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Now that the crisp air and colorful leaves have rolled in, I'm ready to soak up every moment of Autumn in Paris!

Start off with reading "Around Our Town" and learn about a vital new Lifeline in the community that's making a big impact. Then get your game face on in "Arts & Entertainment" where Oktoberfest brings a brand-new twist to 0-75 BINGO! is shaking things up!

The cozy season calls for comfort food, and "Paris Cuisine" delivers

ON THE COVER

Leslie Winders Sensing lives on her husband's James Roy Sensing's family farm in Mansfield. She love all things outdoors and animals, especially her Nubian dairy goats. She took this photo in a field on their farm.



just that with mouthwatering pecan-packed recipes perfect for gatherings, bake-offs, or just a quiet afternoon at home. And while you're sipping cider, why not plan your Fall garden? John Watkins has your seasonal tips covered in "In the Garden."

If you're looking to reflect and reminisce, don't miss "Recollections" and its sweet and humorous look back at washtub baths and the days of flipping TV channels by hand. "Remember When" takes us back to school – with memories, not math! And in "Reminiscence", John Weiher reflects on how Cottage Grove has shaped his life in lasting ways.

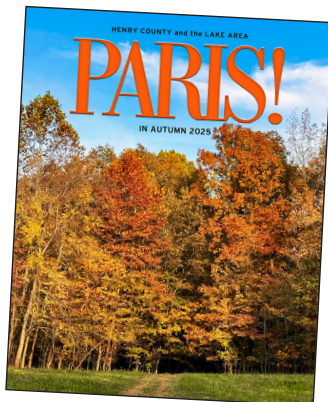
"Great Outdoors" reminds us not to let Fall slip away – there's still plenty of time to get out and enjoy the beauty of the season. Or step inside "Home Sweet Home", where a Carolina-inspired house offers year-round charm and comfort.

We're also diving into inspiration in "Feature" stories like Building a Stronger Tomorrow, and shaking up traditions with Mahjong: Not Your Grandmother's Game Anymore. From there, take a look at how Lake Haven Behavioral Health is prioritizing care and safety in our "Healthy Ideas" section.

Finally, don't miss our "Spotlight" on Devona May, who's been helping locals find their own strength through fitness.

Whether you're wrapped in a blanket on the porch or flipping pages by the fireplace, PARIS! In Autumn is your perfect seasonal companion.

Smantha



Henry County and the Lake Area

PARIS!

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This magazine accepts no responsibility for unsolicited manuscripts, photography or artwork. All submissions may be edited for length, clarity and style.



REMEMBER WHEN

First day of school,
circa 1962.

BACK-TO-SCHOOL TIME!

We thank Pete Lackey for the use of his photo collection in this article. Through the years, he has accumulated photo negatives and boxes of old photos, saving them for sake of local history. If you recognize yourself or family member, let us know on our Facebook page.

ALL PHOTOS REQUIRE REPRODUCTION PERMISSION.



In 1961, there was no internet or search engines – just a card catalog and Ruth VanDyke at the new City Hall Library.



Band Director William Crosswy conducts Grove High School band camp in Weston Hall's basement. Photo is marked 1966.



In this 1963 back-to-school photo, young ladies dressed in shorts pose on the hoods or bumpers of school buses in the bus parking lot. Close by, some young men are watching the scene from their cars.



An aerial view of Henry County High School's construction in 1967.



The first classroom television, 1961.



Cottage Grove lunchroom ladies, 1956.



This hardy group of men were school bus drivers for Cottage Grove in 1955 or 1956.



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I Survived Washtub Baths And Changing TV Channels



By Jesse Parker, Jr.

In previous story installments, Jesse Parker has described his parents leaving California and returning to his father's family farm in Henry County. The family lived in a basement house, built by his father and other relatives, on acreage near the present day shopping area on Highway 79.

When we finally did get electricity we used it mainly to pump water, and only had an extension cord with four receptacles on it my mom said. One for the light, refrigerator, a hot plate, and a wringer washing machine. Because it was the only one on our street, and an antique even back then, all the neighborhood children would help us and Momma ring the water from our clothes just so they could play with it. Then they would go home and tell their moms, "Get a wringer washer like Mrs. Parker has because they are so much fun."

Here in Tennessee, I remember my mom hanging up clothes on an extra-long, loose line she kept tight

using a big tree limb with a fork in it. She would hang the clothes up on the line in a v-shape, down low so she could reach it. After hanging all the wet clothes to dry, she moved the long forked pole straight up! So high that we nor the goats could reach them as they dried.

We already had a propane gas stove that we brought back from California. But we didn't get a gas tank put in until after we moved in. Once we did that, Mom could cook and heat water without using wood in the basement, especially during the summer! During cold weather,

Mom boiled water on the wood stove and poured it into the cold water. Us boys carried the water in five-gallon buckets uphill from the spring for our baths and everything.

We bathed in a big galvanized round tub and shared the water with each other. During warm weather, we took baths in the swimming hole at the swamp, next to the beaver dam. We used Ivory soap because it would float in muddy water and we could still find it. Now, water comes out of the faucet with a sensor. So frustrating! In some ways, I think the old ways were better. You could still turn on a water faucet, use the hand pump outside, or use landline telephones if power was lost, and they didn't need batteries.

Back then, we could buy something at Wilsons Grocery. They had an old wooden cash register that was mechanically operated - no electricity needed. Mr. Wilson could still make bologna sandwiches, even when the lights were out. And sell them too! There was no need for a credit card or computer. I'll end that thought now.



On Friday nights, we went back to Grandma and Granddaddy Bowden's house for a big meal made by Grandma RE and we took baths in a real bathtub. We also got to watch TV! I remember watching "The Love Boat" and "Fantasy Island" every weekend until I was old enough to drive and go somewhere else on Friday nights. I remember Grandma RE being upset each time I decided not to visit as I got older. It's natural for kids to hang out with friends instead of family all the time.

We didn't have a television at our home until I was 14 or 15 years old. When we finally got one, we had to go outside and turn a big antenna on a metal pipe by hand to get a better signal. But you could not change the channel by yourself. Someone inside the house yelled to us when to stop turning the antenna or to turn it backwards if we passed the best spot. Every time we changed channels, we had to turn the antenna by hand again. We only got two or three television channels to view, and they were fuzzy and in black and white. Some-

times we couldn't get any channel to come in clear at all.

We never ran out of things to do at home. We played army or King of the Hill in the many gullies on our farm and the Bowden Farm, too. We shot BB guns and later a .22 rifle, and we became good shots. We even used cardboard boxes up against the block wall and shot our BB's into them. That way we could reuse the BB's without riding our bikes to see Joe Greer at the Half-Way Market store to buy more. We did this inside our basement home, in our living room or play area, during bad weather.

We also told stories to each other. My little brother William even cut a big hole out of one side of a cardboard box and pretended it was a TV. He'd put his head up inside and tell us a news report or weather forecast he made up, just to make us laugh. He even preached sermons off the top of his head without reading anything. He was actually better than most preachers that we heard every Sunday morning. Yep, we sure knew how to have fun.



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BUILDING A STRONGER TOMORROW

How HCPC And HYPE Are Shaping A Healthier Henry County

Something powerful is happening in Henry County, not in the headlines or on center stage, but in classrooms, community halls, and quiet conversations that spark real change. It's the work of the Henry County Prevention Coalition (HCPC) and its youth-led initiative, HYPE (Henry County Youth Prevention & Empowerment). These two programs are not only making a difference, they're shaping a healthier, safer, and more empowered future for all of us.

If you've never heard of HCPC or HYPE, now is the time to get familiar. Their mission is one that touches every family, every student, and every citizen in Henry County. HCPC works to reduce and prevent substance misuse, promote mental health, and strengthen community wellness through education, advocacy, and collaboration. And with HYPE, the co-

alition brings youth to the table, not as passive participants, but as leaders with voices that matter.

WHAT IS HCPC?

Founded with a vision to address rising concerns around substance misuse, mental health, and risky behaviors, the Henry County Prevention Coalition focuses on community-based solutions. Whether it's organizing educational workshops, educating local individuals on mental health strategies and coping skills, or advocating for policy change, HCPC is a hub of energy and care for our county.

"Prevention is more than just saying 'no,'" says Darrah Crawford, Director of HCPC. "It's about equipping people, especially our youth, with the tools they need to make healthy, informed decisions."

HCPC partners with schools, law enforcement, churches, health

providers, and parents to address the root causes of substance use and to promote resilience. The coalition hosts annual events like the Empowered Parents Night, Take Back Day for unused medications, Mental Health and Wellness Fair and school-based mental health awareness campaigns. These aren't one-off events, they're pieces of a bigger strategy to make lasting, community-driven change.

HYPE: Youth-Led and Purpose-Driven

At the core of HCPC's youth engagement efforts is HYPE: Henry County Youth Prevention & Empowerment. This isn't your average after-school club, it's a youth-led movement built to empower young people to lead their peers in prevention and wellness efforts.

Through campaigns on vaping, mental health awareness, and substance-free living, HYPE members

are turning conversations into action. They create videos, run booths at local events, meet with school leaders, and use social media to reach youth in relatable, impactful ways.

HYPE members also participate in leadership conferences, develop public service messages, and build strong relationships with adult mentors in the community. Their presence is felt in school hallways, at youth events, and local government meetings, proving that when you give young people a platform, they rise to meet it.

PREVENTION STARTS WITH ALL OF US

In today's face-paced world, young people face overwhelming pressure: social media, mental health struggles, access to harmful substances, and a lack of positive outlets. HCPC and HYPE are meeting those challenges head-on by listening, engaging, and empowering.

Already, the impact is being felt. Schools report increased student awareness, improved mental health conversations, and greater involvement from parents and youth alike.



Left: Henry County Prevention Coalition staffers attended the Community Anti-Drug Coalitions of America (CADCA)'s mid-year conference in Nashville.

Right: HCPC's 2024 Mental Health and Wellness Fair featured goat yoga.

Previous page: In January, staff and youth posed before their flight to Washington, DC, to attend the National Forum.



But this is more than just a student or school issue, it's a community issue. It takes parents, teachers, civic leaders, neighbors, to reinforce the message that prevention matters and healthy choices are possible.

HOW TO GET INVOLVED

The Henry County Prevention Coalition and HYPE welcome community

involvement. Whether you're looking to volunteer, become a sponsor, or learn more, your support helps keep this important work going strong.

Visit www.hcpconline.com to find upcoming events, see how you can contribute or encourage a student to get involved in HYPE. When we invest in prevention today, we build a stronger Henry County tomorrow.



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O-75 BINGO!

Oktoberfest Introduces New Game To Event Line-Up

By Karen Geary

It won't be long before the Henry County Fairgrounds is filled with the sounds of children laughing, people having fun, and the tantalizing aroma of grilled bratwurst wafting in the breeze. It's Oktoberfest time in Paris!

Scheduled for October 4, the event is in its 41st season for Holy Cross Catholic Church as a community fundraiser. Proceeds from the event benefit community donations and the Holy Cross youth group.

The traditional German menu is a crowd favorite and includes grilled bratwurst, sauerkraut, and German potato salad. As an alternative, a Mexican meal will be offered with homemade tamales, refried beans, rice, chips, and salsa. To finish the meal, Sweet Jordan cookies will be included as dessert along with a drink.

"You can purchase meal tickets in advance by going online at www.holycrossparis.org," said Jennifer Horton, Oktoberfest spokesperson.

Meal tickets can also be used outside at food vendors selling hamburgers, hot dogs, and ribeye steak sandwiches with lots of toppings.

Although food is a huge draw for Oktoberfest, the event is always full

of family activities. "The morning begins with a 5K Fun Run/Walk that takes place at 8 am," said Horton. "Check our website or visit our Facebook page (Holy Cross Oktoberfest) for sign-up information."

The kids' fun begins at 11 am with a petting zoo, pony rides, and a giant inflatable slide. Adults can also join in with painting a pumpkin or adding some painting decorations to their face. And don't miss the funnel cakes and fried Oreos for sale outside at the vendor booths.

Get ready to hear your number being called. "New this year is Bingo in the Enoch Building. It will be a

lot of fun!" said Horton. "This will replace the raffle that was a tradition for many years. The silent auction will be back in the dining area as in the past."

Got a sweet tooth? Then don't miss the delicious bake sale. "We'll have lots and lots of homemade goodies!" said Horton with a laugh. The sale will also be in the dining area.

Yearly, Oktoberfest attracts large crowds to the Fairgrounds and handling an operation this size couldn't be achieved without the church's volunteers. "We plan all year for Oktoberfest, and we couldn't put this event on without our volunteers," said Horton. "They are literally the backbone — the physical laborers, those who prepare the food, ticket takers, table cleaners and trash collectors, and those manning the tables. It's a dawn to nighttime effort. But it's a labor of love."

So, don those lederhosen and head out to Oktoberfest on October 4 at the Henry County Fairgrounds for great food and family fun. For more information about vendor booths, the 5K Fun Run/Walk, or in general, visit the Holy Cross Catholic Church's website (above) or call 731-642-4681.



Holy Cross Catholic Church workers dish out Oktoberfest favorites: bratwurst, sauerkraut, and potato salad

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MAHJONG

Not Your Grandmother's Game Anymore



By Karen Geary

Have you noticed a lot of talk around the ancient game of Mahjong lately? The game your great-grandmother played in her parlor with her friends? The surge in popularity could be a mix of nostalgia, community, and creativity.

Today's game players are swapping their screen time for more human connection and passing on the traditional party games like Bunko for an activity with more strategy and technique.

"There are a few reasons for this trend. More and more people are interested in traditional games and hobbies as a way to disconnect from constant technology and spend quality time with friends and family," said Beth Fischer, private Mahjong instructor from Murray, Kentucky.

She was recently in Paris to teach a Mahjong introductory class to a large group interested in the game. "In a world where people are increasingly disconnected, Mahjong provides an opportunity to connect with others in a personal and meaningful way. One can engage in friendly competition and create lasting memories and friendships."

Mahjong (or Mah Jongg) has been played for centuries and has a rich history with deep Chinese roots. The

goal is to build a complete hand using certain tile combinations, similar to rummy or poker. There are many versions: Hong Kong, Wright-Patterson, Richi to name a few but the American version is the most common. American Mahjong is played with 152 tiles marked by symbols, numbers, winds, and dragons.

"It (Mahjong) made its way to the United States in the mid-1920s, and



Longtime Mahjong player Janet Farmer assists Teresa McCadams on how to sort her Mahjong game tiles.

its popularity has had a resurgence lately. The trend is sure to continue to grow in the future," said Fischer. "The game can be played by all ages and skill levels."

If you think Mahjong is like the matching game played on your computer or phone, you would be sadly mistaken.

"It is an excellent brain workout that has been shown to improve cognitive abilities, memory, and problem solving skills. Studies have also shown that Mahjong may reduce the risk of dementia and other cognitive impairments, making it a game with many health benefits. We all know that laughter is healthy and there is plenty of that while playing," said Fischer.

Cindy Lowe can attest to the cognitive aspect of Mahjong. "I was looking for something to stimulate my mind because I have a history of Alzheimers in my family. I read that 12 weeks of playing Mahjong could help your brain to regenerate. I mentioned it to my daughter and she was 100% willing to learn and go with me on this journey. We have been playing for two months and we love it. And we have both noticed that I am more readily able to recall names and I am not hesitating to find my words when speaking."

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The game is designed for four players, but adjustments can be made for two or three players with rule modifications. It involves the use of tiles, sometimes intricately carved, and three suits as opposed to most card games with four suits. Walls are built, discards are made, and players build towards a hand that is designated on the National Mahjong League card that comes out each Spring. “The play never gets stale and is continually changing. Your hand may even change in the middle of your game!” said Fischer.

Among younger people, the game is trending on social media platforms like TikTok and Instagram. There are also groups forming in Henry County, and lessons will begin soon to teach more interested players. Penny Faith, owner of American Honey Mercantile store, stocks Mahjong gaming supplies and will start offering lessons in September.

Beth Fischer also offers private learning sessions for interested people. Contact her bethsfischer@gmail.com to make arrangements.



Recently, a large group of people met to learn more about playing Mahjong. In the foreground is Cindy Lowe, Sharon Sabin, Heather Williams, and Lindsay Drissoll.

“If you are looking for something to keep your mind active and challenged, consider Mahjong,” said Lowe. “There are so many fun and varied aspects to the game.” And there has never been a better time to play the game and declare “Mahjong!”



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By Austin Hopper-Reed
Interior Designer

passionately believe our homes should reflect who we are. Who would tell our story better than the environment we thrive in? Sometimes, the best inspiration comes from within us. For this client, our design came naturally – embracing her love for all things summertime and warm tropical beaches.

I was fortunate enough to meet with the homeowner very early on in their extensive remodel. We established a goal to refresh and update the style of the home, while allowing its owners to age in place. Raising a formerly “sunken” style living room, expanding openings, and using durable materials throughout were all top priorities in the design, whilst enhancing the details and features of the home to keep a familiarity throughout.

Work began in the formal living area by raising the floor to keep the bulk of the main level on a single plane- a thoughtful idea for aging in place and easier access throughout the home. The grand fireplace also was extended to accommodate with a brand new custom mantle with details added to reflect the original architecture throughout the home for cohesion. Custom drapery panels line the tall windows to soften the room and frame the gorgeous view of the pool and landscape. Banana trees are carefully placed.

One of my favorite transformations is the family room overlooking the in-ground swimming pool. We kept the space light and airy, and utilized family (and pet) friendly fabrics on upholstery and area rug. An existing custom entertainment center and built-in shelving remained, but was given new life with a fresh coat of paint and new hardware. A perfect canvas to highlight collected accents and personal photos to fill the space with love and character.

Pass through the family room, we enter the back entrance hall, lined with a delicious palm leaf dimensional wallpaper in aqua, to provide a pop of color and texture that truly teleports us to the Floridian Coasts. We continued the paper into the





jewel box of a powder room, perfectly located for guests lounging poolside nearby.

The heart of the home is typically the kitchen. For this home, the heart rests outside centralizing around the luxurious in ground pool appealing to kids and adults alike. Complete with a fabulous pool house and accessible kitchen, this home brings the comfort

and amenities of the indoors outside. Redesigned in the same shades of aqua and accents of gold bring the allure of Palm Beach right here in the heart of America.

A private pavillion thoughtfully located in the back corner of the pool area hosts casual lounge furniture complete with a fire table for those cozy cool late summer nights.



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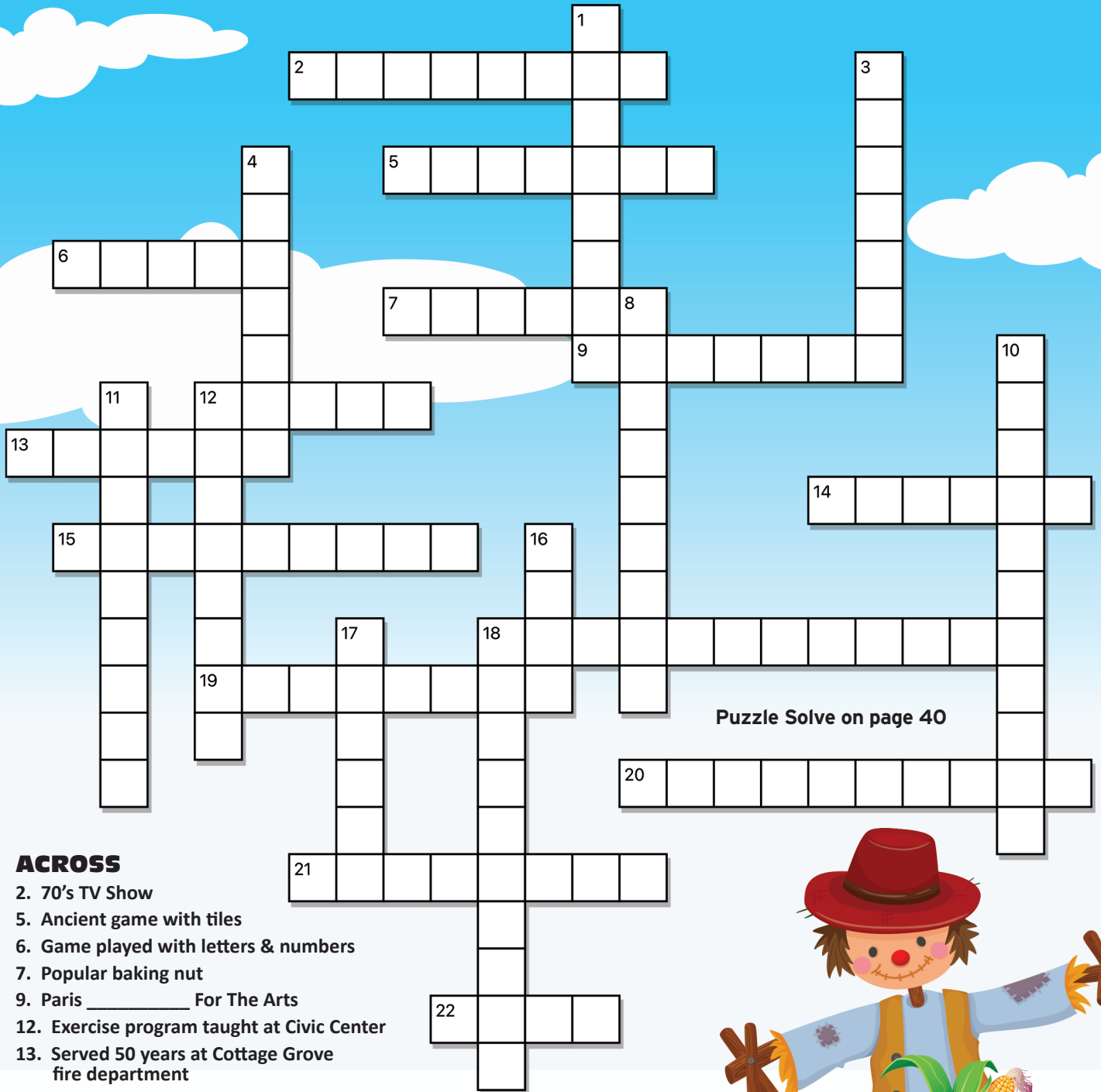
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JUST FOR FUN



Puzzle Solve on page 40

ACROSS

2. 70's TV Show
5. Ancient game with tiles
6. Game played with letters & numbers
7. Popular baking nut
9. Paris _____ For The Arts
12. Exercise program taught at Civic Center
13. Served 50 years at Cottage Grove fire department
14. Grocery that made good bologna sandwiches
15. Healthcare for older adults
18. Big event for costumed kids & adults
19. Not a vampire, but they need your blood
20. It applies pigment to canvas
21. September holiday
22. Sound of a car or goose

DOWN

1. North or South _____
3. Band director at Grove School
4. New real estate company

DOWN

8. "Out standing" in his field
10. Yummy German or Mexican meal at _____
11. Said Jennifer Horton, "They are _____ the backbone..."
12. BPU's power is _____
16. Youth group for Henry Co. Prevention Coalition
17. Fitness instructor
18. Flower, not a mythical beast





AROUND OUR TOWN

LIFELINE

FOR THE COMMUNITY

A new addition is coming to Tyson Avenue in Paris. Behind the doors of the new building, people will soon be rolling up their sleeves – not for fashion, but for something far more impactful: saving lives.

Lifeline Blood Services will soon be opening a new blood donation center in Paris, making it easier than ever for Henry County residents to donate whole blood or platelets without leaving their hometown. It's a move that's both practical and deeply personal for the community, many of whom have seen firsthand just how critical blood products can be in times of emergency, illness, or surgery.

"We're not just opening a building, we're saving lives," says John Miller, CEO of Lifeline Blood Services. "Soon, it will become easier and more convenient to give the gift of life in Henry County."

WHY IT MATTERS

Every two seconds, someone in the United States needs blood. Whether it's a trauma patient, someone under-

going cancer treatment, or a premature infant fighting for life, the need is constant – and local.

Lifeline Blood Services supplies blood to 16 hospitals across West Tennessee as well as in Corinth, Mississippi, and that supply depends entirely on volunteer donors. One whole blood donation can save up to three lives. Platelet donations, often used for cancer patients, are equally vital but even more time-sensitive, with a shelf life of just five days.

"Having a Lifeline Center in Paris is a huge win for our community," shares Lifeline Paris Board Member and blood donor, Mallorie Hutson. "In emergencies, every drop counts, and a nearby center helps ensure a steady local supply of blood for our hospitals."

A CENTER DESIGNED FOR COMMUNITY

The new center will feature a warm, welcoming interior with professional, friendly staff who will make the donation process easy, even for first-timers. Appointments will be necessary for platelet donations but not

required for whole blood donations.

Henry County resident, RoEllen Rushing, has been volunteering with Lifeline for about 15 years. She became active with the Homemakers Meet Club upon her retirement, and they assisted with refreshments for the blood drive donors. Now, they assist in other ways and offer support. When asked what she thinks a new Lifeline Center will mean to the community she shares, "It will offer flexibility and opens more opportunities to donate."

The center isn't just a place to give blood, it's a place to connect with a cause. Lifeline often runs promotions and giveaways to thank donors, from donor t-shirts to apheresis bucks for our platelet donors. There's always a smiling face and a snack waiting when you're done.

HOW TO GET INVOLVED

Donating blood or platelets takes less time than you might think. Whole blood donations typically take about 30-45 minutes while platelet donations take around 90 minutes.



The local Lifeline Blood Services' board of directors: (seated right to left) Sherrona Taylor, Lori Dalton, Susan Jones, Nancy Moore, Danny Veazey, Dawn Ninness, and Roellen Rushing. Standing: Curtis Jones and Wendy Barnhart.

Donors must be at least 17 years old (or 16 with parental signed consent), weigh at least 110 pounds, and be in good general health.

Nervous? You won't be alone. The team at Lifeline is there to answer questions and make the process comfortable. "We want people to feel like they're truly making a local impact, because they are," says Melinda Reid. "Because that's what this is— a community impact built on care."

LOCAL MISSION WITH LASTING IMPACT

Lifeline's presence in Paris marks more than a new building, it marks a renewed commitment to serving the health and safety of our regional

neighbors. The hope is that this new center will foster an even stronger culture of donation in the community, helping to ensure a stable blood supply today and in the years to come.

"Blood donation is one of the most direct and meaningful ways you can love thy neighbor," says Miller. "When you donate, you're not just giving blood, you're a volunteer healing others and giving hope. That's powerful stuff."

Stay tuned to when the Lifeline Blood Services Paris Donor Center will be opening. In the meanwhile, find a local blood drive where you can donate and enter to win the 2022 Ford Mustang convertible, donated by

Joe Mahan Ford. This promotion will end September 1, 2025, and is open to donors 18 years of age and up.

Visit www.lifelinebloodserv.org to learn more or call 731-427-4431. You can also follow Lifeline on Facebook and Instagram for updates, local blood drives, promotions, and stories from local donors.

Because here in Paris, saving lives is a community tradition worth continuing.



Give blood and enter to win a shiny red Ford Mustang convertible donated by Joe Mahan Ford. "The deadline to enter is September 1, 2025, and is open to donors 18 years old and up," said Sherrona Taylor, Donor Recruiter.

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JOHN WEIHER

"Cottage Grove Has Been Good To Me"

By Shannon McFarlin

This has been quite a year for John Weiher. The Cottage Grove Fire Chief was honored for his 50 years of service to his community while the Freedom Festival of Cottage Grove was celebrating its 50th year. And yes, both of those milestones are intertwined.

Weiher was celebrated as the Grand Marshal of the 4th of July Freedom Festival parade this year, an honor he turned down previously on several occasions. "I always felt they needed someone that would bring more people to the parade than I would," he said.

Earlier this year when the Cottage Grove Volunteer Fire Department corporation held its annual meeting, he received a 50-year service award. One of the stipulations for the award was that he would finally be the grand marshal with no more excuses. "This time, I said yes and that I was proud to do it," he said.

He also received the Loyal Patriot Award, the highest award bestowed on a citizen from Henry County.

John Weiher was 18-years-old when he and a handful of other gentlemen from Cottage Grove started the Cottage Grove Volunteer Fire Department. Those involved in that first fire

department included John's father, John Weiher Sr., Dan Carr, James Bowden, Robert Bowden, Clovis Abels, Ed Casey and Wayne Raines.

Before the fire department was formed, he recalled there was a house fire in Cottage Grove, and when the call went out, the Paris Department sent one truck, sprayed the fire with water, and left. Times were different then. "And the house burnt down," he said.

A group of citizens got together and said Cottage Grove needed its own department, but the town could not afford one. At the same time, there was an article in the "Progressive Farmer" magazine about forming a fire department with a non-profit corporation.

"We had a community meeting, and there were 40 people there," Weiher said. "We had the meeting at the Cottage Grove Cafe, and everyone there pledged \$100 to the new corporation. It was decided that everyone pledging would receive 10 years of fire coverage, and the corporation has perpetuated itself since then. "I believe it was the first of its kind in West Tennessee at that time," he said.

The men then located a 1952 International fire pumper in Carlisle County, Kentucky. "It was an old Civil

Defense fire pumper, and we paid \$375 by check for it. To this day, the people in Carlisle County have never cashed that check."

From there, the fledgling department was given space in Cottage Grove's water works building at 40 Maple Street before the fire department was able to afford to build its own station.

None of the original group had fire training, so the State Fire Marshal's Office sent an instructor. "He spent a week here training us," he said.

Now, the Fire Department has grown to have four fire stations - the original one in Cottage Grove, another by the airport, and two more in Whitlock and Jones Mill. The department presently has 25 adult firemen and five junior firemen, ages 15-18.

"One good thing is that we've been fortunate in being able to keep recruiting more and more over the years," he said.

At the same time, the department needed to keep money coming in to support itself, and the idea for the Freedom Festival was formed. The first year was in 1975. "We didn't make much money, but it was enough to help out," said Weiher.

Now, the Fire Department also receives funds from Henry County

Helping Hand and memberships in the department's corporation. "We also apply for grants," he said.

The Festival has grown into one of the most popular in the area with more activities added each year. The most popular feature of the Freedom Fest is the parade. The parade route leads directly to the grounds of Cardinal Park where the rest of the day is full of family activities including a cake walk, International Firehouse kitchen, the Country Store, hayrides, car shows, tug-of-war, plenty of kids' games, corn hole tournaments, live music, and fireworks.

You can't forget the concession stand where great-tasting burgers and the best soft-serve ice cream is served. And speaking of the ice cream, there's a story there, too.

"Many years ago, we went to a government surplus auction and bought old ice cream machines. They came from a military mess hall, and that's what we've been using ever since. Homer Maddox ran it for years and now he's retired. He has trained the younger ones in how to operate it."



In 2024 Freedom Fest parade, John Weiher drove one of the Cottage Grove Fire Department's trucks. In 2025, he was named the Grand Marshal of the same parade.

A few years ago, someone looked at the machines and said they were the oldest he'd ever seen, dating back to 1953 and 1958. "He tried to buy them, but we said 'no thanks'."

The secret to the best soft-serve ice cream? "We always buy a good mix. We get the high butter fat," he said.

Weiher became the Fire Chief in 2008, following former Chief Bill Pul-

len. Before that, Weiher was Assistant Chief and has served as Mayor and a member of the Legislative Council over the years.

"People ask me why I've been so involved and I tell them, 'Cottage Grove has been good to me, and I'm going to be good to Cottage Grove in return.'"

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DEVONA MAY

Bringing Sweat, Strength, And Smiles To Fitness

By Noah Way

If you've spent any time at the Civic Center, chances are you've seen Devona May leading a room full of diverse people through what may look like a "workout". The music pumping, spirits high, and everyone leaving a little sweatier, albeit prouder of themselves. But Devona isn't your typical "fitness" instructor.

She's not about chasing numbers on a scale or squeezing into impossible body standards. Instead, she's here for something bigger: helping the community discover what they're really made of. "Each class is a chance to prove to yourself just how powerful you really are," May says. "It's about loving and respecting your body- not punishing it".

Devona, a Henry County local and third grade teacher of 33 years at Paris Elementary, started her new fitness journey around the pandemic. A wife to Jim May, mother to Carly and Cameron and three grandbabies, she noticed that gyms can be a potentially

lonely or intimidating place for some folks. She felt strongly that anyone's fitness journey should involve community, support, and accountability – to strengthen the mind, soul, and spirit – as well as the body.

No stranger to a health journey with 25 years of WeightWatchers experience, she became a REFIT certified instructor after taking classes herself for two years. A cardio-based workout set to uplifting, positive music that makes you forget you're even exercising. All ages, bodies, and experiences are welcome. Later, she added REV+FLOW classes to her roster – a slower-paced yet equally as invigorating class meant to focus on strength, balance, and flexibility. They often optionally use 1-3 lbs. weights in the latter for an extra challenge.

The REFIT and REV+FLOW classes aren't about longer exercises, they're about higher quality workouts; with each class burning anywhere between 400-600 calories. To put

that into perspective, a brisk pace of 3.5mph on a treadmill only burns upwards of 260 calories. In addition, out of all the potential ways to move the body with exercise: swimming, running, or yes – pickleball, only one form of movement has been scientifically proven to fight Alzheimer's and be a true brain workout...dance!

With that being said, for each minute spent exercising, it is said that it can add up to seven minutes of extra life. That means for every hour it has the potential to add three more. "It's not just how long you live, it's how well you live. It's not only the years you add to your life, it's the life you add to your years. You are worthy!"

Which is why it's so pleasant to see that some of her classes have up to five mother and daughter duos in them, with one even having three generations of women from the same family involved. A true testament that REFIT is more than just your average workout.

While other instructors might have the motto “feel the burn,” Devona’s ideology is “share the burden.” “I’ve noticed that, mainly as women and mothers, we give. So let’s make a little time for us,” she said. “We’re happier people when we have our own personal time to work on ourselves, be in a community, and move our bodies.”

For those who have been apprehensive of these class styles, she states her own REFIT and REV+FLOW classes aren’t just workouts, they’re about finding your tribe. Devona is a firm believer in the power of community. “I want these people to know I care for more than just their physical health, but their wellbeing. We’re a support system together.”

One of her clients summed the class up eloquently: “It was just what I needed! I love connecting with other women. Devona is so gifted in how she leads. I kept thinking of the word ‘cheerful’. She encouraged us to believe we are strong and doing good things with our bodies. I’m looking forward to the next!”


So what’s next for Devona? Despite a busy schedule with school starting, she reserves the utmost commitment to her craft, even at the age when grandchildren start to become part of the family. She hopes to be doing this for the next 15-20 years. It shouldn’t come as a surprise that is indeed in the realm of possibility for someone who has prioritized their own health in addition to looking out for others.

Whether you’re trying to build strength, boost your energy, or simply move the body to some encouraging music, Devona’s classes might be exactly what the doctor ordered. Especially when her intention is the soul being just as important as the body’s health.

“Come see what you’re capable of!” said Devona.

For those interested in signing up for a class, or just checking it out, she offers them at the Paris Civic Center. Her class schedule is: Mondays at 4:30 pm, Thursdays at 5 & 6 pm, and Saturdays at 9 am. Devona offers affordable class costs at \$5 a class or \$35 for 8 weeks.

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LAKE HAVEN BEHAVIORAL HEALTH

Enhancing Safety And Specialized Care

Lake Haven Behavioral Health is an inpatient psychiatric unit located within West Tennessee Healthcare Henry County Hospital. Currently, the unit offers 10 patient beds with plans to expand to 20 in the near future. It will serve both adult and geriatric populations, encompassing individuals from age 18 and older.

At present, all patients are cared for within a single unit. However, the goal is to divide the space into two distinct units – one for adults and one specifically for geriatric patients.

“The decision to separate these two units was driven by a commitment to operational best practices,” explains

Shelby McMillin, Director of Lake Haven Behavioral Health.

“The older population tends to have very different diagnoses than the younger population. By separating the units, we can better meet their unique needs.”

SPECIALIZED CARE FOR GERIATRIC PATIENTS

The geriatric psychiatric unit primarily serves individuals aged 65 and older, although younger patients may be admitted based on their diagnosis. Many of the patients treated here live with conditions such as Alzheimer’s disease and dementia.

These illnesses can cause behavioral changes like agitation, aggres-

sion, and wandering. While these conditions cannot be cured, the unit focuses on managing symptoms to improve quality of life.

Previously, the adult and geriatric units operated separately, but they were merged during the COVID-19 pandemic. The plan to re-establish two distinct units has always been a priority, and proactive enhancements to existing safety features have been implemented to support this transition – especially those aimed at reducing ligature risks and enhancing overall safety.

A DAY IN THE LIFE: GERIATRIC UNIT

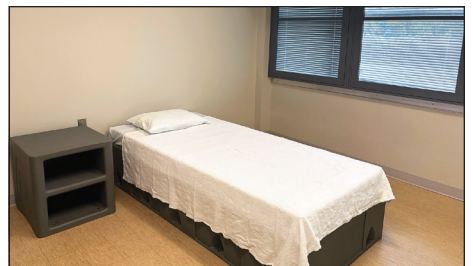
A typical day for a geriatric patient



Soon the halls of Lake Haven Behavioral Health will welcome geriatric patients living with dementia or Alzheimer’s disease.



The Activity Room fosters social interaction, a key component in promoting positive mental health and supporting recovery.



Geriatric rooms will feature securely enclosed windows, allowing natural light while keeping patients’ safety the top priority.

begins with a nutritious breakfast, followed by morning medication administration by nursing staff. A mental health provider sees each patient daily to assess their progress and response to medication. An activities therapist provides daily engagement, while a social worker helps address personal and family needs. Patients are kept active and mentally stimulated through structured therapeutic activities.

All patient rooms are private and include a personal bathroom. To encourage socialization, there are no televisions in patient rooms. Instead, an activity room with a television fosters joint interaction. The unit also includes private showers and offers full laundry services.

Security and patient safety are top priorities. Both the adult and geriatric units are secure, meaning entry is controlled and requires staff authorization or an access badge.

COMMUNITY-FOCUSED CARE

Lake Haven Behavioral Health is the only facility of its kind in the



SHELBY MCMILLIN

Director of
Lake Haven
Behavioral
Health

community. It works closely with the medical staff at WTHC-Henry County Hospital to provide comprehensive care, including physical, occupational, speech, and wound therapy when needed.

"We understand how scary it can be to send a loved one to inpatient care," says McMillin. "This is especially true when dementia or Alzheimer's is involved. Our team is here to help families through this difficult time. We're not just managing behaviors; we're also offering guidance and support."

STAYING CONNECTED WITH LOVED ONES

Family involvement is important. Visitation hours are available daily

from 2:00 pm to 4:00 pm. Phone calls are allowed between 1:00 pm and 5:00 pm and again from 7:30 pm to 8:30 pm. Additional visitation can be arranged based on individual needs.

REFERRALS AND ADMISSION

Referrals to Lake Haven Behavioral Health can be made by primary care providers, emergency rooms, or by calling directly at 731-644-8420. For geriatric patients, medical clearance is typically required to ensure their symptoms aren't the result of an acute medical condition. After treatment, staff help coordinate appropriate placement or continued care.

HERE FOR YOU AND YOUR LOVED ONES

Navigating behavioral health issues in later life can be overwhelming. At Lake Haven Behavioral Health, we are committed to treating each patient with dignity, respect, and compassion.

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DON'T LET FALL SLIP AWAY

By Steve McCadams

Everybody and his brother gets all excited and bent out of shape when Spring rolls around here on the “big pond.” Lots of side effects and fishing pox is one of them. However, across the Volunteer State, and especially right here on Kentucky Lake, folks have been known to overlook the attributes of Fall fishing. The season has long been underrated.

Several reasons Fall’s cap has a lot of feathers in it. One is stability. Weather always plays a big role in the plans of outdoorsmen. From camping sprees to fishing expeditions; seems it’s always the main ingredient. Pretty hard to outguess it. Lots of folks claim they can predict it ahead of time, but the late historian and philosopher Will Rogers once said: “Everyone talks about the weather... but nobody does anything about it!”

Rogers had a way with words and wrapped them with common sense. I certainly can’t claim any meteorology traits in my bloodline. There’s one claim I can make, however, regarding the local weatherman and myself – he knows today what it’s going to be like tomorrow. I know today what it

was like yesterday. So, only one day’s difference!

Over my more than six decades in hot pursuit of fish and fowl, I can tell you this: Fall is one of the best times to go outdoors. No doubting the robust awakening of the outdoors once Spring knocks on the door, but sometimes it comes in like a lion and goes out that way, too. Blustery winds escort nasty cold fronts throughout the Spring. Warm one day; cold the next. You know how it goes....



Fall isn’t like that. Comes on slowly and slips in the door like an old cat when you’re not looking. You may know it’s coming but never quite sure when it will truly arrive. A few falling leaves here and there send signs of transition, but it’s sort of hard to tell when Summer waves “goodbye” and Autumn says “hello”.

Old timers used to say you’ll know when Fall arrives – it’ll be time to trade in your screen door for a pair of long handles! Such sayings are one of the reasons I like to hang around old folks. Wisdom is dispensed in short doses if you listen closely.

As to Fall fishing around these parts, it’s a great time to fight the fish but not the crowd. Once Labor Day passes on the calendar, the lake quiets down and the pleasure boaters diminish. I guess all of us are pleasure boaters when floating about sharing this beautiful waterway, but boat ramps aren’t crowded, loud jet boats begin to hibernate, fishermen don’t jockey for position at fishing holes, etc...you get the drift.

A mood swing of peace and tranquility takes over. The quietness lets the sound owls trading messages from the hardwood hills says all is good out here off the beaten path. Soon the trees will speak too, courtesy of nature’s paintbrush.

The silence of Fall creeping in says a lot if you take time to listen. A fish slaps the water along a gravel shoreline; his aggressive behavior stimulated by cooler surface tem-

peratures. Honking Canada geese announce Fall is behind them somewhere in the sky.

Out on the lake, crappie and bass are biting. They too are transitioning from deep to shallow water in hot pursuit of schooling shad, their forage base now flicking the cooler surface.

Some days a stagnant fog sleeps in late, hanging out over the big open water forming a gray blanket of infinity. Hard to see anything, but ears receive battle cries of great blue herons squawking over fishing rights. Sort of nice to witness the lake waking up from a long night's sleep. Watch the wildlife wonderland begin to appear as the sun pulls back the curtain of mist. It's a movie in the making.

Tossing a topwater lure along the endless gravel banks will sometimes produce a comode flushing strike from an aggressive bass fooled by the appearance and action of the artificial presentation. Perhaps a slab crappie wallowing toward the surface having fallen prey to a live minnow or jig presentation around a submerged hideout.



"I can tell you this: Fall is one of the best times to go outdoors."

A fisherman's paradise emerges as light winds reveal a massive lake's opportunities. With all that water there has to be some fish calling my name says the conscience of the dreamer, rod in hand. The hare has the hound. A fish the fisherman.

And so it is, a majestic moment shared in Autumn's outdoor world

before the bite of Winter slaps you on the neck and says move on. The lens of a camera might preserve the picture but there's no substitution for being there. Feeling the mood. Absorbing the atmosphere. Storing the moment for recall, when wrinkles rob the body's ability to go one more time.

Times like these reinforce the idea that something far greater than me created it all. A mayfly's silent descent put him on my hand but only for a moment. He didn't stay long or say anything, yet I think the message was delivered.

Sacred and still moments out there on the big lake won't last forever. Storms will soon replace placid waters. Sleet and snow will chase away ideal days of light jackets and gentle breezes. Best to relish the good times while they're here and don't pass them on to tomorrow.

After all, tomorrow comes...but never arrives!

Steve McCadams is an avid sportsman, hunting and fishing guide, and talented outdoors writer. His email address is stevemc@charter.net.

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Fall Gardening

By John Watkins

Well, it's Fall y'all! After another long, hot summer it's time to sit back and enjoy all the fruits of your hard labor.

Hopefully the temperatures have cooled down enough to sit outside on the porch and not have to swat at mosquitoes while precariously trying to balance a cold beverage in one hand and flip those burgers with the other. With some cooler night temperatures, we should soon start seeing all the beautiful fall colors as well.

Wait a second, (record scratch...), are you telling me you haven't even thought about planting your garden for the Fall? You know, Spring and Summer get all the glory what with their annual flowers and a garden full of tomatoes, but Fall is really the best time to enjoy the garden. So, if you haven't planted for Fall in the past, here are some tips from getting the most out of your Fall garden for the rest of this year and years to come.

Let's start with some great annuals and perennials that really love those cooler temperatures. I'm sure everyone is familiar with the old standards like fall mums or perhaps pansies or cabbage and kale that can withstand frosty nights and prolonged cold.

But there are other great plants that might just pique your interest as well. How about calendula (also known as pot marigold) that is a hardy annual that will bloom right on through the Fall. Or dianthus and petunias that actually prefer cooler temperatures and can spice

up your containers. If you're looking for a great companion plant to those flowers, Dusty Miller with its silver foliage can really make those flowers stand out. And if you're looking for cut flowers, you just can't go wrong with a container or whole bed full of snapdragons.

Ok, on to the shrub category. Probably tops on this list would be the ever-popular Burning Bush that has the most amazing fiery red leaves. Too common you say? There are several varieties of hydrangea (especially oakleaf hydrangea) and viburnums with foliage that turn to shades of reddish bronze to orange and even dark burgundy.

Lesser-known shrubs like fothergilla or Virginia sweetspire have multiple season interest. Both have the most amazing white blooms in spring (bottlebrush-like blooms on the fothergilla and drooping white spires for the sweetspire) but really show out with their fall foliage display. Fothergilla colors can range from orange, red, crimson, and yellow (all on the same plant!) while sweetspire shows out with its orange to yellow and red combinations. Like to combine fruit with your fall foliage? Blueberry bushes will keep your belly full during the summer and turn to vibrant reds for the fall.

And lastly, I'd be remiss if I didn't mention all the great trees out there to plant. You do know that people travel hundreds of miles and spend millions of dollars to drive to other places just to see the fall foliage, right? Why not bring that color to your own yard and avoid the crowds.

There are so many great varieties of red maple out there that I can't even begin to mention them all, but Red Sunset or October Glory are still hard to beat. You've also got your Japanese maples and dogwoods for smaller areas (again, so many varieties). But how about going out on a limb (see what I did there?) and trying something new and exciting?

If you're not in too big a hurry and have time to let a tree mature, ginkgo has some of the most striking yellow colors in the fall landscape. If you're looking for faster growing options, sassafras, sourwood, and black tupelo have more color than that mega-box of Crayola Crayons® you used to crave in elementary school. There's even a couple of very large oaks like white and Shumard that have some nice red and russet colors.

Seems like there's just never enough time to provide a thorough list of all the beautiful fall plants out there, and I'm sure you have plenty of your own favorites. As for me, I will be setting up a toll booth outside my house for all those people who come to gaze in wonder at my fabulous sassafras and dogwoods. Cash only, please!

In the meantime, if you're more of a visual learner, scroll on over to Facebook or Instagram and check out some of my social media posts. You can find me at "jwdigginginthedirt", bringing some wit and wisdom to a garden near you.

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

NUTS!

ABOUT FALL

Cozy Recipes With Pecans

When fall rolls around, everything seems to slow down just a little. The weather gets cooler, the leaves start to crunch underfoot, and the kitchen becomes the heart of the home. It's the perfect time to cook with cozy, flavorful ingredients – and pecans are one of the season's quiet superstars.

Pecans bring something special to fall meals. They're buttery, slightly sweet, and add just the right crunch. Whether you're roasting veggies, baking dessert, or making a hearty dinner, pecans bring warmth and richness to the table. They work just as well in savory dishes as they do in sweets, and they pair beautifully with seasonal flavors like sage, sweet potatoes, cinnamon, and apples.

Here are three pecan-packed recipes that show off just how versatile this nut can be and will have everyone asking for seconds. So grab a bag next time you're at the store or better yet, buy some fresh from a Quota club member. Whether you're roasting, baking, or just sprinkling them over a salad, pecans are an easy way to bring the warmth of fall into your kitchen.



Pecan-Crusted Chicken with Honey Mustard Sauce

This pecan-crusted chicken comes out golden and crunchy, with a natural nutty flavor that beats breadcrumbs any day. A quick honey mustard sauce on the side takes it to the next level.

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 cup finely chopped pecans
- ½ cup grated Parmesan cheese
- 1 tsp garlic powder
- ½ tsp paprika
- Salt and pepper
- 2 eggs
- 2 tbsp Dijon mustard
- 2 tbsp honey

INSTRUCTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment or foil.
2. In one bowl, beat the eggs. In another, mix chopped pecans, Parmesan, garlic powder, paprika, salt, and pepper.
3. Dip chicken in egg, then press into pecan mixture to coat.
4. Place on baking sheet and bake 25-30 minutes, until chicken is cooked through.
5. While it bakes, mix Dijon and honey for a quick dipping sauce.



Chocolate Pecan Pie Bars

INGREDIENTS

For the crust:

- 1 cup all-purpose flour
- ½ cup butter, cold and cubed
- ¼ cup brown sugar
- Pinch of salt

For the filling:

- 2 eggs
- 1 tsp vanilla extract
- ¾ cup corn syrup (or maple syrup for a twist)
- 1 cup chopped pecans
- ½ cup brown sugar
- ½ cup semisweet chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°F and line an 8x8 baking pan with parchment.
2. For crust: mix flour, brown sugar, and salt. Cut in butter until crumbly. Press into pan and bake for 15 minutes.
3. Meanwhile, whisk eggs, syrup, brown sugar, and vanilla until smooth. Stir in pecans and chocolate chips.
4. Pour over hot crust, bake another 25-30 minutes, until set and golden.
5. Cool completely before cutting into squares.



Roasted Carrots with Brown Butter Pecans

INGREDIENTS

- 1 lb carrots, peeled and cut into sticks
- 1½ tbsp olive oil
- Salt and pepper
- 2 tbsp butter
- ½ cup chopped pecans
- Optional: maple syrup for drizzle

INSTRUCTIONS

1. Preheat oven to 425°F. Toss carrots with olive oil, salt, and pepper. Spread on a baking sheet and roast for 25-30 minutes, flipping halfway.
2. While carrots roast, melt butter in a small pan over medium heat. Cook until it starts to brown and smell nutty, then stir in pecans and toast for 2-3 minutes.
3. Remove carrots from oven, toss with brown butter pecans, and drizzle with maple syrup. Serve warm.



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FACES & PLACES



Carlee Paige Walden had the sweetest job at this year's Cottage Grove Freedom Fest. She was manning the famous soft serve ice cream machine!



Photo: Kayla Glover

Shelby Hill is the new Executive Director of Henry County CASA. A lifelong resident of Henry County, Shelby brings with her over 15 years of professional experience to the position. CASA stands for Court-Appointed Special Advocates and is a program under the Juvenile Court.



Former Henry Countian Eddie Sanders, left, was the motivational speaker at the PSSD Back-To-School program for teachers. With him is PSSD Superintendent Shane Paschall.



Henry County Circuit Court Clerk Mike Wilson couldn't find a big hat, so he brought this one to Puryear Day. He's with Matt Wermer, one of the Puryear Day organizers.

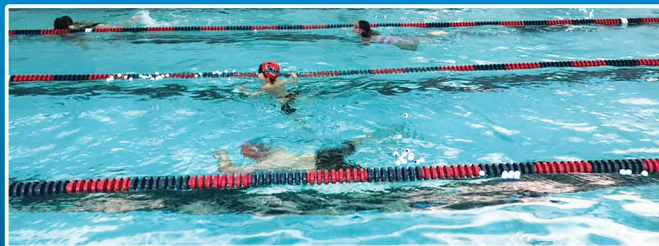


Glenn Lee was surrounded by kids (and more than a few adults) at the Atkins-Porter Neighborhood Botanical Garden for his talk about insects during this year's refuge wildlife series.

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Recently, Courtney and Josh Biggers took their son, Jackson, to Disney World. As they were leaving Hollywood Studios theme park, Jackson became so excited when he recognized Mickey Mouse.



Photo: Nicole-Briley Earp.

The Goat Yoga event was popular again this year, and Stacey Sain enjoyed participating during the Family Wellness Fair sponsored by the Henry County Prevention Coalition.



When "Lilo and Stitch" hit the Parisian Theatre, Mandi, Maci and Richard Carroll got all dressed up to watch it!



The Henry County Junior Fair Board is again going the extra mile for others. As a service project, they will be collecting items for the Little Pantries of Henry County during the fair. Pictured: Collin Whitehead, Cori Hopkins, Karamaneh Norwood, Brooks Parker, Brodie Warbritton, Easton Swisher, Jack Hutson, Abby Smith, Dallas Bomar.



The annual Back to School Bash was a great success, with over 800 backpacks filled with school supplies handed out. Numerous local officials and law enforcement helped. In photo, Paris Police Lt. Eric Long and Officer Lynsey Wimberly assist at the event.



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ON-GOING AUTUMN ACTIVITIES

Go Teams! - Support the PSSD's and Henry County School System's talented sports teams. Call individual schools for up-to-date schedules. Don't forget Saturday mornings are "kicking" with sports too! Paris Soccer at McNeil Park.

Come Play Inside - The **Paris Civic Center** has an indoor pool, track, weight and fitness machines. Pay by the visit or become a member. Located on Volunteer Drive. Call 731-644-2517.

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

Or Maybe Fresh Veggies? Make your way to the Henry County Fairgrounds to the Farmers Market and Vendor Fair every Monday and Thursday afternoons from 3-5:30 pm through October for some local goodies.

AUGUST

AUGUST 16 - Head over to **KPAC** for the **"Coming Back Home Show"** at 7 pm for a celebration of heritage and harmony. Tickets: \$29 and \$35. For more information, call 731-644-2517.

AUGUST 21 - Show your **BIG RED PRIDE** at the **first home football game** of the season at Henry County High School. HCHS vs. Haywood at 7 pm. For more information, call 731-642-9733.

AUGUST 23 - **Paris Academy for the Arts Open House** is 1-3 pm. Meet the instructors, find a new class or learn a new hobby. Refreshments provided and free kids activities. For more information, call 731-642-3411.

AUGUST 30 - Get out and hear the best of Motown music with a special focus on the music of the Platters at the **KPAC**. It's **"The Golden Sounds of the Platters"** at 7pm. Tickets: \$30 and \$35. For more information, call 731-644-2517.



SEPTEMBER

SEPTEMBER 1 - LABOR DAY! Hats off to our country's workforce. No school for PSSD or Henry County School System.

SEPTEMBER 4 - Give Blood and Save a Life! **Lifeline Blood Mobile** will visit First United Methodist Church from noon until 6 pm. For more information, call 731-642-4764.

SEPTEMBER 6 & 7 - Looking for fun this weekend? Head to the Kentucky Lake for the **25th annual Paris Lakeway Kiwanis Club Arts and Crafts Festival** from 10 am - 5 pm each day.

SEPTEMBER 7 - It's **Grandparent's Day** so hug your Nanny or Papaw!

SEPTEMBER 13 - **KPAC** presents the **"William Lee Martin: The Funny Life Tour"** at 7 pm. Tickets are \$20-45. For more information call, 731-644-2517.

SEPTEMBER 21 - Join your friends for **"Gospel Extravaganza"** performing at **KPAC**, 6 pm. Willie Banks and the Messengers will sing popular gospel and worship selections. Call 731-644-2517 or 731-236-0174 for more information.

SEPTEMBER 27 - **Arts 'Round the Square** is in Downtown Paris from 9 am - 4 pm. This event will fill the lawn with artists creating and selling their pottery, woodcarvings, jewelry, mixed media, fiber art, photographs, sculptures and canvas art. For more information, log on to phcart.com/arts.

SEPTEMBER 27 - Head put to **KPAC** to experience a first-rate tribute to one of America's prolific bands and hear **"The Outlaw Eagles"** at 7 pm. Tickets are \$29 and \$35. For more information, call 731-644-2517.

OCTOBER

OCTOBER 2 - **Lifeline Blood Mobile** is open from 12-6 pm at First United Methodist Church. Call 731-642-4764 for more information.

OCTOBER 3 - It's **Noon on the Square** sponsored by Commercial Bank, 11:30 am-1 pm. So, bring a lawn chair and a friend to beautiful Downtown Paris. Concessions available. For more information, call 731-642-3341.

OCTOBER 4 - It's **Oktoberfest** time at the Henry County Fairgrounds, brought to you by Holy Cross Catholic Church. The morning begins with a **5K Fun Run/Walk** at 8 am. From 11am- 6pm, don't miss a homestyle German meal or authentic Mexican food. Plus enjoy the outdoor vendor booths, games, face painting, funnel cakes, silent auction, petting zoo, bake sale, and new this year, **Bingo!** For more information, call 731-642-4681 or visit their Facebook page (Holy Cross Oktoberfest).

October 4 - Hungry? Make your way to the **Blues, Brews & BBQ** in beautiful Downtown Paris! You'll find food, fun, beer and music. For more information, contact 731-642-3431.

October 6-27 - Learn a new skill by joining the **Intro to American Sign Language**, a 4-week course at the Paris Academy for the Arts each Monday from 6-7:30 pm. For more information, go to schoolforarts.org.

OCTOBER 7 - Check out **"Puppy Pals LIVE"** as seen on "America's Got Talent" at the **KPAC** for a night of family fun. Show begins at 6:30 pm. For tickets, go to kridercenter.com.

OCTOBER 9 - "70's Jukebox Countdown" live band will play some of your old favorites starting at 7 pm at **KPAC**. Admission: \$30 and 35. Call 731-644-2517 for more information.

OCTOBER 10 - Enjoy a little music at **Noon on the Square**, sponsored by Commercial Bank, 11:30 am-1 pm. Bring a lawn chair and enjoy this autumn tradition. Call 731-642-3341 for more information.

OCTOBER 10 & 11 - Looking for something to do? Head over to the **35th Annual Hazel Day Celebration**. Live music, food, arts & crafts, and on Friday, 12-6:30 pm. Family movie night at community center at 7 pm. Saturday at 10 am, Hazel Day parade! Plus a car show, cake walk, petting zoo, pony rides, bouncers, foam cannon, and sales galore at the local shops. Go to www.hazelcelebration.wixsite.com/hazel for information.

OCTOBER 11 - Join the 90's country music hitmaker **Doug Stone** on his **Farewell Tour**, 7 pm at the KPAC. Call 731-644-2517 for more information.

October 11 - The **7th annual Kooky Spooky Extravaganza** is at the **KOA Campgrounds**. Partake in the many vendors, dance and play games, ride the train and hayride, indulge in the chili cook-off, and of course, trick or treat around the park! For more information, call 731-642-6895.

OCTOBER 13-17 - Take a break! It's **Fall Break** for kids in the Henry County School System and the PSSD. For more information, call 731-642-9733 or 731-642-9322, respectively.

OCTOBER 17 - Noon on the Square sponsored by Commercial Bank, 11:30 am-1 pm. Bring a lawn chair and a camera. For more information, call 731-642-3341.

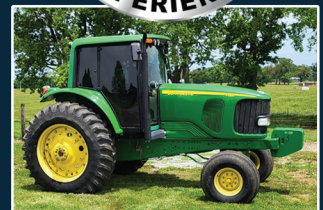
OCTOBER 23 - "Darcy Lynne & Friends LIVE" that you'll recognize from "America's Got Talent", will be on stage at the KPAC at 7:30 pm. Ticket prices will range from \$32-122. Call 731-644-2517 for information.

OCTOBER 24 - Come out one last time for **Noon on the Square** from 11:30 am -1 pm on the courthouse lawn, sponsored by Commercial Bank. Concessions available. For more information, call 731-642-3341.

OCTOBER 25 - Spooktacular! at Eiffel Tower Park, 1-4 pm. There'll be a costume contest, candy, characters to meet, games and more.

OCTOBER 31 - The Lodge at Paris Landing will be presenting a spooky **"Halloween Murder Mystery"**. Book before September 1 for a special rate that will include your room for the night, 2 tickets to the theatre event, 4 course dinner and brunch the next morning. For more information, contact The Lodge at 731-924-4301.

OCTOBER 31 - Watch out for those wee little ghosts and goblins on your way home from work...it's scary **HALLOWEEN!**



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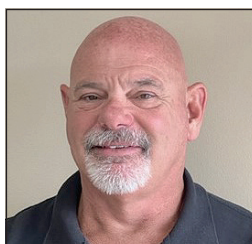
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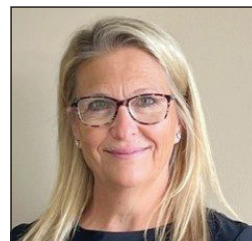
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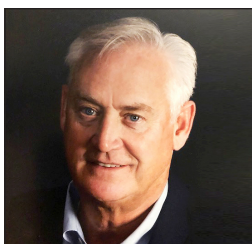
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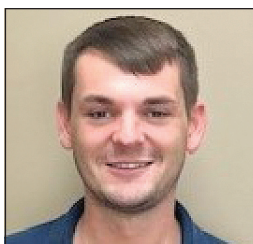
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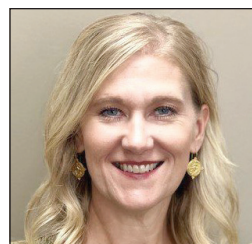
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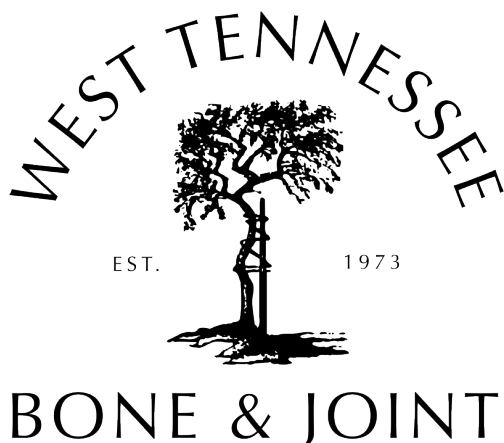
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