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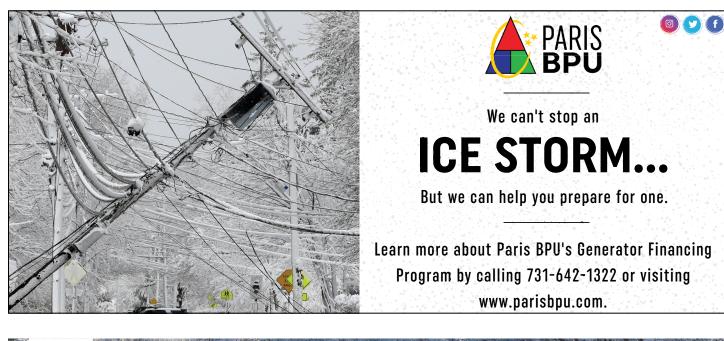
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2 PARIS! In The Winter 2022

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## Starting the New Year off right with PARIS Magazine!

By the time you read this, 2022 will be in full swing. The kids will be back in school, we've already had our first snow with more on the way, and the days seem a little longer after the fast pace of the holiday season is over. But that can be a good thing. With no more gardens to tend, leaves to rake or presents to buy, it's a perfect time to reflect on the past and look to the future. With this issue of PARIS! you can do just that.

As always, Shannon McFarlin never disappoints with her vast knowledge of Henry County history. She tells of a sweet love story in Reminiscence. And as part of our ongoing series celebrating the county's bicentennial, she has some wonderful old photos to share in Remember When and a tale of how one vote really can make a difference.

Bill Neese entertains with an explanation of how Birds Creek got its name in Back In The Day. Speaking of birds, Joan Howe writes about winter bird watching and all the different species you can find in your own backyard.

## **ON THE COVER**

Genevieve Hayes made a snow "brother sandwich" with her siblings Wade (middle) and Lee (bottom) last year. They are the children of Matt and Stacy Hayes.

Karen Geary shares an idea for making the winter days shorter as she writes *Getting Jiggy with Puzzles*. She also had a sit-down with a couple of great men. Read all about Chef Andy Yeomans, owner of The Family Table in Henry and his generosity in Paris Cuisine and check out her Spotlight on Bruce Carlisle.

Looking to the future, read about Cherry Jones in Our Neighbors and her new project, *The Eyes of Tammy Faye*. Interesting enough, she ran into an old childhood friend from Paris on the set, which you can read more about in Arts & Entertainment.

Want to give back? Why not volunteer to help when the fine folks with Keep The Tennessee River Beautiful come to town or donate to Imagination Library as Travis McCleese explains the need for this wonderful program.

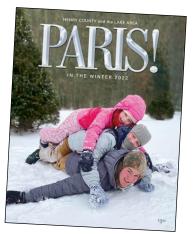
Henry County is full of surprises and PARIS! is kicking off 2022 with a new series, Unusual Pets. You'll never believe the unique furry friends that call Paris home.

There's so much more to read in this issue, but let's not forget what winter in Henry County means. That's right, Helping Hand is in full swing! Check out the calendar on pages 22-23. Whether you donate items or volunteer your time, remember to bid high and bid often!

Happy Winter!

jmantha





### Henry County and the Lake Area

PARIS!

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# ONE VOTE MATTERS

This story is part of an ongoing series by PARIS! Magazine for the Henry County's Bicentennial.

## **BY SHANNON MCFARLIN**

for office but had no opponent. Even with no opponent, it appeared he would not be elected because no one showed up at the polls.

The Governor of Tennessee had imposed a rule that candidates must pledge their oath to the Union. Anyone who did not sign the oath couldn't vote, couldn't serve on juries, couldn't practice law. Henry County was not pro-Union during the Civil War.

Meanwhile, newspapers in the area spotlighted troubles that people in Henry County were having even getting to the polls.

Masked marauders took African Americans from their cabins and whipped them, saying "they had been voting wrong," according to one newspaper article. "They were industrious,



peaceable men, but had voted the Democratic ticket."

It was in this atmosphere that James Guthrie stepped up and said he would be a candidate – and that he would sign the oath to the Union.

Guthrie was born in 1814, married Mary Jane Marberry and they were parents to four children. Henry County Archivist Stephanie Tayloe has done research on Guthrie and his family and said that around 1860, he is listed as a livery stable keeper and in 1870, he was also the postmaster in Paris.

No one turned out to vote that day in 1867, and it appeared the election was a lost cause. A lost cause indeed, until Guthrie himself showed up and voted... for himself. Yes, for himself. And there you have it. Sometimes there really is power in just one vote.

### THE DEATH RECORD.

### James B. Gathrie Special to the Banner.

Paris, September 19.—Mr. James B. Guthrie, the oldest white citizen of Paris, died yesterday at the age of 85 years and 8 months. He served as postmaster of Paris under Presidents Johnson and Grant, having been a Whig before, Union man during and Republican since the war. He drew a pension for services in 1836, which were confined to a few months' duty at Jackson. He leaves a number of children.

Nashville Banner, Nashville, TN, Tuesday, September 19, 1899, pg 4

e have all heard about the power of one vote. There are instances of one vote shaping the course of American history. In 1800, Thomas Jefferson was elected President of the United States by one vote in the House of Representatives after a tie in the Electoral College. In 1876, Samuel Tilden won the presidential popular vote but came up one electoral vote short and lost to Rutherford B. Hayes.

But did you know that one vote made all the difference in the election of the Mayor of Paris in 1867? And that one vote was cast by the mayoral candidate himself.

It occurred during hard times in Henry County. It was the Reconstruction period directly after the Civil War and with Henry County being situated on the Kentucky-Tennessee state line (and since Kentucky was supposedly 'neutral'), life in our county was especially perilous. With night riders and masked marauders abounding, any false move could cost you your life. And it often did.

In the mayoral election of 1867, there was little, or no interest, shown by the populace. People were afraid to vote either way for fear of retaliation. James Guthrie mustered up the courage to run

## REMEMBER WHEN

icentennial



Alethea McClain was a vision, all dolled up for an important occasion in this photo taken on Rison Street in the 1950s.



Warren Lawrence and Sylvia Brandon were named "Best Looking" by the 1953-54 Grove School Student Body. And we can't say we disagree.



These stylish young ladies were crowded into what was reported to be the first motorized vehicle in Paris. It's a Model T and notice how big the windshield was. All the ladies in their big bonnets added a sweet touch.

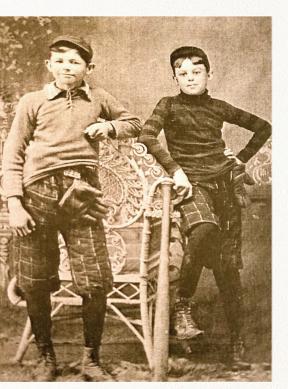
In the "olden days," girls were expected to run the household and that included being good cooks. To that end, Grove School had a "Skillet Club," and these ladies were members in the 1920-21 school year. They looked rather formidable and no doubt were good at running their households.

Officers: Donna McFadden, President; Etta B. Dumas, Secretary and Treasurer;Louise Travis, Vice President. Members were Mary Atkins, Naomi Brown, Gladys Cate, Etta B. Dumas, Donna McFadden, Minnie Miller, Tennie Smith, Louise Travis, and Miss Melbe Deford.

The photograph below is by Thomas Jenkins and shows the beautiful Crete Mitchell posing in a fancy hat. If the name "Crete" sounds familiar, it's because you may have heard of the Crete Opera House which was located on W. Washington St. in downtown Paris at the turn of the century. The Opera House was named for Crete Mitchell, who was the niece of the owners.



A photograph in the *City of Paris and Henry County Illustrated*, published in 1900, shows children posing for the photographer in rather elegant surroundings. You can also see where the photographer has marked on the bottom of the photo: 1, 2, 3. Thus, No. 1. is Miss Frances Thomason, No. 2 is Master Jasper Hudson Carter and No. 3 is Miss Lucile Lamb. The photographer is not identified.



Another posed photograph by Thomas Jenkins, who was the first professional photographer in Paris, shows two boys posing in a studio with athletic gear. Jenkins was an esteemed photographer who was known for the fancy backdrops and props that he used in his photos. The photo shows Edward Frank Kirk at left and an unknown boy at right.



## The Ladies Of The Hill

The warm glow of candles shone on a table covered with a white cloth and fancy hors d'ouevres. And the ladies looked at the camera, with warm smiles on their faces. They were the Ladies of the Hill, a group of women who met regularly to socialize and break bread together. The ladies were good friends, and many were associated with the Allen Chapel Church.

The photo belongs to Oma Bass, who has spent a great deal of time collecting photos and historical items over the years to chronicle the local African American community. "Most of the gatherings for "The Ladies of the Hill" were in the Jones Street area of west Paris – on the hill, which is why they called themselves The Ladies of the Hill,"said Oma.

As you can see, the gatherings were rather fancy, with the ladies wearing their Sunday best and the tables decked out with the best silverware. "It was just like a little ladies' club", Oma said. "They liked to get together and have a little dinner and socialize." The gatherings date back to the 1940s-1950s or so, and children of the "Ladies of the Hill" retain friendships.

The photo is one of many collected by Oma Bass. If you've ever been to the Central Services Building on Jones Bend Rd. (formerly Central High School), you've seen Oma's work on the walls, with murals on the history of that building.

In the PARIS! Magazine Winter 2018 issue, we told of Oma's work preserving the history of the local African American community. The article was called "Keeper Of The Flame" and that's exactly what Oma is.

She has spent much time over a lot of years collecting memorabilia and meticulous records on Central High and Henry County Training Schools. With the help of Susie Williams who has proofread the histories written by Oma, the photos are on display in wooden frames along the walls of the Central Services Building. They tell the story of local schools, people, athletes, churches, church groups and more.

The identifications of the "Ladies of the Hill" in the photo are from Oma, whose mother, Oma Odessa Mitchem Bass is in the photo, the fifth from left.

LADIES OF THE HILL, from left: Hattie Mae Ringo, Frances Cowan, Mildred Hartsfield Pritchett, Mrs. Watkins (Can't remember her first name, Oma Odessa Mitchem Bass (Oma's mother), Rheather Crawford, Ms. Travis, Nell Travis Bomar, Jimmie Lou Barksdale, Margaret Cowan Dawson, (Can't remember), (Don't know name), Ozella Hill, (Don't remember), Earline Ervine. REMINISCENCE

Alesa

# Sula and The Governor

**BY SHANNON McFARLIN** 

woman to serve on a Tennessee State Cabinet.) For all its significance, it was a quiet

For all its significance, it was a quiet ceremony, performed by Rev. Will Henry Atkins of Knoxville, who also was a Colonel on Governor Clement's staff. Only members of both families and close friends attended the wedding, but you can bet the people of Paris knew all about it.

How did the wedding come to pass, you ask? Sula was born and raised in Dickson County and in 1908 married H.K. Meadows of Nashville. In 1909, they became the parents of Christine, who would go on to have an illustrious political career.

In 1910, tragedy struck when Mr. Meadows died of tuberculosis. Sula and Christine lived for a time with Sula's father (her mother had passed away earlier), Sula then married John Arthur Sheeley in 1913. Sheeley was a conductor on the L&N Railroad and the family lived in Paris, which was an important hub for the L&N.

Sula led a full life in Paris, becoming active in the Methodist Church, and singing in the choir for some 30 years. She was President of the former Matinee Music Club and formed an annual piano ensemble of 16 players who gave concerts in the Paris City Auditorium.

Two little boys were born, Leonard Jr. and Hartwell Sheeley, and now with three children, Sula became active in the PTA, serving as the president.

With both sons serving in the Air Force during World War II, she also served as a Gray Lady at Camp Tyson. The Sheeleys also opened their home to wives whose husbands were serving at Camp Tyson.

In a book on Tennessee's First Ladies written by Nancy Wooten Walker, Christine Reynolds is quoted as saying, "Our home was one of love. Mr. Sheeley was a great person, quiet, reserved but

o say that the wedding of Sula Sheeley and James Nance Mc-Cord was a big event in the lives of the people of Paris would be an understatement. It wasn't just a wedding. It was historic. Sula Sheeley of Paris married former Tennessee Governor James Nance McCord on November 3, 1954, and it made history not just in Paris but the entire state.

Governor Frank Clement served as the best man for the wedding, making it the first time that a sitting Governor had served as a best man for a former Governor. The memorable twists don't stop there.

Former Governor McCord also was a member of Clement's Cabinet as Commissioner of Conservation and Sheeley was the mother of a sitting Cabinet member, Christine Reynolds, who also served as her mother's matron of honor. (As Commissioner of Welfare, Mrs. Reynolds was the first had great dignity. I adored him. Dad Sheeley loved me as he did the boys; we were encouraged to bring our friends home for overnight or a week."

But tragedy struck yet again, when Daddy Sheeley died in 1950, and Hartwell Sheeley died in an automobile accident the same year.

Bryant and Julia Williams of Paris, owners of *The Paris Post-Intelligencer*, were friends of former Governor Jim Nance McCord. Their friendship was born of common interests. Prior to his state and national service, McCord served as Mayor of Lewisburg and was publisher and editor of *The Marshall Gazette*. (McCord also served as a State Representative.)

Shortly after Christine Reynolds was appointed to Governor Clement's cabinet, the Governor and his wife held an open house at the Governor's Mansion for friends of Cabinet members. Julia and Bryant Williams took Sula with them, introducing her to former Governor McCord, with maybe just a bit of playing cupid on their minds.

Sula Sheeley told Julia Williams, "I know now there must have been a reason for Hartwell's death and that God will see me through. Joy will come in the morning." In telling the story, Julia said, "And joy did come through her marriage to Governor McCord."

On Easter Sunday 1954, former Governor McCord sent an orchid to Sula, after which there was a movie, and then several lunch invitations. Soon, marriage was on their minds and Governor Frank Clement and his wife Lucille persuaded them to marry in the Governor's Mansion.

Marriage between Sula and the Governor was good, with both being interested in government, history, books and such. They moved to Lewisburg and she became active with the Daughters of the American Revolution. Sula and the Governor were hosts to small dinner parties and the governor used to marvel that he had a real family now.

Governor McCord's pet name for Sula was "Miss Gorgeous". Sula played both organ and piano and most every day ended with she and the governor singing hymns together.

Susan Sheeley Patterson has fond memories of her grandmother Sula and the former Governor. "I was so young that I don't remember much other than her love for us, sprinkling crushed peppermint sticks on vanilla ice cream and that we would visit them in Lewisburg and Nashville at least monthly and meeting them at Montgomery Bell State Park to eat. I adored both of them and remember that Jimmy and I played countless games of dominoes and that he always wore a suit and bowtie."

Sula suffered a coronary, after which she and her husband moved to Nashville to be near her doctor, but she continued her charity work and few really realized that she was not well.

On March 3, 1966, Sula kissed Christine good-night and then said, "Good night, sweet Prince" to her husband and passed away. She is buried, along with Christine and her husband, Herman, in Maplewood Cemetery in Paris.



Former Tennessee Governor James Nance McCord enjoys a moment with his wife, the former Sula Sheeley of Paris.



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## BIRDS BRBDS Or How The Redbirds Flew

## **BY BILL NEESE**

Bill Neese is a local attorney, a sportsman, a youth shooting team coach and a grandfather. He began writing stories about his family, work, community and coming of age in the South. While composed primarily for his grandsons, his hope is "that these little stories will bring a smile to those who might read them."

here is a country church in the Whitlock Community of Henry County, Tennessee, that was founded about the same time as the county, between 1820 and 1822. That is about the time my Mother's ancestors arrived here from Virginia. One of my great grands, Asa Cox, was an early preacher of that church. It was a Baptist Church, named for a nearby tributary of the North Fork of the Obion River, Birds Creek.

My grandfather's family attended Birds Creek Baptist Church from that day until this. My grandmother's family was a mix of Baptist and Methodist, but my grandfather won and, as far as I can remember, Birds Creek has been the family church. Well, that is until I married what passes for a "devout" Methodist and back we swung. None the less, Birds Creek Church holds dear memories for me, and its cemetery holds many of my ancestors and beloved kinfolks. But the real point of this little story is how the church, and before that, the creek got its name. When I was little kid, I thought they were saying "Birge" Creek, but I finally got that straight. It wasn't named for a family with the surname Bird, although a Reverend Bird was the first pastor of the original church and that would be an obvious answer.

No, the source of the name was much more obvious than that to those who lived along the creek. The Northern Cardinal is a bird that does not stray far from where it is hatched, not more than a few miles I am told. Sometimes cardinals hatch, grow up and later mate and raise in sight of the same nest, often with the same mate, year after year, except, in winter.

In winter, the cardinals get together and find a place with good food and shelter. In the Whitlock area, that was Birds Creek, or what came to be called Birds Creek after the first time settlers flushed several hundred cardinals from the brush along its banks.

When my grandmother told me that story as a child, my first thought was it would have been a wonderous sight to see, hundreds of those bright red birds flushing from the banks of Birds Creek. My second thought was that the idea of "hundreds" of cardinals taking flight all at once was probably hyperbole, although I didn't know the word at the time, let alone what it meant. I would have thought "tall tale" but most certainly would not have said so to my grandmother.

Somehow, I never saw that sight as a kid. In the winter I rarely went around Birds Creek. I spent my spare time in quail hunting fence rows or duck hunting in the nearby Obion Bottom. During the rest of the year, there were always several cardinals flying around and sitting in trees and bushes in the yard, but I never saw the droves of red birds of folklore. Finally, as a man in my forties, I was quail hunting on the old farm not too far from Birds Creek. My German Short Haired Pointer, Geraldine Ruth, was trotting ahead of me along a heavy thicket with an open field on either side. Suddenly she pointed. Geraldine was not one to make a false point. Confident a covey of quail was resting in the thicket, I approached it from the end so I could see the quail flush on whichever side they made their escape.

Then, I saw it. My grandmother had not exaggerated, not even a little bit. When the cardinals panicked and started flying, there was a sudden burst of red from the thicket.

Some of the birds that were near the outside of the bushes were flying instantly and as one body. Others, buried deep in the thicket, had to work their way to the outside before flying so there was a steady stream of cardinals that seemed to go on and on. The sound of their collective wing beat was surprisingly loud.

Geraldine and I stood dumbfounded. She did not point songbirds (some bird dogs are fooled by the scent and do), but there were enough in that thicket to fool her.

How many cardinals? I fear to say as it will sound like the tall tale of an old man. I will just say there were more than 500 and fewer than 1,000 and leave it there. You can think as you will, and the thicket wasn't even on the banks of Birds Creek.

So, my ancestors were not prone to exaggeration after all. In fact, if I had named it, it would be "Whole Dadburn Lot of Birds" Creek. Birds Creek, a creek well named.





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## FEATURE

# WINTER BIRDING

rish writer Robert Lynd once wrote, "In order to see birds it is necessary to become a part of the silence. One has to sit still like a mystic and wait. One soon learns that fussing, instead of achieving things, merely prevents things from happening. To be passive is in some circumstances the most efficient form of activity."

That is good advice to someone just beginning to be interested in bird watching. Whereas one may chance see birds in casual activity, to really see them, hear them, and start to make identifications, the first step is to be still and observe...preferably with a bird book and a set of binoculars!

Fortunately, to see birds in this area is easy as we are rich in birds, especially during the winter migration

## **BY JOAN HOWE**

time. A plethora of public lands that protects many of the natural habitats near large bodies of water, such as Kentucky and Barkley Lakes, provide great habitats that attract a wide diversity of birds.

The recently created "Wings of Winter Birding Festival" is an attempt to highlight our rich bird resources and spread the word that this is a great place to come see a long list of species in a short amount of time. Normally held over Martin Luther King weekend in January, this year's festival has unfortunately been canceled due to pandemic concerns. However, it's popularity ensures that it will return.

If you've been considering joining the ranks of the 47 million birders now active in the United States, the

ALL INDENTIFICATION PHOTOS BY JEAN OWENS

easiest place to start is in your own backyard. Start by learning just a few species, and then slowly adding new birds. To find those birds that love water, you can try places like the Tennessee National Wildlife Refuge or Paris Landing State Park.

New birders can find excellent online resources to help you get you started, such as www.Audubon.org/ birding/how-to start-birding. For more specific bird species information where you can see their pictures or even hear their sounds, check out www.allaboutbirds.org.

Many folks start their birding experience by simply hanging a bird feeder to attract birds to come closer. Here are a few local birds to get to know in our area:

## DARK-EYED JUNCO

Nicknamed "snowbirds", these birds show up frequently at your backyard feeder after a good snow. Juncos are normally found in woodland areas, where they will spend as much as 65% of time on the ground foraging for food. For a songbird, they have a long lifespan of up to 11 years.

## RED-BELLIED WOODPECKER

Like most woodpeckers the red-bellied woodpecker has a diet of insects. However, in the winter, woodpeckers will eat seeds and will come to the feeders, especially if you diversify the types of food offered. They love seeds mixed in with suet, peanuts or sunflower seeds.





## CAROLINA CHICKADEE

Chickadees are a tough little bird that do not migrate. For such a small bird, they have a big appetite needing up to twenty times more food in the winter than they do in summer months. This bird is not afraid of people, making it one of the first birds to learn.

## WHITE-BREASTED NUTHATCH

This bird's soft nasal call is a familiar sound during winter. Usually an insect eater in summer months, they are often seen traveling upside-down along the tree trunk. However, this bird is easily attracted to bird feeders in the winter, spending much of its time carrying seeds away to consume later.





## BLUEBIRD

Often seen in the summer months, this bird is a short term migrant. So the bluebirds you see in the summer are not the same bluebirds you have in the winter. Strictly an insect eater, this bird will likely not come to your feeder unless you offer an insect option such as meal worms.

## SHARP-SHINNED HAWK

If you attract many birds to your backyard, you may also attract this beautiful hawk predator. This disturbs some bird watchers not familiar with the ways of nature, but it shouldn't. It is just trying to find food to survive the winter. Be patient and observant as this hawk may give you some up close views rarely seen in the woods.

## **BROWN THRASHER**

A common bird in many backyards, the brown thrasher is closely related to the Northern Mockingbird and Catbird. Called mimics, all these birds will repeat other sounds and songs. Brown thrashers have the largest repertoire of sounds of all the North American birds and are able to vocalize 3,000 distinct songs. Whereas the mock-

ing bird will repeat each song three or more times, the brown thrasher will only repeat each song two times.







## **EASTERN TOWHEE**

This striking, oversized sparrow never fails to please anyone searching for colorful birds. Timid with humans, this species is less known. Their call of "drink your teeeheeee" can be heard near bushes in summer or winter. Cold weather will have towhees visiting the ground underneath your feeders to snatch up fallen seeds.

## **CEDAR WAXWING**

Traveling in large winter flocks, one might be lucky to encounter the cedar waxwing. Named for a waxy red patch on the wing, these birds are berry eaters. They will not come to the feeders, but instead will feast upon any berry producing bushes or trees. Its dynamic coloration ends with a bright yellow band across the tail.





Getting identification advice from Facebook groups such as "Tennessee Birding" or "Tennessee Birdwatchers" will connect you with other birders. Once your interest is peaked, there is nothing like sharing a birding experience with others, especially those more experienced. Birding clubs such as the Audubon Society or the Tennessee Ornithological Society is another way to find a group birding experience.

We invite you to join the Wings of Winter Birding Festival once it regains its wings and flies again, but until that time, "Happy Birding!"

Joan Howe is a Refuge Ranger at the Tennessee National Wildlife Refuge in Springville, TN.



MyParisMagazine.com

## NULD SHADY GROVE ROAD KINGDOM

kangaroo, lemurs and hedge hogs, oh my! And that's not to mention prairie dogs, pot belly pigs, chinchillas, and tortoises. Yes, Abby Tucker lives in a real-life menagerie and she wouldn't have it any other way.

An animal lover, she never thought of herself as living with exotic animals until a few years ago when she was helping transport animals for a friend, and someone handed her a little bag. She opened it and found a "teeny-tiny little kangaroo baby" in it, she said.

She learned that the mother kangaroo had become scared and thrown the baby out of its pouch, leaving the small creature to fend for itself. The

## **BY SHANNON McFARLIN**

kangaroo baby found Abby (or maybe the other way around) and now the kangaroo is thriving.

The day she received the baby kangaroo "opened up a whole new world to me," she said. The kangaroo, who she named Rex, lives outside most of the time but comes inside in the evenings, where he has been known to sleep in her bed.

"I had to educate myself on kangaroos and what they like, what they don't like, how to take care of them," she said. "Rex is super sweet. He mostly likes to lie around and be lazy." Rex loves sweet potatoes, carrots, apples and even popcorn from the Parisian Theatre! Tucker is more than happy to oblige him. "I just love looking out the window and watching him," she said.

Tucker said she began her journey to exotic animals a few years ago when her pet dog – "the best dog on the planet" – passed away.

"He knew I couldn't replace him" and it was not that long after that that she found Rex.

Now she has the lemurs, which she described as "like crazy cats. They literally climb walls. They can climb right up poles, and they're very smart." They also like grapes, blueberries, green beans and peas.

She has prairie dogs which she described as acting like – well, like dogs, plus the pot belly pigs, tortoises, chinchillas, hedge hogs and the 30-pound Flemish giant rabbit.

Being the mother to all of these varied types of animals has required a lot of research on her part to determine the best way to care for them and what types of shelters and pens they like. "I really want another kangaroo," she said. "I plan to do that next year because I really don't want Rex to be alone."

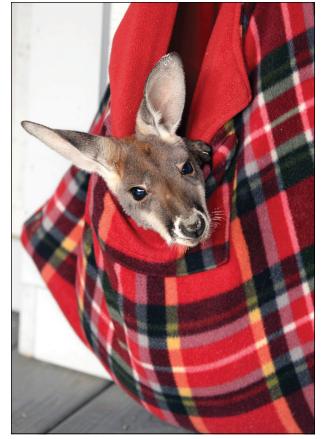
She has big plans for her Shady Grove Road property. "I have 15 acres out here", she said, "and I'd like to have walking trails and incorporate the animals along the trails so people can see them." She also plans to work with her Trezevant friend, who owns 16 kangaroos, on more plans for the Playhouse Petting Zoo. "My friend is USDA certified and I'll be getting my certification, too."

Tucker said she's living her dream right now. "I'm never bored and all I really care about is making sure these critters are happy. My dream is to always have animals in my life."





During a Spring outing last year, Baby Rex's muscular physique and large feet allowed him to cover large areas of ground quickly.



When Rex was a baby kangaroo, he slept in a flannel bag, a substitute for his mother's pouch.

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## SPOTLIGHT

# BRUCE CARLISLE Navy Corpsman & Marine Model

**BY KAREN GEARY** 

hen Bruce Carlisle began his service as a Navy medical corpsman in 1973, little did he know his image would end up in the art collection at the National Museum of the Marine Corps in Quantico, Virginia. It was only by a twist in fate that landed him in the painting – and in the Marines.

After bootcamp and Hospital Corps School, Carlisle was ready for his first assignment at the Naval Aerospace Medical Center in Pensacola, Florida. Since this was a shore assignment his next duty would be a sea assignment.

"Most of the time, the assignments were to ships or foreign hospitals and clinics. I wanted to go to Sardinia or Morocco, some place foreign, but when my papers came back, they said, "1st Mar Div Pac – Camp Pendleton, Ca.," Carlisle said. "I asked a friend what that meant and he said, 'Oh man, you're going to the Marines.' I didn't know corpsmen could be sent to the Marines."

Carlisle was first assigned to Field Medical Service School (FMSS) and then 1st Medical Battalion, B-Company, a field hospital responsible for deploying and setting up a fully operational hospital in the field.

Carlisle was a model corpsman and was selected "Sailor of the Month" and "Sailor of the Quarter" for 1st Medical Battalion. As such, he was offered a temporary duty assignment with the Mountain Warfare Training Center (MWTC) in Sonora Pass, near Bridgeport, California.

"If Marines are on a mountain, Corpsmen need to be able to climb, repel and traverse mountainous



"Mountain Warfare Training Center Instructors" by artist Colonel H. Avery Chenoweth, USMCR, features Henry County resident Bruce Carlisle during his stint with the Marines in 1976.

terrain to provide emergency medical support," said Carlisle. So, Carlisle requested instructor training.

The training was rugged and took place at 7,500+ feet above sea level. Upon completion, Carlisle earned his red instructor t-shirt and red helmet in Spring 1976. "As far as I know, I was the first Black corpsman to be a Mountain Warfare Training instructor."

"An unwritten rule: instructors, because of their training, fitness and emphasis on safety, don't get hurt! If they do, they're out and sent back to Camp Pendleton," said Carlisle.

After a repelling instructor was injured, a position came open. The captain in charge of instructors asked Carlisle if he would like to fill the spot, and he jumped at the opportunity.

"It was not common, if unheard of, to have a Navy corpsman teaching Mountain Warfare skills like climbing, repelling and survival to Marines," he said.

For winter training, Marine instructors were sent to the Northern Warfare Training Center (NWTC) at Fort Greely Army Base in Alaska. The Navy refused to pay for Carlisle's training. The base commander called Camp Pendleton and told the Navy that Carlisle an instructor, needed the same training as a Marine instructor, and be able to provide medical care, during and after the training, if necessary.

The Navy responded by transferring Carlisle to the Marine Corps. It was then that the Marine Corps cut orders for him to go to Alaska. Carlisle said, "I was honored by this, and the captain put me in command of his Marine squad."

It was during this time that Carlisle met the renowned U.S. Marine wartime artist, Colonel Avery Chenoweth. The Colonel, whose career spanned from the Korean War to Desert Storm, was commissioned to do a mural depicting the Mountain Warfare Unit. "I was doing my regular routine when a runner came to tell me I was wanted at the staging area. I ran down the mountain and was told Chenoweth wanted to use me and three other guys' images for the mural."

The Colonel stayed on the mountain several days, watching the men train, taking photographs of them in



Bruce Carlisle shows his red Marine instructor's helmet. He later attached a Navy insignia on it. Above: Painting of Carlisle's mountaineering gear and sketch made by Col. Avery Chenoweth.

action, and making sketches. "I asked him if he could make the insignia on my helmet a Navy one, and he told me no, you must be a Marine," said Carlisle. Before the artist left, Carlisle asked if he could have a sketch. "He gave me one and signed it 'Corpsman Bruce Carlisle, MWTC, Col. Avery Chenoweth.' It's very special to me."

Following his four-year stint of the military, Carlisle attended West Virginia Wesleyan College, where he met his wife Dianne, who is a local glass artist.

He studied biology and chemistry with hopes of becoming a physician's assistant but ended up working as a Materials Engineer in the automotive industry, specializing in composite plastics. The Carlisles' moved to Paris in 1996, when Bruce was hired by Dana Corporation. After 13 years at Dana, he retired and became a teacher at Grove High School. Throughout the years, Carlisle wondered about the mural. "I would check every few years, but I could never find anything about it until 2010 when the new Marine Corps Museum opened."

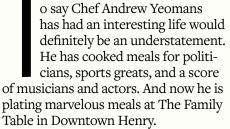
The museum senior curator wasn't sure if they had that specific piece and asked if Carlisle had any sketches or photos of the artist's work. "I told the curator that I had the sketch and sent a scan of it to her," said Carlisle. "It wasn't long before the museum sent a photo of the painting."

The mural was never produced by Colonel Chenoweth, but a painting was and Carlisle is prominently featured in his mountaineering gear. "At first, I didn't think it was me," he said. "But I took a closer look, and sure enough, that was me."

The painting of Carlisle and the still life of his mountain gear are part of a rotating exhibit at the Marine Museum. PARIS CUISINE

# **CHEF ANDY**

## Cooking With Passion

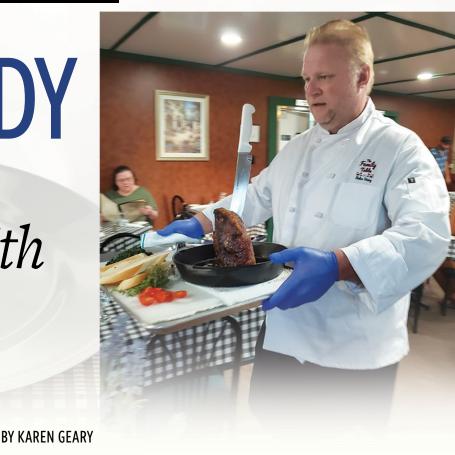


Henry, why Henry? "We get that a lot, and I always say, 'Why not Henry?'" said Yeomans, as he sat down for a moment to talk to PARIS! Magazine. "We wanted a better life for our kids." His wife, Janice, the restaurants' co-owner and general manager, agreed. The couple has three children – Morgan, Andie, and Lorelei.

"Chef Andy" is a native of Bethel, New York, and Janice is from Bayville, New Jersey. Andy grew up in the restaurant business. His parents owned Andy's Place in Bethel, just down the road from where the Woodstock concert was held. "I started cooking when I was in high school at my parents' place," he said. "Their diner was a meeting point for some of the concert's anniversary organizers."

Chef Andrew Yeomans and his wife, Janice, are co-owners of The Family Table in Henry, Tennessee.

A two-year apprenticeship allowed Yeomans to specialize in classic European style Italian and French cuisine. In New York, he was the former chef with Ruth's Chris Steakhouse, the former executive banquet chef at the Marriott International, and he once owned his own restaurant, Bella Notte, where Paul Sr. and Paulie Jr. from television's "Orange County Choppers"



were regulars. It's those skills he has brought to The Family Table.

After Chef Andy and Janice met, it became their dream to have their own restaurant. During a visit with Janice's mother, who had moved to nearby Clarksville, the Yeomans' found a piece of property in Henry and started looking for possibilities to make that dream come true.

"When we got here, it just felt like home," said Andy. "It IS home!" Chef Andy and Janice began renting the restaurant's building in February 2019 with plans to open on their wedding anniversary in April. Then COVID-19 hit in March, and they couldn't open their doors for indoor dining.

After seeing the grocery stores limit the amount of food families could buy, they decided to bring in trucks of bulk foods to help supplement the community and pay their bills until the doors could open. It was tough for the couple and their new business, but the community rallied behind the family.

Finally in August 2020, they were able to open their doors for diners. To

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paraphrase the famous line from the movie, "Field Of Dreams" – "*If you serve great food, they will come*" – and that's what happened. From Yeomans' own posts on Facebook and shear word of mouth, patrons started making reservations.

"People came and tried us out. Then they brought their friends. And those friends brought their friends. It's been great," said Janice. It's not unusual to see their parking lot with cars from other counties and other states.

During this last wave of Covid cases, Chef Andy was anxious like many people were during uncertain pandemic times. "I was really, really down. My wife was suffering from a chronic disease and severe back pain. You'd scan through Facebook and someone was sick. I read about people dying, and sad times were all over the news. And when I'm not feeling good, I want one thing – my grandmother's chicken noodle soup. So, I made myself some and felt better," he said.

That got Yeomans thinking. If soup made him feel better, maybe it would make others feel better, too. He got word out that he was making soup for anyone that needed some for free, no questions asked. "I hate to sound selfish, but the soup was a comfort for me. But if I could bring comfort to



someone else, then that would be an awesome side effect."

The Community Soup Day was a success. So much so, the Yeomans' utilized the donations to serve the soup again the following week. Chef Andy continues to make soup on Thursdays but request sign-ups on restaurant's Facebook page.

"We don't ask for money. We take donations, and they have helped keep it going for almost four months and counting," said Andy.

"People have been very generous." Janice added, "We have gotten donations from Washington, Indiana, and Nashville. Somehow those people learned about the soup and they just wanted to help and feel good, too."

Recently, The Family Table donated a tomahawk steak and stuffed lobster dinner for four people, cooked in their home, to the Henry County Jaycees' auction to fund their holiday "Shop With A Cop" program.

"The Jaycees helped my kids have Christmas when things were hard. It was the least I could do to help them out," said Yeomans.

At the last minute, a Nashville businessman and philanthropist won the meal for \$2,100. The bidding was very close, and Chef Andy reached out to the second-place bidder and offered him the same dinner if he would give his \$2,000 bid to the Jaycees. The offer was accepted.

In December 2021, after our region received damage and destruction from the violent, unseasonal tornados, Chef Andy jumped into action to help feed survivors and relief workers. When the Red Cross called Sheena Lee Davis of Mockingbird Catering needing 500 meals for hard-hit Dresden, Tennessee, Yeoman contacted food suppliers and volunteers for donations and transportation assistance, and again he cooked his comfort food. "Chef Andy, I will sling food with you any day and any time!" said Davis.

It is said that a professional chef is fueled with passion. Whether it is in the kitchen or in his new community, Andrew Yeomans approaches his personal life with a passion for family, food and an equal passion to serve his community, always looking for ways to pay it forward.



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## AROUND OUR TOWN

## KEEPTHE TENNESSEE REVER BEAUTIFUL Is Coming To Town

anuary is the perfect time to curl up by the fire and like a hibernating bear, take a long winter's nap. But in many households, winter is time for planning upcoming activities. TVA has a timely idea that includes Henry County's beloved Tennessee River.

Keep the Tennessee River Beautiful (KTRB) is a long-time partner of TVA/ Natural Resources. Using volunteers, the organization hosts cleanups at locations along the river that often are not reached by other efforts.

On Saturday, March 12, this crew will be in Paris and need help from those interested in a litter-free river. The event is part of the Tennessee River Grand Slam Cleanup Series and is held in collaboration with Living Lands & Waters as part of the Great American Cleanup. Signing up is easy at KeepTNRiverBeautiful.org.

The KTRB crew arrives at its designated area with a boat, life jackets, enormous garbage bags and a spirit that is as indominable as it is contagious. "Because Living Lands and Waters will be joining the effort, the impact will be amplified, according to Kathleen Gibi, KTRB executive director. "Living Lands and Waters team members are the experts in river cleanup in our country and the inspiration for the formation of KTRB. They've been our mentors from the beginning. We're thrilled to have them here with five boats and five staffers," she says.

Gibi will survey the area soon to find locations that need a concentrated effort. "I'm assuming there is debris from the Waverly flood last August. I'll be working to pinpoint the bay where it landed." There may even be items from last December's tornadoes in the mix.

The timing for this event is fantastic, according to Diann McGuire, director of Keep Paris/Henry County Beautiful (Henry County Litter Program). "Spring is this the perfect season for beautification, just before our World's Biggest Fish Fry."

Thanks to a grant from the Tennessee Department of Tourism and Keep America Beautiful, Gibi has more good news for Henry County. Prior to the cleanup, a new electric river skimmer will be installed at Paris Landing Marina in a yet-to-be determined location. These SeaBins also will be installed at other state park marinas up and down the river. "Each skimmer can remove 3,000 pounds of garbage a year and filter out microplastics, Styrofoam bits and even gas and oil. They're on the job 24/7 and will really make a difference," she said.

Keep TN River Beautiful is the group that, along with sponsors, put cigarette receptacles in every Tennessee state-owned marina and campground. "The eye-catching, informative art wrap has helped encourage smokers to flick cigarette butts into the receptacles instead of in the river or on the ground," says Gibi.

Many smokers mistakenly think filters are biodegradable, but in the end, they break down into microplastics which are toxic and can harm marine life and plants. These receptacles also were recently installed at Dollywood. As a result, almost 100,000 cigarette filters were recycled into two benches and a bike rack – proof positive that not littering and recycling go hand-inhand for a cleaner planet.

Visit KeepTNRiverBeautiful.org, and mark your calendar for one or both dates in this Grand Slam Cleanup. In the meantime, please help keep Henry County litter free.

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| JANUARY 17<br>HENRY COUNTY<br>EMPLOYEES<br>JOHN PENN RIDGEWAY<br>642-5212<br>W. G. RHEA LIBRARY<br>KAYLA NATION 642-1702<br>ARTS COUNCIL<br>CHLOE ROTH 642-3955<br>TRINITY UNITED<br>METHODIST<br>JAN MITCHELL 707-0226<br>MASTER GARDENERS<br>DAN DZIEKONSKI 642-1860   | JANUARY 18<br>SECURITY BANK<br>WHITE & ASSOCIATES,<br>WIMBERLEY AGENCY<br>TRACI TEMPLETON<br>642-66   | JANUARY 19<br>KROGER<br>TERESA SHEPHERD<br>336-9063<br>HC PREVENTION<br>COALITION<br>SARA THOMAS 336-2250<br>JONES MILL /<br>HICO COMMUNITY<br>BOBBY/BRENDA OWENS<br>782-3554<br>REGINA VEAZEY 247-5581<br>CHARTER SENIOR LIVING<br>BARBARA BAGGETT<br>271-5496 | JANUARY 20<br>OAKLAND COMMUNITY<br>RANDI FRENCH 642-6633<br>KIM MCCLAIN 363-7061<br>DEBBIE WYNN 336-0660<br>GENNY PARTRIDGE<br>336-1939<br>JUNIOR LIVESTOCK<br>BRENDA ABLES 782-3244<br>LATTER DAY SAINTS<br>JUDY DENTON 901-487-5641<br>H & R BLOCK<br>DEB NELSON 642-0402 | JANUARY 21<br>PALESTINE COMMUNITY<br>MARVIN/KAREN<br>KLOPFENSTEIN 243-7167<br>BETH GREER 336-0135<br>CENTRAL POINT<br>COMMUNITY<br>PEGGY VEAZEY 642-6095<br>MELANIE TOWNSEND<br>642-5288<br>ELIZABETH CRAIG 642-4986<br>BRIDGE OF HOPE CHURCH<br>PATTI PETERSEN 336-9686<br>TN VALLEY HIGH<br>BASS CLUB<br>SHAWN BARKER 514-3325     | JANUARY 22<br>AUCTION BEGINS<br>AT 12 NOON<br>EDUCATOR'S DAY<br>LYNETTE SMITH 642-3675<br>REBECCA PEALE 642-0961<br>LISA HART 247-3152<br>DENAY KIBBLER 644-1600<br>LYNNE GREEN 642-4586<br>ROBIN PIERCE 642-8131<br>RADIO<br>NIGHT AUCTION<br>AUCTION<br>BEGINS AT 6:30 PM |
| JANUARY 24<br>QUINN CHAPEL<br>JOHN DANDRIDGE<br>642-8445<br>WANDA TODD 642-8445<br>FREDDIE WILLIAMS<br>642-8445<br>ST. JOHN'S - CDS<br>CHERRY WEBB 819-2036<br>HCHS MADRIGALS<br>KIM DENMAN 352-9576<br>INMAN BETA CLUB<br>BECKY WILSON 642-8131<br>ZULEYKA YALDES 642-8131  | JANUARY 25<br>COTTAGE GROVE<br>COMMUNITY<br>JW & CAROLYN AKERS<br>782-3390<br>MARY KATHRYN MILLER<br>782-3945<br>CENTER COMMUNITY<br>ANDY/BECKY PASCHALL<br>782-3606<br>MIKE/PAM HUTSON<br>707-0164<br>INTERRAIL SIGNAL<br>PAM HUTSON 707-0164  | JANUARY 26<br>COMMERCIAL BANK<br>JENNIFER STARKS<br>642-3341<br>FOUNDATION BANK<br>NICOLE NORWOOD<br>642-8958<br>REGIONS BANK<br>JUSTIN STAFFORD 642-3825<br>FIRST BANK<br>SCOTT MORRISON<br>641-6400<br>CARROLL BANK & TRUST<br>JUSTIN OLIVER 642-6363         | JANUARY 27<br>PURYEAR COMMUNITY<br>DON JONES 247-3338<br>BETH TAYLOR 247-3784<br>HARRELSON BETA CLUB<br>HOLLY THOMPSON<br>247-3152<br>OFFICE ON AGING<br>REGINALD CALDWELL<br>642-2919<br>NORTHWEST<br>NUTRITION<br>BARBARA PEARSON<br>642-3139                             | JANUARY 28<br>CLIFTY COMMUNITY<br>CLIFTY VILLAGE<br>JOHN/LISA CHILDERS<br>642-4984<br>STEPHEN/KIM WATSON<br>644-2074<br>JIM/ANITA BREEDING<br>363-3803<br><b>RESCUE SQUAD</b><br>DIANN MCGUIRE 642-3162<br>CAROL TEDFORD 336-3802<br><b>RELAY FOR LIFE</b><br>ALONNA TOSH 243-2231<br><b>HENRY COUNTY CASA</b><br>TAS SMITH 363-7940 | JANUARY 29<br>AUCTION BEGINS<br>AT 12 NOON<br>WHITLOCK<br>COMMUNITY<br>JUDY PASCHALL<br>642-1933<br>FERN THOMPSON<br>644-9216   |
| JANUARY 31<br>NEW HARMONY BAPTIST<br>CHRIS DOWNING 593-5276<br>SPARKS ST.<br>CHURCH OF CHRIST<br>THERESA HOWARD 407-4857<br>HCHS BAND BOOSTERS /<br>COLOR GUARD<br>DAPHNE JACKSON 363-8138<br>INMAN BAND<br>WENDY BASS 642-9612<br>HERITAGE CENTER<br>SUZY HERRON 642-1030<br>HC HISTORICAL SOCIETY<br>DAVID WEBB 336-8920 | FEBRUARY 1<br>FIRST PRESEVTERIAN<br>CHURCH<br>DEB SNOW 642-2962<br>NEW BOSTON COMMUNITY<br>KATHY STILES 782-3161<br>VESTER/BLANCHE BROWN<br>782-3464<br>ANGIE LEACH 782-3138<br>YODER BROTHERS<br>JAMES YODER 333-3001<br>SEVENTH DAY ADVENTIST<br>ANITA YORK 480-528-5001<br>JOE MAHAN FORD<br>BRITTNEY VANDYKE 642-4711 | FEBRUARY 2<br>MANSFIELD COMMUNITY<br>LINDA FAYE NEAL<br>642-4419<br>BELINDA BOWERS<br>661-299-8941<br>CHRIST LUTHERAN<br>LORI TAYLOR 642-4025<br>CARL PERKINS CENTER<br>CARLY WHEAT 642-8455<br>JOHNSON CHAPEL<br>RENAE PEALE 642-1081                          | FEBRUARY 3<br>BUCHANAN<br>COMMUNITY<br>BETTY STRUTTON<br>232-8247<br>JUDY BEASLEY<br>644-3625<br>LAKEWOOD BETA CLUB<br>MARY ASHLOCK<br>644-1600   | FEBRUARY 4<br>HOLY CROSS<br>CATHOLIC CHURCH<br>LEILA KACKLEY 642-4681<br>CHAPEL HILL /<br>GUTHRIE ROAD<br>MARY JUNE SINNEMA<br>642-1794<br>T.A.R.P. CTR. FOR<br>IND. LIVING<br>DENISE WARDLE<br>644-0026   | FEBRUARY 5<br>AUCTION BEGINS<br>AT 12 NOON<br>HENRY COUNTY<br>MEDICAL<br>CENTER<br>TORY DAUGHRITY<br>644-8266<br>RADIO<br>NIGHT AUCTION<br>AUCTION<br>BEGINS AT 6:30 PM   |

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|---|---|--|---|---|--|
| FEBRUARY 7<br>FIRST CHRISTIAN<br>CHURCH<br>PAM/RICK CONGER<br>621-7424<br>GAIL MULLER 336-0621<br>HABITAT<br>FOR HUMANITY<br>JOAN HOWE 333-1036<br>LITERACY COUNCIL<br>SUE QUINN 641-0345   | FEBRUARY 8<br>VFW POST 1889 &<br>LADIES AUX.<br>RONNIE NORWOOD 225-2664<br>AMVETS POST 45<br>KATHY DUNCAN 937-238-5016<br>AMERICAN LEGION POST 89<br>GERRI ANN MEKETI 644-1922<br>PARIS ELKS LODGE<br>DANNY ROBBINS 642-0153<br>UNFORGOTTEN MOTORCYCLE CLUB<br>RONNIE TYLER 336-3822<br>DARKHORSE LODGE<br>GRETCHEN CATHERWOOD<br>363-3616  | FEBRUARY 9<br>WAL-MART SUPERCENTER<br>LYNN HOLMES 644-0290<br>COVENANT RANCH<br>JON PAUL MOODY 336-4617<br>PLUS ENDOWMENT<br>SUSAN HAYES 731-431-8640<br>BUDDY BALL<br>JEANNIE HUNTER 407-7282<br>CHHAMPS<br>PAULETTE H. DUNLAP 210-<br>241-4267   | FEBRUARY 10<br>FAIRVIEW BAPTIST<br>CHURCH<br>BETTY CHRISMAN 642-3147<br>HISTORIC ATKINS-PORTER<br>NEIGHBORHOOD ASSOC.<br>SUSAN JONES 731-693-2696<br>HCHS THEARTE DEPT.<br>LINDA MILLER 642-5232<br>HCHS SPEECH TEAM<br>WENDY BREEDLOVE<br>642-5232<br>HCHS SWIM TEAM<br>JENNIFER HILL 336-5621 | FEBRUARY 11<br>PARIS SOCCER CLUB<br>AMBER HARRIS 731-345-6111<br>HENRY CO.<br>GENEALOGICAL SOC.<br>JEAN PETERSON 642-3638<br>HENRY COUNTY<br>CEMETERY COM.<br>SUSAN STEWART 336-9764<br>HENRY COUNTY<br>ARCHIVES<br>STEPHANIE TAYLOE<br>644-3489<br>HENRY COUNTY<br>CHAMBER MUSIC SOC.<br>MIKE HOLDEN 676-2772  | FEBRUARY 12<br>AUCTION BEGINS<br>AT 12 NOON<br>FIRST BAPTIST<br>CHURCH<br>DAVE & ANNE CULLEN<br>641-0097<br>IN HOUSE<br>NIGHT AUCTION<br>BEGINS AT 6:00 PM   |
| FEBRUARY 14<br>HENRY/BUNNS<br>COMMUNITY<br>ALONNA TOSH 243-2231<br>DEDE WYATT 363-0568<br>HENRY BETA CLUB<br>VAL GODINA 243-7115<br>SENIOR CITIZENS CENTER<br>JOAN THOMPSON 336-3382<br>POINT PLEASANT BAP.<br>CHURCH<br>CHERYL CONNER 247-5622<br>OPEN DOORS CHURCH<br>TRISH MCCLURE<br>731-514-0020<br>FEBRUARY 21<br>4-H CLUBS OF HENRY CO.<br>STACI FOY 642-2941<br>4-H HENRY CO. NO FLY ZONE<br>DUSTIN MACKIE 417-621-1974     | FEBRUARY 15<br>SUNNYSIDE<br>SARA PACK 336-7925<br>COUNTRY WOOD<br>RHONDA COMPTON 336-1047<br>SCENIC HILLS/<br>CASTLETON COVE<br>TOM/ROSE CUNNINGHAM<br>336-0220<br>FOOD BANK<br>DAVID FLOWERS 676-0156<br>CARLTON GERRELL 693-3333<br>LADIES WITH SWAG<br>ROBERTA TAYLOR<br>731-415-5249<br>HCHS FISHING TEAM<br>STACIA PUCKETT 336-8323<br>FEBRUARY 22<br>PARIS CITY EMPLOYEES<br>JESSICA CROUCH<br>641-1402 | FEBRUARY 16<br>COUNTRY CLUB ESTATES/<br>MELSON/SHADY GROVE<br>BETTYE PASCHALL 676-0145<br>TERESA BARNHILL 642-6618<br>HCHS CROSS COUNTRY<br>STAN DUNAGAN<br>PARIS LANDING<br>COMMUNITY AND<br>RESORT AREAS<br>REGGIE COLES/<br>KATHY MADISON 444-1364<br>WESLEY LIVING<br>TJ ANDREWS / KAYLA CASEY<br>441-4424<br>FEBRUARY 23<br>VAN DYKE / ROUTON<br>COMMUNITIES<br>SPRING HILL BAPTIST<br>CHURCH | FEBRUARY 17<br>ELKHORN COMMUNITY<br>DOTTIE/BAKER KENDALL<br>642-7238<br>BOB PALMER 644-0419<br>JOSH/ERIN COLEMAN<br>642-7007<br>FRIENDS OF<br>TN WILDLIFE REFUGE<br>LINDA FIELDS 363-2856<br>FEBRUARY 24<br>MAPLEWOOD BAPTIST<br>CHURCH<br>NOLA BARRETT 642-5860                                | FEBRUARY 18<br>EASTON'S ANGELS<br>BRITTNEY GREEN 363-2156<br>FRIENDS OF<br>MCNEIL PARK<br>ANDY COLLINS 336-7559<br>SALVATION ARMY<br>BOBBI JO FRENCH 642-4105<br>HCHS BASEBALL<br>CLINT DAVIS 642-3341<br>REAL HOPE<br>YOUTH CENTER<br>CARL ANDERSON 227-4689<br>FEBRUARY 25<br>SPRINGVILLE COMMUNITY<br>BOB MCDOWELL 336-5989<br>NEIL THOMPSON<br>731-986-2266 | FEBRUARY 19<br>AUCTION BEGINS<br>AT 12 NOON<br>FIRST UNITED<br>METHODIST<br>CHURCH<br>JIM & JACKIE BUNDY<br>336-0455<br>IN HOUSE<br>NIGHT AUCTION<br>BEGINS AT 6:00 PM<br>FEBRUARY 26<br>AUCTION BEGINS<br>AT 12 NOON<br>TENNESSEE |
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3

## FACES & PLACES



Liam Roberts was all smiles as he ran around playing at Piney Campground one weekend. He is the son of Will and Heather Roberts.



At the last swim meet for 2021, Cale Mathis excitedly shows his sister, Sarah Mathis, her amazing state time for her efforts. The HCHS meet was against Murray High School. Photo by Emma Hill



Look who was in town for the Advent Walk. It was Sammy Goldstein enjoying a visit with Marsha Valentine Banasiewicz.



Rhea Elementary School Principal Chris Hudgins got pelted with water balloons after each student accepted the challenge and read at least one book during Spirit Week (same week as Book Fair Week).



Looks like Kathy and Larry Ray were having a great time out at Blues Landing!







Police Chief Ricky Watson channels his inner "vogue" when City Manager Kim Foster's phone was found unlocked at the Employee's Appreciation Lunch.



Jordan Hicks dressed up as his favorite superhero when he came to the Parisian Theatre to see *Spider-Man: No Way Home.* He is the son of Jessica Hicks.



Ivy Curtis is all smiles with her granddaughter Aubrey McCaskill when she got to spend the holidays with family in Georgia.



**THANK YOU** to all the utility workers who worked non-stop after the December tornados ripped through our area. Setting a new power pole are Paris BPU crew members Darin Parker (foreman), Gatlin Primrose, Tyler Frey, Ethan Dicus, and Josef Neumair.



Thanks to these fine folks from Commercial Bank for volunteering to work concessions at one of the Big Red Basketball games at HCHS.



New Officers were installed and scholarships awarded at a recent Athena Delphian Club in Paris. Pictured: President Lindsay Driscoll, Vice President Angela Nichols, Treasurer Eliza Griffey, Corresponding Secretary Lindsey Dooms, and Secretary Lydia Edwards.



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FEATURE

**EXAMPLE 1 EXAMPLE 1 EXAMP** 

IMAGINATION

ranks 47th in poverty rate. Tennessee ranks 43rd, with 13.9% of its citizens living in poverty in 2019. This number is an improvement from the 16.7% in 2014. Many people can attribute the work of Dolly Parton and her Imagination Library for the decrease.

Governor of Arkansas, which currently

### WHAT IS THE IMAGINATION LIBRARY?

Dolly Parton's Imagination Library is a book gifting program that mails free, high-quality books to children from birth to age five, no matter their family's income.

After launching in 1995, the program grew quickly. First, books were only distributed to children living in Sevier County, Tennessee, where Dolly grew up. It became such a success that in 2000 a national replication effort was underway. By 2003, Dolly Parton's Imagination Library had mailed one million books. It would prove to be the first of many millions of books sent to children around the world.

Dolly's home state of Tennessee pledged to pursue statewide coverage in 2004 and global expansion was on

### **BY TRAVIS MCLEESE**

the horizon. After the United States, the program launched in Canada in 2006 followed by the United Kingdom in 2007, Australia in 2013, and the Republic of Ireland in 2019.

Henry County's Imagination Library is managed by the Literary Council which is a 501c3 organization. Annually the program costs around \$12,000. The county government, BPU Roundup and Helping Hand funds account for half of the budget with the rest of the funds coming from private donations.

The Governor's Early Literacy Foundation (GELF) pays for the other half of Henry County's Imagination Library expenses.

### WHY DOES THIS MATTER?

There are 991 children aged birth to five years old enrolled in the program, which covers 52% of our preschool aged children. Since joining the program in 2004, there have been 173,870 books delivered in Henry County. To that end, there has been 3,765 children to graduate from the program.

Although I could copy and paste multiple scholarly articles to support this information, I encourage you to take 10 minutes and Google "early childhood development and literacy." There you will find the alarming statistics that motivated me to write this article and bring light to these needs.

Around 60% of low-income families have no books at all in their homes for their children. An alarming 37% of children arrive at kindergarten without the skills necessary for lifetime learning.

One in four children in America grow up without learning how to read. Children who read at least 20 minutes a day are exposed to almost two million words per year.

Want to improve the workforce? Want to improve poverty? According to these statistics, initiatives like the Imagination Library can/will lead to improved childhood development, thus giving our youth increased odds at living a more successful life.

### WHAT IS THE NEED?

As noted earlier in this piece, Henry County is responsible for nearly \$12,000 of the expenses each year. The organization struggles each year to collect the private donations needed to provide the free books to our children.

With this article, I hope to inspire our community to give. \$25 dollars provides one child with books for a year. A \$125 donation sponsors a child for all five years and provides them with 60 books.

These children need you. Pick a kid, pick a month and know that your contribution does not go unnoticed and that these kids need you.

For more information, please contact the W.G. Rhea Public Library at 731-642-1702. Checks may be made out to Imagination Library, P.O. Box 6442, Paris, TN 38242.

Travis McLeese is the CEO of the Paris-Henry County Chamber of Commerce.



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OUR NEIGHBORS



## Actress **CHERRY JONES** on The Eyes of Tammy Faye

hen Paris native Cherry Jones was home for the holidays, she sat down with Drew Wheatley for Paris Podcast. The two discuss the movie, *The Eyes of Tammy Faye*, in which Jones portrays the mother of televangelist Tammy Faye Bakker. The interview also includes conversation about two other projects, *Five Days at Memorial*, a medical drama television miniseries and a motion picture entitled *The Sky is Everywhere*.

The Eyes of Tammy Faye was taken from a documentary by the same name and depicts the controversial history of televangelist Tammy Faye Bakker. It was filmed in Charlotte, North Carolina, in 2019 and premiered in the fall of 2021.

Jones offers insight into working with actors Jessica Chastain and Andrew Garfield. She explains a little movie magic, including how these actors achieved the Bakkers' signature look – chubby cheeks. "They had to be in prosthetics the entire time," she explains. "They had to eat through straws every day of filming." Jones also tells about the serendipity of working with her childhood neighbor and Paris native, Doug Wall. Now retired and living in Wilmington, North Carolina, Wall enjoys working as an extra in the Carolina's busy film industry.

This movie was the last project for Jones prior to the COVID-19 pandemic. "I don't know how they could have done *The Eyes of Tammy Faye* during COVID. It would have been impossible for the stars with masks on top of prosthetics."

Many other films were made during the pandemic. Unlike Broadway and other live venues, the industry was fortunate to continue operations. "With so many people working in such small spaces, it could spread like wildfire on a film set," said Jones, who worked on three film projects starting in Fall 2020 and continuing until the Fall of 2021. "It was all very regulated; there were strict guidelines and even COVID-19 specialists who walked around the set daily to tell us if we were too close or other observations that kept us safe." Although she often plays real people, Jones says that she prefers fictional characters because "you get to create them all by yourself." She recently finished playing a real person in *Five Days at Memorial*, which will be released later this year.

"My character was the director of nursing at a New Orleans hospital and was also the designated disaster director during Hurricane Katrina."

Jones finds it challenging to play a nurse. "There is something about their personality and fortitude; to portray them accurately is difficult. I think many of us felt that way in this film."

Hear more about this interview, which lasts 30 minutes, at Paris Podcast. Simply scan the QR code or by visit susanjonespr.com/podcast.



# DOUG WALL Movie Extra

ver the years when you've been at the movies, you may have thought to yourself, "Boy, that guy looks like Doug Wall." And you just may have been right. Paris native Doug Wall has been working as an extra in movies for a few years now, with many unique experiences under his belt. But he really hit the jackpot in his most recent movie, *The Eyes of Tammy Faye*, which stars our own Cherry Jones as the third lead.

The newly-released movie, *The Eyes* of *Tammy Faye* chronicles the rise and dramatic fall of the famous television

## BY SHANNON McFARLIN

evangelists Jim and Tammy Faye Bakker. Jessica Chastain plays Tammy Faye (with heavily made-up eyes and all), Andrew Garfield plays Jim Bakker and Jones plays Tammy Faye's mother, Rachel LaValley.

Doug Wall got screen time, playing someone who is reacting to Tammy Faye. It's pretty rare for an extra to get that much screen time, but he downplays it. In the movie, Wall's screen time lasts about 2.7 seconds, he said. "But who's counting, right? Hey! I was in focus this time! Mostly the background extras are kinda blurry and dark." The scene itself was an intense one, he said. "Tammy Faye (Jessica Chastain) is confessing 'on-air' to an affair – complete with tears and running mascara. Let me tell you, I sat just a few feet away from Ms. Chastain and she was remarkable! Take after take (different camera angles), she turned on the tears – real tears, and confessed her heart out. That's why we go to the movies or watch TV, to see real convincing and talented actors like her and Cherry."

Wall had no lines. The director "didn't want much reacting for the scene, but then it's a very special event when an extra gets handed a line to speak. It hasn't happened to me, but as I understand it, your pay would increase about ten-fold for that day."

The role seemed a slam-dunk for Wall, though. It called for "an older 'no-name' pastor with gray hair AND someone who could wear a size 40 suit coat." Wall said," It also paid just a little more and should cover most of my travel expenses."

The fact Jones was a star of the movie was just the icing on the cake. "I applied and got it, not knowing if Cherry would be in the scene or even if she would be in town that day. I was so excited to find out that Cherry would also be working that day, albeit in a different scene," he said.

### **BEING AN EXTRA**

Wall began his "extra career" or "career as an extra," whichever you prefer, in the Summer of 2019, about a year and a half after he retired, when he saw a story on a local Wilmington, North Carolina, television station announcing that a movie studio was in town looking for extras for a role as a party-goer.

"Well, my very first day as an extra in this party scene with over 200 other extras was a real test of endurance and patience – we worked from 6 am to 11 pm. We were actually only on set about 40% of that time, if that," and most of the time involved "lots of waiting, getting wardrobe options approved, getting briefed on what to expect while on set, chatting with fellow extras, etc."

Wall said, "After finishing that day, I figured that was the worst it could be, I made it through and thought I should apply for more roles. I had never witnessed the process of filming scenes and I found that to be fascinating."

So far, Wall has been an extra in the movie *Halloween Kills* and two Hallmark movies. In fact, he had heard about the *Tammy Faye* movie role while he was working on *Halloween Kills*.

"I was working on the *Halloween Kills* movie in the early Fall of 2019, and the casting agency let us know that *The Eyes of Tammy Faye* was going to start filming in Charlotte," he said. "I was intrigued by some of the roles they were needing but had no desire to travel four hours, work for who know how many hours, then drive back – for not much money by the way."

## **MOVIE ROLES AS AN EXTRA**

A little while later he learned that Jones was cast for that movie. "I thought that would be so cool to work as an extra in a scene with her. Of course, us extras are not privy to knowing anything about the role we are applying for except what day and time we need to show up."

The life of an extra can be exciting, but it involves a lot of waiting and monotony, too. "As an extra (also called background), you are coached to not make any sounds but pantomime as if you are talking," he said. "You are given instructions on when to move or stay in place by the P.A.s (Production Assistants). Something like 'Wait a few beats, then walk over to that group, talk a while, then move over to the bar, etc."

On the Hulu's drama series *Reprisal*, he worked several more times on that production and even got one scene where it was just himself and the actor. "I was quite nervous! There had always been 10, 20 or 100 other extras around when I was on set, so this was very surprising. There was no dialogue for this 7.7 second scene. I was the owner of this warehouse that the actor was buying – he hands me a stack of bills and we shake hands."

He found out later that actor was W. Earl Brown from Murray, who has had a lengthy career which has included HBO's series *Deadwood* and the movies *Scream*, *There's Something About Mary*, and more. "I wish I had known, we could have chatted about the Murray State Racers or other regional news," Wall said.

On the *Eyes of Tammy Faye* set, Wall had good experiences. He had already met up with Cherry and had dinner with her the night before he was supposed to come on set. "The next morning, I was in line with other extras to get my wardrobe fitted when Cherry came in the room with her full makeup (as Tammy Faye's mother)," he said.

"I hardly recognized her! Extras aren't usually greeted by the principal actors so I felt very special. She completed her scene but stuck around to watch mine. She took me around the set during a break in shooting and introduced me to the directors' other staff and told stories of our families growing up by the railroad tracks on Oakwood Lane. I shared a photo of the Jones-Wall gang on our bikes in 1964. Cherry told of scaring me with granddaddy long legs so she could hear my blood curdling scream. It was an experience of a lifetime!"



Working on the two Hallmark Christmas movies – USS Christmas and Christmas in Harmony – was fun and challenging, he said. "The fun parts include taking in the sights and wonder of fake snowy scenes in August in the South. The challenge is bundling up in winter clothes and coats in August in the South."

By contrast, *Halloween Kills* involved "lots of running around with a mob chasing a bad guy. I haven't seen the movie to see if I'm visible, but I got my steps in AND got a glimpse of Jamie Lee Curtis on set."

### **DEEP APPRECIATION FOR FILMMAKING**

Depending on his schedule, Wall can work a few days a month as an extra and he described it as "a fun parttime job, and the food is really good."

"The amount of equipment, loaders, truckers, set builders, coordination, professional actors/directors/ producers/script writers and extras in front of and behind the camera was surprising to me," he said. "These days when I watch a movie or television series, I definitely have a deeper appreciation for what goes into making them."

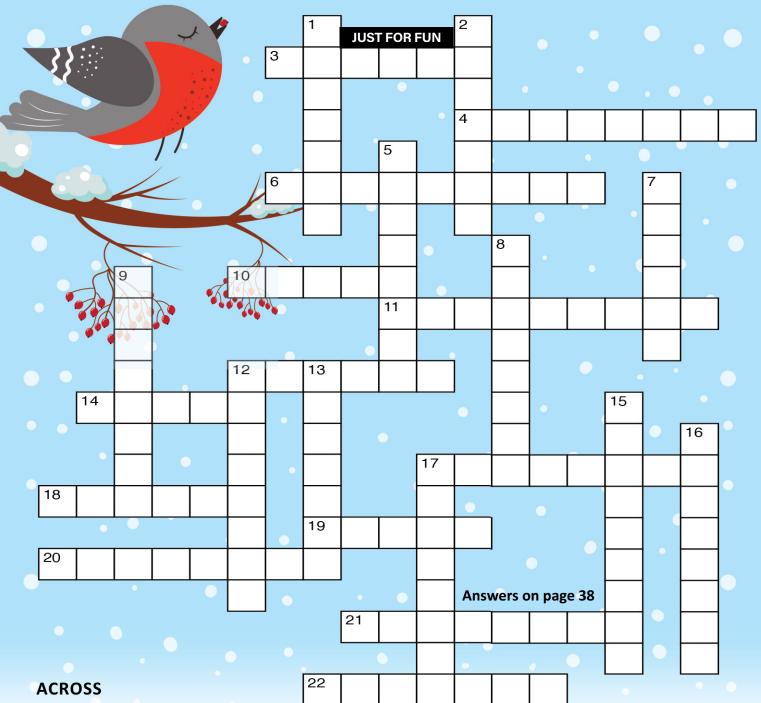


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- 3. Jigsaw \_\_\_\_
- 4. Animal native to Australia
- 6. 2022 Ford F-150
- 10. Dolly Parton's organization sends these to kids monthly.
- 11. Jamie Lee Curtis movie, \_\_\_\_\_ Kills
- 12. Sula Sheeley's groom
- 14. Chief Watson channels his inner \_\_\_\_\_
- 17. Bruce Carlisle was a in the Navy.
- 18. She considers herself a casual puzzler.
- 19. Doug Wall has been this in movies.
- 20. Type of warfare training
- 21. Volunteers will help clean-up this river
- 22. Type of house plant

## DOWN

- 1. Became mayor by one vote
- 2. Photographer of Crete Mitchell's portrait
- 5. Common bird in many backyards
- 7. The \_\_\_\_\_ Of The Hill
- 8. Check this for your Helping Hand days
- 9. Rhea's principal got pelted with water \_\_\_\_
- 12. Five Days at \_\_\_\_\_ movie
- 13. Type of comfort soup, \_\_\_\_\_ noodle
- 15. Cherry Jones plays her mother in a movie.
- 16. It scrapes the streets in winter.
- 17. Bird that Bill Neese saw flying from thicket

FEATURE

# CETTING UCCUT

## BY KAREN GEARY

or some people, the mention of jigsaw puzzles brings back a happy memory of hot cocoa on a cold, winter's day and assembling a colorful image from tiny pieces of cardboard. For others, those same tiny pieces provoke instant recall of internal frustration and torture. Jigsaw puzzles – you either love them or hate them.

For puzzle lovers, the purpose is less about interlocking puzzle pieces and more about relaxation and achievement. "Anxiety is at an all-time high, especially with the political climate and the pandemic. Puzzles have been proven to lower blood pressure and ease anxiety," said Sean Minton, Senior Vice President of Sales & Online Marketing for White Mountain Puzzles of Jackson, New Hampshire.

"I think it also gives people a sense of control that they don't have over all the bad stuff happening in the world around them. Puzzlers know that if they stick at it and put all the pieces in place, they will eventually solve the puzzle unlike their inability to solve the chaos that is happening around them. People also feel a sense of accomplishment from puzzles." Minton also pointed out that people tire of being on screens, like Zoom calls, computer work, and even television. "Puzzles are a digital detox," he said.

Prior to the early 1900s, puzzles were an activity for the wealthy. Most were made of wood and quite elaborate. During the Great Depression, puzzles had a boom and offered a quiet activity during troubling times. At one point during this era, ten million puzzles per week were produced in this country.

The COVID-19 outbreak in 2020 caused puzzle makers to put their operations into overdrive. Many companies saw as much as a 300% increase of sales during lockdown periods, and back orders were common. "Puzzle sales are still very strong," said Minton. "It is not as crazy as it was at the start of the pandemic lockdowns, but because we have picked up so many new customers, we are still up significantly compared to 2019 and not that far off from 2020."

Avid local puzzle enthusiast, City Manager Kim Foster, enjoys a good 1,000-piece challenge. "I find that working a puzzle is a stress reliever for me. If my husband comes home and finds me in front of a puzzle, he knows I've probably had a stressful day," said Foster. "I can get lost in working the puzzle, push everything else out of my mind, and it helps me wind down."

She considers herself a casual puzzler, but "don't give me one without a picture to go by or where all of the pieces are the same shape, I want a bit of a challenge but not a level of difficulty that will frustrate me."

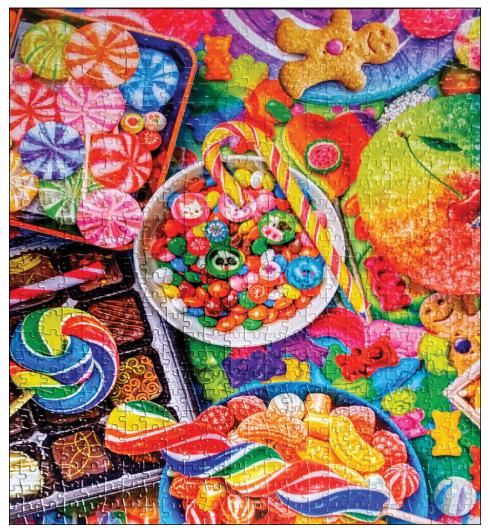
And don't ask if she would like help with her puzzle. "My family knows that messing with my puzzle will drive me crazy. I'm pretty territorial about my puzzles."

Laura Lacanne of Springville remembers spending many cold days doing puzzles at their place in the Upper Peninsula of Michigan. "There was no tv, limited radio and lots of time. But all the family would get involved, and I think I enjoyed that the most," said Lacanne. "I do remember sitting at a table with an older adult, being invited to help find a piece, and then being hooked! I had feelings of accomplishment and satisfaction when the puzzle was done. It was a quiet time until you found a piece, and then happiness, and all got to share it. I think what I enjoyed the most was the hemming and having over a table with hundreds of pieces, chatting and working basically for the pure pleasure of it."

Becky Davenport of Paris is also a longtime puzzler. "I can remember doing puzzles for most of my adult life and I usually do them in the winter months. I tend to buy puzzles that are no more than 750 pieces. I would always start the puzzle, and before I knew it, both Sarah Katherine and Don would be working it as well. It's amazing what pieces can be put together with fresh eyes looking at them."

Cottage Grove resident Yvonne Schoubye has loved doing puzzles "for as long as I can remember." Her favorite puzzle types are ones with multiple items or pictures in them or designs by Anne Geddes. "I like to do them anytime. I go through spells to where I will do one after the other to none for a while," she said. Schoubye likes the 1,000-piece puzzles, and after she has completed them, she glues them with Modge Podge® and frames them.

When the winter days are long and major boredom has set in, remember a box full of colorful puzzle pieces with a lovely picture of a warm beach scene can make the doldrums seem a bit more cozy.



Kim Foster's completed candy jigsaw puzzle looks good enough to eat!

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IN THE GARDEN

# HOUSE PLANTS

would like to state right up front that I am by no means a houseplant expert. To be honest, saying that I'm an expert in anything would be a stretch. However, to me it's kind of like space exploration. You don't have to actually go to space to write about it or have some sort of knowledge about what it entails. With that being said, let's look at some of the more popular houseplants that are easy to maintain and can brighten up any interior.

Before diving right in, you have to have a little insight of some basic indoor plant requirements. Like all plants, houseplants require the basics: food, light, and water. Now, in my opinion, what makes a good houseplant are those that survive with just the very minimal of the aforementioned requirements.

From a plant's perspective, the indoors are usually quite a hazardous environment. Lighting is usually not the best, the humidity is extremely low, and if you're like me, those poor plants don't get much attention in the way of food or water. That's what makes the following list of houseplants winners. Most actually prefer low light, drier soils, and very little fertilizer. Next to dreaded plastic plants, these guys may be your best option.

## **BY JOHN WATKINS**

### WINDOWSILL PLANTS

Let's start with some smaller, what I call "windowsill" plants. These are the ones that can easily be grown in smaller containers, either on a countertop or tabletop, close to a light source. Heartleaf Philodendron and Pothos are both trailing plants that look and grow surprisingly similar despite being two distinct species. Both can survive low light conditions (Pothos leaves will actually burn if given too much direct sunlight), sparse fertilization, and while they prefer moist soils, can tolerate going long periods without water. Along the same lines, English Ivy comes in lots of variegated leaf varieties to add that extra splash.

**Peperomia** is another great small plant that works great on a tabletop or as a companion plant in dish gardens or mixed baskets. The thing that makes peperomia so interesting are its leaves which can vary somewhat in shape (from heart-shaped to narrow), texture (from smooth and waxy to almost waffle-like), and their color (from green, to reddish or silvery gray). They prefer low to medium light, temperatures between 60-75° F, and moderately dry soils.

**Plectranthus**, or **Swedish Ivy**, literally cascades over the edge of a pot

with glossy rounded leaves that are scalloped on the edges making it great for tabletops or hanging baskets. They prefer medium light, cooler temeratures (50-65°F), and soil that is just barely moist.

Have a particularly sunny window that needs livening up? **Aloe** is a great choice to have around the house for both its looks and its medicinal properties. While aloe can grow to almost three feet in height, smaller varieties like aloe vera work great in small sunny indoor spaces. Being a succulent, they do prefer dry soils, warmer temps (around 70° F) and bright spaces for best results.

Want something a little splashier? **Christmas cactus** makes a great gift plant around the holidays because they typically bloom in mid to late December. Their graceful arching branches have long segmented stems and fantastic flowers in so many colors – from lilac, rose, salmon, reddish-orange, or white. They prefer bright light, warmer temps (70-80° F except in the fall when they like it cooler to set flowers), and moderately dry, well-drained soils.

## LARGER PLANT VARIETIES

Ok, bring on the big boys! While not huge by outdoor standards, you will need a good bit more space on the floor for these guys. **Monstera** (don't be frightened) also has the nickname, **Swiss Cheese Plant**, because of the naturally forming holes in their leaves. Interestingly enough, the holes are thought to maximize sunlight capture in their native tropical habitats while decreasing the weight the plant has to support. Medium indirect sunlight, sparse watering, and average indoor temps will help it thrive.

**Aglaonema** or **Chinese Evergreen** is another of the most popular houseplants on the market. Its unique lush foliage (which can range from solid



Aloe is great for its medicinal properties.

green to speckled pinks and reds), easy care, and ability to adapt to almost any environment, make aglaonema a mainstay of favorite houseplants everywhere.

Low light conditions? No problem. Throw this guy in a hallway or bathroom and it will be perfectly happy. It does like to be kept moist though, so consistent watering is important.

And finally, an indoor plant I can live with. Meet what the plant experts call a virtually indestructible houseplant: **The ZZ Plant**! If you're wondering about the name, it comes from its



Zamioculcas zamiifolia or ZZ Plant





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This plant is really tough, being able to survive weeks without water and growing well in any light except direct sunlight. It also has the added benefit of being a great air purifier, and in a NASA study, researchers found that it is "specifically adept at removing copious amounts of toxins such as xylene, toluene, and benzene from the air." Good enough for NASA, good enough for me.

And somehow I've managed to come full circle: from me talking about travelling in space to NASA talking about houseplants! So whether you're looking at indoor plants for a room far, far away, or looking for a houseplant to go where no plant has gone before, give one of these selections a try and, "May the **Gorse** be with you!" Sorry about that. I just couldn't resist.

John Watkins is the grounds director at Discovery Park of America and resides in Henry County.







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|   | Puzzle on page 33 |  |  |  |
|---|-------------------|--|--|--|
|   | ACROSS            |  |  |  |
|   | 3. PUZZLE         |  |  |  |
|   | 4. KANGAROO       |  |  |  |
|   | 6. LIGHTNING      |  |  |  |
|   | 10. BOOKS         |  |  |  |
| ) | 11. HALLOWEEN     |  |  |  |
|   | 12. McCORD        |  |  |  |

14. VOGUE

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| 17. | CORPSMAN |
|-----|----------|
|     |          |

- 18. FOSTER
- 19. EXTRA
- 20. MOUNTAIN
- 21. KENTUCKY
- 1. KEINIUCKI
- 22. ZZ PLANT

## DOWN

- 1. GUTHRIE
- 2. JENKINS

- 5. THRASHER
- 7. LADIES
- 8. CALENDAR
- 9. BALLOONS
- 12. MEMORIAL
- 13. CHICKEN
- 15. TAMMY FAYE
- 16. SNOW PLOW
- 17. CARDINAL



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- For increased balance, keep your hands free and out of your pockets.
- Keep rock salt and some sand or cat litter on hand. Salt helps melt ice and cat litter or sand can offer temporary traction.
- Plan your steps to the car, office and elsewhere to avoid snowy, icy walkways.
- Look at the bottom of your footwear. Make sure your shoes/boots have good tread.









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