1 teaspoon milk • 1/4 teaspoon vanilla extract

Preheat oven to 350 degrees F. Spray an 8 inch round cake pan with cooking spray. Combine raspberries and brown sugar in a bowl. Set aside. In a large bowl, combine flour, sugar, baking soda, baking powder, and salt. Combine sour cream, butter or margarine, 1 teaspoon vanilla, and egg, and add to flour mixture. Stir just until moist. Spoon 2/3 of the batter into the prepared pan. Spread raspberry mixture evenly over the batter. Spoon remaining batter over raspberry mixture. Top with almonds. Bake for 40 minutes, or until a wooden pick inserted in center comes out clean. Let cool for 10 minutes on a wire rack. Combine confectioners' sugar, milk, and 1/4 teaspoon vanilla. Stir well. Drizzle glaze over cake. Serve warm or at room temperature.



Butter Pecan Ice Cream

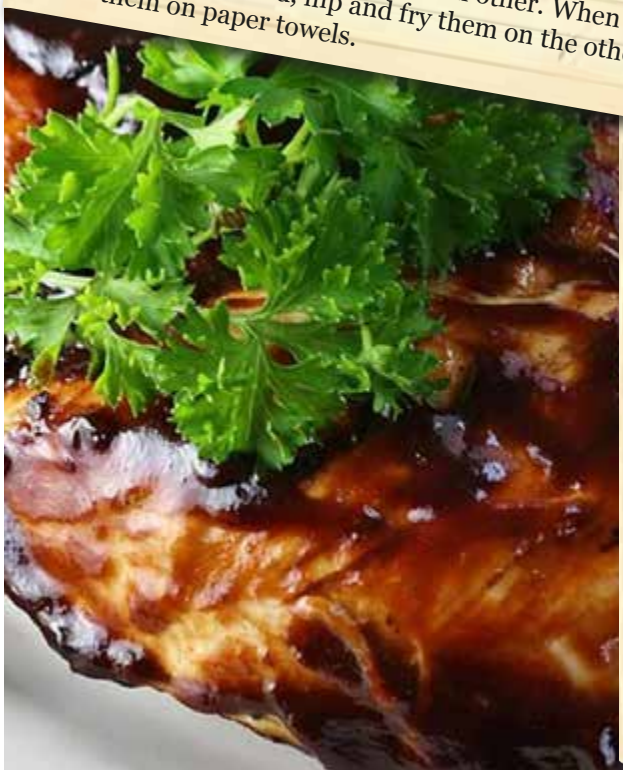
1/3 cup chopped pecans • 1 tablespoon butter • 1 cup brown sugar • 2 eggs, beaten • 1 1/2 cups half-and-half cream • 1/2 cup heavy cream • 1 teaspoon vanilla extract

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.

Fried Green Tomatoes

4 large green tomatoes • 2 eggs • 1/2 cup milk • 1 cup all-purpose flour • 1/2 cup cornmeal • 1/2 cup bread crumbs • 2 teaspoons coarse kosher salt • 1/4 teaspoon ground black pepper • 1 quart vegetable oil for frying

Slice tomatoes 1/2 inch thick. Discard the ends. Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat. In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.



Barbecue Chicken

1 whole chicken, into halves • 1/4 cup rice vinegar • 2 tablespoons barbeque sauce • 2 cloves garlic, crushed • 1 tablespoon salt • 1 teaspoon ground black pepper • 1 teaspoon paprika • 1 teaspoon onion powder • 1/2 teaspoon cayenne pepper • 1/2 cup barbeque sauce, or as needed

Cut 1/2-inch deep slashes in the skin-side of each chicken half; 2 cuts in each breast, 2 in the thigh, and 1 on the leg; remove wing tips. Whisk rice vinegar, barbeque sauce, and garlic together in large bowl. Place chicken in bowl and turn to coat chicken in the marinade. Arrange chicken halves, cut-side down, in the bottom of the marinade bowl, cover the bowl with plastic wrap, and refrigerate for 1 hour. Preheat an outdoor grill for medium-high heat and lightly oil the grate. Remove chicken from bowl, pat chicken dry with paper towels, and discard marinade. Place chicken halves, skin-side up, on a plate and season with salt, pepper, paprika, onion powder, and cayenne pepper. Cook chicken, skin-side down, on the preheated grill for 3 to 4 minutes. Turn chicken over, close the lid of the grill, and cook, basting with remaining barbeque sauce every 6 minutes, until no longer pink at the bone and the juices run clear, about 35 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 165 degrees F.

ALIVE'S *Photography*



Mrs. Linda Fields enjoys nature and all it's beauty. pictures are from a recent bird watching outing. Bird collecting her pie birds.



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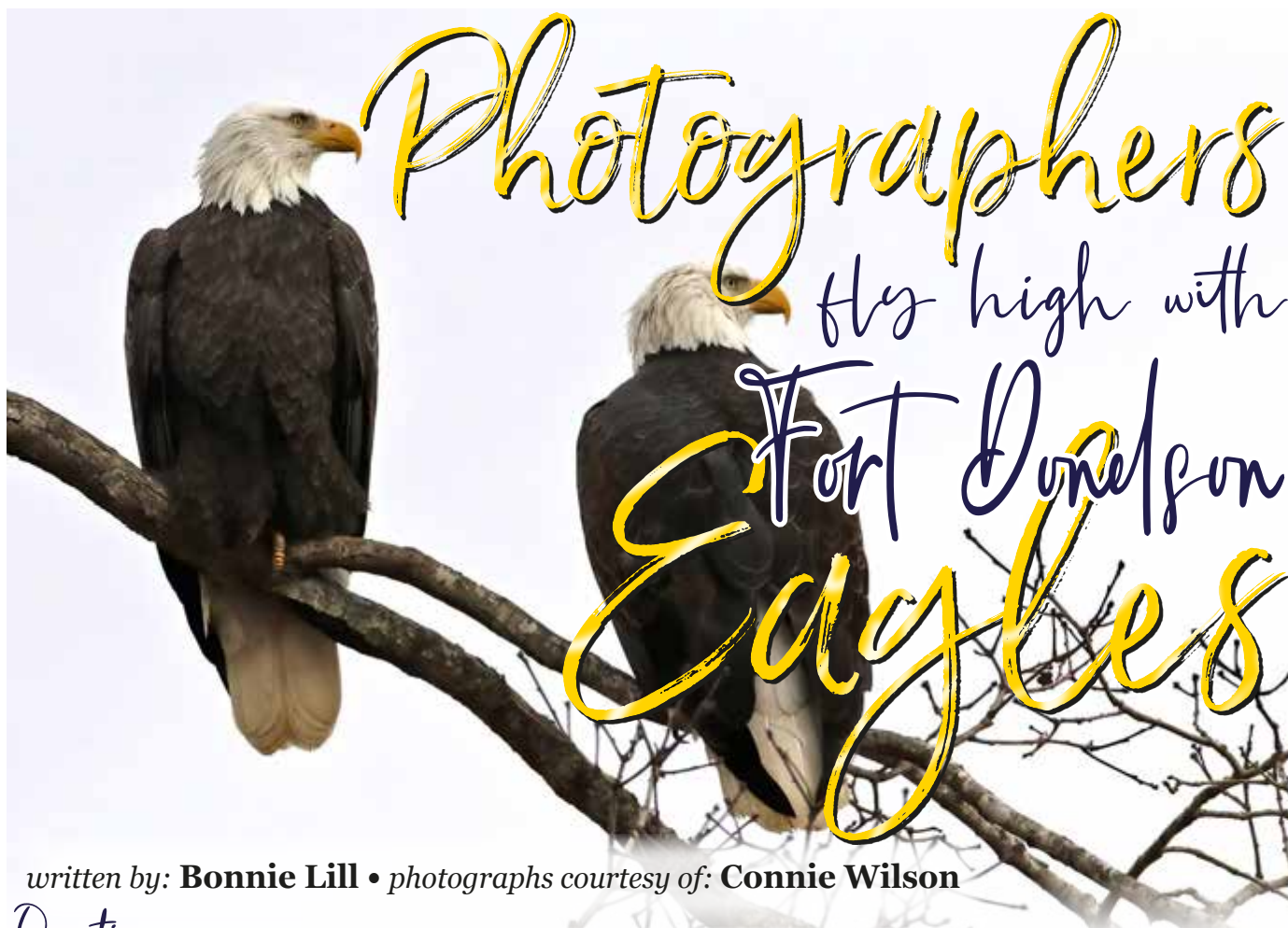
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written by: **Bonnie Lill** • photographs courtesy of: **Connie Wilson**

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generally includes one, two or three eaglets. What a bargain!

Eagle watching, in person and in photos

During park hours, visitors can go to Tour Stops 3 and 4 (soldier cabin, upper and lower river batteries) as well as the picnic area to catch a glimpse of the eagles. A simple aerial map of their favorite hangouts can be found on the Fort Donelson Eagles Facebook Page.

When the park is closed, or anytime, really, folks can go to the page for stunning photos of the eagles, taken by professionals and amateurs alike. Since there are so many professional photographers posting pictures on the site, you must first ask to join the closed group and be approved, but the short wait is worth your time. Once you are approved, you may also invite others to join. There are about 4,000 members of the ever-expanding group, and the photos are amazing.

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Connie Wilson's great awakening

The photographers who have been documenting the eagles' lives since the first pair landed in September of 2004 and began building a nest are central to the story, and no one is more central than Connie Wilson, although she doesn't really see it that way. But Connie was the first eagle photographer on scene, and she continues to be the glue that binds the group.

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“My daughter used to eat her lunch at Fort Donelson, and in the fall of 2004 she called me and told me she saw an eagle at the park,” Wilson recounted. “I grabbed my camera and went over there – and saw nothing.

“A few weeks later she called me and told me she not only saw eagles, but she knew where they were building a nest,” she continued. “I went with my camera, saw it and got some pictures. I had always loved photography, although at that point I just took pictures of the family and things around

the house. Once I got a picture of the eagles, I was hooked on wildlife photography.”

Those eaglets were born in the spring of 2005, the first of 30 eaglets to hatch in the park so far.

The photographers

Since Fort Donelson’s mission is to conserve Civil War history, they do not actively promote the eagles, although they do protect them. There is a



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strict boundary area, and the eagles are monitored. Citations are issued to folks who violate the boundaries.

Still, without promotion, word about the eagles did not spread particularly fast.

But a good thing couldn't be hidden for long, and in 2006, Connie was joined by other photographers. They shared information and techniques and camaraderie.

"Fort Donelson was where I first met Shirley Knight, and we became friends," Connie said. "Shirley was our word-spreader."

The well-known and loved Shirley, who passed away in 2018, was not a photographer herself, but she championed the eagles and was often seen speaking to park visi-

tors, steering them to where they could see the eagles and offering them details about eagles in general and the Fort Donelson eagles in particular. She kept copious notes on who she spoke to and where they were from, and she kept in touch with some of the out-of-towners as well.

"Kathy Taylor and Christel Laney, Raymond Gobernatz of Palmyra, Ken Gray, Randy Sakach, Ron King from Kentucky, Laurie Haley – these are some of the regulars," said Connie. "Luther Cole came for years."

She said Luther's health has prevented him from taking pictures, but he checks on the eagles quite frequently.

Jack and Lizzie

Almost a decade after the eagles arrived, the photographers decided they needed names, and Kathy Taylor came up with the perfect monikers: Jack and Lizzie.

Jack was named after Jack Hinson, the Stewart County plantation owner who became a very successful Confederate sniper after his sons, who were not involved in the war, were killed and then decapitated by Union soldiers in 1862. Elizabeth, or Lizzie, was Jack's wife.

"They were strong, they went through a lot and they tried to protect their family," said Connie, adding that this personi-

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fied the eagle pair as well. To be clear, the park does not refer to the eagles by those names; that, and the Facebook page, are solely the work of the photographers.

Jack and Lizzie do Facebook

About the time they were being named, the photographers decided Jack and Lizzie needed a Facebook page. It launched on Jan. 11, 2015: Fort Donelson Eagles.

“It has really escalated since then,” said Connie. “We have people coming from the other side of Nashville, from other states to take pictures – it just went wild.”

Photographers are encouraged to copyright their pictures before posting, and everyone is encouraged to check out the site!

Covid-19 interruptions

Photographers were disappointed when Covid-19 guidelines closed the park, especially since they all knew eaglets would be making an appearance soon.

But park ranger Garnet Tritt came to the rescue, updating the group with photos twice a week.

And Garnet was the one who got to make the official announcement: there were triplets!

The future

“I think the eagle interest will stay strong,” said Connie. “You are just about going to see an eagle when you get to the park.”

She said that sometimes when the rangers are giving programs in the park, especially near the soldier cabins and river batteries, the eagles just show up and either fly low over the crowd like they are performing or perch in a nearby tree as though they are listening.

Fun Facts about Jack & Lizzie

1. The eagle pair set up shop in Fort Donelson in 2004 and had their first brood in early 2005.
2. No one knows how old Jack and Lizzie are.
3. Observers don't think the male is the original Jack. In what they think was his first year, he was useless as a dad and Lizzie pretty much fended for herself. He was also more standoffish with people.
4. After they named the Fort Donelson eagles Jack and Lizzie, photographers tried to name the eaglets, but it was too hard to tell them apart.
5. The first baby names, though, were Doug and Shirley – After well-loved Ranger Doug Richardson and the late eagle ambassador Shirley Knight.
6. There have been 30 eaglets born so far.
7. Jack and Lizzie had triplets five times, in 2006, 2007, 2008, 2018, and 2020. In the other years, they had either one or two.



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*Lizzie whizzes past the
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While they are still wild animals, the eagles don't seem to be bothered by the crowds in the park and will remain in the trees as visitors take in the Civil War history.

As for Connie, she said she thoroughly enjoys the eagles.

"I have met people and made friends," she said. "I wouldn't take anything for my time with Jack and Lizzie."

Jack, Lizzie, and the community

While it is true that Jack and Lizzie have brought in many visitors and photographers who also take advantage of the Civil War history, it must be noted that Fort Donelson has a devoted local following.

Many Stewart County folks refer to it as "our park," and they have a vested interest in keeping the facilities, artifacts and wildlife in good condition so that everyone can enjoy the national treasure.

Many folks frequently take walks or runs in the park, and a lot of them enjoy interfacing with the visitors who come. Some locals are official park volunteers, others are just helpful and friendly to guests.

If you have not been to see the eagles, come on out, experience the history and see our national bird!

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written by: **Diann McGuire** • photographs courtesy of: **Keep Paris/Henry Co. Beautiful**

Litter is a common eyesore in our waterways and along our Henry County roads! Many smokers admit to littering cigarette butts because they believe them to be benign or biodegradable and somehow do not consider them as litter. But as well as taking much longer to breakdown than most people think, discarded cigarette butts may significantly damage surrounding plant growth.

Cigarette butts are composed of thousands of cellulose acetate fibers, which take years to disappear from the environment. Butts also contain thousands of chemicals that can kill plants, insects, rodents, fungus and other life forms, and some of which are known carcinogens. They've even been found in wild animals, such as seabirds and turtles. Ingestion can cause vomiting and, in some cases convulsions. The leach-

ates from cigarette butts can be toxic to aquatic organisms such as bacteria, crustaceans, worms and fish.

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