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Table of Contents

Departments

- 6 Along for the Ride
Destination: Little Rock
- 9 Around Our Town
The Census
- 12 Arts & Entertainment
Toe-Tapping, Rod and Reel, Fish Fry
Fun
- 16 Calendar of Events
The "Can't Miss" Events of Spring in
Paris and Henry County
- 19 Driving Divas
Perfect Gifts for Mommy Divas
- 35 Eateries, Etc.
Delicious Area Dining
- 20 Faces and Places
A Snapshot of Life in Henry County
- 37 Healthy Ideas
Healthcare Docks at Paris Landing
- 40 In the Garden
A Look Ahead: Garden Trends
for 2011
- 42 Paris Cuisine
No Spring Chicken!
- School of Thought
Teenagers... What do they know? 44
- Spotlight Interview
When Many Hands Make Light Work 46

Arts & Entertainment, p.12



Features

**Art Dollars Working
Harder, Reaching Farther**
page 23

**The Stars and Stripes...
How Should It Wave?**
page 27

**A Campaign of the
Musical Variety**
page 31

A Spring Symphony



There are plenty of ways to tell that spring has arrived, but my favorite happens just after 6 a.m. on a warm-ish day in February. On the prior evening, when the temperature is forecast to dip only into the 50s, I leave my bedroom window cracked; the next morning, a feathered symphony awakens me

with doodley- doodley-doodley-doo, tu-tu-tu and pouit-pouit.

I'm no bird expert, so there's no matching songs to species, but that makes it all the better, freeing me for pure rapture. Perhaps the most exciting part of the spring symphony is that much like PARIS! magazine, it's a forerunner of parades, carnivals, gardening, lemonade on the porch, kayaking and grilling.

In this issue readers can discover how to get the most from this season with articles on Fish Fry (page 12), gardening trends (page 40), and fun ways to spruce up our community (page 46). With Memorial Day just around the corner, we also include some need-to-know information about the Stars and Stripes.

This spring, PARIS! welcomes back part-time Henry Countian Tim Check with his new column, Along for the Ride, and we bid farewell to long-time Healthy Ideas Columnist Pat Terrell, RN. Pat will be taking a well-deserved break, but readers can enjoy his earlier columns in the archives at MyParisMagazine.com.

On the Cover



With a watercolor effect, Jan Mitchell's photo of her garden visitor is the perfect cover to welcome spring.

Finally, we also say good-bye to Gaines Hedges, who, along with Gary Powley made up the magazine's first sales team back in 2004, and what a team they were! Ad representatives Niki Kenworthy and Lisa Rhodes join me in wishing Gaines well in his new job at Community Developmental Services.

Enjoy this issue of PARIS! and enjoy spring. I know it's here to stay for a while because lots of little birdies told me. Doodley-doodley-doodley-doo! Tu-tu-tu! Pouit-pouit!

Susan Jones

Henry County and the Lake Area
PARIS!

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DESTINATION: Little Rock

By Tim Check

With this issue we welcome back writer Tim Check. A part-time Henry Countian, Tim and his wife, Elizabeth ride and hike in Tennessee and throughout the Southeast. In PARIS! magazine's newest column, "Along For The Ride," Tim shares the couples' adventures, new finds and advice on biking and sightseeing in our beautiful region.

Little Rock, Arkansas, is a little more than four hours or 270 miles from the courthouse in Paris, Tennessee. For those who enjoy bicycling, history or simply sight-seeing, this trip is worth the drive.

The towns of Little Rock and North Little Rock are separated by the Arkansas River which is a little gem, just like the Tennessee. Little Rock has an impressive, paved bike path that traverses the Arkansas and heads up the north side of the river to the Big Dam Bridge, a pedestrian/bike bridge

located at the lock and dam. It then circles back to Little Rock on the south side. The total length of the bike path is around 15 miles with little elevation change. The route passes through woodlands, rock quarries, golf courses, picnic areas, parks and wildlife areas. These areas host a great many varieties of aviary friends, so don't leave home without birding glasses and a camera.

The bridge at the lock and dam is 90 feet above the river and is 14 feet wide. At the peak of the bridge, there is an exceptional view of the Little Rock skyline, as well as Pinnacle Mountain. The bridge is 4226 feet long.

In historic Little Rock, there are two other old railroad bridges that bicyclists and pedestrians use to cross the river. With elevators located on either end, views of the restored downtown riverfront market area are outstanding.

During the 15-mile ride cyclists travel from rural areas to a most urban setting. The bike path starts at the restored Rivermarket, where visitors may purchase artisan sandwiches, gourmet and ethnic foods, pastries, cheeses, various local beverages and breads. The Argenta Art District along the bike route has a number of unique restaurants, art galleries and shops. Gallery 26, located in the historic Ice House Center, is the place to see cutting-edge visual work by local artists. Wordsworth Books & Company is the city's largest bookstore and gallery. With a large collection of local interest books, it hosts frequent literary events. On Cantrell Road, Liz just couldn't pass up the New Orleans Antique Shop which features classic



Elizabeth Check gets ready for a little lunch at the river market area.

period jewelry. When we're biking, she's partial to lightweight souvenirs, preferably ones that sparkle.

Downtown Little Rock can be seen by bike or by riding a turn-of-the-century restored electric-tracked trolley car which passes the Peabody Hotel (yes, with ducks), the William Clinton Presidential Library, Riverfront Park and Convention Center, Cathedral School and the Maritime Museum, which features a World War II submarine christened "Razorback."

Just west of the Big Dam bike path is Pinnacle Mountain, which has fantastic views of the Arkansas River bottoms, hiking and mountain bike trails. It features an arboretum and is the eastern terminus of the 250-mile Ouachita National Recreation Trail. The State Park at Pinnacle Mountain has excellent wildlife displays and knowledgeable guides.

So hang a bicycle or two on the car and head down through Memphis and across the Mississippi for a trek that is one of the more interesting adventures on the Arkansas River. For more information and bike guide about these 7000 acres of city, county, state and federal recreation land, call 501-340-6800 or 501-660-4207.



Tim Check divides his time between Buchanan and St. Louis. A nature-lover and bike enthusiast, he enjoys sharing his travels and taking readers "along for the ride."



This view of the bridge was taken from the bike trail.

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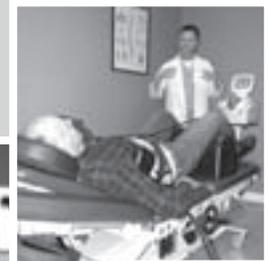
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The Census

Part II

By Carl Holder

In the winter edition "The 2010 Census - Part I" discussed the basis for conducting the federal decennial census and some of its uses by both public and private entities. The Census Bureau has now released some of the data. Here are a few observations.

In the winter edition, I discussed the basis for conducting the Federal decennial census, and some of its uses by both public and private entities. The Census Bureau has released some of its 2010 data compilation by state and local jurisdictions. As usual, the comparison of the latest decennial census with the prior census provides a snapshot reflecting the trends and major events of the last ten years - albeit open to analysis.

The following represent hopefully some more interesting data gleaned from the preliminary releases. The rate of overall growth for the nation between 2000 and 2010 was 9.7%. The state of Nevada sustained the fastest growth at 35%. However, Nevada suffered economically as a result of the fast pace of growth during the recent recession. Conversely, Michigan suffered a population decrease, primarily as a result of the recession. On an over-simplified basis, the west and the south continued the double-digit growth trends of the last fifty years while the northeast and midwest continued a trend of little to modest single-digit growth. Closer to home, the state grew at a faster rate than the nation at 11.5%, but slower than the southeast region at 14.3%. As a result, Tennessee will neither gain nor lose representation in the U.S. House or Representatives.

Henry County grew at a much more modest rate of 2.7%. Demographically, our county is older with almost 20% of our residents being 65 plus years of age, as opposed to the state average of 13.4% and a national average of 12.9%.

As relates to race, 20.4% of the nation is made

up of minorities, compared with 19.4% of the state and 10.3% of Henry County. In regards to the sex of our residents, we are close to the state and national norms. The percentage of females in Henry County is 51.8%, compared to 51.3% for our state and 50.8% for the nation.

Regarding population density, Tennessee tends towards greater density with 154 persons per square mile, largely due to its four large metropolitan areas. By comparison, the nation averages 87 persons per square mile, with extremes from only 1.2 persons per square mile in Alaska to almost 10,000 persons per square mile in the District of Columbia. The most heavily populated state is New Jersey with almost 1,200 persons per square mile. For comparison, Tennessee has a similar density to states as diverse as Georgia and Michigan.

As the full data set for local jurisdictions is released over the next few weeks, we will have updated data for household incomes, persons per housing unit and the number of individuals living





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in poverty. To those of us who love statistics and manipulating data, the census provides a wonderful adventure wherein only an 80’s style calculator is necessary for a fun afternoon.

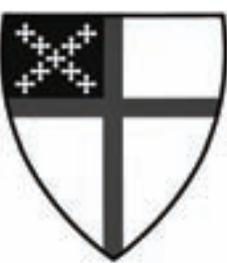
So here’s to estimating the difference between how many dollars per student Lincoln County, Idaho, will have to spend annually to accommodate elementary schools in

six years versus Henry County – a totally meaningless calculation, by the way.



Carl Holder is the interim city manager for Paris, Tennessee, and a lover of all things statistical.

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Carrie Croasmun, PT, DPT,
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Josh Smith, BS, PTA, CSCS,
1 year



Meggen Strickland, MSOT,
OTR/L, PTA, MSM, CWS, 15
years combined



Christi Schmitt, COTA,
2 years



Becky Lavine, Rehab Tech, 4
years

TOE-TAPPING Rod and Reel Fish Fry Fun

By Mike Wilson

Each April, Henry Countians cook, plant, mulch, prune and paint in anticipation of the thousands of visitors who descend upon the community for a week of food, entertainment and Southern-fried fun. Most are familiar with the World's Biggest Fish Fry's flagship events like the rodeo, dinners at the fish tent, carnival, catfish races and parade, but two favorite activities are less touted. The Street Dance and the Junior Fishing Rodeo are admission-free, and each offers the opportunity to enjoy the outdoors during a beautiful, picturesque time of year - the last full week of April.

The Street Dance

If boogying to the beat of the Ray Lewis Band right in the middle of Poplar Street isn't intriguing enough, how about kickin' up your heels to the drum beat of local barrister Steve Greer? Most know Greer either from his work as an attorney or certified public accountant, but catching him as a percussionist with Lewis' group is a must. The popular band will feature tunes from many genres and eras, officially opening Fish Fry week on Monday night, April 25.

This dance party has been held at the fairgrounds in the past and referred to as the Kick-off Dance. This year it is returning to the historic court square, where it began many years ago, reclaiming its original name, the Street Dance. Freshly grilled burgers and hotdogs will be flipped, seasoned and sold by the Jaycees who encourage folks to dress comfortably and bring a lawn chair. There is no age limit for this free, fun-for-all event.



Young anglers line the banks of Williams Lake.



Junior Fishing Rodeo

“If we can get them hooked on fishing, maybe they won’t get hooked on something else,” is the motto of David Stone, this year’s General Manager of the World’s Biggest Fish Fry. The Junior Fishing Rodeo has hooked more than one youngster on wettin’ a line. Set on scenic Williams Lake, just off Greenacres Drive in Paris, this is a fishing dream come true for youngsters ages 12 and under.

With the help of the Tennessee Wildlife Resources Agency, Thomas ‘Bub’ Edwards will load up the lake with healthy, hungry catfish ranging from one to four pounds, providing a great opportunity for our youth to reel in a big one.

Although parents cannot help with the reeling or landing of the fish, they can assist with baiting the hook and removing the hook from the catch. The actual fishing is left solely up to the children.

With families smiling, worms wiggling and a truckload of prizes waiting to be won, this Saturday, April 30 event is a memory-maker.

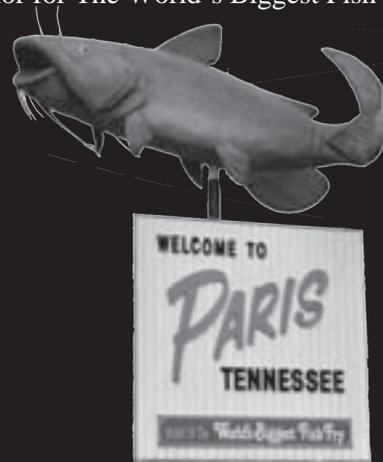
What once took place in front of a large fish tank in the parking lot of the former Shoney’s restaurant has grown to include dozens of participants and an amazing line-up of prizes.

Stone said he gets lots of help to ensure this is a first-class event. Paris native and Strike King Lure representative, Crispin Powley always returns to Paris to lend his expertise with the weigh-in and competition, awarding top-shelf prizes such as lures, rods and reels, minnow buckets, gift certificates to Hulmes Sporting Goods and a lengthy list of other fishing accessories.

So if delicious fried catfish fillets, bull riding and a mile long parade aren’t quite enough, give one of

Memoirs of a Catfish

If you look up “Like a fish out of water,” this definition pops up: *Appearing to be completely out of place; in an awkward manner.* Maybe, but the enormous catfish that towers above Tyson Avenue and Veterans Drive doesn’t appear to feel awkward, although he may feel a bit out of place. As a tip of the hat to the cat, our Jaycees and other community volunteers, here’s some history about this friendly gray giant who serves as landmark, mascot, photo op and anchor for The World’s Biggest Fish Fry.



The spark: In the mid-80s, Mike Ainley was driving a group of Jaycees to a meeting out of town. On a secondary road near Hopkinsville, Kentucky they passed a 12-foot chicken mounted to the roof of a car. The group proclaimed, “We need a catfish!!”

The process: The fish was designed using a set of Polaroids™ taken at Hart’s Fish Market. The photos were sent to a craftsman in Wisconsin.

The specs: The catfish was crafted from fiberglass, weighs 600 pounds and is mounted on a steel pole.

The trip South: Harold Plumley, who owned Plumley Companies, had a company semi pick up the fish and truck it back to Paris.

The price tag: The original cost was just under \$5,000 and was raised by various Jaycee fundraising events.

The direction: The fish originally pointed to the southeast, but now points northwest. It changed directions in 1999.

The paint job: The fish was repainted to a more ‘channel cat’ look in 1999 by Joe Snow who used a Toyota gray automotive paint. Brown Sign Company removed and remounted the catfish after its new paint job.

The home: The location of the catfish was chosen because it is the busy intersection of two major arteries, Highway 79 and Highway 641.

Riders in the sky: In the past, it was not uncommon to see live interviews being held atop the catfish featuring WTPR/KQ morning man Gary Powley and various Jaycee members.



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these two events a try. A complete listing of events, map and all things Fish Fry can be found by visiting www.worldsbiggestfishfry.com, calling (731) 644-1143 or stopping by the official Fish Fry headquarters, located at 1323 East Wood Street (Hwy. 79 N) just across the street from Eastwood Clinic. A full schedule appears on page 15 of this issue.

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Mike Wilson is a lover of the Fish Tent dining experience and encourages his readers to stop by. "I'm the guy helping serve with grease on his apron yelling, 'Hot Fish!' Can't wait to see you there."

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The World's Biggest Fish Fry, 2011

April 23, April 25 - May 1

Saturday, April 2

10 a.m. - Headquarters Grand Opening, East Wood St

Saturday, April 23

8 a.m. - 5K Hushpuppy Dash (register at 7 a.m., entry fee \$20), HCHS

Monday, April 25

7-9 p.m. - Street Dance, Poplar St., Downtown

Tuesday, April 26

5-11 p.m. - Carnival, Fairgrounds

7-10 p.m. - Country Dance (\$5), Fairgrounds

Wednesday, April 27

5-9 p.m. - Fish Tent (\$10 all you can eat), Fairgrounds

5-11 p.m. - Carnival, Fairgrounds

7 p.m. - Hushpuppy Eating Contest (\$5), Fairgrounds

7 p.m. - Christian Concert, Fairgrounds

Thursday, April 28

5-8:30 p.m. - Arts & Crafts Show, Fairgrounds

5-9 p.m. - Fish Tent (\$10 all you can eat), Fairgrounds

5-11 p.m. - Carnival, Fairgrounds

7:30 p.m. - IPRA Rodeo Family Night (\$8 adult/under 12 free), Fairgrounds

Friday, April 29

8:30 a.m.-8:30 p.m. - Arts & Crafts Show, Fairgrounds

10 a.m. - Grand Parade, East Wood St.

11 a.m.-9 p.m. - Fish Tent (\$10 all you can eat), Fairgrounds

11 a.m.-midnight - Carnival, Fairgrounds

7:30 p.m. - IPRA Rodeo (\$9 adult/\$8 child), Fairgrounds

Saturday, April 30

7-9 a.m. - Horse & Mule Farm Pull weigh-in, Fairgrounds

10 a.m. - Horse & Mule Farm Pull (\$5), Fairgrounds

10 a.m. - Small Fry Parade, Downtown

10 a.m.-8:30 p.m. - Arts & Crafts Show, Fairgrounds

10:30 a.m. - Paris PI Catfish Races, Downtown

11 a.m.-1 p.m. - Jr. Fishing Rodeo, Williams Lake

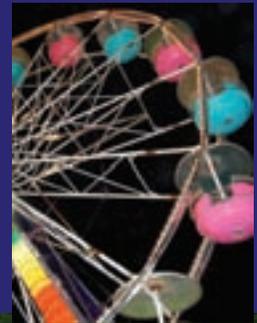
11 a.m.-midnight - Carnival, Fairgrounds

11 a.m.-9 p.m. - Fish Tent (\$10 all you can eat), Fairgrounds

7:30 p.m. - IPRA Rodeo (\$9 adult/\$8 child), Fairgrounds

Sunday, May 1

1-6 p.m. - Carnival, Fairgrounds



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Calendar of Events

Ongoing Fun

Modern Muses Writing Group - Get in touch with your inner muse. This group meets the first Saturday of every month, 9 a.m., QUM Department meeting room at HCMC (first floor). Call 731-642-7238 or lcorn@beasleywireless.net

Grab Your Bike - The Paris Pedalers ride bicycles every weekend and sometimes during the week. The jaunts are designed for riders of all levels. Join the fun by contacting Bob Penzenik at 630-558-1692 or email him at bandrplace@yahoo.com.

A Good Read - The Third Thursday Book Club meets at 6 p.m. at Eiffel Gardens. Email cdtstampdiva@bellsouth.net information. (Note: April's meeting will be on April 15.)

Kick up your heels - The Henry Civic Center is the best dance spot in the area each Thursday night when Shiloh offers up country tunes mixed with a little rock n' roll, 7-10 p.m. Call 731-336-7071.

Inside and Out - The Paris Civic Center has an indoor pool, track, weights and fitness machines. Walking paths, tennis and disc golf are available, too. Pay by the visit or become a member. Located on Volunteer Drive. Call 731-644-2517.

Latest Films - Enjoy six screens and the latest movie releases at the Parisian Theatre on Jim Adams Drive. Info line is 731-642-7171.

March 6 - March 31 - Don't miss the Arts Council's 17th Annual Photo Showcase sponsored by Dr. and Mrs. Danny Kimberlin on display at the W. G. Rhea Library. Call 731-642-1702 or visit phcart.com

March 15 - Paris Elementary School presents a spring strings concert at the Krider. Call 731-644-2517.

March 16, 23, and 30 - Christ Lutheran Church offers first **Lenten Worship** at 4 p.m. with soup and sandwich supper at 5 p.m. followed by second Lenten Worship at 6 p.m. Call 731-642-6620.

March 17 - Henry County Medical Center Carevan is screening from 9-11 a.m. at the Paris Civic Center. Call 731-644-8269.

March 17 - St. Patrick's Day - Don't find yourself in a "pinch!"

March 18 - Parent Teacher Conference for schools in Paris Special School District. **Snow make-up day** for Henry County School System. Call school for more information.

March 19 - LBL reopens! Call 270-924-2020 or visit lbl.org

March 20 - Yippee!!! Spring officially begins today!

March 21-25 - Spring Break for students in Paris and Henry County.

March 22, April 19 and May 24 - Henry County Medical Center sponsors Cardiac Rehab Nutrition Classes. For information, call 731-644-8266.

March 26 - Attention Recipe Collectors! Tried and True, Gently Used Cookbook Sale, Bake Sale and Tasting Tea. 10 a.m. - 2 p.m. in First Presbyterian Fellowship Hall. Call 731-642-2825.

March 28 - April 15 - All Henry County school days extended by 30 minutes.

March 29 - Severe Weather Spotters Class, 6:30 p.m. at the Krider Performing Arts Center. Call Ron Watkins at 731-336-3330.

April 1 - FORE! Chamber of Commerce Annual Membership Golf Tournament at The Tennessean Golf Course. This four-person scramble tees off is at 8 a.m. with lunch following. Call 731-642-3431.

April 2 - PML, Inc. Relay for Life presents the Jimmy Church Band at the Paris Convention Center from 8 p.m. - midnight, \$20 per person. Call 731-642-5582.

April 2 - Grand Opening of the World's Biggest Fish Fry Headquarters, 1330 East Wood Street, 10 a.m. Call 731-644-1143 or visit www.worldsbiggestfishfry.com

April 2 - Optimist Trivia Night is at First United Methodist Church's Christian Life Center. Game begins at 7 p.m. Call 731-642-5915.

April 2 - Laugh your socks off during The Gong Show, which benefits R. E. A. L. Hope Youth Center, 7 p.m. at the Krider. Tickets \$10 at the door. Call 731-333-1320.

April 3 - May 3 - The stunning 26th Annual Artist Showcase is at the W. G. Rhea Library. Call 731-642-3955 or visit phcart.com

April 6 and 13 - Christ Lutheran Church hosts first Lenten Worship at 4 p.m. with Soup and Sandwich Supper at 5 p.m. and second Lenten Worship at 6 p.m. Call 731-642-6620.

April 7 - Lifeline Bloodmobile is at First United Methodist Church from noon - 6 p.m. Call Mary Kate Ridgeway at 731-642-2941.

April 9 - Join the Great American Clean Up on the Courthouse lawn at 8 a.m. Call the Henry County Litter Program, 731-642-3162.

April 9 - Paris-Henry County Healthcare Foundation hosts the 2nd Annual **Men Who Cook for Healthcare** at the Paris Convention Center from 5-7 p.m. Tickets \$15 in advance and \$20 at the door. Call 731-644-8266.

April 9 - Learn the tricks of making that butterfly seem to jump out of your photo during a class on nature photography sponsored by Friends of the Refuge. Meet at Britton Ford Trail near Elkhorn at 10 a.m. Call the Refuge Office at 731-642-2091.

April 9 - Bethel's Renaissance Choir, Southern Gospel Quartet and Vocal Authority, come to the Krider at 7 p.m. to benefit the Youth for the Arts Enrichment Fund. Special guests are Paris Elementary School's Veazey Vocals. Enjoy a student art show at 6 p.m. Call 731-642-3955 or log on phcart.com. See related article on page 23.

April 16 – Children's Theater presents a variety show by students, ages 9-18, as well as the lively play **"Spring Fairies"** by children ages 5-9. For times call the Krider at 731-644-2517.

April 17 – Palm Sunday

April 18 - 22 – HC Ministerial Association hosts Holy Week Services at noon at First Presbyterian Church, followed by lunch.

April 21 - 22 – Christ Lutheran Church hosts Maundy Thursday and Good Friday services at noon with soup, sandwich and dessert luncheon to follow. Call 731-642-6620.

April 21 – First United Methodist Church Maundy Thursday Service at 6:30 p.m. in the sanctuary. Call 731-642-4764.

April 21 – Hats off to the Tennessee Technical School graduates who receive their diplomas at the Krider at 6:30 p.m. For information, call 731-644-7365.

April 22 – Good Friday. No school for Paris Special School District. Henry County Schools' snow make-up day.

April 23 - The World's Biggest Fish Fry 5K Hushpuppy Dash, 8 a.m. at Henry County High School. Registration at 7 a.m., entry fee \$20. Call 731-644-1143 or visit www.worldsbiggestfishfry.com

April 24 – Happy Easter! He is risen!

April 24 – Easter Sunrise Service is on the front steps of First United Methodist Church; breakfast, contemporary and traditional services follow throughout the morning. Call 731-642-4764.

April 24 – Christ Lutheran Church Sunrise Worship Service, 8 a.m.; pancake breakfast to follow. For information, call 731-642-6620.

April 25 – May 1 - World's Biggest Fish Fry events – See schedule on page 15 and related article on page 12. Don't forget to hug those hard-working Jaycees!

April 26 – Ring in spring with the Inman Middle School's Spring Concert at the Krider. Call 731-642-8131.

April 28 – No school - Professional Development Day for Henry County Schools. Call 731-642-9733.

April 28 – Get your camera ready! W. G. Rhea School's Kindergarten Fish Fry Parade at 10 a.m. Call 731-642-0961.

May 3 – HCMC sponsors "Shopping Smart" from 5-7 p.m. at Kroger. For information, call 731-644-8266.

May 3 – Rhea School Kindergarten presents "The Principal and the Pea" at the Krider. One performance at 6 p.m. and one at 7 p.m. Admission is free. Call 731-642-0961.

May 5 – Save A Life! Lifeline Bloodmobile is at First United Methodist Church, Blythe Street, noon – 6 p.m. Call 731-642-2941.

May 6 – Spring Gathering at First United Methodist Church. Lunch 11 a.m. - 1 p.m. Tickets available at the door; dine-in or take-out. Call 731-642-4764.

May 7 – Children's Theater auditions at the Krider for the summer program of three musicals. See schedule on www.krider-center.com/childrenstheater.

May 8 – Remember your Mom! It's Mother's Day.

May 10 - Inman Middle School Band presents Spring Concert in the IMS Gym at 7 p.m. Call 731-642-8131.

May 13 – The Athena Delphian Bucket Bash is at Watson's Barn, 146 Whitehead Loop. Enjoy boiled shrimp or smoked chicken and dance to the Barons. Tickets are \$25 per person. Call 731-535-9116.

May 14 – The 2nd Annual Jim Guinn CDS Poker Run/Raffle Fundraiser is at Matt's Pub/Restaurant, Springville, TN. Tickets are \$10 or better yet, 6 for \$50. Prizes include a 2011 Harley Davidson Street Glide. Call 731-642-6085.

May 14 - Interested in wildflowers? This easy hike through upland hardwood forest, open fields and marshlands at Duck River is for you. Starts at 9 a.m. Call the Refuge Office at 731-642-2091.

May 14 – 5K Run/Walk and 1 Mile Fun Walk leaves from First United Methodist Church at 8 a.m., finishes at Henry County Court House. Benefits FUMC Relay for Life Team. Call 731-336-8579.

May 14 – Do I smell ham? The Rotary Club hosts its annual Country Ham Breakfast in the Paris Elementary School Cafeteria from 6–11 a.m. Dine-in or carry-out.

May 20 – Henry County High School graduation. Congratulations grads! Call 731-642-9733.

May 21 – Paris Lions Club celebrates its 90th anniversary. Call BJ Gallamore, 642-1145 or Naomi Simmons, 731-644-1466.

May 21 – What fun! Puryear Day is always great! Remember all of those wonderful activities. Call 731-247-5364.

May 21 – Rhea School PTO sponsors a 5K and 1 Mile Fun Run/Walk at Rhea School. Call 731-642-0961 for time and information.

May 21 – The Annual Fancy Nancy Day for 4-8 year-old girls is from 2-4 p.m. at the W. G. Rhea Library. Tea is served at 3 p.m. Admission is free but registration is a must. Call 731-642-1702.

May 22 – Henry County Youth Orchestra is in concert at the Krider at 3 p.m. Call 731-644-2517.

May 23 – Paris Special School District snow make-up day.

May 24 – Last day of school in Henry County. Paris Special School District snow make-up day.

May 25 – Snow make-up day for Paris Special School District.

May 26 – No school in Paris Special School District for Administrative Day.

May 27 – Last day of school for Paris Special School District.

May 28 – Children's Theater auditions begin at 9 a.m. for the musical "Aladdin" at the Krider. Call 731-642-2517.

May 30 – Memorial Day! Remember our Veterans.

(Calendar events, dates, and locations are subject to change. Please contact event organizers for details.)

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Perfect Gifts for Mommy Divas

By Dan Townsend

Everyone has a mom, or someone they think of as their mom, so as Mother's Day approaches, the "what to get Mom" question, often looms large on the calendar. Relax. In today's society where children and parents spend so much time together in the family vehicle, youngsters can be assured that an automotive themed gift will be a welcomed treat for any driving diva who also happens to answer to "Mom."

Automotive gifts can encompass everything from a wash, wax and interior clean up to new tires. If

this doesn't sound warm and fuzzy enough, consider that nothing makes a mommy diva happier than a clean house...unless it's a clean car. And few things can keep a family safer than new tires that hug the road in good weather and bad. Safety is always a mommy pleaser.

There's also the combo idea: buying gifts that compliment one another. A walk through an auto supply store will leave most youngsters spinning with thoughts of what automotive item pairs well with a more traditional gift. Try combining a travel mug with a



coffee shop gift card or my favorite, windshield glass treatment for wet weather visibility paired with new wiper blades and a beautiful umbrella or fancy galoshes. Get the picture?

So be creative this Mother's Day, and remember that on Sunday, May 8 (and every day) you should treat the lady who drives you everywhere you need to be in Paris and Henry County to an extra special gift and lots of love.



Dan Townsend is a Henry Countian who teaches Automotive Technology at the Tennessee Technology Center's McKenzie campus. Email him via MyParisMagazine.com.



Faces & Places

Shelly Webb (left) helps Mary Kate Bell with her hair backstage at the Worlds Biggest Fish Fry Hostess Princess Pageant.▶



▲ Prior to taking a quick dip in the Tennessee River, Trish Seimo of Paris is interviewed by WBBJ-TV of Jackson at the 2011 Shiver on the River on New Year's Day. The event benefits R.E.A.L. Hope Youth Center.

Bill Dumas (left) and Steve Wright are the most important people at Optimist Club's trivia nights. They're the men who keep everyone supplied with popcorn. (See page 16 for upcoming dates.)▶



◀ Roland Atkinson plays a selection of organ numbers at the Martin Luther King Jr. Day services at Quinn Chapel AME Church.



▲ Breanna (left) and Kaitie Maupin enjoy sledding through their backyard on Park Street.



Lioness Cordie Freeman enjoys helping serve at the 50th Lions Club Chili Day.▶



▲ Brenda Wilson (left) has her cholesterol checked by hospital auxiliary member Faye Bennett at this year's Paris-Henry County Chamber of Commerce Healthcare Expo.

HCMC Clinical Dietitian Kim Dempsey (right) hands out tote bags to Jenny Kinsey (left) and Angie Whiteman at HCMC's Shopping Smart event at Kroger. ▼



▲Charlene Raistrick, owner of the newly-opened Books and More bookstore straightens a few titles.

Sonya Clark shows phone panelist Bill Williams a delicious supper box during the 2011 Helping Hand Radio Auction. The event netted more than \$250,000 that will be distributed among approximately 60 Henry County non-profits. ▶



Jennifer Gross (left) tightens the wheels on skates while Julia Farmer waits to hit the rink at Paris Skate. ▼



▲Gabriel Jones and Chase Freeman enjoy their "Elegant Dinner" at Rhea School; an annual event where the cafeteria is decorated like a fancy restaurant, the youngsters dress up and parents (dressed as waiters) serve the students.



◀Amy Martin, the new Kindermusik instructor at the Lee Academy for the Arts enjoys the moment while Nolan Fawcett shows his mother, Laura, what he is learning.

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Art Dollars Working Harder, Reaching Farther

Regular participation in the arts develops self-confidence, self-discipline, persistence, and the knowledge of how to make multiple revisions to create high-quality work.

- M. LoParco, "The Importance of the Visual Arts in Education"

In 2010, Youth for the Arts (YFA) had a problem. For several years this umbrella group of the Paris-Henry County Arts Council had offered individual grants to young people for lessons, workshops and camps that focused on visual and performing arts. Although they had distributed more than \$4,000 over the last two years, YFA wanted their dollars to work harder and reach farther.

Enter the Youth for the Arts Enrichment Fund, which expands the current program to include meaningful projects in classrooms and in the community. Examples include bringing writing, painting, drama or music workshops into the schools; art-related field trips; hosting artists in residence; capital expenses (keyboards, microphones, painting supplies, etc.) and other endeavors that further the art education of local youth.

Energetic funding

Unfortunately, that kind of programming often comes with a high price tag. How could YFA move from funding smaller activities to this ambitious goal? "In the past," said Minette Veazey, Youth for the Arts chairperson, "we've used generous donations from the public as well as proceeds from Krider Idol, a competition based on the TV show, *American Idol*. Krider Idol not only raises money for YFA, it also gives young people the opportunity to gain confidence by performing. It gives the community a chance to see our multi-talented youth, and it gives participants an opportunity to be seen by college scouts and to win cash prizes. However, we all realized that Krider Idol could not fund this program alone. That's why we



were so thrilled when the Bethel University Renaissance program offered to assist us with a new fundraising event."

Extraordinary concert

After a conversation with the Arts Council's assistant director, Travis McLeese, Brad Gray offered to bring Bethel's Renaissance Choir, the award-winning Southern Gospel Quartet and the newly formed Vocal Authority to the Krider for an annual benefit concert. "They see this as part of their mission," said McLeese. "We hope to raise \$5000 at this huge event, slated for April 9," he said.

"Of course, we're also looking for additional funding or funding ideas. This program has some generous, anonymous benefactors to whom we are grateful, but we also want to emphasize that any amount is appreciated. We've had young musicians apply because they couldn't afford a new reed or teachers needing to purchase an inexpensive piece of equipment, so every little bit helps." McLeese

said that ideally, the group would award a total of \$5,000 every four months.

How to apply

Enrichment Fund information and applications are online at www.phcart.com. Applications are surprisingly straightforward. Students must simply complete an essay that outlines their extracurricular and community activities, the amount of funds needed, their plans for funding if received, and their plans to give back to the community. For teachers and/or project or group leaders, the application is almost as simple. Those applying must send a letter stating their group or class mission statement, the amount of funds needed, how the funds will be used, the number of students benefiting from the funds, an outline of their project

and other sources of funding, and how their project will be evaluated.

The last word

Paris-Henry County Arts Council Executive Director Mary Lodge summed up the impact of this endeavor. "Youth for the Arts is one of most successful programs in the Arts Council organization. It covers a wide variety of interests and allows us to influence more students. Consequently, we are seeing more interest and involvement in the arts in our community because of this program."

For more information about the grant guidelines or to receive a copy of the grant application visit www.phcart.com.



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The Stars and Stripes... How Should It Wave?

By Shannon McFarlin

The United States flag is the most potent symbol of Americans' love for their country, and that is especially so as Memorial Day approaches.

The flag can be seen on flagpoles everywhere: at schools, government buildings, businesses and private homes. It also is emblazoned on clothing, paper plates and coffee mugs. That's the way Americans show love of country, but what is the proper way to display the flag? And what is the proper way to dispose of it once the flag begins to fray?

One man who knows a lot about flags and their care is retired

Members of Boy Scout Troop 28 conduct a flag retirement ceremony for American Legion Post # 89 in December. Standing are (L-R): David Meketi Post Commander, Cody Tate, Gerald Clayton, Butch Powers, Brady Heath, Shane Heath, James Steele, Scott Gerrell, David Steele, Carlton Gerrell and Trey Gerrell.



Brigadier General Roland Parkhill of Paris. Parkhill had an illustrious career, beginning in 1950, with the Tennessee Army National Guard in Paris. He was the only person to rise through the ranks from private to brigadier general in the state guard. After his military career he headed the state's Selective Service System until 1994.

Cracking the Code

But as familiar as Parkhill is with the flag and its care, he periodically checks the U.S. Flag Code himself for the proper information. "There are so many rules and regulations, and you have to have guidance,"



Retired Brigadier General Roland Parkhill of Paris

Parkhill said. "Most people aren't aware of what's in the code and what's not, and a lot of things people do with the flag really aren't proper."

The Flag Code was established by Congress in 1942, and it's periodically updated. The essence of the code is found in Section 8: "No disrespect should be shown to the flag of the United States of America. The flag represents a living country and is itself considered a living thing."

To Fly or Not to Fly

Flags are permitted to be flown 24 hours a day, if they are properly illuminated. If not illuminated,

flags are supposed to be taken down every evening. Formerly, flags were not to be displayed on days of inclement weather, but most flags today are all-weather flags and can now be flown all the time.

However, it is improper to display flags that have become old and worn and the code prescribes that “flags should be destroyed in a dignified way, preferably by burning”. That doesn’t mean that citizens should take the flag in the backyard and burn it on their own; contact your local VFW and ask for their help in properly disposing of the flag. Many VFW lodges have annual ceremonial flag-burnings to properly retire old flags. These ceremonies are normally held on June 14, Flag Day. Local scout troops also hold ceremonial flag-burnings.

Surprising Codes

The Flag Code contains rules that may surprise many. A common sight, especially on Memorial Day or Independence Day events, is clothing that has the American flag on it. That is an improper use of the flag, which the code states should not be printed on anything--and that includes paper plates, napkins and other items that you see at picnics and which have flags on them. Section 8i states that the flag is not to be impressed on anything designed for temporary use.

“That’s one of those things that most people don’t know,” Parkhill said. “Most people are just trying to show their patriotism when they wear those flag shirts; they’re not aware that they’re not supposed to do that.”

A common sight --especially after the 9/11 tragedy--is the display of giant flags at national sporting events. In ceremonies before football games, a flag is often carried on the field and held aloft as the national anthem is played. But Section 8c of the code bars the flag from being carried horizontally or laid flat.

Flag that Stamp!

Of special interest to Parkhill are the American flag postage stamps

issued by the United States Postal Service. “Those aren’t supposed to be allowed, either. You can’t use the flag for something like a stamp, which will get torn up like that.”

Which just shows how confusing some of the rules and regulations on flag use can be, if the U.S. government seems unaware of the flag code and its rules and regulations.



Shannon McFarlin is a freelance writer whose passion is history. She is currently finishing a book about the history of Camp Tyson, Tennessee.

For more information on the Flag Code, as well as a list of commonly-asked questions on care of the flag, go to: www.ushistory.org/betsy/index/html.

Welcome Home!





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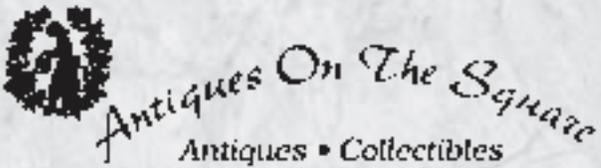


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A CAMPAIGN OF THE MUSICAL VARIETY

By Shannon McFarlin

The halls at nearby University of Tennessee at Martin are alive with the sound of music. And not just any music: the rich, elegant and inspirational music that can only flow from Steinway pianos.

Since June, the University has been involved in a fund-raising campaign to establish itself as one of the All-Steinway Schools in the United States. To be eligible, an institution must maintain an inventory of at least 10 pianos, be subject to periodic inspections by Steinway, and have approved technicians at the ready. The Martin campus' ultimate goal is 24 pianos.

The first shipment included a Steinway B Grand Piano--which cost \$65,000--and six uprights that were delivered and assembled at Watkins Auditorium in the Boling University Center. A presentation of the instruments included Dr. Elaine Harris with the many of the university's music students playing "I Love A Piano" by Irving Berlin.

The glory of the Steinway is familiar to anyone who has heard a piano performance at the Krider Performing Arts Center in Paris. Thanks to the persistence of the

Athena Delphian Club, a Steinway Grand B was purchased for the Krider when it opened 11 years ago.

The reputation

Since its inception in 1853, the Steinway company has built a reputation for incomparable standards in sound, touch, beauty and investment. Their pianos are handcrafted individually and nothing is hurried. The wood is carefully selected and cured for months in the company's New York yards until they are stabilized at a specific moisture content.

Local links

The Steinway quality is well-known to two musically-inclined Parisians--Sammy Goldstein and Peggy Williams.

Goldstein is a nationally-known performer who entertains the world over on cruise ships and other venues. Having Steinways on campus will be a "huge inspiration" for the students. "When you have a great piano, it inspires you to practice more and to play every single note with care and respect. It's like hav-



▲Dr. Allison Nelson, a world-class pianist and former Henry Countian joins her husband Dr. David Loebbaka at one of UT Martin's new Steinway upright pianos.

Peggy Williams tickles the ivories on the Steinway piano at the Krider Performing Arts Center in Paris. The piano was donated by the Athenia Delphian Club. A UT Martin representative and Sharon Kumerow enjoy the melody.▼



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ing top-quality wine or a five-star dinner, or wearing a custom-tailored suit. You feel more elegant.”

Goldstein said he is not a classical concert pianist, but as a cabaret performer, he depends on a piano to serve “as my orchestra, since I usually perform solo. With a Steinway, I can always count on a rich, rounded sound, with a beautiful, solid and consistent touch.”

Years of fundraising

The Steinway Grand that was purchased for The Krider was acquired with great attention to detail. The Athena Delphian group raised funds for 25 years and was able to select its piano with help from one of its members, Peggy Williams, and former Parisian Allison Nelson Loebbaka, who then was a music professor on the Martin campus.

Loebbaka's first husband was Parisian Harry Neal; together they formed the musical duo of Nelson and Neal, which toured the world in the 1950s and 1960s. After Neal died in 1968, she married fellow UTM Professor David Loebbaka.

The selection

Williams and Loebbaka traveled to Steinway Hall in New York City and personally selected the piano for the Krider. They were joined by Williams' son David. He is a professional pipe organist and pianist in New York, as well as Loebbaka's former student. With Steinway, by the time customers arrive, the company already knows what size of piano they are seeking and their price range.

“We each played the pianos they set out for us. It took a while,” Peggy Williams said. “You don't just go in there and

pick one.”

The arrival

The Krider's Steinway arrived in May of 2000 and was assembled there by the Steinway technicians. Williams was the first to tickle the piano's esteemed ivories while former city manager Carl Holder and fellow Athena Delphian members Sharon Kummerow, Gloria Madison, Diane Mahan and Peg Mowery and Paris Elementary Principal Howard McGill looked on.

The feel

Goldstein has performed twice on the Krider's grand piano and said, “I felt much more in command of the stage with the Steinway. Besides the superb quality of the instrument, the Steinway name showing from the stage automatically elevates you to being an artist, not simply a piano player.”

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To learn more about UT Martin's All-Steinway campaign, call 731-881-7636.

UTM faculty, staff and students applaud as the Steinways arrive on campus.





A presentation of the instruments included Dr. Elaine Harris with the many of the university's music students playing "I Love A Piano" by Irving Berlin.

Shannon McFarlin is a freelance writer whose passion is history. She is currently finishing a book about the history of Camp Tyson, Tennessee.



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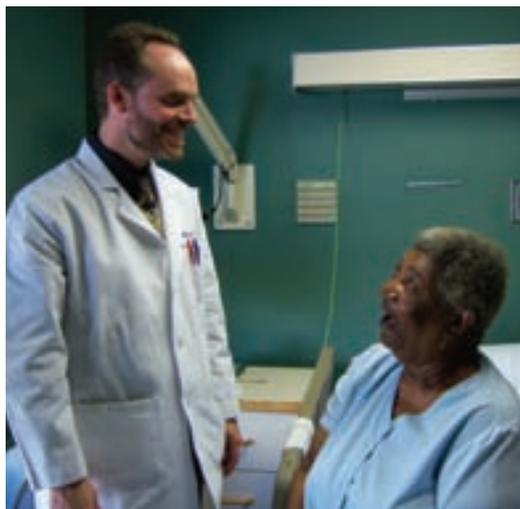


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HEALTHCARE Docks at Paris Landing

Great ideas often have to float around a few years until they take hold. That was especially true of healthcare in the Paris Landing community. However, in the autumn of 2010, financing, staffing and location all fell into place and Eagle Creek Clinic dropped anchor.

It started with Dr. Scott Portis, a Carroll County physician and part-time Henry Countian. “We’ve had a cabin on the lake for 30 years,” said Portis, whose enthusiasm and energy are contagious. “Whenever my wife Kathy and I would be at the lake, we’d look around the

Natasha Garner, medical assistant at Eagle Creek Clinic makes a quick stop to record some notes.



community and couldn’t figure out why there was no clinic. Friends, who were full-time lake residents, like Mrs. Jimmie Veazey, encouraged me to open a clinic.” Although Portis found what he thought would be the ideal place, he said, “I never pulled the trigger.”

Everything happens in due time, and in this story, things finally started to click, albeit at an unlikely place: the check out line at the Paris Landing Dollar General. While this isn’t the most obvious location to begin surveying residents about community medical care, Portis took a chance and posed this question to some folks in line: “If there were a medical clinic at the lake, would you come?” The answer was, “Would we? Yes!”

If anyone else had been in that line, the interest might have ended right there, but one of the respondents was Henry County Commissioner Mary Warren, who encouraged Portis to call County Mayor Brent Greer. Soon, a “sit-down at the courthouse was in the works.” That meeting included representatives from the lake, business and medical communities as well as county government.

“Brent had access to the demographics, so we could better answer questions about the need for a pharmacy and that type of thing,” explained Portis. “Drs. Paul and

Pam Evans agreed to finance it. Dr. Pam is an obstetrician, gynecologist and hometown girl from nearby Huntingdon who practices in Paris. Dr. Paul is an internist and pediatrician. They love this community and were so excited about the location we’d found here in the Eagle Creek Plaza,” said Portis. “Dave Hilton, the owner, was more than accommodating.”

The clinic, which is a traditional doctor’s office currently sees 60 patients a week with a goal of 100 to 120 a week. “I envision the day when we’ll knock out the adjoining wall and have an x-ray department, a lab and perhaps a small pharmacy next door,” said Portis. In fact, two doors already are framed in.

A new invention called an InstyMed® medicine dispenser is located in the clinic lobby. Certified Physician Assistant Tonya Hayes Nash explained that it is filled with more than 80 acute care and generic medicines as a convenience to their patients. “We stock everything from antibiotics to poison ivy creams to ear and eye drops.”

Portis gives lots of credit to the Eagle Creek Clinic staff for getting the clinic up and running. “Tonya is not only a certified physician assistant; she drew up the plans for the clinic, got a contractor, and even decorated it,” said Portis. “She is really multifaceted and does a great job, as do the other

What They're Saying

It doesn't smell like a doctor's office plus they have a wonderful, experienced staff and great coffee.

I had a guest with a hook in his hand, one with a kidney infection and one with a cold. Eagle Creek Clinic took care of all of them, making it possible for them to stay and not miss their vacation.

-Sharon Seaton, Fishtale Lodge

I think our demographics in the lake area have changed, so as that community has aged it's important to have easily available health-care. There had been an effort for a number of years to have a clinic down there. We're excited about this private venture, and we take our hats off to the doctors who planned it and brought it here.

-Brent Greer, County Mayor

We are very excited to have Eagle Creek Clinic up and running. The lake area is growing so fast; there has been a need for a clinic for sometime now. Not only will the locals benefit from it but our tourists will, as well. Now our customers won't have to drive into town for good healthcare; we have it right here at "the lake."

-Pam Robison, Buchanan Resort

Paris Landing had over 1.25 million park visitors last year, so in numbers alone we have a population that has the potential need for medical help. When you add the variety of outdoor activities available at the park, then we see fish hooks in fingers or ears, sprains, broken bones, burns, allergic reactions and lacerations. It is great to now have a medical facility so close to the park.

-Gary McEntire, hospitality manager, Paris Landing State Park



Pam Dozier chats with Tonya Hayes Nash, PA-C about the clinic's InstyMeds Prescription Medication Dispenser during a Chamber Coffee.

members of our staff: Sara Jo Johnson, who is an LPN, and Natasha Garner, who is a medical assistant.” The clinic is open weekdays from 9 a.m. to 6 p.m. and Saturdays from 9 a.m. to noon. Hours may change seasonally to meet the needs of the community and will always be on the front door and on the clinic phone at 731-407-7013.

According to Portis, the clinic's patients are half children and half adults, with lots of young mothers coming in, but perhaps it's the

adults who appreciate it the most. “This is great for people who work here at the lake,” said Bill Snow who resides nearby. “There are lots of hazardous occupations down here, like boat crews and building crews. Plus there are lots of retired people and folks with families and kids. This clinic is a comfort, just like our volunteer fire department, ambulance service and sheriff's department.



Bill Snow focuses on anything but the needle as Dr. Scott Portis gets a blood sample.

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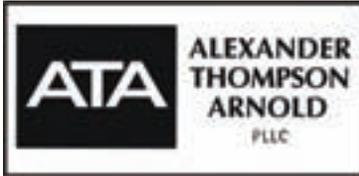
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A Look Ahead : Garden Trends for 2011

By John Watkins

I've always been intrigued with trying to predict the future. Just think about being the trend-setter or the first on the block to try something new. If I had only known that Snuggies™ or social networking were the wave of the future, I'd be sipping piña colodas on a beach by now. Predicting garden trends for the coming year is a bit easier to quantify. Looking around our own community or across the nation, it is easy to see that certain garden trends that will benefit everyone are starting to rise. So, as I stare into my mystical gazing globe, here are a few emerging garden trends to look for this spring and in the coming year.

Gardening With a Purpose

According to the Garden Media Group, a public relations and marketing organization for the green industry, gardening with a purpose is the number one trend for the coming year. This means that more people are planting a vegetable garden to feed themselves or to help others. Vegetable gardening has increased almost 20% over the past year and community gardens have increased a whopping 60%. The trend also encompasses a new urbanism with cities planning more green “sanctu-

aries” and promoting garden programs like never before.

Paris is already on the forefront of this trend with its beautiful court square and the construction of a pedestrian park in the downtown area. There's also a community garden at the Central Community Building, as well as the county inmates' gardens tucked here and there around the county. Their fine crops are given away throughout the summer.

Eco-Scaping

I just love the way the media uses impressive buzzwords like eco-scaping, sustainability or biodiversity

when it comes to describing garden trends. What this really means is getting back to our roots and using common sense when selecting plants for the landscape. This may be as simple as “de-lawning” large turf areas and replacing them with more sustainable landscapes that use less water and pesticides to keep them looking good. The use of native and hardy plants that require less maintenance and attract more wildlife is a healthy trend we can all live with.

Edible Ornamentals

I hate to say I told you so, but I saw this one coming a while back.



This may look like this Paris couple's warm and cozy den, but it's actually a craftsman style, outdoor room that is perfect for entertaining throughout the fall and spring.

Rising consumer interest in small fruiting shrubs like raspberries or blueberries has shown that it is possible to mix edible plants into your ornamental landscape. Surveys show that about 16% more households plan to add a vegetable garden and an additional 12% plan to add an herb garden to their landscapes this year. With so many choices in color, size, and shapes of vegetables, herbs, and fruits, there's no reason not to try a few in your own garden this year.

Outdoor Living Spaces

This particular trend has been on the rise for several years, but even more so recently. With the economy such as it is and the cost of travel skyrocketing, more and more people are investing in their own back yards to create retreats they can enjoy year round. The concept of incorporating elements of both hardscaping and

greenscaping can create an outdoor living room that can be an extension of indoor spaces. Patios, fireplaces or outdoor kitchens are just a few ideas for creating more functional outdoor living spaces and the resulting investment is one that will last a lot longer than that souvenir t-shirt from Wally World.

These are just few of the many garden trends that may or may not pan out over the coming year. Whatever the year may have in store for your garden, just get out there and garden with your own purpose. Who knows, you may just be the next trend-setter.



John Watkins is a landscape designer and Certified Grounds Manager who resides in Henry County. Email him via the "contact us" section at MyParisMagazine.



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No Spring Chicken!

By Lisa Ciarrocchi



“I’m no spring chicken!” We all know that old cliché. I have been ducking my age since the day I turned 29, to the point of having to figure out how old I am. With that in mind, here are a few recipes that are light enough to put pep in your step and a spruce in your goose.

Chicken Italian Style, Al mattone (“with a brick”)

Special Equipment: Brick wrapped in aluminum foil or cast iron skillet

Timing Note - Chicken needs to marinate overnight

1 4-5 lb. whole chicken rinsed and patted dry
6 Tbsp. fresh lemon juice (divided)
4 Tbsp. olive oil (divided)
1 Tbsp. chopped fresh rosemary-additional sprigs for garnish
4 garlic cloves, diced
¼ tsp. crushed red pepper
¼ tsp. chopped parsley
¼ tsp. chopped basil
Coarse Kosher salt
Freshly ground pepper

Place rinsed chicken on flat surface. With kitchen shears cut out backbone. Open chicken flat like a book; place butterflied chicken skin-side down on a rimmed baking sheet. Mix 3 Tbsp. lemon juice, 2 Tbsp. oil and 1 Tbsp. chopped rosemary and garlic in small bowl. Rub mixture

all over both sides of chicken. Cover and chill overnight. Preheat oven to 400 degrees. Sprinkle chicken with coarse salt and freshly ground pepper. Heat remaining 2 Tbsp. olive oil in large ovenproof skillet over medium high heat. Add chicken, skin-side down to skillet and cook until golden brown, about 7 minutes (Do not turn chicken over.) Place foil-wrapped brick (or cast iron skillet) crosswise atop chicken; roast in oven 30 minutes. Remove brick and turn chicken over; return brick to chicken and continue to roast until juices run clear when thickest part of thigh is pierced. Remove brick and transfer chicken to platter. Drizzle chicken with remaining 3 Tbsp. lemon juice and sprinkle with crushed red pepper, parsley and basil. Garnish with rosemary sprigs.

Chicken Stuffed Tomatoes

4 large slightly firm tomatoes
¾ cup zucchini cut in small cubes
1 cup chopped cooked chicken
1 cup white corn kernels
½ cup chopped tomatoes
1 cup chopped onions
1 garlic clove, diced
2 Tbsp. fresh cilantro
1 tsp. dried oregano
3 Tbsp. olive oil (divided)
Garlic salt
Pepper

Core tomatoes, creating a 2-inch opening at the top. Scoop out tomato (using a melon baller if available), transferring juices and pulp to small bowl. Place tomatoes on paper towels, cut side down to drain. Heat 1 Tbsp. oil in a large deep skillet over medium heat 1 to 2 minutes. Add corn and toss until tender, 2 to 3 minutes. Using slotted spoon, transfer corn to medium bowl. Add remaining 2 Tbsp. oil to same skillet. Add onions and sauté until translucent, add garlic for the last minute. Add chopped tomatoes and reserved pulp and juices. Sauté until tomatoes are soft. Mix in zucchini, chicken, cilantro, oregano and corn. Sauté until sauce thickens and zucchini is tender. Season generously with garlic salt and pepper. Arrange tomato shells, cut side up, on small baking sheet. Spoon in filling, mounding high. Preheat oven to 350 degrees and bake tomatoes until filling is heated through and tomato shells are tender, approx. 25 minutes.

Chicken Spring Rolls

2 Tbsp. vegetable oil
1 Tbsp. minced garlic
1/2 Tbsp. grated ginger
2 cups shredded cabbage
1 carrot, grated
1/2 cup bean sprouts
2 ounces bean thread noodles,

blanched and chopped
 8 ounces shredded cooked chicken breast
 1 Tbsp. hoisin sauce
 1 Tbsp. oyster sauce
 2 tablespoons chopped coriander
 1 package spring roll wrappers
 1 egg, beaten
 Vegetable oil for frying

Heat oil in a skillet or wok over high heat. Add garlic, ginger, cabbage, carrot, and bean sprouts. Cook until the cabbage is just limp. Add noodles and chicken; cook until heated through. Stir in hoisin and oyster sauces, toss to coat. The filling should be moist but not wet. Remove from heat, allow to cool. Toss in the chopped coriander. Lay a spring roll wrapper on a flat surface on an angle so it looks like a diamond. Spoon 2 tablespoons of filling near the bottom corner of the wrapper and fold up to enclose the filling. Fold in 2 sides. Paint the top seam of the wrapper with beaten egg. Continue rolling up to form a tight cylinder. Pour 1 inch of oil in a skillet and heat to 350 degrees. Fry spring rolls for 2 minutes, turning to cook all sides. Drain on paper towels before serving.

Italian Spring Roll

4 thin slices chicken
 4 thin slices deli ham
 2 slices Provolone cheese - halved
 1/4 cup grated Romano or Parmesan cheese
 1/8 cup fresh minced parsley
 1 package spring roll wrappers
 1 egg, beaten
 Vegetable oil for frying

Lay spring roll wrapper on a flat surface and place one piece of meat and cheese on each wrapper, sprinkle with Parmesan and parsley. Follow same directions as chicken spring rolls above to roll, seal and cook.

Chicken Salad - Caesar Style with Mustard Greens

1 bunch raw mustard greens
 1 cup or more cooked chicken
 1 cup grated Gruyere cheese (divided)
 3 cups cubed French or sourdough bread
 5 anchovy fillets (reserve oil), finely chopped
 4 garlic cloves, finely chopped
 1 whole garlic clove
 1/2 cup extra virgin olive oil
 5 tsp. fresh lemon juice
 Salt and pepper

Wash mustard greens and spin or wipe dry. Remove stem and center rib from leaf. Chop leaf into bite-size pieces. Cut chicken into bite-size chunks. Preheat oven to 375 degrees. Combine anchovies and 4 chopped garlic cloves in small bowl. Gradually whisk in oil. Place bread cubes in medium bowl. Drizzle 2 Tbsp. anchovy oil tossing to coat. Sprinkle bread with salt, pepper, and half of cheese; toss to coat. Spray rimmed baking sheet with non-stick spray. Scatter bread on sheet. Bake croutons until crisp and golden, stirring occasionally. Set aside. Take 1 garlic clove and rub all over inside of a large salad bowl - preferably wooden. Measure 8 cups loosely-packed mustard greens and place in large bowl (reserve any remaining greens for another use). Add croutons and remaining cheese to bowl. Whisk 5 Tbsp. lemon juice into remaining anchovy oil; season dressing with salt, pepper and more lemon juice if desired. Add chicken to bowl, add dressing to salad and toss to coat. Enjoy!!



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Teenagers...

What do *they* know?

By Dr. Susan Burton

Back in the winter when most folks were focused on staying warm, the next snowfall or their Helping Hand bid, more than 300 E. W. Grove students were busy learning how to save lives.

Each year, Grove school sets aside a day in February (American Heart Awareness Month) to certify all ninth grade students in cardiopulmonary resuscitation (CPR) and to educate students on how to maintain a heart-healthy lifestyle. Save a Heart Day is a collaborative effort between the Henry County School System, Henry County Medical Center and Saint Thomas Health Services.

In an effort to make Henry County a Heart Ready Community, Save a Heart Day began as an experiment in 2006 when cardiac nurse Lu Jan Meketi approached the Henry County School System's Service Learning Department about certifying students in CPR. Grove Wellness teachers Buddy Wiggleton and Cliff Curd hosted certified CPR instructors in their classrooms to teach the CPR component of the state's Wellness curriculum. Amazingly, volunteer CPR instructors took four days of vacation time to certify approximately 200 students

in CPR during their Wellness classes. How is that for volunteerism?

Following this first attempt, the alliance pushed for a day-long event due to time constraints and the overwhelmingly positive student response to become CPR certified. The students wanted to learn a life-saving skill. Being certified provided relevance to their learning and gave them a new appreciation for the lives of others. Educators also wanted more time to teach due to startling statistical information. This information includes 2009 Tennessee Department of Health statistics that list Henry County's cardiac death rate at 412.7 per 100,000 in the population, double the rate for both the state and national cardiac death rates.

If the goal is to decrease this rate,

it is vital to examine behaviors that contribute to poor heart health.

When looking at ninth grade Body Mass Index results, 26% of students are overweight; 19% are at risk of being overweight; and 1% of students are underweight. These findings suggest the need for education and action.

The system's Coordinated School Health director Stephanie Winders emphasized, "We need to educate our students now about health issues. They need to know how to take care of themselves as children and teenagers so they will grow into healthy adults and raise healthy children." The county's health professionals and educators are seeking to lead the charge by providing unique educational opportunities for students to learn how to take care of themselves and



others.

During Save a Heart Day, students rotated through a six-session schedule, attending four 45-minute educational sessions emphasizing children's health needs. This year, Kim Smith from Henry County Medical Center discussed nutrition for a healthy heart and body. Students studied with Master Tung Dinh to learn exercise for a healthy heart and body while Tony Black talked to students about alcohol and drug prevention. Mary Kate Ridgway and Michele Atkins used games and facts to help students learn the importance of heart risk factors and stress management. There were also two 90-minute sessions: a CPR certification session and a session with a nationally-known speaker, Lucas Herd "The Sex Guy," who supports abstinence and other beneficial choices teens can make for a healthy lifestyle.

The first Save a Heart Day was made possible through donations from local businesses and organizations. Since then, the school has been able to purchase 400 "CPR in the Schools" workbooks, CPR certification cards and have guest speakers to discuss healthy living. In the beginning, the school had to borrow 20 mannequins from hospitals in Nashville and Kentucky. Thanks to the unselfish contributions from our community, the school has been able to purchase additional mannequins as well as lung and face shields for students to use in their experiential learning. Grove still relies on the gifts and grants from the Paris Board of Public Utilities, Safe and Drug-Free Task Force, Plus Endowment, Learn and Serve America, civic clubs and individual donations.

Save a Heart Day is an example of how our community supports Henry County students and schools. These teenagers not only benefit from the generosity of their community members but are provided an opportunity to learn a skill that one day may save a community member's life.

Student representatives from Grove will be presenting a showcase exhibit at the National Service-Learning Conference in Atlanta, Georgia on April 7. Their goal is to help other schools duplicate the Save a Heart event. The event was judged as a creative means "to enrich learning, teach civic responsibility, and strengthen communities." Teenagers these days...they contribute to our community more than we may ever know.

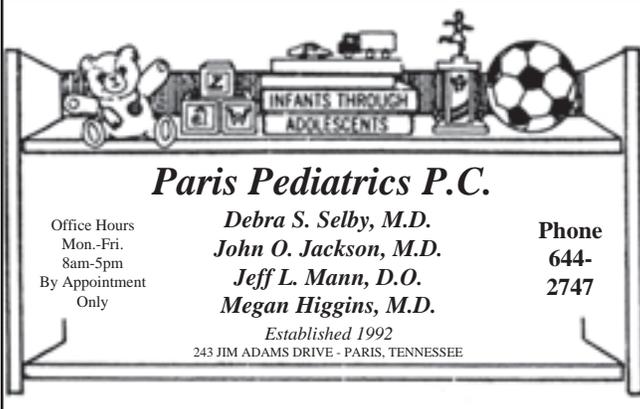


Dr. Susan Burton is the Service Learning Coordinator with the Henry County School System. She shares the School of Thought column with Dr. Norma Gerrell of the Paris Special School District.



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When Many Hands Make Light Work

By Susan Jones

“If every American picked up five pieces of litter each day, there would be no litter problem.”

That was my father’s solution to the plague of litter. And while he was probably right, perhaps the next best idea is a community event that deserves the spotlight, as do its three chief champions, Carole Parker, Diane Mallard and Diann McGuire of the Henry County Road Department.

The Great American Clean Up™

is a litter pick up and educational campaign that takes place across the nation each spring from March 1 through May 31. In our state, the affiliate program is Keep Tennessee Beautiful. All 95 counties participate in this effort and Henry County has participated for more than 25 years.

Education and awareness campaigns can take many forms. Last year, one of the highlights included the creation of a rap song. After Di-

ane Lowery’s seventh grade music class at Henry Elementary School recorded their composition, it was broadcast on WMUF radio during the month of April. “While writing and recording the song was a great experience for the children,” said McGuire, “their take home message was that we all have to work together to Keep Tennessee Beautiful. It’s a lesson I doubt they’ll ever forget.”

The spring of 2010 was filled with other events, such as Farm Fest at the Fairgrounds, an Earth Day celebration at Harrelson Elementary School, free dump day and more. The flagship event, the Great American Clean Up Day, took place at Ogburn Park in early April. The 2011 event is planned for Saturday, April 9 on the Court House Lawn in Downtown Paris.

“Great American Cleanup Day is an opportunity for our community to come together, and make a big difference in a single morning,” said Mallard. “We get together at 8 a.m. and pass out pick-up sticks and garbage bags to everyone participating,” she explained.

“We encourage individuals,

Volunteers at Great American Clean Up throw the fruits of their labor onto a trailer. Some is bound for the dump while much will be recycled.





Diann McGuire, Carole Parker and Diane Mallard show off a prize they received at a recent beautification conference. They encourage organizations to borrow their recycling barrel for events.

citizens are encouraged to report folks who are littering or dumping to the Henry County Sheriff's Department," explained Mallard. The punishment is generally related to the amount and/or weight of the litter and runs from a \$50 ticket to jail time plus community service and steep fines.

In the end, The Great American Clean Up and Keep Tennessee Beautiful rely on the old adage, "Many hands make light work." For more information on becoming one of those many hands, call Diane Mallard, Diann McGuire or Carole Parker at the Henry County Litter Program at 731-642-3162 or visit www.ktnb.org.



neighborhoods, friends, scouts, youth groups, civic groups or other organizations to join us that morning," said Parker. "Last year Tennessee Valley Community Church brought a lot of folks, plus there were other interested Henry Countians who just came to lend a hand." After several hours of work, participants regrouped and enjoyed lunch, courtesy of the campaign."

"The Great American Cleanup is one of my favorite events," said McGuire. "Not only does it help beautify the town and county, it also reminds people of what they can do on their own to impact the litter situation. You'd be surprised the number of people who make it their mission to pick up litter throughout the year. People like Carol Doster, Joe Snow and Bill McCutcheon pick up in town. Cee Koenig, Tom and Terri Corison,

Jeanie Shipman and Mary Addason-Lamb all pick up in the Buchanan area. Out in Henry, Jerry and Karen McKibben pick up on Macedonia Road," she said. "I'm sure there are many more, but these are folks I have met who actually tell me they are working on this problem in their own neighborhoods."

The Lee School Neighborhood Association hosts a clean-up day twice a year, according to McGuire. "I've even had individuals call me to help them coordinate an event. Several years ago Rebecca Bullion called and we put together a successful clean up day in her community of Manleyville."

While Great American Clean Up Day is filled with community pride, prizes, food and fellowship, Henry Countians should know that Tennessee is serious about catching litterbugs. "We have a litter officer and

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Ad Index

Adult and Community Education	14	Moon's Jewelry & Repair	45
Aeneas	10	Murray McKenzie Jewelry	36
Alexander Thompson Arnold, PLLC	39	MyParisMagazine.com	2, 18
All-Temp	7	Oral & Maxillo Facial Surgery	25
Antiques on the Square	29	Paris Civic Center.....	5
Audiology and Hearing Aid Clinic	26	Paris Convention Center*	14
Becky Hedges Studio	26	Paris Family Chiropractic	39
Bone and Joint Specialists*	back cover	Paris Healthcare*	11
Commercial Bank & Trust	18	Paris Insurance Agency	36
Consensus Mediation	2	Paris Karate	29
Eastwood Pharmacy	36	PARIS! Magazine Distribution Locations	32
Edward Jones*	8	Paris on the Square	29
Escape, A Day Spa	26	Paris Pediatrics	45
Evans, Pamela, MD	36	Paris Post-Intelligencer	26
First Bank	25	Paris Veterinary Clinic	5
First Baptist Church	45	Paris Winery.....	30
First United Methodist Church	26	Parisian Theatre	5
Fish Fry Schedule	15	Peppers Automotive Group, Inc.	41
Foundation Bank*	1	Perkins Drugs	14
Frame Makers, Inc.	5	RE/MAX Cornerstone Real Estate*	30
Friends of the Wildlife Refuge	10	Revolving Door, The.....	30
Grace Episcopal Church	10	Ridgeway Funeral Home	5
Harrison Eye Clinic & The Lens Connection	7	Sally Lane's Candy Farm	5
HealthSouth Cane Creek Rehabilitation Hosptial*	34	Security Bank	2
Henry County Chiropractic Clinic*	8	State Farm	33
Henry County Heritage Center	7	Toggery, The	28
Henry County Medical Center*.....	22	Trolinger's	36
Henry County Monument Works	5	TVCC	24
Henry County		Twin Lakes Dental	30
Orthopaedic Surgery*.....	inside front cover	Tybee Island Vacation Rental	25
Illusions Salon	10	Vicky Muzzall Tax Service	36
Jack Jones Flowers & Gifts	29	Watkins Equipment*	inside back cover
Joe Mahan Ford	18	Wildwood Garden Center	45
Kimberlin, Danny, MD	5	Wimberley Agency	29
Kristi's Korner	29	WENK/WTPR.....	33
Lakeway Animal Clinic	18	WKMS	43
Lakeway Building Products.....	26	WLJT	15, 41
Lakeway IGA	18		
Landmark Realty	28		
Maggies	47		
McEvoy Funeral Home	2		
Medical Center Pharmacy	41		
Mike's Mufflers	39		
Moody Realty*	39		

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