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## It's Winter Time...Cozy Up With PARIS! Magazine

We can't say we didn't see it coming! The days when the winter sky looks like frozen marshmallows are here....and we wouldn't have it any other way!

What a great time of year to cuddle up and catch up with PARIS! I learned a lot in this issue from our feature articles. For example, the Athena Delphian Club has a new take on an old project in "Le Petit Bazaar: Shop for GOOD!" The ladies behind the counter of the Henry County Court Clerk's office are saving lives one duck at a time. And our friends at the Tennessee Valley Authority offer insight on new ways to go green in "Build A New Year's Green Routine."

Speaking of green, Garden Guru John Watkins' "Garden Trends for the Coming Year" is a must read. But if you're still seeking a winter escape, Steve McAdam's has the right idea in his outdoor piece, "Winter Giving you the Blues? Try the Catalog Cure!"

My New Year's resolution was to try something new, and Paris Art's Academy has the ticket. Meredith Verda's article, "Weaving: New Local Classes on an Ancient Craft" will have you ready to start the class ASAP. Don't forget that the PAA offers other classes from pottery to yoga.

### ON THE COVER

During a winter trek last year, Addy Kate Parker captured this peaceful scene of two deer in the snow behind Emerald Lake on Volunteer Drive.



History is always on our minds as we turn the calendar to a new year. Few counties are more enthusiastic about their history than Henry Countians. In Around Our Town, "Deeply Etched in Time: Fourth Generation Leads Business into Next Century" celebrates a fourth generation business that is a century old. Remember When is filled with photos from memorable snows at iconic places, and Reminiscence tells of renowned Puryear educator, Rosamond Clark Christenbery.

There's lots more in this issue, so grab that cup of hot cocoa and enjoy!

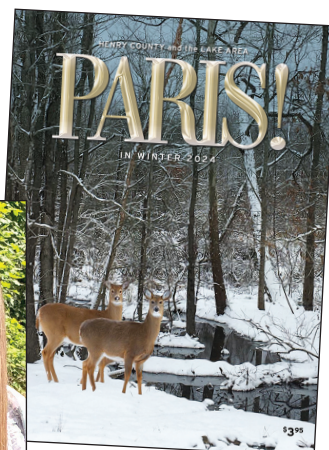
Happy New Year!

*Smantha*

Smantha



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Henry County and the Lake Area

# PARIS!

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REMEMBER WHEN

# WINTER SNOWS

## From Henry County's Past

By Shannon McFarlin

**S**now, snow, snow! We may be in the South, but that doesn't mean we don't have snow. Let's face it, for many people, winter isn't complete without snow.

Many of the snows we've had over the years have been quite memorable. People still talk about the "big snow of 1955" for instance, which pretty much brought the town to a complete standstill for several days.

And before trees were planted there, the Grove Tower hill was a great place to sled down, and luckily for us, people actually took photos of it.



Attorney Fisher Neal is shown trying to navigate the snow-covered streets in front of the courthouse, 1951.

Below: City crews work to scoop up snow on West Washington Street. It's an interesting photo because you can see the old Greystone Hotel sign at right.



Just for fun, we thought we'd include a photo of a big snowfall in Cottage Grove, 1919. The two girls on either side are twins Ellie Brady Snow and Nellie Brady Jenkins, who happens to be the grandmother and aunt of our writer, Shannon McFarlin. Ellie is at right, eating a big ball of snow, and her twin, Nellie is at left, getting ready to throw hers.



In this undated photo, you can catch a rare glimpse of the Crockett home surrounded by snow. The home was the residence of Congressman John Crockett, son of the famed David Crockett. Located at the corner of Fentress and Wood Streets, it now is the location of Coast to Coast Tinting.





Snow enveloped the popular Penney's store in either 1950 or 1951. You can really see the turrets in this photo.



The Henry County Courthouse covered in snow during the big 1955 snowfall.



Far left: Shown are Bob Humphrey's Paris Baking Co. (Home of Sonny Boy Bread), Jack Moore's Barber Shop and Pool Room, Wes Enderson's Silver Grill, and the back door of S.A. Snow and Sons Sporting Goods during a snow during the 1950s.

Left: Charles Lane is the lone person sledding down Grove Hill in 1963.

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# ROSAMOND CLARK CHRISTENBERY

## Renowned Tennessee Educator

By Shannon McFarlin

For decades, the portrait of Rosamond Clark Christenbery looked down upon the hustle and bustle in the hallways of Puryear School. But how many students knew that they had Rosamond to thank for their school in the first place?

Rosamond had an educator's heart and took it upon herself to ensure that the children of Puryear had a school. She gave much of her own hard-earned dollars to build a school in 1915, and she was reportedly the youngest high school principal in Tennessee when she became principal of the school. The school later burned to the ground in 1944.

Her portrait was painted by noted Paris artist Pearl Routon and was recently reunited with Pearl's granddaughter, Stephanie Routon Tayloe, when it was donated to the Henry County Archives. Tayloe is the County archivist and was thrilled to see the portrait in person. "It had been privately owned all these years, and I just couldn't believe it when it was donated to us at the Archives," she said.

Stephanie keeps the portrait in a spot where she can see it easily and said plans are in the works to have the portrait hung in the Henry County Courthouse Portrait Gallery where portraits of Christine Reynolds, Pearl Routon, Mordecai Johnson, Judge Howell Jackson, Joe Routon Sr., Governor Isham Harris, Governor Thomas Rye, Congressman John Crockett, Congressman J.D.C. Atkins and Patrick Henry already reside.

Rosamond Christenbery led quite a life, having been one of 13 children

born to John Porter and Virginia McGehee Clark. Rosamond was born in Puryear and had a life-long love of the town. She was an honor student at Union University in Jackson and planned a teaching career. At the age of 18, she became the principal of Puryear School. She later became the school principal at Cumberland Gap Elementary School.

She married Dr. William Frederick Christenbery, who was born in Chickita, Indian Territory in Oklahoma. A quiet, unassuming man, he practiced as an eye, ear, nose, and throat specialist for 53 years, and he and Rosamond met at Cumberland Gap. Dr. Christenbery's father dropped the last "r" in the family name, believing it was long enough already, so many in the extended family spell their name "Christenberry".

Rosamond was known as "the clipping lady" because she clipped items from local newspapers and sent them to people all over the world. The clippings included wedding announcements, obituaries, photographs and other human-interest items. In the State Library & Archives, it shows



Rosamond Clark Christenbery





At age 18, Rosamond Clark Christenbery became principal of Puryear School, shown here in 1944.

that she also sent clippings of news of interest to Governor Thomas Rye of Paris.

She taught a boys' Sunday school class at Central Baptist Church in Fountain City for over 40 years. She began 4-H clubs for girls in Tennessee and reportedly served as the first agricultural agent in the state in 1912. She also wrote a weekly column for the *Tennessee Farm Weekly* and was honored as "Woman of the Year" in Fountain City.

Stephanie Tayloe said, "She did a lot for education and for women

during her lifetime. She encouraged women to be teachers and to be involved in their schools."

When she moved to Knox County, with her proximity to the University of Tennessee at Knoxville, she "welcomed all students into her home. She had an open house each Sunday and she set out a sideboard full of food for any student who wanted to come. She also did their laundry on Sundays."

Rosamond died at the age of 89 in 1980 and is buried at Lynnhurst Cemetery in Knoxville.



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## Make the Most of the General Business Credit

Tax credits are far more valuable than tax deductions. Unlike a deduction, which reduces a business's taxable income, a credit reduces the business's tax liability dollar for dollar. Tax credits aren't unlimited, however. For businesses, the aggregate value of tax credits may be limited by the general business credit (GBC), found in Internal Revenue Code Section 38. Taxpayers should familiarize themselves with the GBC so they can understand the value of their business credits and identify tax-saving opportunities.

### HOW IT WORKS

The GBC isn't a tax credit in the usual sense. Rather, it's a collection of dozens of business-related credits scattered throughout the tax code. Each credit must be claimed separately, according to its specific rules and using the relevant tax forms. Taxpayers that claim more than one credit, however, must also file Form 3800 to report the aggregate value of those credits and calculate the overall allowable credit under the GBC.

The GBC limits total credits in a given year to the excess (if any) of a taxpayer's net income tax over the greater of:

- The tentative alternative minimum tax (AMT) for the year, or
- 25% of the amount by which the taxpayer's net regular tax liability exceeds \$25,000.

For purposes of calculating the GBC, "net income tax" is the sum of the taxpayer's regular tax liability and AMT liability, reduced by certain non-GBC credits. "Net regular tax liability" is regular tax liability reduced by certain credits.

The GBC limit essentially prevents taxpayers from using credits to avoid AMT. In recent years, that hasn't been an issue for C corporations, because the Tax Cuts and Jobs Act (TCJA) repealed the corporate AMT. Although the recently

enacted Inflation Reduction Act established a new corporate minimum tax for corporations with "book profits" over \$1 billion for tax years beginning after December 31, 2022, it generally doesn't limit the GBC.

The AMT for individuals still exists, though the TCJA substantially increased the AMT exemption and made other changes that mean fewer taxpayers are subject to it. Nevertheless, AMT still may limit the use of the GBC by individual taxpayers such as sole proprietors, partners and S corporation shareholders.

### TREATMENT OF UNUSED CREDITS

If the limits prevent a taxpayer from using all of the GBC, the unused credit may be carried back one year and then, if unused credit remains, carried forward up to 20 years. In a given year, the GBC is used in the following order:

- Carryforwards to that year, starting with the oldest ones,
- GBC earned in that year, and
- The carryback to that year.

These ordering rules essentially apply a first-in, first-out (FIFO) approach that minimizes the risk that unused credits will expire. Still, taxpayers with a large surplus of credits

may risk losing credits that can't be used within the 20-year carryforward period. Fortunately, the tax code provides some relief for taxpayers in this position.

### DEDUCTION FOR UNUSED CREDITS

To prevent taxpayers from "double-dipping," the tax code generally doesn't permit them to claim a tax credit and a tax deduction based on the same expenses. Thus, in the year that a GBC is generated, taxpayers generally must treat a portion of its expenses (equal to the amount of the credit) as nondeductible.

In many cases, when a credit is lost, Section 196 allows the lost credit amount to be claimed as a deduction. If the credit is lost because the 20-year carryforward period expires, the taxpayer may claim the deduction in the following tax year. If it's lost because the taxpayer dies or ceases to exist, the deduction may be claimed for the year of death or cessation.

The Sec. 196 deduction may provide a tax-saving opportunity for C corporations contemplating a sale. It's common for buyers to acquire a company's stock and then make an election to treat the transaction as a deemed asset sale for tax purposes. But this can trigger substantial taxable gains for the seller. If the seller has significant unused GBCs, it may be able to use a Sec. 196 deduction to offset some or all of those gains (because the selling corporation ceases to exist).



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## HENRY COUNTY MONUMENT WORKS

DEEPLY ETCHED  
IN TIME

## Fourth Generation Leads Business Into Next Century

By Susan Jones

The first thing that Jay Travis ever wanted in life was to keep his family business going, building on the relationships and the service that his father, Dr. David Travis; grandfather, Barton Travis; and great grandfather, James Marvin “Mac” McCutchan gave this community. For Travis, taking the business into the next century was a sentimental mixture of family tradition and assisting people when they need you most.

## HEALING THROUGH STORIES

“Helping folks memorialize their loved ones is a personal business. Some families come in knowing exactly what they want, while others need more time,” says Travis. “It’s not something they do often, so I frequently tell them, ‘We’ve been here 100 years; we are in no rush. We want the stone to look exactly like what you envision when you close your eyes.’”

Travis describes the process as a type of therapy. “The words and perhaps pictures that are eventually seen on a headstone are the result of a staff that listens,” he says. “People describe their loved one to us with

stories, and from those stories they realize how they want to honor them. Sometimes we work with families for years until they are ready. We want to hear their desires and make a memorial that makes them proud.”

## DETAILS, DETAILS

The stones, generally gray and black granite, are delivered from as nearby as Georgia and as far away as India and China to the monument works on North Dunlap Street where the work begins. Henry County Monument Works is known for their deep-cut lettering style. Other monument companies’ stones are pre-lettered and pre-designed, making the stone more expensive and the company less nimble when it comes to expediting the process.

Employees at this business seem to settle in and stay a while, another reason for the business’ longevity. Ronnie Jackson has been the lead sandblaster for 25 years. “His attention to detail and his work ethic are unmatched,” says Travis. “These days, the opportunity for a more detailed product is incredible. With the introduction of new technology, personalization of a stone using pictures

and etchings has come a long way,” explains Travis.

## TECHNOLOGY IMPROVES DESIGN

In the old days each stone was lettered by hand; today, the business uses a computer program, providing customer a better idea of the final product before it is sandblasted. Once approved, that image is sent to the lathe-like cutting machine that carves the design into the rubber. The rubber is then laid onto the stone with adhesive and is ready for sandblasting. The program also can create hand-etched scenes and laser etches on black granite.

“We crafted a view of a family’s farmhouse that was so complete, it included the family cat sitting in the window,” says Travis, who is still amazed at the in-depth designs that have become available.

Although Henry County Monument Works has certainly kept abreast of technology, some of their work cannot be done on Dunlap Street. In fact, while the local team can set photos into a stone, the photos themselves are porcelain and are created thousands of miles from Paris in Italy.



#### FOURTH GENERATION BEGINS

Jay Travis began his journey in the monument business at 15 when his father, local dentist David Travis, caught him “being lazy, lying around the house.” He informed his son that “to-day’s the day,” and dropped the teenager off at the cemetery to work with long-time employees Ronnie Jackson and Ernie Craig setting stones.

Because of the planning needed to maneuver a 1,200-pound monument to a specific, and often tight, location, the younger Travis describes setting the stone as “the final piece to the puzzle. I like to tell people it’s like solving a 10-piece puzzle, but you can only touch the pieces once. It can be dangerous, but we’ve been doing it a long time and always exercise caution.”

The stone slides down boards from the truck, then the crew uses heavy bars to stand it up. A hand truck is used to get it positioned if they can’t get right next to the site.

“Some days are harder than others,” says Travis, an observation which has, no doubt, been expressed by each of the four generations.



Two generations of Henry County Monument Works family: David and Jay Travis

#### TERRIFIC EMPLOYEES EQUAL SUCCESS

Travis and his father are both quick to give credit to the teams that have worked with them over the years. Names of long-time employees like Marge Barrows and Johnny Hudgins quickly bubble to the top. Today, new names have joined the conversation, including Office Manager Nicole Holland, Director of Manufacturing Ross Norwood, and Lucas Berry.

Like his dad before him, Travis is at the monument works in the morning and practices dentistry in

the afternoon. “My heart is at the dental office, but my soul is at the monument works. While doing both dentistry and the monument works has some challenges, I’ve been able to assemble a monument works team that functions like a family, and I believe that’s what will continue our success into the future.

“I’m proud that we’ve been able to be in business 100 years serving the Paris community, as well as surrounding areas,” says Travis. “Being able to help families in their time of need is an honor and a privilege.”

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# Winter Giving You The Blues?

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# CATALOG CURE!



By Steve McCadams

**G**loomy days of winter playing games with your mind? Cloudy, dreary weather for an extended period sort of turns a smile upside down. Too many back-to-back days of gray skies has been known to give the viewer a case of the winter blues. A seasonal cure won't arrive until March 19 when the first day of Spring may chase away the woes of winter.

Until blooming dogwoods arrive and a yellow parade of daffodils scream the transition has taken place, best make the best of it. Scratch your seasonal itch with something that takes you into a far-away dreamland, blocking out the doom and gloom, allowing the sun to peak through those endless dark clouds locking you in a funky fog. Don't think for a minute it can't be done. Scores of folks mastered the cure long ago by allowing their imagination to take over and call the shots. Follow the yellow brick

road. It worked for Dorothy and Toto. Odds are it can work for you too.

Now hit the recall button. Those of us old enough to remember the Sears and Roebuck catalog could go just about anywhere, anytime, and be anyone while thumbing the pages. Mothers of yesteryear sat us down in a chair – after a dose of discipline – helping us come to grips with the fact we weren't the only youngsters in the world not getting to go outside and play. Even today the whole shebang isn't limited to our past or youngsters in general. Making the best of a tough situation that fed depression has managed to carry on from youth to the “Golden Years”.

When the big thick Sears and Roebuck catalog unfolded across your lap the sky was the limit. A million possibilities! Destinations of delight! In today's world maybe it's the Bass Pro Shop catalog or a glance on Amazon's website. You get the drift.

Some of us old folks swapped the hats of youth but managed to hold on to impatience, displaying restlessness during the bad winter day when our playgrounds are calling. If only you could order the toy or tool right then and have it in your hand. Such thoughts and desires began to erase steamed up windows that blurred the forbidden outside world we knew was out there. Suddenly winter's grip loosened, gradually diminishing tears of despair.

For me glancing through the pages and seeing ol' Ted Williams swinging his baseball bat or casting a fishing rod gave me hope. Out of the stands and onto the playing field! That's what Ted did as he held a bat and glove or palmed a rod and reel.

Winter! What winter? That's what today's color catalogs can do for you same as they did generations ago only the pages of the past were a mere black and white. No problem.



We imagined the colors; blue skies were vivid. Flip the pages and feel the wind blowing through your hair as that fancy pontoon slices placid waters, loaded with friends and family. From a glowing campfire next to the lake feel the warmth, smell the hotdogs as a pitched tent begs your participation. Lunker size fish tug on the line as the latest and greatest innovations leap from action photos where the angler's face resembles someone you know. Suddenly your old tackle box and lures seem like relics at a yard sale. The boat hibernating down in the shed takes on a dirty, rusty appearance. How many tomorrows are left in the ol' outboard motor? Will someone be around to offer a tow when it sputters its farewell?

Yesterday's winter wishes have returned. The busted-up sled couldn't compare to the fun and excitement a new one from Sears and Roebuck would provide. Whoever coined that one about the only difference between men and boys was the price of

their toys must have been cooped up on a messy winter's day.

Bored and dismayed. Nose pressed to the window as the dilemma of staying detained cut deep.



Ted Williams signature spinning reel,  
Sears Catalog item, ca. 1960s

Catalogs offer temporary cures for cabin fever. Magazines and newspapers do, too. Today's televi-

sion screens resemble theatre movie screens we once paid a quarter to watch, taking us there as we grip the armchairs with enthusiasm and visualize being in the driver's seat.

Although time supposedly changes everything it hasn't totally replaced imagination and winter woes. Young and old still yearn for a cure for cabin fever when it strikes. Modern day gadgets with all their bells and whistles have yet to surpass the art of imagination. It's still the best thing going for all ages as no doubting its ability to withstand the test of time.

Anything that can chase away poverty, winter blues, physical limitations, and bad times in general is a powerful pill. Wish away Winter and Spring may just greet you when you wake up.

Turn the pages of life as slow as you can.

*Steve McCadams is an avid sportsman, hunting and fishing guide, and talented outdoors writer. His email address is [stevemc@charter.net](mailto:stevemc@charter.net).*

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# WANNA SAVE A LIFE?

## Office of Henry County Clerk Joins Forces With Donate Life Tennessee

By Karen Geary

**W**hen you walk into the Henry County Clerk's Office, you expect to pay taxes, get a fishing license, or pick up a new car tag, but you don't expect to be flocked by little yellow rubber duckies. That's right, little duckies... lining the shelf in front of the customer service staff.

But why?

County Clerk Donna Craig and her staff have been known to have a good time on the job and go all out on Halloween or Christmas with themed costumes and decorations. But the cute ducks weren't one of their ideas.

The concept began in Ontario, Canada, in 2020 and is called "Duck Duck Jeep" which is an act of kindness among Jeep owners. Since then, the movement has migrated south into the United States.

Across Tennessee, 60 county clerks, found a fun way to help save lives with the little ducks. Each of their offices participate in the Donate Life Tennessee "Duck Duck Donor" educational campaign. Each duck has a QR code stick on its bottom, and when scanned, individuals can register to become an organ and tissue donor through a website.

There is a suggested donation for each duck, and the campaign has seen an overall 15% increase in contributions to the Tennessee County Clerk Organ Donor Awareness Foundation.

The organization was established in 1996 to educate Tennesseans on the need to register as an organ and tissue donor. The foundation supports state-wide opportunities and initiatives to encourage Tennesseans to register as donors.

The national transplant waiting

list currently has over 100,000 people on it. With 3,000 of those being Tennesseans, county clerks hope communities recognize the importance of this fundraiser.

"We have been collecting donations for the organ and tissue donor awareness program since 1996 when it started," said Craig. "County clerks collect \$1 on renewals or any transaction the clerk's office provides. When you receive your license plate renewal in the mail, there is a box to mark to donate \$1 to help with donor awareness."

Craig continued, "This campaign has given us a chance to talk to the public about organ donor awareness, because what better way to start the conversation than a yellow rubber duck? For a customer to receive a duck, we ask that they donate \$3 to the donor awareness program."



To date, the combined total of 13,000 ducks have found new homes at the urging of clerk staffs across Tennessee. And the ladies at our local office are no exception.

Evana Davis has been crowned the “duck queen” by her fellow County Clerk’s Office employees. Everyone coming to her window is asked to take a ducky home for a suggested donation. A “Duck Duck Donor” campaign flyer is close by to explain the importance of signing up to be an organ donor. And customers usually don’t have a chance to fly away from the office before Ricky Wade, head of security for the Henry County Court-house, surprises them with a quacker in his hand and a quick deadpan, “Wanna buy a duck?”

To get the point across further, staffer Carol Whitworth wants everyone to know this: “Just tell everyone that the Henry County Clerk’s Office has its ‘ducks in a row.’”

*Anyone interested in becoming a donor can register at the Henry County Clerk’s office, Driver Safety Center, or online at [donatelifetn.org](http://donatelifetn.org).*



Above: Evana Davis, the “Duck Queen”, makes sure everyone coming into the Henry County Clerk’s office knows about the fun “Duck Duck Donor” program. Gracian McElroy looks on in amusement.

Right: Sgt. Ricky Wade asks “Wanna buy a duck?”



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## To New Beginnings!

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# Le Petit Bazaar:

## *Shop For Good!*



By Marie Ciciarelli Berryman

Several years ago, I was invited to join the Athena Delphian Club. I was new to Henry County and not yet familiar with the club. After some research, I found that the Club originated in 1963, and its membership was limited to 30 Henry County women. Their primary objective was to promote interest among its members to actively work in the community focusing on positively impacting Henry County's cultural, art, and educational endeavors. Similar in my mind to a big city Junior League, it sounded wonderfully philanthropic! So, I gratefully accepted.

Each year, the Athena Delphian Club sponsors one large event to raise money for its local scholarship and community fund. My first year as a member, the event was a tag sale called "The Bazaar" and was chaired by the very talented co-owner/designer at The Cabinet Corner, Laura Sykes Owens. This was a giant, one-

day sale held at the Henry County Fairgrounds. In my experience and to my delight, it was like Martha Stewart and her friends were hosting a big, fun, family yard sale. Current and sustaining Delphian members generously donated bonus furniture, unique home decor, pre-loved collectibles, and barely used boutique goods over the course of two years to sell at this single, springtime event.

Under Laura's direction, the donations were specially curated into spaces as if the shopper was experiencing a high-end boutique. Each category of donations and pre-owned treasures was pleasantly and distinctively displayed. It was an enormously successful fundraiser for the Athena Delphian Club, and all proceeds were used to fund local scholarships and community projects.

The Club played a big part in the establishment of the Krider Performing Arts Center and helped purchase and maintain the center's Steinway

grand piano. Additionally, the club has also sponsored outdoor furniture at the Eiffel Tower Park's splash pad; landscaping and a new bench around Paris' famous big catfish; planters and benches at Paris Healthcare; candy partner for the City of Paris Parks Department's annual Spooktacular; and the many beautiful, woven hanging baskets around the square in downtown Paris in honor and memory of long-time member, Cynthia Tubbs.

As the bi-annual Bazaar grew both in size and anticipation from the local community, the Delphian executive committee, under dedicated president and local attorney Ellen Neese Adams started to brainstorm on how to best streamline the event. Much consideration was also given to the level of extensive planning that was required to work a single-day event when traditionally it was only on the calendar every other year.

In Spring 2023, the owners of The Funky Blue Owl, a favorite Paris



resale and antique store, announced their retirement and store closing. I shared rented booth space in the store for a few years reselling personal antiques, estate sale treasures, and collectibles.

Coincidentally, another vendor in the store, Cathy Robbins, former owner/operator of Jack Jones Flowers and Gifts, recognized this as an opportunity to purchase the antique and resale store and expand the concept into a larger upscale regional marketplace. With the purchase by Robbins, Wood Street Warehouse was born in August 2023 and boasts over 40 unique vendors offering vintage, artisan, pre-loved upscale and new gift items.

Here was the perfect opportunity for the Athena Delphian Club to sell items year-round that would normally have been donated to The Bazaar sale by becoming an official vendor at Wood Street Warehouse.

In October 2023, the Club opened a booth named "Le Petit Bazaar" filled with unique items donated by our membership and supporters. And with many of Wood Street Warehouse's vendors already managing thousands of individual followers on social media, when Le Petit Bazaar



posts on Facebook about new items being offered for sale, potentially thousands of customers are reached directly.

One hundred percent of the proceeds from Le Petit Bazaar are used to fund Athena Delphian scholarships for Henry County High School students and select community projects. This means when you purchase items at Le Petit Bazaar, you "Shop for Good."

If you would like to help support our local student scholarship fund by donating gently used or new furniture to Le Petit Bazaar, please send a Facebook message and photo/description of items to Athena Delphian (#AthenaDelphian). We may be able to help with pick up/delivery of your donated items. I invite you and your friends to visit us at Wood Street Warehouse, 823 East Wood Street (#WoodStreetWarehouse) in Paris. The store is open Tuesday-Friday, 10 am-5 pm, and Saturday, 10 am-4 pm.



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# WEAVING

## New Local Classes On An Ancient Craft

By Meredith Vajda



**P**aris Academy for the Arts' many classes have included pottery, painting, drawing and sketching, music and dance instruction, yoga, sewing and quilting, writing, beading and jewelry-making, children's summer camps, and even instruction in sushi. The one discipline the academy has never offered is weaving.

But that has changed. It's the newest addition to the curriculum, with classes that began in August. It took three months to assemble a studio with a sufficient number of looms and to recruit experienced teachers in order to offer small classes for multiple students.

Weaving is a logical addition to the class list, as it's a discipline that can lend itself to utilitarian uses (scarfs, bags, totes, dish towels, rugs, woven yardage for clothing) as well as to more artistic purposes (wall hangings, tapestries, three-dimensional creations).

Start-up costs was the hurdle that prevented these classes before this. That hurdle was minimized in March 2023, when a friend-of-a-friend of one of the PAA potters contacted the school with an offer of a gift of a large floor loom, a smaller four-heddle loom, a compact spinning wheel, and various accessories for all of them. The donor wanted these tools of his stepmother's lifelong passion to be

used and enjoyed and thought Paris Academy for the Arts would be the right place.

It took three trips to the donor's home in Lexington, Tennessee, to evaluate the looms and move them to Paris. The large floor loom needed to be disassembled to move it out of his home and then reassembled at the school. The four-heddle loom was complete, but after the move, it needed to be taken apart, cleaned, the wood oiled, the metal parts scrubbed of rust, and the heddles re-strung and adjusted. All of this was accomplished by a few people who had little knowledge of how looms worked. Phone calls to LeClerc Looms in Quebec, Canada, the maker of the large loom, answered many of our questions. The current model of this loom has a retail price of about \$14,000.

Even with this generous gift, the Academy still required at least three more looms to start offering classes. A weaving instructor, Eileen Wirsig, at Murray Art Guild was kind enough to offer suggestions on ways to utilize our large loom, some of which could generate income. She also arranged for us to purchase three looms that MAG was ready to replace. These three looms were hand-built by a craftsman in Puryear about 25 years ago but still would serve a beginning program very well. The Academy



bought them and they were ready for classes.

Since that purchase from MAG, the Academy has added four new rigid-heddle looms, for a different method of weaving, and some think an easier way for beginners to learn the basics. One of those four looms was a gift from a generous benefactor with a history of helping the Academy in numerous ways.

Instructors are key to any successful program and PAA is fortunate to have found two weavers who also are excellent teachers. Lezlie Russell is a retired nurse practitioner who has been weaving for about 25 years and has been spinning wool for over 10 years. She is also a trained silver-smith. Wirsig, a retired accountant, has been a weaving instructor at Murray Art Guild for the past 20 years.

PAA board member Dave Winters enrolled in the second weaving class, and he said, "After completing one weaving course using one of the tabletop looms and making a scarf, I was hooked!"

With Eileen's guidance, he completed the assembly of the large floor loom, sized four feet long, five feet wide, and six feet tall. To prove that it worked, he "wove an eight inch wide by seven foot long scarf using patterns learned from the class. Mind you, this large loom can make fabric up to 45 inches wide and yards long with patterns for plaids and other exotic designs. My little simple piece



"I was hooked!"— Paris Academy for the Arts is now offering classes in loom weaving.

turned out well and will be a Christmas gift for my son." Now Dave and his wife, who has also taken weaving classes at PAA, own a small rigid-heddle loom which already is in constant use.

Upcoming weaving classes include a "Weave a Scarf in a Day" and saori weaving. In addition, looms are available for rent by experienced weavers for use in the fiber studio.

An Open House at Paris Academy for the Arts on Saturday, February 3

from 1-4 pm will offer an excellent opportunity to try weaving and talk to some who have recently learned. Other studios that will be open are pottery, painting, sewing and quilting, and yoga. Refreshments will be available. Everyone in the community is welcome.

Paris Academy for the Arts is located at 402 Lee Street in Paris. Website is [schoolforarts.org](http://schoolforarts.org) and email address is [parisacademyforthearts@gmail.com](mailto:parisacademyforthearts@gmail.com).

A winter night scene with a snow-covered house and trees. The house has warm lights glowing from the windows. The text "keeping you cozy" is written in a cursive font at the top left, and "all winter long" is written in a cursive font at the bottom right. In the bottom left corner, there is a logo for Paris BPU's Generator Loan Program, which consists of a stylized 'A' made of colorful triangles. Below the logo, the text reads: "Learn more about Paris BPU's Generator Loan Program by calling 731-642-1322 or visiting www.parisbpu.com".



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## JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JANUARY 21</b> 	<b>JANUARY 22</b> <b>PROJECT BRIDGE</b> JANE ETHERIDGE 731-707-0930 <b>HCHS MADRIGALS</b> WHITNEY BUCKELEW 615-390-2834 <b>INMAN BETA CLUB</b> ALEX EDGIN 731-642-8131 LORIE MCCLAIN 731-642-8131 <b>QUINN CHAPEL</b> JOHN DANDRIDGE 615-512-6807	<b>JANUARY 23</b> <b>COTTAGE GROVE COMMUNITY</b> DUSTIN INGHAM 706-835-7415 <b>CENTER COMMUNITY</b> ANDY/BECKY PASCHALL 731-782-3606 MIKE/PAM HUTSON 731-707-0164 <b>INTERRAIL SIGNAL</b> MIKE/PAM HUTSON 731-707-0164	<b>JANUARY 24</b> <b>COMMERCIAL BANK</b> JENNIFER STARKS 731-642-3341 <b>CARROLL BANK &amp; TRUST</b> JUSTIN OLIVER 731-642-6363 <b>FOUNDATION BANK</b> WAYNE POWERS 731-642-3130 <b>REGIONS BANK</b> BECKY COFIELD 731-540-0600 <b>FIRST BANK</b> JUSTIN MULLER 731-641-6400	<b>JANUARY 25</b> <b>HARRELSON BETA CLUB</b> HOLLY THOMPSON 731-336-8938 <b>PURVEY COMMUNITY</b> BETH TAYLOR 731-676-1275 BEV ZORN 731-247-3387 <b>NORTHWEST NUTRITION</b> OFFICE ON AGING BARBARA PEARSON 731-642-2919	<b>JANUARY 26</b> <b>CLIFTY COMMUNITY</b> CLIFTY VILLAGE JIM/ANITA BREEDING 731-363-3803 <b>RESCUE SQUAD</b> KELLY CORBITT 731-227-4517 <b>AIR EVAC</b> TAYLOR HOLTGREWE 731-336-4899 <b>RELAY FOR LIFE</b> ALONNA TOSH 731-676-4551 <b>HENRY COUNTY CASA</b> TAS SMITH 731-363-7940	<b>JANUARY 27</b> <b>AUCTION BEGINS AT 12 NOON</b> <b>WHITLOCK COMMUNITY</b> MARSHA ALDREDGE 731-336-9545 MICHELLE WADE 731-333-1127 
<b>JANUARY 28</b> <b>Auction Phone</b> 731-644-1695	<b>JANUARY 29</b> <b>NEW HARMONY BAPTIST</b> LORI SNOW 731-593-5276 <b>HERITAGE CENTER</b> SUZY HERRON 731-642-1030 <b>HC HISTORICAL SOCIETY</b> DAVID WEBB 731-336-8920 <b>HCHS BAND BOOSTERS/COLOR GUARD</b> ALICIA JOHNSON 731-336-8526 <b>INMAN BAND</b> CANDI ARNOLD 731-336-7715	<b>JANUARY 30</b> <b>JOE MAHAN FORD</b> JANA WILSON 731-642-4711 <b>FIRST PRESBYTERIAN CHURCH</b> DIANE MCDOWELL 731-642-2962 <b>NEW BOSTON COMMUNITY</b> KATHY STILES 731-782-3161 ANGIE LEACH 731-363-5231 <b>THE JOLLY WOMENS CLUB</b> GEORGIA CAWTHON 731-642-2740 <b>TRINITY UNITED METHODIST</b> EMILY WALKER 731-642-3427	<b>JANUARY 31</b> <b>MANSFIELD COMMUNITY</b> LINDA FAYE NEAL 731-693-9379 JUDY SUTTON 731-693-2858 <b>CHRIST LUTHERAN</b> JOYCE SPINN 731-227-9517 <b>JOHNSON CHAPEL</b> RENAE PEALE 731-363-0944 <b>CARL PERKINS CENTER</b> CARLY WHEAT 731-642-8455	<b>FEBRUARY 1</b> <b>BUCHANAN COMMUNITY</b> BECKY WHITE 731-234-0116 <b>LAKEWOOD BETA CLUB</b> EMILY TOWNSEND 731-644-1600 <b>HCHS SOCCER</b> KATHERINE GROOMS 731-336-1314 KENDALL MCDANIEL 731-571-6297	<b>FEBRUARY 2</b> <b>CHAPEL HILL/GUTHRIE ROAD</b> MARY JUNE SINNEMA 731-642-1794 <b>HOLY CROSS CATHOLIC CHURCH</b> LEILA KACKLEY 731-642-4681 <b>T.A.R.P. CTR. FOR IND. LIVING</b> DENISE WARDLE 731-644-0026	<b>FEBRUARY 3</b> <b>AUCTION BEGINS AT 12 NOON</b> <b>HENRY COUNTY MEDICAL CENTER</b> KELLY WINSTON 731-642-1220  — RADIO NIGHT AUCTION — AUCTION BEGINS AT 6:30 PM

## FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FEBRUARY 4</b> * NOTICE NEW CHANNEL! * Broadcast daily over <b>104.7 FM/AM 1000</b> <b>WHNY "Big Henry"</b> livestream on <a href="http://radionwtn.com">radionwtn.com</a> Saturday Night Auctions <b>104.7FM</b> & livestream on <a href="http://radionwtn.com">radionwtn.com</a> (check calendar time)	<b>FEBRUARY 5</b> <b>FIRST CHRISTIAN CHURCH</b> MARY GAIL MULLER 731-336-0621 PAM/RICK CONGER 731-621-7424 <b>HABITAT FOR HUMANITY</b> JOAN HOWE 731-333-1036 <b>LITERACY COUNCIL</b> SUE QUINN 731-641-0345	<b>FEBRUARY 6</b> <b>VETERANS ORGANIZATIONS</b> VFW POST 1889 & LADIES AUX. RONNIE NORWOOD 731-225-2664 <b>AMVETS POST 45</b> KATHY DUNCAN 937-238-5016 <b>DARKHORSE LODGE</b> GRETCHEN CATHERWOOD 731-363-3616 <b>AMERICAN LEGION POST 89</b> CINDI COLGROVE 219-789-6142 <b>PARIS ELKS LODGE</b> CHRISTY ALEXANDER 731-571-3034	<b>FEBRUARY 7</b> <b>WAL-MART SUPERCENTER</b> LYNN HOLMES 270-293-8444 <b>COVENANT RANCH</b> JON PAUL MOODY 731-336-4617 <b>NEW WAVE BUDDY BALL</b> JEANNIE HUNTER 731-333-4839 <b>PLUS</b> SUSAN HAYES 731-431-8640 <b>TN VALLEY BOARD OF REALTORS</b> RICK COBB 731-336-9371	<b>FEBRUARY 8</b> <b>FAIRVIEW BAPTIST CHURCH</b> BETTY CHRISMAN 731-642-3147 <b>HCHS SPEECH TEAM</b> WENDY BREEDLOVE 731-642-5232 LINDA MILLER <b>HCHS SWIM TEAM</b> MIRANDA MILLER 731-336-4557 <b>HISTORIC ATKINS-PORTER</b> NEIGHBORHOOD ASSOC. SUSAN JONES 731-693-2696	<b>FEBRUARY 9</b> <b>PARIS SOCCER CLUB</b> SHON JOHNSON 901-262-6806 <b>HEN. COUNTY CEMETERY COM.</b> SUSAN STEWART 731-336-9764 <b>HENRY COUNTY ARCHIVES</b> STEPHANIE TAYLOE 731-644-3489 <b>HEN. CO. GENEALOGICAL SOC.</b> JEAN PETERSON 731-642-3638 <b>HENRY CO. CHAMBER MUSIC SOC.</b> MIKE HOLDEN 731-676-2772	<b>FEBRUARY 10</b> <b>AUCTION BEGINS AT 12 NOON</b> <b>FIRST BAPTIST CHURCH</b> DAVE/ANNE CULLEN 731-333-2904 731-641-0097  <b>IN HOUSE NIGHT AUCTION</b> BEGINS AT 6:00 PM
<b>FEBRUARY 11</b> <b>Auction Phone</b> 731-644-1695	<b>FEBRUARY 12</b> <b>HENRY/BUNNS COMMUNITY</b> ALONNA TOSH 731-676-4551 DEDE WYATT 731-363-0568 <b>SENIOR CITIZENS CENTER</b> JOAN THOMPSON 731-642-4041 <b>POINT PLEASANT BAP. CHURCH</b> 731-642-6947 <b>MARY'S KIDS</b> JUNIOR MILAM 731-694-1189	<b>FEBRUARY 13</b> <b>SUNNYSIDE</b> SARA PACK 731-336-7925 <b>COUNTRYWOOD ESTATES</b> RHONDA COMPTON 731-336-1047 SCENIC HILLS/CASTLETON COVE TOM/ROSE CUNNINGHAM 731-336-0220 <b>FOOD BANK</b> DAVID FLOWERS 731-676-0156 CARLTON GERRELL 731-693-3333 <b>HCHS FISHING TEAM</b> STACIA PUCKETT 731-336-8323 TCAT SHERRY WILSON 731-644-7365	<b>FEBRUARY 14</b> <b>COUNTRY CLUB ESTATES/</b> <b>NELSON/SHADY GROVE</b> TERESA BARNHILL 731-642-6618 BETTYE PASCHALL 731-676-0145 <b>PARIS LANDING COMMUNITY</b> <b>AND RESORT AREAS</b> REGGIE COLES OR KATHY MADISON 731-444-1364/731-644-9360 <b>HCHS CROSS COUNTRY &amp; TRACK</b> STEPHANIE WINDERS 731-336-0792 <b>PHASES TO FREEDOM</b> <b>AMERICAN HERITAGE GIRLS</b> CARLY WHEAT 901-493-4065	<b>FEBRUARY 15</b> <b>ELKHORN COMMUNITY</b> DOTTIE/BAKER KENDALL 731-642-7238 JOSH/ERIN COLEMAN 731-336-3468 731-642-7007 <b>FRIENDS OF TN WILDLIFE REFUGE</b> WENDY CRAWFORD 731-642-5610 <b>CHAMPS</b> PAULETTE H. DUNLAP 210-241-4267	<b>FEBRUARY 16</b> <b>EASTON'S ANGELS</b> BRITTNEY GREEN 731-363-2156 <b>THRIVING AT HOME SR. CARE</b> ZAC BELL 731-407-9051 <b>SALVATION ARMY</b> BOBBY JO FRENCH 731-642-4105 <b>HCHS BASEBALL</b> HEATHER TOWNSEND 731-336-5888 <b>REAL HOPE YOUTH CENTER</b> CARL ANDERSON 731-227-4689	<b>FEBRUARY 17</b> <b>AUCTION BEGINS AT 12 NOON</b> <b>FIRST UNITED METHODIST CHURCH</b> JIM/JACKIE BUNDY 731-336-0455  <b>IN HOUSE NIGHT AUCTION</b> BEGINS AT 6:00 PM
<b>FEBRUARY 18</b> <b>OFFICE PHONE</b> 731-644-1833  <b>OFFICE HOURS</b> 7 AM - 30 MINUTES AFTER AUCTION ENDS	<b>FEBRUARY 19</b> <b>FUTURE FARMERS OF AMERICA</b> LAURA MOSS 731-336-8304 <b>YOUNG FARMERS &amp; RANCHERS</b> TREY JONES 731-363-4566 <b>4-H CLUBS OF HENRY COUNTY</b> STACI FOY 731-225-7474 <b>HCHS NO FLY ZONE</b> LEE WHITEHEAD 731-336-6732 <b>EFFEL GARDENS</b> BARBARA WEBB 731-227-2917	<b>FEBRUARY 20</b> <b>PARIS CITY EMPLOYEES</b> JESSICA CROUCH 731-441-3835 <b>PARIS BOARD OF PUBLIC UTILITIES</b> TERRY WINBERLEY 731-642-1322 731-336-9326 <b>COMO COMMUNITY</b> <b>PROJECT HELP</b> DAN DZIEKONSKI 731-642-1860	<b>FEBRUARY 21</b> <b>VAN DYKE/ROUTON COMMUNITIES</b> ASHLEIGH MILLER 731-694-8992 <b>SPRING HILL BAPTIST CHURCH</b> JOHNNY/KAY FOUST 731-336-4525 	<b>FEBRUARY 22</b> <b>MAPLEWOOD BAPTIST CHURCH</b> JIMMY BARRETT 731-642-5860 <b>CHILD EVANGELISM FELLOWSHIP</b> JESSICA MATHIS 731-363-7468 <b>PEPPERS AUTOMOTIVE</b> ANTHONY PEPPERS 731-336-5779 <b>GRACE EPISCOPAL CHURCH</b> TRACI SMITH 731-571-0052 <b>HC BASKETBALL BOOSTERS</b> NATALIE DIXON 931-401-0306	<b>FEBRUARY 23</b> <b>SPRINGVILLE COMMUNITY</b> BOB MCDOWELL 731-336-5989 NEIL THOMPSON 731-986-2266/731-415-4822 DOUG DEPOSITOR <b>WORLD'S BIGGEST FISH FRY</b> MONTE STARKS 731-676-1303 <b>AHC HEALTHCARE</b> PAULA POOLE 731-642-2535 <b>DOGHOUSE RESCUE</b> FERN THOMPSON 731-676-0234	<b>FEBRUARY 24</b> <b>AUCTION BEGINS AT 12 NOON</b> <b>TENNESSEE VALLEY COMMUNITY CHURCH</b> CARLTON GERRELL 731-693-3333 <b>GLO</b> 
<b>FEBRUARY 25</b> <b>Only 3 Days Left!</b> 	<b>FEBRUARY 26</b> <b>INDIA COMMUNITY</b> LINDA MCCADAMS 731-642-0360 JIMMY/LINDA GREEN 731-642-3055 <b>HENRY COUNTY GIRL SCOUTS</b> WENDY WRATTEN 731-363-7456 <b>HENRY CO. SADDLE CLUB</b> JEANINE ROGERS 731-363-8691 <b>WRAP</b> LAURA WINSTON 731-343-5217	<b>FEBRUARY 27</b> <b>LAKEWAY VILLAGE</b> LASHONDA WILLIAMS 731-445-4078 <b>MINERAL WELLS ANIMAL CLINIC</b> MICHELLE HOPKINS 731-642-5699	<b>FEBRUARY 28</b> OPEN TO ANYONE DAY CINDY SNYDER 731-336-5362  <b>PLEASE CALL TO BE ADDED TO THIS DAY</b>	<b>AUCTION HEADQUARTERS LOCATED AT THE</b> <b>PARIS CONVENTION CENTER #1 • 1510 EAST WOOD ST.</b> ★ HANDICAP ACCESSIBLE ★ <b>AUCTIONEERS: WENDY BARNHART, ANDY COLLINS, RAY COMPTON, NOEL HATMAN, JAMIE ORR, JUNIOR STAGGS, DAVID JACKSON, DARRIN THOMPSON, AMY VEAZEY; IN HOUSE NIGHT AUCTIONEER: DOUG TAYLOR</b> <b>DONATED ITEMS ACCEPTED UNTIL 9:00 AM!</b> LABEL ALL ITEMS WITH COMMUNITY OR GROUP, NAME OF DONOR, AND A DESCRIPTION OF EACH ITEM! 		



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## FACES & PLACES



The Henry County Medical Center is thankful for Simone Travis and Zariah Tate, who provided sweatpants, sweat-shirts, socks and hats to patients at the newly reopened Lake Haven Behavioral Health. Simone and Zariah are with the Sweatpants and Socks for Survivors program. Also shown is Lake Haven Director of Nursing Shelby McMillan.



RoseStone Retirement Community celebrated Christmas with a weeks worth of dress up days and activities. Charles and Robbie McNutt were all smiles as they were decked out for "Bow Day."



Nikki Klopfenstein and her very own little Cindy Lou Who at this year's Holly Jolly Electric Christmas Parade in Downtown Paris.



Run Marsha, Run! It appears that Marsha Banasiewicz is trying to outrun the law, but she was actually running in the annual Scarecrow Classic this year. The Paris Police gave escorts to the runners to keep everyone safe. The 5-K run and walk was held in the Atkins-Porter neighborhood.



Putting up the Christmas decorations in the downtown Plaza, as always, were employees of the Paris Parks and Rec Department: Director Tony Lawrence were Gary Paschall, Joel Crosno, Clayton Lee, John Thompson, Alex Hassell, Austin Conger, Cedric Byars and Robert Beard.



Rosa Sue Quinn looks over the goodies for sale at this year's Homemakers' Holiday.



Martin Paschall is surrounded by women, including Judge Vicki Snyder at right, as he shows the uses for his ceramics at the Paris Academy for the Arts Holiday Bazaar.





Jennifer Conway, Josephine Frazier and Dash getting candy and treats at this year's Veterans Day parade.



Scott Parish gives Stockdale's mascot Finn a bath in the new store's dog washing station. For a small fee, they supply all the bathing accessories for stinky dogs.



Riley Jenkins of Paris performing for the Downtown Paris Association's Christmas Open House. He is an award-winning Elvis Tribute Artist and currently portrays Elvis in "The Million Dollar Quartet" in Branson.



Carol Whitworth won Christmas this year. Carol is with the Henry County Clerk's Office which always dresses up for Halloween and Christmas. This year's theme was "Dress as a Christmas Decoration" and Carol clearly outdid herself.




Elizabeth Russell Owen, CPA

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# JUST FOR FUN



Puzzle Solve  
on page 36



## ACROSS

4. Henry County Monuments Works owner
7. Christenbery's school was located here
9. \_\_\_\_\_ to eat out?
12. Southside Cafe serves this anytime.
13. He is an Elvis impersonator.
14. He will sell you a duck.
16. Reported as the youngest principal in Tennessee
17. Made on a loom at Paris Academy for the Arts
18. Run Marsha, run
19. Pathway to Peace

## DOWN

1. Tiny ice crystals on a cold surface
2. His Paris home is shown in the snow.
3. Well-known catalog
5. Perfect flower in a goth garden
6. Type of reel with Ted William's signature
8. Main ingredient in this casserole
10. Marks a person's grave
11. Color of ducks
12. Athena Delphian Club's Le Petit \_\_\_\_\_
14. New Year's Green \_\_\_\_\_
15. Henry County Clerk





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# MEDITATION

## *Pathway To Peace Of Mind*

In the fast-paced world we live in, finding moments of peace and calm can be a rare treasure. This is where meditation steps in, offering a pathway to tranquility and inner balance. Let's embark on a journey to understand what meditation is, explore its myriad benefits, and learn how you can begin this transformative practice in your own life.

### WHAT IS MEDITATION?

At its core, meditation is a practice that involves training the mind to achieve a state of focused awareness, relaxation, and heightened consciousness. It is a timeless technique that spans cultures, religions, and philosophies, with roots in ancient traditions from around the globe.

Meditation comes in various forms, but most share a common goal: to quiet the mind and cultivate a sense of presence. Whether it's focused attention on the breath, mindfulness of sensations, or guided visualizations, the essence of meditation lies in the art of being fully present in the moment.

### THE BENEFITS OF MEDITATION:

#### Nourishing Mind, Body, and Soul

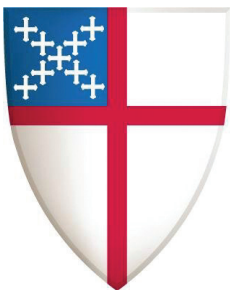
- **Stress Reduction:** One of the most widely recognized benefits of meditation is its ability to reduce stress. By encouraging a relaxation response in the body, meditation helps lower the levels of cortisol, the stress hormone. This, in turn, promotes a sense of calm and balance, making it a valuable tool for managing the pressures of daily life.
- **Improved Focus and Concentration:** Meditation is like a workout for the mind. Through regular practice, individuals often experience improved focus and concentration. The ability to stay present and attentive becomes a skill that translates into various aspects of life, from work to personal relationships.
- **Enhanced Emotional Well-being:** Meditation is a journey into the depths of emotions. By observing feelings without attachment, individuals can develop emotional resilience and regulate their responses to challenging situations. This can lead to improved mood and increased sense of overall well-being.
- **Better Sleep:** Many people struggle with sleep-related issues, and meditation can be a helpful remedy. The calming effects of meditation can signal to the body that it's time to unwind, promoting better sleep quality and a more restful night.
- **Cultivation of Mindfulness:** At its core, meditation is a practice in mindfulness. It encourages individuals to be fully present, whether it's savoring the taste of food, feeling the warmth of sunlight, or simply breathing. Cultivating mindfulness extends beyond meditation sessions, leading to a more appreciative and aware way of living.



## GETTING STARTED WITH MEDITATION – Simple Steps for Beginners

- 1. Choose a Quiet Space:** Find a quiet and comfortable space where you won't be disturbed. It could be a corner of your room, a cozy nook, or even a quiet spot in nature. The key is to create an environment that allows you to focus without distractions.
- 2. Comfortable Posture:** Sit or lie down in a comfortable position. If sitting, keep your back straight and your hands resting on your lap. If lying down, find a position where you can relax without falling asleep.
- 3. Focus on the Breath:** Close your eyes and turn your attention to your breath. Notice the sensation of each inhale and exhale. If your mind starts to wander (and it will), gently bring your focus back to the breath. The breath is your anchor to the present moment.
- 4. Start with Short Sessions:** If you're new to meditation, start with short sessions, perhaps five to ten minutes. As you become more comfortable, you can gradually extend the duration. Consistency is more important than length, so aim for regular practice.
- 5. Experiment with Techniques:** There are various meditation techniques, so don't be afraid to experiment. Mindfulness meditation, guided meditation, and mantra meditation are popular options. Explore different approaches to find what resonates with you.
- 6. Be Patient:** Meditation is a skill that develops over time. Be patient and don't get discouraged if your mind wanders. It's normal! The key is to observe without judgment and gently guide your attention back to the present moment.
- 7. Incorporate Mindfulness into Daily Life:** Extend the principles of meditation into your daily activities. Practice mindfulness while eating, walking, or even doing chores. This helps integrate the benefits of meditation into your everyday life.
- 8. Embracing the Journey**
- 9. Meditation is not a destination; it's a journey within yourself.** As you embark on this path, remember that there is no right or wrong way to meditate. It's a personal practice, and each individual's experience is unique. By taking the time to cultivate mindfulness and embrace the present moment, you open the door to a world of benefits that extend far beyond the meditation cushion. So, breathe, relax, and enjoy your journey.

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# Build a New Year's Green Routine

**L**ooking to green up your routines in the New Year? Tennessee Valley Authority friends have some ideas to help, whether it's caring for your own yard, adopting new ways to think green, or adventuring year-round across the Valley region.

## ENJOY THE OUTDOORS - RIGHT OUTSIDE YOUR DOOR

Rachel Terrell, TVA public outreach and support, recommends people look to their own yards to connect with family and nature in the coming year. "Focus on creating outdoor living spaces for your household," she suggested.

Terrell and her husband, Pat, have created these spaces at their own home in the Historic Atkins-Porter Neighborhood. In addition to creating a pollinator paradise - a mix of native flowers and trees - the couple have left grassy space plus a patio for relaxing.

There's no wrong way to build it, and no effort is too small. "It could be a native plant garden, a covered deck so you can sit outside in the rain, a small fire pit, or a vegetable garden," Terrell said.

No matter what people decide on, these features mean more joy outside.

"This connection is great for our emotional and physical well-being," Terrell said. "It allows us to connect with neighbors and nature and encourages us to leave our devices behind and enjoy the real world."

## BE A CONSCIENTIOUS CONSUMER

Brian Ross grew up in nearby Big Sandy, Tennessee, and loves the outdoors. Now a TVA recreation agreements specialist in East Tennessee, Ross considers the big picture of his own actions. Shopping, transportation, heating and food choices all contribute to one's carbon footprint.

A carbon footprint is how much fossil fuel emissions come from an individual's everyday activities. Instead of buying online and waiting for an item to be shipped across the country - or the world - Ross and his family made a switch.

"We've made the decision to cancel our annual online delivery membership and donate the total to local, viewer/listener-supported TV and radio stations," he said.

In the Henry County area, that would be stations such as WKMS ra-

dio in Murray or WLJT PBS TV station in Martin. Other ideas would include local non-profits that concentrate their efforts locally. Small changes in shopping habits can help cut carbon and boost local economies.

"Be more mindful to buy from local shops," Ross said.

## JOIN A COALITION

Shannon O'Quinn, TVA senior water resource specialist, protects aquatic systems as his job. In fact, Henry Countians may know him as one of the many specialists working to help control Asian Carp on Kentucky Lake. But back home in East Tennessee, O'Quinn is working hard to adopt sustainable actions in everyday life.

That's why his goal is to work on a University of Tennessee Smart yard Certification. "It's focused on planting native plants and reducing pollutants," O'Quinn said.

The program limits flooding and erosion by encouraging rain gardens, rain barrels or natural filtration systems, too. That means cleaner water flowing into rivers. "There's a lot of urban pollution... and people don't realize it," O'Quinn explained.



Fertilizer washes into rivers from city storm drains, feeding aquatic algae. The algae can form a mat over the stream like a blanket, blocking light for native plants and making the water too warm. As the plants die, bacteria break them down and use up oxygen that fish need. The water can turn green and smelly, all of which has a huge impact on aquatic life.

On a larger scale, there are organizations focused on local area and river cleanups. Keep the Tennessee River Beautiful hosts events at Paris Landing State Park, New Johnsonville State Historic Park in nearby Humphreys County, and Land Between the Lakes in Stewart County.

There also are opportunities with Keep Paris-Henry County Beautiful/Henry County Litter Program. Located at the Henry County Highway Department on Cedar Street in Paris, this organization, coordinated by Diann McGuire, organizes cleanups throughout the year. McGuire encourages locals to help spread the word about events via Facebook and

word of mouth then come take part in the event.

No matter what path you take, pause for moment in the New Year and make a pledge to make a New Year's Green Routine....it's easier than you think!



Keep Paris-Henry County Beautiful/Henry County Litter Program organizes cleanups throughout the year.

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# Gardening Trends For The Coming Year

Black Hellebores are perfect for a goth garden.  
*Helleborus nigra*

By John Watkins

I personally have never been much of a “Trend Setter” (*Leigh, I hear you snickering over there*). However, I can certainly follow a trend as well as the next person. Nobody rocked that mullet and bell-bottom jeans better than me in the 70’s. Staying up late watching the newest videos on MTV in the 80’s. Flip-up sunglasses and trying to figure out just what this “internet” thing really was all about in the 90’s, etc., etc....

These days, I don’t even try to keep up with all the new trends out there (those skinny jeans just don’t look right on me). But give me a good garden trend and I’ll follow it like a “Swift” fan tuning in to the NFL Network to catch a glimpse of her in the stands! While many of what they are calling trends these days have been around for quite some time, they are finding a resurgence and well-deserved comeback to the garden world.

So, with no further ado, here is a short list of things to look out for in the garden for the coming year.

## EDIMENTALS

Here’s a trend I can sink my teeth into: combining plants in the garden that are both ornamental and edible! Who says you can’t have the best

of both worlds? And I’m not talking about just fruit trees, vegetables, or herbs here. In fact, you might even have a few of these already growing in your garden.

Edimentals can fall into several categories according to their edible qualities like edible leaves, roots, fruit, flowers or culinary herbs. Need a few examples to get you started? How about good old-fashioned nasturtiums which are tough as nails and require little water. While all parts of the plant are edible, the leaves have an especially peppery taste that are great in salads.

Rosemary is one of the oldest known plants to be used as an edimental, but why not try growing an artichoke along with it.

Would you believe that hostas are commonly cultivated as a food crop in Japan? Those new shoots that emerge in the spring have a taste and texture similar to asparagus, so dig in...literally! Even beautiful flowers like pansy and hibiscus are edible and can be infused into drinks to really brighten things up.

On a similar note, why not try growing a Bartender’s Garden? Just like cooking, the best cocktails are made from fresh ingredients. A small container garden of basil, fennel,

rosemary, and one of about a million different flavors of mint is a great place to start.

## GOTH GARDENING

Exactly what is a “Goth Garden” and why on earth would I want one? Well, modern-day goth gardens take inspiration from the Victorian age and embrace features relating to mystique and beauty. So, think dark colored foliage plants like ninebark or heuchera. There’s also plenty of room for some cool architecture like antique urns and statuary or uplighting trees to provoke the imagination.

## VERTICAL GARDENING

Vertical gardens can date back to as far as 3000 BCE, so nothing new here. However, its resurgence can be tied to the fact that people want to maximize their garden while having less and less area to do so. Whether training plants on a trellis or fence or simply choosing plants with distinctly upright growth habits, vertical gardens can not only maximize space but are a great way to block unwanted views or even draw attention to an otherwise unused area.

Be sure to take a few elements into account before you go all in. Things like securely anchoring structures to



withstand the weight of the plants, knowing which plants will have to be physically attached versus which plants will twine and support themselves, or even realizing that some plants will need extra water and fertilizer because they're exposed to more light and wind.

## GO TROPICAL

Finally, we would all like to think our gardens are tropic oases where we can escape and get away from it all. Now, while we can't all grow palm trees or bougainvillea year-round, there are several annual and perennial plants that can give you that feel.

Caladiums and Elephant ears generally aren't hardy enough to make it through the winter, but if you remember to dig the bulbs before killing frosts, you can carry them over to the next year.

Hardy hibiscus is about as tropical a look as you can get with blooms that can reach 8 to 10 inches across. Vines like Trumpet Vine or Passionflower would be great in your vertical garden and can withstand tempera-



Passionflowers grow well in vertical gardens and can withstand harsh weather.

tures down into the negative digits.

Even more common plants like hostas, daylilies or figs can give you a more tropical look with very little effort. So, grab a Mai Tai and relax in your own backyard paradise.

While humbly admitting that I don't have much fashion sense, I know a good garden trend when I see one, and it looks like 2024 might just be the year for gardens to make their way into history. Now where's my Walkman and cargo shorts?

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



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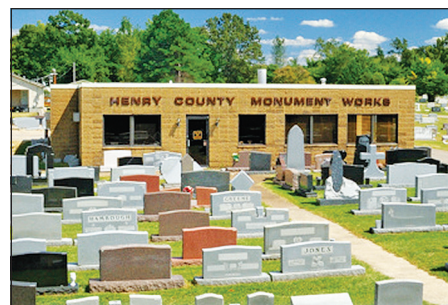
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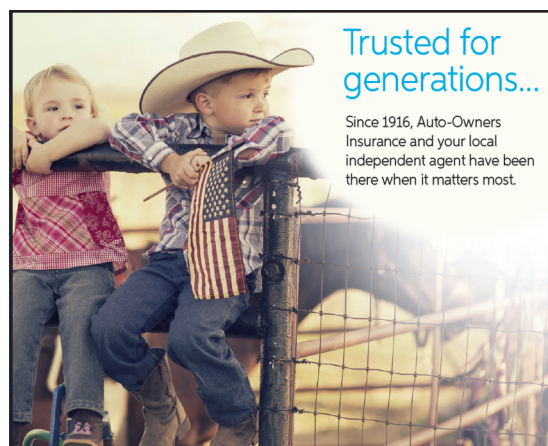
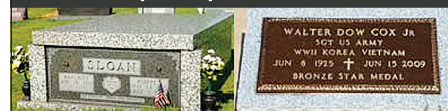
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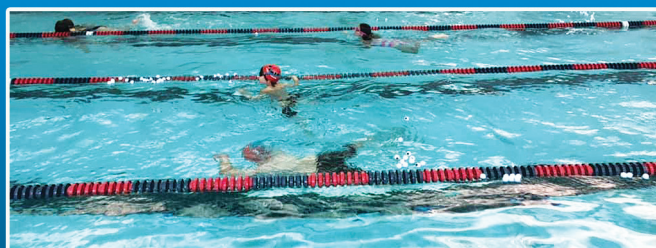
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# WARM & COZY WINTER MEALS

**T**hough we obviously love cooking year-round, there's something extra special about creating kitchen magic during the wintertime. Our ovens warm up the kitchen, and the meals that come out of them are beyond comforting. Creamy soups, easy casseroles, and hearty baked pasta dishes that give us all the cozy feelings are the name of the game. To help you warm up this winter, we've compiled a few of our favorite easy dinner recipes. While cold winds blow outside, stay home and stay warm with these four winter dinners to keep the whole family happy and satisfied.

## PARMESAN-CRUSTED TILAPIA

*You won't have to fish for compliments when you serve this up!*

### INGREDIENTS

- ½ cup all-purpose flour
- 1 large egg, beaten
- ½ cup crushed Ritz crackers (about 10 crackers)
- ¼ cup grated Parmesan cheese
- ½ teaspoon salt
- 4 tilapia fillets (5 ounces each)
- 2 tablespoons olive oil
- Lemon wedges



### DIRECTIONS

1. Place flour and egg in separate shallow bowls. In another shallow bowl, combine the crackers, cheese and salt. Dip fillets in the flour, then egg, then cracker mixture; turn until coated.
2. In a large cast-iron or other heavy skillet, cook fillets in oil over medium heat until fish just begins to flake easily with a fork. Serve with lemon wedges.



## RAVIOLI CASSEROLE

*The whole family will love the fun, cheesy flavor of this ravioli casserole. It's like lasagna but without all the fuss! Time-saving ingredients like prepared spaghetti sauce and frozen ravioli make it a cinch to fix.*

### INGREDIENTS

- 1 package refrigerated cheese ravioli (20 ounces)
- 3½ cups pasta sauce
- 2 cups small-curd 4% cottage cheese
- 4 cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese

### DIRECTIONS

1. Preheat the oven to 350° F.
2. Prepare ravioli according to package directions; drain.
3. Spread 1 cup pasta sauce in an ungreased 13x9-inch baking dish.
4. Layer with half the ravioli, 1¼ cups sauce, 1 cup cottage cheese and 2 cups mozzarella cheese. Repeat layers. Sprinkle with Parmesan cheese.
5. Bake, uncovered, until bubbly, 30-40 minutes. Let stand 5-10 minutes before serving.





## BEEF in MUSHROOM GRAVY

*This is one of the best and easiest meals to make. It has only four ingredients, and they all go into the pot at once. The meat is nicely seasoned and makes its own gravy. It tastes wonderful when you serve it over mashed potatoes.*

### INGREDIENTS

- 2½ pounds beef top round steak
- 1 to 2 envelopes onion soup mix
- 1 can (10¾ ounces) condensed cream of mushroom soup
- ½ cup water
- Mashed potatoes, optional

### DIRECTIONS

Cut steak into 6 serving pieces; place in a 3-qt. slow cooker. Combine soup mix, soup and water; pour over beef. Cook, covered, on low for 7-8 hours or until meat is tender. If desired, serve with mashed potatoes.



## ONE-POT ENCHILADA PASTA

### INGREDIENTS

- 4 cups uncooked mini penne or other small pasta
- 4 cups vegetable broth or water
- 1 lb ground beef or turkey, cooked
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14½ ounces) Rotel diced tomatoes, undrained
- 1 medium sweet yellow pepper, chopped
- 1 medium sweet red pepper, chopped
- 1 cup fresh or frozen corn, thawed
- 1 can (10 ounces) enchilada sauce
- 2 tablespoons taco seasoning
- ½ cup shredded cheddar cheese

### DIRECTIONS

In a Dutch oven or large skillet, combine the first 9 ingredients. Bring to a boil; reduce heat. Simmer, uncovered, until pasta is al dente and sauce has thickened slightly, 12-15 minutes. Add cheese; stir until melted.

Serve with fresh cilantro leaves, cherry tomatoes, or lime wedges, if desired. Makes 6 servings



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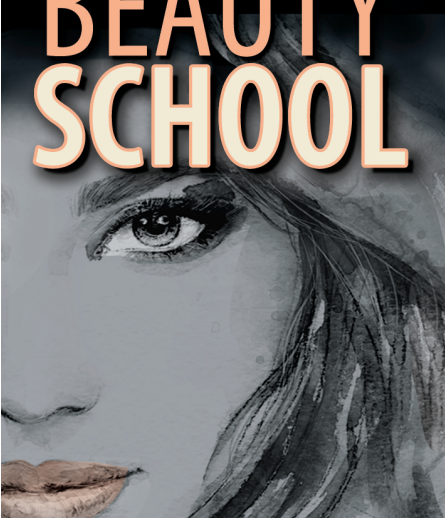
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## CALENDAR OF EVENTS

### ONGOING EVENTS

**Popcorn Anyone?** – Enjoy a night out at the **Parisian Theatre** with nightly shows on six screens and matinees on Saturday and Sunday. For more information and movie schedules call 731-642-7171.

**No Ice, Just Wood** – Enjoy skating at Paris Wheels Skating Center. Call 731-642-2245.

**Get Artsy**– Learn to play an instrument, sing, paint, create pottery and more at Paris Academy for the Arts. To enroll in a class, visit [www.schoolforthearts.com](http://www.schoolforthearts.com).

**Play Inside** – The **Paris Civic Center** has an indoor pool, track, weights and fitness machines. Pay by the visit or become a member. Call 731-644-2517.

**Warm Up with a Good Book** – **W.G. Rhea Paris-Henry County Library** always has something going on. Internet/phone classes, children's and teens' craft sessions and movies, and of course BOOKS galore. Call for more information, 731-642-1702.

### JANUARY

**JANUARY** – Need something to do in 2024? Start the year off right by volunteering. Call the **Volunteer Center** at 731-642-3431 and sign up for one of the many spots that could use your help.

**JANUARY 8** – You've waited all year, now **Helping Hand Radio Auction** is back through February 28. Auction begins at 12:30 pm. Check the calendar on page 19 of this issue.

**JANUARY 15 – Martin Luther King Jr. Day!** No school in Paris and Henry County. Start your day off with a special breakfast at Central School at 9 am to honor Dr. King. For more information, contact Andre Richardson at 731-642-5591.

**JANUARY 26** – Make your way to **Krider Performing Arts Center** for a night of laughs. **Griffin Sciarra** will share his brand of comedy at 7 pm. Tickets are \$20. For more information, call 731-644-2517.

### FEBRUARY

**FEBRUARY** – Been fishin' lately? Head out to one of the **Paris Landing State Park Marina Fishing Tournaments**. For more information contact Rob Markum at 731-641-4475.

**FEBRUARY 1 through 28** – Continue to support our **Helping Hand Radio Auction!** See the schedule on page 19 of this issue.

**FEBRUARY 1** – Give the "Gift of Life" at the Lifeline Blood Drive, First United Methodist Church, Blythe Street, from noon to 6 pm.

**FEBRUARY 2**– Happy Groundhog Day! How many weeks until spring?

**FEBRUARY 9**– "A Night with Elton John" is at **Krider Performing Arts Center** at 7 pm. This is a fabulous tribute artist direct from Branson. Tickets are \$27/\$33. For more information, call 731-644-2517.

**FEBRUARY 13** – **Krider Performing Arts Center** will host the Jackson Hubtet as they present the **Love and**

**Jazz Road Tour** at 7 pm. Tickets are \$15 for adults and \$7 for kids age 3-12. For more information call 731-644-2517.

**FEBRUARY 17** – Head out to **Krider Performing Arts Center** as the group **Classic Fab** pay tribute to the original Fabulous Four with a wonderful evening of music from The Beatles starting at 7 pm. Tickets are \$27/\$33. For more information, call 731-644-2517.

**FEBRUARY 19 – President's Day!** No school in the Paris Special School District or the Henry County School System.

**FEBRUARY 27** – Yummy, yummy! The annual **Lion's Club Chili Day** at First Baptist Church Christian Life Center, 11 am to 7 pm. For more information call, 731-642-5074.

**FEBRUARY 28** – Last day to bid high and bid often! Call 731-644-1695 to scoop up one last goody from the **Helping Hand Radio Auction**.

### MARCH

**MARCH** – Head out fishin' at one of the **Paris Landing Marina Fishing Tournaments**. For more information, contact Rob Markum at 731-641-4475.

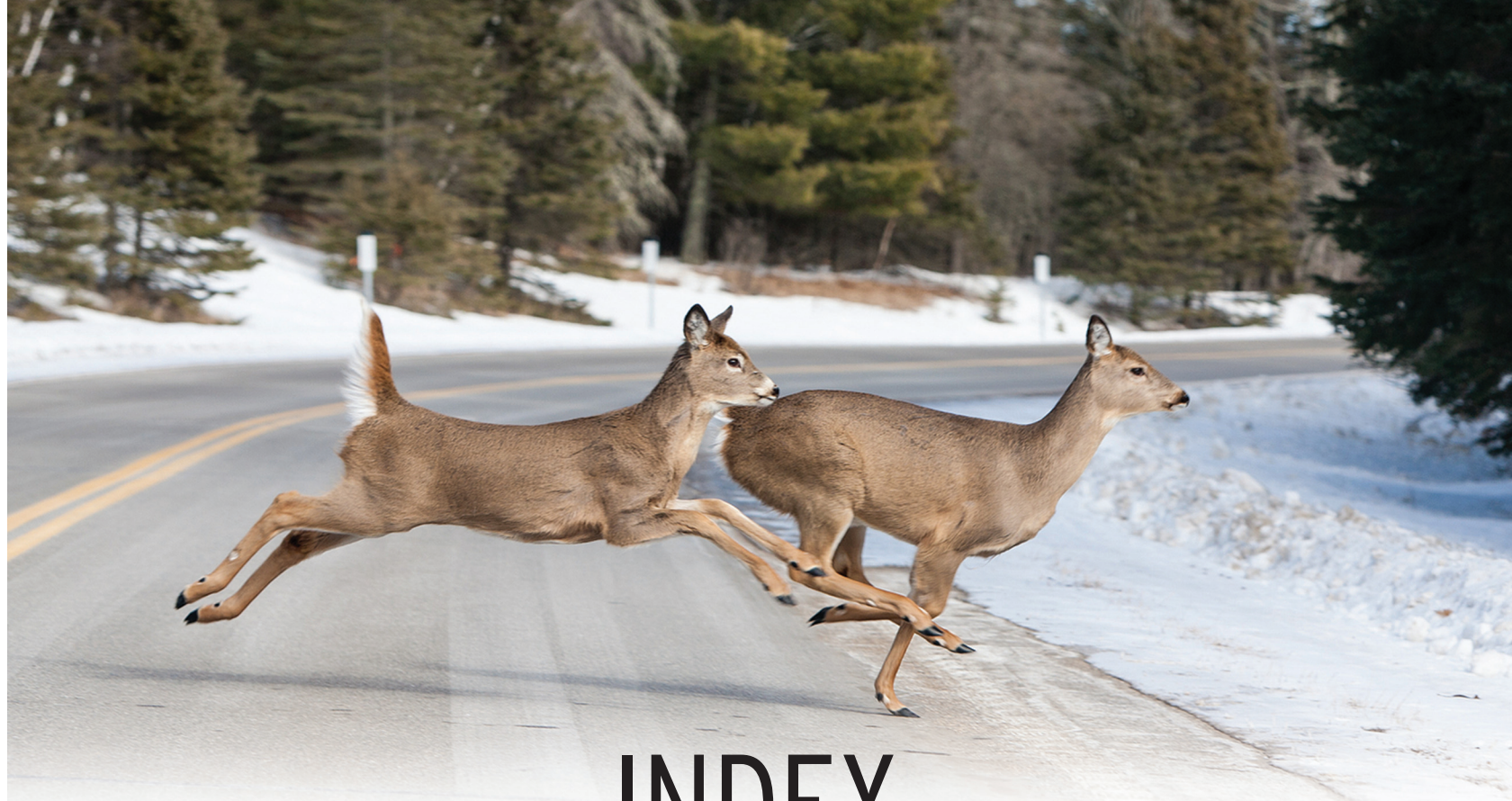
**MARCH 7** – Help save a life at the **Lifeline Blood Drive**, First United Methodist Church, Blythe Street, from noon to 6 pm. Call Tammy Hurst at 1-800-924-6572 for more information.

**MARCH 9** – Join the group "**BIG GUN**" for a headbain' good time with this AC/DC tribute band at **Krider Performing Arts Center**. The show starts at 7:30 pm and tickets are \$35/\$50. For more information call 731-644-2517.

**MARCH 10** – Don't be late! Spring Forward. **DAYLIGHT SAVINGS TIME** begins.

**MARCH 15** – Spring issue of **PARIS! Magazine** is out!





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DOWN: 1. FROST; 2. CROCKETT; 3. SEARS; 5. HELLEBORES; 6. SPINNING; 8. RAVIOLI; 10. HEADSTONE  
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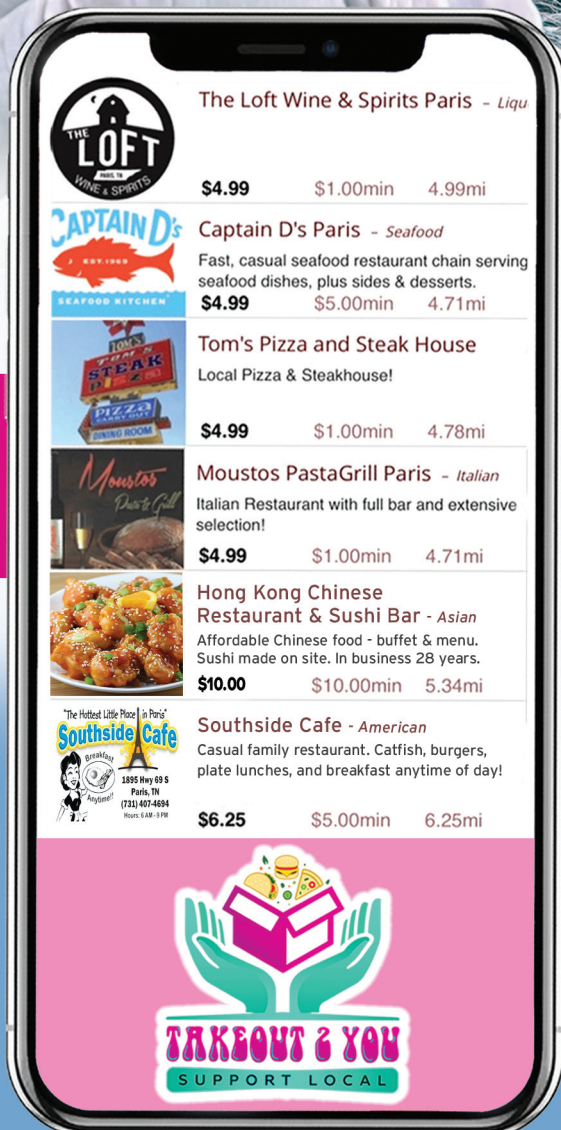
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## WEST TENNESSEE BONE & JOINT CLINIC, PARIS

### Now that Old Man Winter is here, we wanted to offer some Winter Safety Tips:

- Slow and steady wins the race, especially in winter. Don't get in a hurry.
- 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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