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Editor's Notes

Gallivanting Galore, Plus a Few Changes

Life is full of trade-outs. Three ongoing struggles that grab their share of headlines are time vs. money, calories vs. health and small towns vs. big cities. Of the three, the pair with which I am completely at peace is small town vs. big city.

Never does a small town look better to me than during the holidays. The idea of being able to stroll from my house to a Christmas concert at Grove School or to the Downtown Advent Walk is very appealing. During open house weekend (November 7-9) I can drive to church, have lunch at Ace's, visit a friend in the hospital, browse through beautiful gifts at My Favorite Things, wander through the festive downtown shops for a few hours and travel less than six miles, all day long. Eat your heart out, Memphis and Nashville.



Sure, there are a few things that can't be found here, but the list is growing shorter and shorter. After all, we have a thriving visual and performing arts community, wonderful antique shops, glittery jewelry stores, more than 30 restaurants (with real wait staffs and silverware, no less), noteworthy apparel stores, impressive holiday lighting displays, gift shops that are the envy of every elf at the North Pole and jolly events galore. So what is it that's so enticing about the city?

Don't get me wrong. Santa will not mark you off his list if he spies you sitting in traffic headed to Cool Springs Mall. However, he might be awarding extra points to folks who slow down, consider what Henry County has to offer and then stay home to enjoy the trade-out. This issue's calendar of events page is overwhelming; so make your list, check it twice and let the merriment begin!

On the Cover



No, we didn't have this much snow on Christmas last year. It came in February, but the Editor's outdoor Christmas tree was still up, and her sister snapped the cover shot. Happy Holidays!

Susan Jones

Henry County and the Lake Area **PARIS!**

Editor and Publisher
Susan Jones

Associate Editor
Kimberly Martin

Contributing Editors
*Lisa Ciarrocchi, Arthur Lodge,
Shannon McFarlin, Julie Perry,
Dr. Norma Gerrell, Pat Terrell,
Dan Townsend, Jennifer Wheatley*

Editorial Advisory Board
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Ad Manager
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Nellen/Jones Public Relations
703 Walnut Street
Paris, TN 38242

(E) njpr@bellsouth.net
(V) 731-693-2696

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ONE GRANT...

THREE EVENTS...

Priceless Holiday Memories!

By Arthur Lodge

A lot has happened since four women attended a Tennessee Arts Commission grant seminar back in August. Joy Ledden (Paris-Henry County Youth Orchestra director), Norma Steele (Heritage Center director), Jackie Gardner (Arts Council board member), and Mary Lodge (Arts Council director) put their heads together to decide how a small amount

of grant money could be used to showcase their three unique non-profit organizations.

The Combo

Using the Arts Council's Community Christmas Concert as a springboard, the group created two exciting offerings that dovetail with the concert: a reception at the Heritage Center where

guests can enjoy the holiday exhibit with live holiday music provided by select members of the Youth Orchestra. The events are on Sunday, December 7 starting at 7:00 p.m. at First United Methodist Church on East Blythe Street in Paris.

"As with most good ideas, it be-gat other good ideas," said Lodge. "The sidewalks en route to



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the Heritage Center will be aglow with luminaries, thanks to the North Poplar Street Association.”

The Concert

The bi-annual Community Christmas Concert is a beloved holiday tradition featuring local musicians who come together as a fifty-member choir with a fifteen-member orchestra “This concert is different from Messiah, which the council sponsors bi-annually,” said Lodge, “In this atmosphere, the director can be more creative and inclusive.”

The newly-hired conductor for the Paris Henry County Youth Orchestra, Joy Ledden, directs this year’s concert. Assistant band director at Inman Middle School, Ledden is a graduate of Union University in Jackson, TN where she received a bachelor’s degree in music. She has a diploma in performance from the Associated Board of the Royal Schools of Music in London, England, and also teaches private harp lessons.

“This year’s program is made up of various musical selections of well-known Christmas carols arranged traditionally and some arranged with a more modern twist,” she explained.

“I am excited to be able to expose the community to the talents of our young instrumentalists and vice versa,” said Ledden, who plans to have a few Youth Orchestra members play with the professional orchestra while others provide background music at the reception. Those youngsters and more will be in concert that afternoon at the Krider Perform-

ing Arts Center.

“While the Sunday evening concert will be led by adults, musicians as young as ten years old will raise their voices in song,” said Ledden, “but don’t let their ages fool you. ‘Veazey’s Vocals,’ the fifth-grade chorus from Paris Elementary directed by Minette Veazey, is an extraordinarily talented and disciplined group. Another amazing group is ‘Celebration!’, the award-winning, five-octave youth handbell choir of First Baptist Church.” Celebration! is directed by Peggy Williams. Williams also is the concert pianist.

Encore at the Heritage Center

The reception to follow this memorable evening will be hosted by the Heritage Center. Decorated in full holiday splendor, the center will exhibit “Treasures From The Attic, Part II – Collections of Antique Toys from throughout Henry County.” Several of Ledden’s youth orchestra musicians will be on hand for this event. An assortment of holiday cakes will be on sale for busy folks who need special treats for the holidays, according to Heritage Center Director Norma Steele.

“I am excited and inspired by the number of people and organizations that are dedicated to promoting our community,” said Steele. “Paris and Henry County are moving forward while keeping in touch with their heritage.”



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A Gift for Your Car and Your Passengers

By Dan Townsend

This holiday season while shopping for gifts, consider a special present for your diva mobile: a cabin air filter. This little gift will keep the air inside the car clean and pollutant-free for you and your passengers.

A cabin what?

Modern vehicles utilize a cabin air filter, which acts much like the filter in the home's heating system – trapping dust, dirt and grime from the road and pumping clean air into the passenger compartment. Roadside air along busy thoroughfares, like Highway 79 or even Mineral Wells Avenue, contains high levels of pollen, dust, soot and smog whose harmful effects are well documented.

Young lungs

Youngsters are more sensitive to the effects of air pollution than adults. So when you're taking the kids to school or basketball practice this winter, the air quality inside the car often can be worse than the air outside – especially in heavy traffic.

Types of cabin air filters

Two kinds of cabin filters are found on vehicles today – the *particulate* cabin filter and the *activated charcoal* cabin filter. The particulate cabin filter features layers of mold-resistant filtration media. The activated charcoal cabin filter has all of the same characteristics as particulate filters, but

goes a step further. Their additional layer of activated charcoal absorbs nearly 100 percent of toxic and foul-smelling gases such as ozone, nitrogen oxide, sulfur dioxide and hydrocarbons.

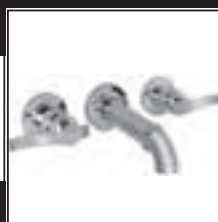
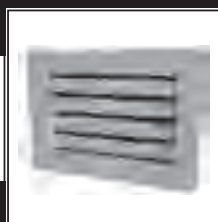
Clogged filters

Over time, the filter can get clogged, actually multiplying the dangers associated with pollutants. After all, the vehicle's heating and air conditioning system blows them into the closed interior with no avenue for escape.

Recent data shows that more than 40 million vehicles on the road are equipped with cabin air filtration systems, yet many drivers have no idea that their vehicle has one,

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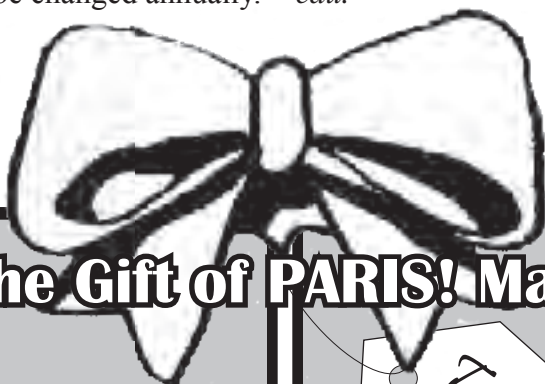
where it is located or what purpose it serves. Refer to the owner's manual or check with your repair facility to see if your vehicle is equipped with one.

Like the home furnace filter, the cabin air filter in your vehicle needs to be changed. Car Care Council recommends that the cabin air filter be changed annually. That's about

every 12,000 to 18,000 miles or as specified by the manufacturer.



Dan Townsend is a Henry Countian who teaches Automotive Technology at the Tennessee Technology Center's McKenzie campus. Email him at dan.townsend@ttcmckenzie.edu.



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Put TV Show "24" Event Tix on Your *Christmas List*

Those who are curious about what happens behind the scenes on TV show and movie sets should ask Santa for tickets to *A Town Hall Meeting with President Taylor from the Hit TV Drama '24'* and *The '24' After Party*. Henry County native Cherry Jones (a.k.a. President Taylor on "24") visits Paris on Saturday, April 18, 2009, for four back-to-back fundraising events. Tickets for the evening's activities go on sale at Jack Jones Flowers and Gifts in Downtown Paris on Saturday, November 1, 2008. Tickets must be paid for in cash.

The series of events takes place on Saturday, April 18, 2009. Activities include:

- Photo-Op with President Allison Taylor (Pricing, location and time to be announced.) Get your cameras ready!
- Silent Auction of "24" memorabilia. Many items are one-of-a-kind. (Location and time to be announced.)
- *A Town Hall Meeting with President Allison Taylor from the Hit TV Drama '24'* takes place at the Krider Performing Arts Center at 7:00 p.m. Tickets are \$15 for general admission and \$20 for reserved seats. Limited seating.
- The '24' After Party takes place at Lee Academy for the Arts. Tickets are \$50 for this event, which takes place immediately after the Town Hall Meeting (around 9:30

Jon Voight (Joshua Hodges) and Cherry Jones (President Allison Taylor) on the set of "24." Tickets for Jones' April fundraisers go on sale November 1.



p.m.) and is limited to 100 guests. Jones, who is a two-time Tony Award Winner (*The Heiress* and *Doubt*) said that Saturday, April 18 "offers four amazing activities that will interest everyone from collectors of memorabilia to folks who love '24' to my old hometown pals who just want to be part of a fun, fundraising day." One hundred percent of the event proceeds are divided among Lee Academy for the Arts, Paris-Henry County Arts Council, Paris-Henry County Heritage Center, Downtown Paris Association and Friends of the W.G. Rhea Library. A part of the Krider Performing Arts Center's Ten Year Anniversary Celebration, the event is sponsored by PARIS! Magazine, WENK/WTPR and KF/KQ radio

stations, West Tennessee Printing and the Krider Performing Arts Center. Sponsors anticipate raising more than \$10,000 to be divided among the non-profits. A kick-off to the April 18, 2009, event is slated at Leach's Music on Sunday, November 23 when a 2-hour movie airs as a prequel to the new season, according to Mike Key. "We also plan to host viewing parties at Leach's throughout the winter," said Key.

24: Redemption stars Emmy Award winner Kiefer Sutherland along with new cast members Jones and Academy Award-winner Jon Voight. To see a trailer, log on www.fox.com/24.



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Moody Realty would like to express its appreciation to all that helped make 2008 successful. We are truly blessed to have had so many good friends over the past 52 years. Serving people like you gives us many reasons to wish you and your family a warm and safe Holiday Season and a Healthy and Prosperous New Year. REMEMBER OUR TROOPS and GOD BLESS AMERICA!



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Faces & Places

Incoming Chamber of Commerce President Bryan Irby of the Board of Public Utilities shares plans for his term during the group's 58th Annual Membership Banquet.▶



▲Mary Lacy (right) discusses her artwork at the Wild for Life Art Show and Sale at Lee Academy for the Arts. (photo by Jean Owens)



▲Faye Cooper and Vickie Kesterson show off their Red Hat Society Scarecrow during the Heritage Center's Scarecrow Contest on the back lawn.



◀Randy Scholes, Ed Martin and Andy Hooper visit during the opening of the Lunchroom at Lee Academy for the Arts.

County Commissioner and Historian David Webb takes the Genealogy- Archives-Museum Committee on a tour of Weston Hall, a possible site for the three groups' new home.▼



Bailey Compton finishes a craft in the Children's Area during Arts Round the Square, part of "Eye Full" of Paris weekend.▼



▲Oktoberfest at Holy Cross Catholic Church is a favorite activity for Tucker Jackson, or is that Roy Rogers?



◀When the National Boss Hoss Rally rolled into Paris Landing State Park, locals enjoyed viewing motorcycles that appeared to be anything but!



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◀The Henry County Patriot mascot (a.k.a. Jon Smith) is ready for for a fight during the Homecoming Pep Rally.



◀Gene Peterson pulls a load of happy concert-goers on a tour of Paris Winery during the final event of "Eye Full" of Paris Weekend.



Nothing says autumn like Ted Neumann and his bountiful pumpkin patch. Neumann supplies the Knights of Columbus with the pumpkins and gourds for the Knights of Columbus stand at Medical Center Pharmacy.▶



Rev. Megan Severns, the new minister at First Christian Church holds Daisy, who is being blessed by Rev. Lora Jean Gowan from the Wesley Foundation at Murray State. Daisy joined a number of other pets at the church's annual Blessing of the Pets in October.▼

▲Erin, Carter and John Paul Moody stop to remember the fallen during a special service to honor the victims of 911.

Nellie Bass, center, is flanked by members of the Quinn Chapel A.M.E. Choir perform during the first annual Downtown Churches Rejoice!, a part of Eye Full of Paris weekend.▶



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Consolidating

There's plenty of competition for our time during the holidays. Perhaps consolidation is the key to a smooth, enjoyable holiday season. With five unique restaurants, a gourmet coffee shop, 25 retail stores, seven churches and more than a dozen heart-warming holiday events, downtown Paris is the perfect place to meet old friends, enjoy extraordinary shopping and take part in memorable, hometown traditional events. In the spirit of the holidays, most are free of charge.

Below is PARIS! magazine's list of a 24-hour day packed full of holiday fun in and around downtown. Don't panic: we've spread the holly jolly events over six full weeks! For more information go to www.VisitDowntownParis.com.

2

2 hours – Friday, Saturday and Sunday, November 7-9 - Open Houses - Christmas candlelight open houses are from 6-8:00 p.m. on November 7 and 8

with afternoon open houses November 9 from 1-5:00 p.m. Festive shops, live holiday music, delicious refreshments, stunning decorations and gifts that are sure to please await visitors during open house in historic downtown Paris and shops throughout the area.

30 minutes –

Friday, November 21- Fall Bake Sale

- A freezer is a girl's best friend so stock up on tasty items at the Athena Delphian Club's annual bake sale from 8 a.m. until 10 a.m. on the Court Square.

:30



2.5

2.5 hours – Friday, November 28- North Pole Family Fun Day.

– No matter your age, it's a thrill to watch Santa, his elves and Rudolph roll into downtown on the huge red fire truck! After a visit to the big man's house, youngsters can make free Christmas crafts with the 4-H Honors Club, listen to live music, get their face painted at Commercial Bank, take a wagon ride and more! Follow the railroad tracks to the old depot (Vicky Muzzall's Tax Service) and hear *The Polar Express* read every half-hour. Enjoy a horse and wagon ride to view the Heritage Center's vintage holiday toy exhibit. This free event is from 10:00 a.m. - 2:00 p.m.

Merrymaking in Downtown Paris

8

8 hours – Saturdays, November 29, December 6, 13, 20 – Mini-Concert Series at Leach's Music on E. Washington Street. Treat yourself and a friend to a free afternoon of great music from local musicians. The series is from 3:00-5:00 p.m. each Saturday till Christmas.

2.5 hours – Wednesday, December 3- Candlelight Advent Walk is a procession by candlelight through Victorian downtown Paris. The progressive worship service stops at many of the beautifully decorated churches. The event begins at 6:30 pm and ends with a reception at the last stop.

2.5

3 hours - December 7- Community Christmas Concert, sponsored by the Paris Henry County Arts Council, begins at 7:00 p.m. at the First United Methodist Church. Afterwards, stroll down historic North Poplar Street aglow with luminaries from the North Poplar Neighborhood Association. End the evening at the Henry County Heritage Center Christmas Reception where live music, refreshments and a memorable holiday toy exhibit welcome one and all. (See related article in Art and Entertainment Department.)

PARIS! *for the Holidays*

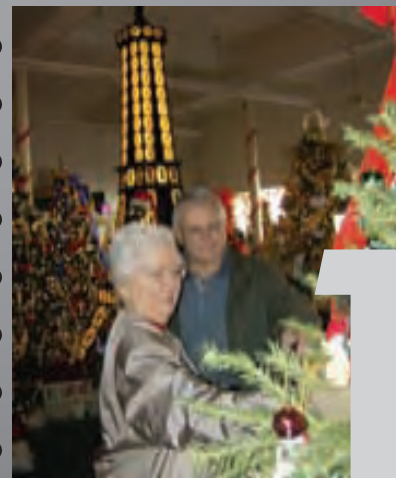
2008

1.5 hours - December 19- Santa's Last Blast is one of the last opportunities for youngsters to visit with Santa. Craft booths, Jack Foddrill and his birds at Leach's, s'mores from the Paris Fire Department, Leslie Sensing's reindeer goats, Christmas stories and hot chocolate at Jack's Java, live music and more provide holiday fun for the whole family! Come have a blast with Santa from 6:00 – 8:00



1.5

1 hour - December 1 - 21 - Trees on the Square wowed Henry Countians last year with a two-story, lighted Eiffel Tower surrounded by dozens of Christmas trees dressed for holidays. Hours are from noon-7 p.m. Monday through Saturday and 1-5 p.m. Sundays; location is corner of E. Washington and Brewer, across from Leach's Music.



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Healthy Ideas

Keeping Your Yule Cool



for Cats and Dogs

By Pat Terrell

During the hustle and bustle of the holidays, our furry friends may be faced with unique hazards. New smells, sights, and tastes are presented that could take the cool out of Yule for your pet.

Bright holiday lights

Lights are just one of the many attractions that could entice a cat or dog to chew on something new. Indoor and outdoor lights should be examined for loose or frayed insulation, as electric shock can occur from either defective cords or a few chomps from Rover. Occasionally spot-check cords to make sure there are no bite marks. Always use grounded extension cords and notify a vet immediately if a pet shows signs of electric shock such as burns, abnormal heart rhythm, difficulty breathing or loss of consciousness.

Holiday H2O

Alternate sources of water may be another ill-fated attraction. Chemicals added to reservoirs to extend the life or fresh appearance of a tree may result in dire consequences if ingested. And don't forget those pot-pourri bowls and candles - many are designed to simulate the aroma or shape of food and can be dangerous if furry friends take a bite.

Pretty paper, pretty ribbons

Something about ribbons, shiny paper and tinsel makes cats crazy. But ingesting even a small amount of ribbons or metal can cause intestinal blockages, or perforations. Down the road, secondary infections can ensue and the overall prognosis can be grim. Be aware that excessive diarrhea, vomiting, or drooling might indicate an ingested foreign body.

So bring us a figgy pudding

It's a big temptation to share bounteous holiday meals with a sad-eyed puppy or kitten, but their digestive systems are not built to take the rigors of high-fat feasting. Stomach upset or even pancreatitis could occur if your pet eats too much "people food."

It's just a little wafer

One of the biggest food hazards for pets remains that tasty piece of chocolate or grandma's fudge. Just when you're not looking, the tidbit can quickly vanish down the gullet of a hungry house cat or hound. Within 4 hours of ingesting only 3 ounces of unsweetened chocolate, a pet can present signs such as difficulty in balance, diarrhea, increased thirst, hyperexcitability, and vomit-

ing. Unchecked, these can lead to muscle spasms, seizures, coma, and even death.

Oh, ho the mistletoe

Poinsettias have received a bad rap over recent years. Poinsettias have a milky sap that can irritate the mouth of pets, but it is not very toxic. Much more malevolent is the mistletoe plant. All parts of the plant are very dangerous. Shock and death can ensue quickly and veterinary consultation should be sought immediately if your pet has ingested a small amount of mistletoe. Less hazardous but equally of concern are many species of holly. Eating berries and leaves can elicit vomiting, abdominal pain and diarrhea.

We all desire stress-free holidays. Our canine and feline friends love family fun just as much as we do. Remember to include them, but keep an extra eye out for their welfare as the year winds down.

Pat Terrell is a registered nurse who lives and works in Henry County. He invites Santa to bring lots of treats to the four furry friends who reside at his house. Contact him at rpvt1@bell-south.net.

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All I want for Christmas is...

a Garden Gadget!

By John Watkins

Yes, it's time for the second annual installment of the Garden Gadgets wish list. As I stated in last year's article, I just love gadgets of all kinds. While there are some that are pretty beneficial, most of them are things we could probably do without. There's a few out there that I kick myself repeatedly for not thinking of first! Below are a few new items and some that have been around for a while that fall into the various categories of "Useful," "Borderline," and just plain "Bizarre." Happy shopping!

Useful Gadgets

Water Timers and Soaker Hoses

It seems in the past couple of years we've fallen into this horrible pattern of drought that simply wreaks havoc on our gardens. With water rates at a premium these days, it makes sense to water wisely to get the most out of every drop. Water timers are handy gadgets that not only save the amount of time you have to stand over your plants holding a hose, but allow you to water when the plants need it the most. The soaker hose uses considerably less water and puts the moisture at the base of the plant where it is more readily absorbed. It also ensures that you aren't wasting water due to evaporation or worse, allowing water to sit on the leaves where disease problems can occur.

Hose Guides

If you are still dragging hoses around to reach container plants, a hose guide can save you the agony of accidentally ripping your bedding plants out of the ground. Strategically placing the hose guides on corners provides a channel for the hose to follow rather than decapitating your begonias.



Bed Edgers

If you want to make your flower beds stand out and keep weeds from creeping in quite so fast, a bed edger is a must-have item in your gardening arsenal. These edgers have a solid steel rotating blade that makes quick work of creating crisp edges. While string trimmers can keep edges fairly weed-free, you have to be pretty talented to make a straight line without the trimmer wandering into your petunias.

Borderline Gadgets

While some of these items might work, I'm not entirely sure that we all couldn't live without them.

Scarecrow Ultrasonic Sprayer

This little jewel is the perfect item to have if you're tired of deer, dogs, squirrels, or maybe even Fluffy destroying your garden beds. It is a motion-activated sprayer that hooks to your garden hose and sends out a powerful blast of water when something crosses its path. It might even help out with some of those nosy neighbors as well.

Plant Sense

This high-tech gizmo actually allows your plants to "talk" to you via a computer link. Place the sensor into an area where you want to plant or next to a plant that's not doing well. After 24 hours, plug the unit into a USB port and it will spit out information about either what is wrong with your sick plants or give recommendations on what plants will do best in that area. Actually, that's pretty much what I do for a living. Come to think of it, forget I mentioned this one!

Solar Bird Feeder

This is one of the items I own and love. Little solar panels on top of the feeder store up energy during the day and produce a lovely glow at night. Now to be honest, I'm not

sure birds eat at night, but it looks really cool.

Bizarre Gadgets

Somebody out there is actually making money off of these, but I'm pretty sure my life will be just as full without them.

The Amazing Message Plant

This actually is pretty amazing. For about ten bucks you receive a container with a seed in it (some sort of bean, I believe). Simply water it and in 10 - 14 days some leaves start to emerge with your personalized message on them. I can see all kinds of possibilities with this one: from corporate logos to your sweetie's name, nothing says "I'm thinking of you" more than a mutated plant.

Oxygenating Watering Can

This is not your grandmother's watering can. Fill it with water, plug it in, and after about five minutes an electrolysis element in the base "super-oxygenizes" your water. The makers claim you can get anywhere from 28 to 72 percent more growth by using this water. I know that plants need oxygen to survive, but with a price tag of a hundred bucks, I might just give my old watering can a good shaking or buy a box of straws and make my own bubbles.

Leaf Lock

Okay, this is taking things too far. Toro has an odd product on the market: just sprinkle it over the top of your freshly raked leaf pile and the corn-based granules form a

thin shell around the leaves to keep them from blowing away. Simply water the granules and voila! you have a crunchy shell. Hey, here's an idea: why not just go ahead and bag them up or put them on the compost pile already!

Useful, borderline or bizarre... there's a garden gadget for every stocking this year.



John Watkins is a landscape designer and Certified Grounds Manager who resides in Henry County. He wants Santa to know that he deserves lots of garden gadgets this year. Email him at john-rh@bellsouth.net.



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Fit 4 Life

By Norma Gerrell

Do you remember going home after school and playing outside until dark? When fast food was a treat and the children's drinks came in a cup small enough to fit in a child's hand? When kids rode their bikes to school or even walked?

Things have changed in the last few decades. Few children ride their bikes to school, restaurant portions have expanded along with our waistlines, and many children – out of desire or necessity – stay indoors watching television, playing video games, or texting their friends. According to the American Association for Child's Right to Play, an esti-

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mated 20 percent of U.S. schools have dropped physical education and recess in order to spend more instructional time in the classroom. The International Life Sciences Institute reports that fewer than 25% of elementary school children are getting 30 minutes of daily physical activity. When does a child get to move?

As educators we know that children's physical, cognitive, and emotional health is linked to their readiness to learn and ability to achieve academic success. How then do we balance the need for strong academics and physical activity? To answer this question, the Paris Special School District (PSSD) provides students with activities so that they can be "fit 4 learning."

Through the Coordinated School Health Grant from the Tennessee Department of Education, PSSD has begun to address the health needs of our students and staff. Beginning at Rhea Elementary School in 2007, students were measured in height, weight, Body Mass Index (BMI) and blood pressure. The faculty and staff at Rhea were also provided screenings from HCMC for cholesterol, blood sug-

*All photos made at "Wacky Workout"
at Paris Elementary School.*



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ar, blood pressure, etc. The Rhea Healthy School Team, in conjunction with the special education and parent involvement advisory teams, sponsored a family fun night that included an evening picnic with kickball, dancing, speed stacking, and general playtime. The intent of this collaboration was to promote families having fun with physical activity.

On any given Monday, Tuesday or Thursday at Paris Elementary School, over 200 children arrive at school by 6:00 am for "Wacky Workout." The car line to drop off at the gym looks like a sea of endless taillights in the dark winter mornings. I know, because I was there dropping off my third grade son who could not get his "brain engaged" without his daily dose of DDR (Dance, Dance, Revolution, a video dance game). Students in grades three, four and five work

in station activities ranging from "Speed Stacks" (a cup stacking game) to tether ball to "ga-ga" (a game played with a ball inside an octagonal fence). These students participate in physical activity from 6:00-7:30 a.m. under the direction of Physical Education teacher, Debbie Elliott.

At 6:30 a.m., the Inman Walking Club is chugging along. Nancy Elliott and Wanda DeHay, club sponsors, provide a great way for students to have social time while getting in shape. When students complete 100 miles in the IMS Walking Club, they earn a T-Shirt. Students are very proud to be in the 100 mile club. The walker going the farthest distance in 2007-2008 was a young lady in the eighth grade. Because of her commitment and dedication to the club, she was able to lose enough weight to get off of her diabetes medication. My

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own son was taken off of his daily aspirin therapy by his pediatric cardiologist because he was in such great physical condition from his year in the IMS Walking Club.

Both Paris Special School District and Henry County School System have Coordinated School Health Programs in place. Mrs. Sherry Wagner (PSSD) and Mrs. Stephanie Winders (HCSS) are active in their collaboration of programs between the systems and with community agencies. The Plus Endowment Foundation got involved in student health with grants for both Wacky Workout and Inman Walking Club that helped to fund equipment, T-Shirts and other materials and supplies needed by the sponsoring teachers.

With no vending machines, no snacks sold, and only healthy foods served for breakfast and lunch, the students at Rhea, Paris Elemen-

tary, and Inman Middle School are bombarded with good nutrition. This nutritional support combined with daily opportunities for physical education and recess is likely a strong contributing factor toward the positive academic achievement of PSSD students.

During this Holiday season when the temptation to "eat anything that doesn't eat us first" is all around, let us follow the example of these young people who are committed to good health, strong bodies, and healthy minds.



Dr. Norma Gerrell is the Supervisor of Instruction for the Paris Special School District. Contact her at Norma.Gerrell@parisssd.org. Gerrell shares this department with Dawn Poole, Service Learning Coordinator for the Henry County School System.

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-Dick Levesque, Marine Artist, Puryear, TN



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Feature

MRS. SANTA'S FAVORITE HOLIDAY TRADITION



Few local events are so enticing that Santa's wife travels from the North Pole just to attend. But each year the Family and Community Education clubs welcome her and hundreds of others for their Home-makers' Holiday.

The annual event takes place a week prior to Thanksgiving, November 19 and 20 at the Fair-ground's Enoch Building. Wednesday, hours are 3:00 – 5:30 p.m.; Thursday, hours are 8:00 a.m. – 2:00 p.m. Visitors are encouraged to bring their cameras for a photo with Mrs. Santa on Thursday.

According to her press secretary, the First Lady of the North Pole will be in attendance on Thursday, November 20. "She's the one who came up with the Nibble Bar idea," said UT Extension Director Mary Kate Ridgeway. "Of course, she loves this event because she can pick up desserts for Thanksgiving, as well as gift items for the elves."

"The most seasoned cooks and most creative crafters in your county are the hostesses for this event," said Mrs. Santa in an exclusive PARIS! interview. "About 100 gals make up the Family and Community Education (FCE) clubs and I couldn't get through the holidays without their beautiful crafts, delicious pies, cakes, casseroles, homemade breads, jams, jellies, aprons and even hand lotion.

"As a big fan of nibbles, I encourage folks who are looking for some holly jolly snacks to visit the Nibble Bar. It's open on Thursday from 9:30 a.m. – 1:00 p.m. and at only \$3 a ticket, it's the best bargain in town. This is the perfect chance to get with a friend, have some nibbles and coffee, and browse through the gifts."

Each FCE club will have an idea such as a recipe, a table decoration or craft to share with visitors to their booth, according to Ridgeway. "Of course, they all have incredible selections of homemade and handmade goods to sell."

Money raised during the event goes toward each of the six clubs' community service projects. "They may send a student to 4-H camp or have a party for special needs classes in the local school system," said Ridgeway. "They also participate in on-going group projects, such as Project Clean (providing detergent for the food bank), Project Happy (hosting monthly birthday parties for Henry County Nursing Home residents) or Project Treat (keeping homemade goodies on hand for patients at the Cancer Care Center)."

For more information call 731-642-2941.

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Calendar of Events

November 2 – Daylight Savings Time ends! Fall back one hour.

November 4 – Election Day! Real Patriots VOTE!

November 6 – Give the “Gift of Life” at the **Lifeline Blood Drive** at First United Methodist Church, Blythe Street from noon-6 p.m. Call 731-642-2941.

November 7 – Check out the Presbyterian “**French Bazaar**” from 7 a.m. - 2 p.m. in their Fellowship Hall on N. Market. Craft items and delicious foods for sale. Yummy!!!! Call Mary Kate Ridgeway at 731-642-2962.

November 7 – Annual UMW Bake Sale is at Trinity United Methodist Church’s Ramsey Hall on Wilson Street from 7 a.m. until sold out. Call Sharon Mosley at 731-642-8854.

November 7 – Relay for Life “Love Lights a Tree” fundraiser is at 6 p.m. on the Courthouse Lawn. Call Joyce Bass at 731-642-6589.

November 7 – Inman Middle School Band performs immediately after the “Love Lights a Tree” during Christmas Open Houses. Call Lucy Ofinowicz at 731-642-8131.

November 7, 8 and 9 – Begin your holidays with Christmas Open Houses in Downtown Paris featuring live music, delicious treats and old-fashioned buggy rides on Sunday. Candlelight open houses are on Friday and Saturday evenings, 6 - 8:00 p.m., Sunday hours are from 2 – 4 p.m. Other shops throughout Paris also hosting open houses this weekend.

November 7, 8 and 9 – Home for the Holidays, the Heritage Center Christmas exhibit is open from 6-8 p.m. on Friday and Saturday evening and Sunday 2-4 p.m. Call 731-642-1030.

November 10 – Veterans’ Day concert is at the Krider at 6:30 p.m. Sponsored by the Paris/Henry County Youth for the Arts, admission is free. Call 731-642-3675 ext.631 for information.

November 11 – Veterans’ Day! Where would our country be if it weren’t for our Veterans?

November 12 – The HCMC Care Van is at Progressive Baptist Church from 4 to 6 p.m. For information, call Angie Dotson at 731-644-8269.

November 13 – HC Medical Center sponsors a FREE seminar, “Healthy Choices for the Holidays” at 6 p.m. at HC Medical Center. Register at 731-644-3463 or www.hcmc-tn.org.

November 14 – The Trinity UM Church Potato Bar is 11 a.m. - 1 p.m. at the First United Methodist Church Christian Life Center on Blythe Street. Tickets are \$8, available at The Toggery, Bass Realty, Paris Florist and the church office. Call 731-642-3427.

November 15 - Ducks Unlimited Membership Banquet is at the Enoch Building at the Fairgrounds. Doors open at 5:30 p.m. with dinner at 6:30 p.m. The 7 p.m. auction completes the evening. Call Andy Collins at 731-642-3341.

November 15 – Feeling a little wild? Come to **Wildlife Trivia Night**, 7-9 p.m. at the Fairground’s Enoch Building of the Henry County. Sponsored by Friends of the Refuge. Call 731-642-2091 x17.

November 17 – 23 - Bring a shoebox with children’s toys to the First Baptist Church Christian Life Center for **Operation Christmas Child Collection**; toys will be used as presents for children in foreign lands. Call 731-642-5074.

November 19 and 20 – Take your gift list and shop at **Homemakers’ Holiday** from 3-5:30 p.m. on Wednesday; 8:30 a.m. - 2 p.m. on Thursday at the Fairgrounds Enoch Building. Sponsored by FCE clubs and UT Extension Service. Call 731-642-2941. (See related article in this issue).

November 21 – The Athena Delphian Club hosts annual Fall Bake Sale from 8 a.m. until 10 a.m. on the Court Square. For information, call President Carol Richardson, 731-642-5067.

November 25 – NO SCHOOL for Henry County School System students, Administrative Day. Call 731-642-9733.

November 26-28 – Thanksgiving Break – No school for students in HCSS and PSSD. For information, call 731-642-9733 or 731-642-9322.

November 27 – Thanksgiving Day! Be thankful for our many blessings.

November 28 – The big red fire truck brings Santa to his little red house in Downtown Paris at 10 a.m. for **North Pole Family Fun Day**. Enjoy free crafts from 4-H clubs, reading of *The Polar Express*, buggy rides and more from 10 a.m. – 2:00 p.m. Call 731-642-9271 or go online www.VisitDowntownParis.com

November 28 – Art makes the perfect gift. Shop at the **Fourth Friday Art Show and Sale** at Lee Academy for the Arts.

December 1 –Explore customs of Christmas, origins of Christmas trees, tradition of Santa Claus, the Wise Men and Hanukkah at LBL.

December 1 to December 21 – Don't miss the brilliant **Trees on the Square** in the former Office Concepts building across from Leach's Music. Call the Chamber at 731-642-3431.

December 2 – What's cuter than a second grader? **Rhea School 2nd Grade Christmas Program** is at the Krider at 6 p.m. and at 7 p.m. Call 731-642-0961.

December 2 – **Henry School's PreK-2nd grade Christmas concert** is a holly, jolly holiday treat at 6 p.m. at the school. Admission is free. Call 731-243-7114.

December 4 – Sometimes the best present is a pint of blood. **Lifeline Blood Mobile is at First United Methodist Church.** Call 731-642-2941.

December 5 – **Supper with Santa** is at Rhea School from 5 p.m. - 8 p.m. Call 731-642-0961 for info on dining with the big guy.

December 5, 6 and 7 – Travel to Bethlehem at **New Harmony Baptist Church's live Nativity Scene** at the church on Highway 69S from 6 – 9 p.m. on Friday and Saturday nights; from 5 – 9 p.m. on Sunday night. Call 731-593-5276.

December 7 – **The Community Christmas Concert**, sponsored by the PHC Arts Council is at First United Methodist Church at 7 p.m. Afterward, audience members and musicians are invited to the Heritage Center for music, refreshments and the center's holiday exhibit. The North Poplar Neighborhood Association welcomes visitors with the warm glow of luminaries to light the way. For more information, call 731-642-3955.

December 6 and 7 – **Christmas By the Lake Arts and Crafts Festival** is 10 a.m. - 5 p.m. Browsing is free! Sponsored by Paris Landing State Park at the Park's Convention Center. Call Ranger Nathan Smith at 731-641-4465 for information.

December 7 – Enjoy an afternoon of music when the **Youth Orchestra presents a holiday concert** at the Krider at 3 p.m. Call 731-644-2517.

December 9 – **Lakewood School 5th Grade Musical** rings in the holidays at the school. Call 731-644-1600.

December 9 – **Henry Jr. High Band and Chorus presents its lovely Christmas Concert** at 6:30 p.m. at the school gym. Free admission. Call Dianne Lowery at 731-243-7114.

December 11 – Christmas is coming as **Inman Middle School Band** performs at 6:30 p.m. in the school gym. Call Lucy Ofinowicz at 731-642-8131.

December 12 – Jaycees' second annual, fun-filled **Christmas parade in Downtown Paris.**

December 13 – **Christmas with the Madrigals** puts everyone in the holiday spirit at 7 p.m. at the Krider. Tickets are \$5 and are available from Madrigals, HCHS or the Civic Center. Call 731-642-2717.

December 13 and 14 – Trinity United Methodist Church offers a glimpse at the first Christmas during their **live Nativity Scene** at their church on Wilson Street from 6 - 9 p.m. Call 731-642-3427.

December 14 – **First Baptist Church's Music and Worship Ministry Christmas Concert** begins at 6 p.m. in the church sanctuary. Call 731-642-5074.

December 15 – **Paris Elementary School's fun, Fifth Grade Holiday Music Program** is at 6 p.m. at the Krider. Free admission, call 731-642-3675, ext. 631.

December 18 – It's a four in one holiday treat with the **HCHS/Grove Band, Chorus, and Madrigals' "Holiday Pops Concert"** at First Baptist Church at 7 p.m. (Donations accepted).

December 19 – **Santa's Last Blast in Downtown Paris** from 6-8 p.m. Visit with Santa, hear Christmas stories, enjoy free smores from Paris Firemen, crafts and reindeer goats! Call 731-642-9271 go online at www.visitdowntownparis.com.

December 22 to January 2 – **Christmas Break** – No school in Paris and Henry County.

December 24 – **Celebrate Christmas Eve** with mass at Grace Episcopal Church, communion at First United Methodist Church, Mass at Holy Cross Catholic Church, or Lessons and Carols at First Christian Church.

December 25 – **Christmas Day.** God bless us every one.

December 31 – **2009 New Year's Eve Celebration** at the Paris Landing State Park Conference Center. Dinner, band, silent auction, cash bar, midnight champagne toast and more sponsored by the Friends of Paris Landing. The Inn provides separate lodging and next day brunch specials. Contact L. Jeff Seaton, Event Coordinator at 731-336-8801 or jeff.seaton@murraystate.edu

January 1, 2009 – **Happy New Year!!**

Coming up!

January 3 – See the **Krider Children's Theater Winter Workshop Show** at 7 p.m. Call 731-644-2517.

January 5 — **No school in Paris or Henry County.** Administrative Day

January 6 – **First day at school after Christmas break!**

From Whitloc Christmases

For three native Henry Countians, the winters of their childhood were harsh, school and home were drafty, and everyone lived without the luxury of electricity or running water. Yet their memories of holidays long past are as sweet as a Christmas orange. A local septuagenarian, an octogenarian and a centurion shared a bit of their early years with PARIS! readers for this holiday edition "Reminiscence."



Callie Foster

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k to Elkhorn Remembered

Callie Foster

At 78, Callie Mae (Byars) Foster is the youngest person interviewed for this article. Foster was born in Whitlock in the summer of 1930. Despite the Great Depression, "Whitlock was really jumping back then. There was a big railroad station, three stores and a post office," said Foster. Her parents were Milton and Mary Louise Byars. The oldest of four children, Foster's brother Billy (Paris) and Bobby (Trenton, N.J.) are still living. Foster, feisty and entertaining with a coy smile and mischievous eyes, resides at Paris Health Care.

"I walked three miles every morning to Birds' Creek, and we had winters back then. Honey, it's not like now. The black children had a schoolhouse behind Birds' Creek Missionary Baptist Church. That was our church. We always had a Christmas play there and I was always in it. They had different plays every year that the grown ups would write."

Even though Foster's father worked at the Kentucky-Tennessee Clay Company, it was hard to make things stretch at Christmas time. "I never had a doll in my life," she said. "We got something to wear like a pair of socks or overhauls

along with an apple, an orange, a couple of nuts and two pieces of candy, and I was tickled to death. Daddy always got a big basket with fruit and peppermint sticks and canned goods from the clay company." Foster and her brothers never hung up stockings, "we did well to have stockings on our feet," she laughed.

Stockings or no, Foster's mother made sure the house was decorated and the table was full. "We would go out in the woods and find a big cedar tree. We'd string popcorn and Momma would take cotton and put in the branches like snow. She had decorations that she used from year to year, and when she got through with that tree it was beautiful.

"My aunts and uncles and friends and neighbors would come around for Christmas dinner," she remembered. "Momma would barbeque a shoulder or bake a big hen or the

old red rooster. She'd make a pan full of chicken and dressing and a cobbler and a chocolate or coconut cake and boiled custard, all from scratch on an old wood cook stove. We were one, big happy family."

Earl Shankle

When the Depression hit, Earl Shankle was four years old. At 82, his memories of Christmas in the Elkhorn area are still crisp and happy. His father, Alvin Shankle, was a road grader maintainer and his mother, Ruthie (Williams) Shankle rode herd over the couple's four children: Gene, Earl, Gurnita and Mae. The Elkhorn of Shankle's youth was pre-Kentucky Lake and TVA. "Nobody had electricity or running water before TVA.

"The first Christmas I can remember, I got a red dump truck. It



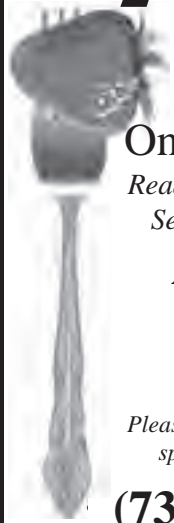
Earl and Mary Jane Shankle



Nomie Olive

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was it was a little bigger than a foot long and it had a lever to dump its load. It was heavy duty; back then they made toys out of real heavy material." The roadbed below their house was sand and Shankle remembers his father tying a little string on his truck so he could "fill it up with sand and pull it back up the hill to the house where I was building me a little road. When I'd reach a ditch I'd build a little bridge," he said.

Unlike most children in Elkhorn, Shankle always received a special present from the big city of New York. "I had an aunt up there who was a model. She'd send clothes back home for everyone in her family, kids and grown ups, alike. She'd send jackets for us boys and dresses for the girls."

Shankle remembers everyone "decorating with tissue paper bells that folded out to make the full bell. Folks also cut holly out of the woods and tied red ribbons on it and hung it in the widows. And they strung lots of popcorn," he said, "draping from shelves and, of course, on the Christmas tree."

The four Shankle siblings were in charge of the Christmas tree, but they rarely agreed on the perfect one. "We'd find one and run over there and someone wouldn't like it; we never could agree on a tree." Years later, Shankle would take his four youngsters (Billy and Judy Johnson and Jena and Alvin Shankle – all still residing in Paris) to cut down a tree each Christmas and history repeated itself. "We'd be gone half a day trying to agree on a tree." With artificial trees still years away, the family would only leave their fresh tree up for a couple of weeks for fear of fire.

"We always went to my Grandfather Williams' on Christmas Day; my aunts and uncles and cousins would be there" said Shankle. "They'd have a big Christmas dinner. Sometimes we went that morning, and other times we'd go early and spend the night. Santa would always find us there."

"Santa would always put each child's gifts in a special place, like a specific table. He'd leave a couple of those big red apples and a couple of oranges and chocolate drops and peppermint sticks, too. We hung up stockings by the fireplace; we liked to borrow Momma's and Daddy's because they were bigger."

Nomie Olive

The new century was only a few years old in 1908 when Nomie (Kuykendall) Olive was born just two miles from Jones Mill.

"My daddy was a farmer and my mother took care of us. There were nine of us in all; my daddy was widowed twice before I came along and I was the baby of the family; everybody petted me a lot."

The Kuykendall family home had "a big log room with a hall on the side of it and a parlor that we also used as a bedroom," said Olive. "There was a kitchen where we cooked and ate. Momma and Daddy had their own bedroom; me and my brother slept in there when we were little."

One hundred years after her first Christmas, Olive still remembers how anxiously she anticipated Santa's visit. "He came to our house each year early on Christmas Eve. We'd all go out to watch my brother shoot fireworks, and when

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**Merry Christmas &
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he was finished and we got back inside, Santa had come and gone. He would bring dolls and little toys to us."

Olive's mother was busy with the household and "didn't decorate a lot. We never had a Christmas tree, so Santa put the gifts around the fireplace where the stockings were hung. He put oranges and candy in those." Olive rarely got clothing at Christmas. "We got clothes after they sold a crop," she said, "not during the holidays." As the baby of the family, she received gifts from her grown sisters and brother. Many of these siblings had families

of their own, but when Christmas came, "my married sisters and their families would sometimes come and stay."

The family lived about six miles from their church, North Fork Baptist. "It's still there, but they're in a new building now," said Olive. "We didn't have many special Christmas programs at church. We only had church on the third Sunday. They didn't do things then like they do now, 'cause it was country and it was cold."

Ninety-six years have come and gone since this centurion received her favorite gift; in fact she still

has it. "Santa brought me this little rocker when I was just a little four-year-old girl. Years later, I had it redone and the man did a real good job." Although Olive is far too big to use her rocker now, she keeps it in her bedroom next to one that belonged to her late husband, Charlie Olive. Although the two pieces of furniture are small, they are large enough to hold many precious memories of days gone by.



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HOSTESS GIFTS FOR THE HOLIDAYS

Give the Unexpected



By Julie Perry

Holiday meals and parties are here, and many folks wonder when it is appropriate to take a hostess gift. My position is, "Bring it on, but make it unique." Below are some locally available favorites that I have either given or received or would love to receive (hint, hint):

Snack

Help the host prepare for Christmas Eve by providing supplies for Santa's snack. Miller's Country Store keeps loaves of homemade bread in supply. "We always have yeast bread, as well as banana nut and pumpkin raisin," said Luann Martin. My favorite item from Miller's is the Rock Springs farm fresh milk -- in glass bottles, no less. It's the perfect beverage accompaniment for Santa's (or anyone's) snack.

Savory

What's as good for your mood as it is for your taste buds? Why, lavender, of course! Culinary grade lavender from Maggie's is suitable for cooking, for cosmetic use (to make soaps or lotions) or just to scent a room or drawer. "We have used it for cakes and cookies for Maggie's open house," said Gerry Scholes. "I have a recipe for roast with lavender and we also used it to make a salad dressing... delicious." Large bags and smaller sachet-sized pouches are available at this court square shop.

Sharp

Henry Countians have long been taking care of their homes with supplies from Wallin's Hardware. "We've been in business for thirty-five years this December," said E.C. Wallin who continues at the

helm of this downtown institution. This gem of a store still carries the classic Rada kitchen knives that America's cooks have been using since just after World War II. Any host would love a blast from the past with one of these high carbon, stainless steel tools. Mr. Wallin himself assisted me in choosing an unusual tomato slicer and a grapefruit knife for gifts last Christmas.

Sweet

Who doesn't like gourmet candy-who? Shelby Freeman, daughter Pam Rockwell and elves continue the Sally Lane's Candy Farm tradition on Gum Springs Road. Honey Mints and Peppermint Delights, better known as "the pink and green mints," are Sally Lane's hallmark candy for good reason. I know folks who can eat an entire three-pound box by themselves.



Sally Lane's also offers "Mom's Holiday Favorites" during this season: a one pound pan of uncut Chocolate Fudge with walnuts and a one pound pan of Divinity with pecans. Oh, my.

Toast

Limited distillation tequila -- a hip-happening alternative to mundane spirits. "As a general rule of thumb, the quality goes up with the price, but you should always buy a product listed as 100% agave," said Ted Kenworthy of West Wood Wines and Liquors at the Y. How about a bottle of Don Julio for the traditionalist, or maybe Sammy Hagar's Cabo Wabo for someone who rocked in the 1980's? A bottle of hazelnut or amaretto liqueur would be welcomed by anyone who bakes.

Scent

Escape A Day Spa is a local resource for Young Living Essential Oils and oil blends. These 100% pure therapeutic grade quality oils may be diffused, applied topically, or added to water for bathing and cleaning. "Christmas Spirit" is a sweet, spicy blend of orange, cinnamon and spruce essentials oils," said Amy Pettit. "This is my favorite oil to add to a bit of water on the stove during the holidays," she said. Amy also recommended sprinkling the oil on logs in the fireplace or on the Christmas tree. For a very special hostess holiday gift, and a bit of a splurge, Young Living offers pure Frankincense and Myrrh.

It is an honor to be invited into someone's home, especially for holiday celebrations. A thoughtful

gesture will be appreciated, and a most welcome guest you will be when you come bearing gifts.



Julie Perry celebrates the holiday season to the fullest: she and her husband, Cliff, celebrate their 15th wedding anniversary on December 19, and her birthday is on December 27. She would welcome any of the gifts listed in her article.



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The Reinvention of a Lunchroom

By Jennifer Wheatley

Movie stars and politicians are known for “reinventing” themselves, but seldom does an aging school lunchroom get a similar opportunity. Roughly a century after it was constructed, and 33 years after Robert E. Lee School was closed, the Lunch Room has become home to musical performances, wedding receptions, civic club meetings, dances and more.

A bit of Lunchroom history

“It’s thought that this room was originally built as a small gymnasium and used for that purpose for a few years, but it served as a lunchroom for most of the time it was in service,” explained Ray Harding,

Photos (page 38)

1. Photograph of the Lunchroom taken in late 2007, just prior to the renovation.
2. In this 1928 photograph, the passageway from the main school building to the Lunch Room was not enclosed. Charles McMillen is one of the Crawford Street neighborhood children in the foreground.
3. Former employees of Lee School prepare a meal in the Lunchroom.
4. The present exterior of the Lunchroom.
5. The original lunchroom cornerstone.
6. The Lunchroom was officially dedicated on September 22, 2008 during a Chamber of Commerce ribbon cutting.

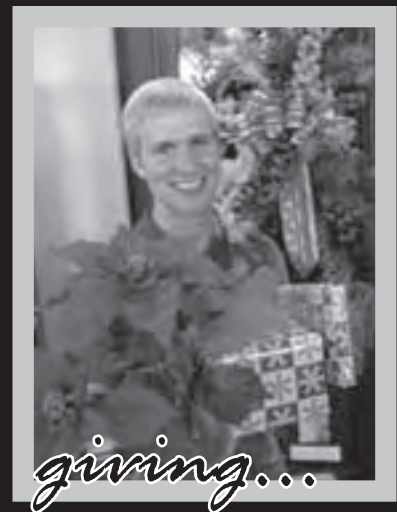
president of the Robert E. Lee School Association (RELSA). The non-profit corporation owns Lee School and operates the Robert E. Lee Academy for the Arts.

The addition to Lee School was constructed in 1909, according to the cornerstone, which also states that it was “erected by the pupils,” a strange claim that may be lost to the generations. “Since Lee was an elementary school, let’s hope that that’s not really what they meant,” said Harding. While the Paris Special School District school board offices were at Lee School through early 2001, the room was used for storage and as a maintenance shop.

“It’s been called the Lunchroom (vs. the more elite-sounding cafeteria or dining hall) as long as anyone around can remember. We thought that continuing the name would keep us better linked with the heritage of Lee School.”

A student at the school in the 1940’s and early ‘50s, Harding remembers long-time principal Miss Charlie McGehee standing up in the Lunchroom and announcing the menu for the next day. “She would clap her hands and instantly get the attention of a room full of children.”

Downtown business owner Charles Hopkins’ lunchroom memories go back even further. He remembers the depression years of the 1930’s when soup was frequently the only item on the menu. Hard times did not excuse bad manners; Hopkins said that Miss Charlie would sternly reprimand him when he crumbled crackers in his soup.



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Why renovate?

With renovation costs at a premium, some may question RELSA members' decision to save Lee School's main building, the bell tower and the Lunchroom, but Harding sees things differently. "Vintage buildings are the heart and soul of a community," he explained. With its distinctive "stark and gothic architecture," Harding regards the Lunchroom building as having "a character all its own" that enhances the Lee Academy Campus and the arts education that takes place there.

Bright future

Already booked for numerous events, Harding said that the Lunchroom is the new home of the Paris Ballroom Dance Club's monthly dances. "Musical performances, a banquet and a wedding reception have already taken place and a class reunion is in the works for 2009. The Quota Club has regular meetings here and we plan to host other civic clubs in the future," he said.

The room holds approximately 125 for dinner and around 140 for

a performance with a stage. It has restrooms and a catering kitchen. "The size of the building is comfortable," said Harding. "Most everyone can envision having a party that would fill this space." Those interested may call the Lunchroom Coordinator at 731-642-9297 for fee and reservation information.

Find out more about the space or about the mission of Arts Academy at www.SchoolForTheArts.org.



Special thanks to Jean Owens and Ray Harding for photos.

The Renovation Project

Renovating the Lunch Room at Lee Academy for the Arts was no small task. Below is a list of what was involved in a project that took approximately ten months:

1. Replaced roof.
2. Demolished non-original partitions and removed old equipment.
3. Repaired and painted brick exterior.
4. Insulated ceiling.
5. Repaired and painted bead board ceiling.
6. Totally rewired the building and added adequate wall plugs.
7. Installed historically correct pendant lighting.
8. Replaced large areas of fallen plaster on the walls, then painted.
9. Repaired original windows and installed inconspicuous storm windows.
10. Replaced two external doors with steel doors compliant with ADA and fire codes.
11. Constructed a new sidewalk and a handicap accessible concrete ramp with rails.
12. Installed new heating and air conditioning system.
13. Repaired and refinished original heart pine floors.
14. Built a new catering kitchen with cabinets, dishwasher, ice maker, refrigerator, and workspace.
15. Demolished interior of a deteriorated bathroom and janitor's closet. Replaced with modern and handicap accessible facilities for men and women.
16. Power ventilation for crawl space under building.

With its large windows, heart pine floors and catering, the Lunch Room makes a charming location for a wedding reception.



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By Shannon McFarlin

Do you believe in angels?

Three hundred children in Henry County surely do; for them an angel comes in the human form of Martha Thomas, who has overseen the Salvation Army's Angel Tree program for the past 11 years. Thanks to the annual efforts of Angel Tree, gifts of toys and clothing are provided to underprivileged children each Christmas.

"It's a great program," Thomas said. "This really helps to bring joy to a lot of kids that are in pitiful situations."

A national program, Angel Tree began in Henry County around 1995 after being organized initially by Tressa Prince. Thomas, who performs double duty as the Director of the local Family Resources agency and Angel Tree chairman for the Salvation Army, oversees it with the help of volunteers.

A lot of work goes into the program, but Thomas said it's worth it to know that children are receiving not only toys and other fun gifts, but shirts, jeans, socks, pajamas and warm coats.

"We have such a generous community here," Thomas said. "We've had churches go out and buy five bikes and then just bring them to us to give out to children. And those motorized little cars—one church bought some of those and donated them to us for the kids."

Angel Tree applications are available each year at several locations, including Salvation Army, Family Resource Center, Department of Children's Service and the local elementary schools. Once the forms are collected, Thomas said, interviews begin with the families—normally around the first of November. "Families come in and we talk with them and if they meet the criteria, they're selected for the program. We have income guidelines, but also consider the family situation: such as grandparents raising children on fixed incomes, death of a parent, unemployment, that kind of thing." The parents and guardians are asked what the children need most and what types of toys the children would like during the interviews, Thomas said.

When the families are selected, the children's age, gender, sizes, special needs and wishes for toys are written on paper "angels". The angels are then used to decorate trees at Wal-Mart Supercenter and Lowe's Home Improvement. From there, it's up to the kindness of Henry Countians to fulfill the wishes of the needy children. Thomas explained that people pick the angels off the trees and buy whatever is on each child's wish list.

"It's like you're adopting those children for Christmas", Thomas said. "You pick up an angel and that becomes your child to buy for."

Angel Tree is a trademark of Salvation Army, but since the local Salvation Army is all volunteer, Thomas said the Family Resource Center helps provide manpower to operate the program. She said the Family Resource Center's Student Advisory Council has helped with it since it began as one of their community service projects. But volunteers are still needed. "Obviously, we need people to support the Angel Tree by purchasing gifts for the children. But we also need workers to help inventory the gifts and get them ready to distribute."

An entire room at the Central Services building is devoted to Angel Tree, she said. "It is full of shelves and that's where we do all the sorting of everything. It takes hours and hours to get these packages organized and to make sure everything on the list was fulfilled. We couldn't do it without all the ladies who volunteer to help us each year."

Thomas has been Family Resources Director for 16 years and agrees it is stressful work. But she keeps going, she said, with "encouragement from the community, thanks and smiles from the people we help and a sense of fulfillment that I'm making a difference in peoples' lives."

And Angel Tree is one of the main sources of fulfillment for her. Even

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when the local community itself is suffering through economically bad times, Thomas said, volunteers still find it in themselves to help others. "I'm always amazed, each year. When I think, 'This year it won't go very well', it goes better than before. Even when people are struggling themselves, we'll see them wanting to help others. And that's what Christmas is all about."

Do you want to volunteer to help the Angel Tree program? Call Thomas at 731-642-2938 at work or 731-644-2919 at home. She said there are plenty of ways that volunteers can help.



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www.tastefullysimple.com

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Family Fondue

And other tasty treats...

By Lisa Ciarrocchi

The best family traditions are the ones that everyone remembers and look forward to all year. My personal favorite is the one my sister and I started with our fondue pot. My sister Merri, was born on Christmas Day, and it was a challenge to make Christmas an extra special day for her. I don't remember which of us had the first fondue pot, but we decided to do a fondue one Christmas Eve. We planned the meal with a choice of several veggies and meats. With only four skewers it took some time to make and eat dinner, which made a memorable evening as we visited with family while our selections cooked. By the third year, we had four pots belonging to several family members. Loaded with cheese in one, chicken broth in two and chocolate in the fourth it was a huge gathering and the last Christmas fondue before we left California. The first year Roger and I lived here we went to Nashville on Christmas Eve to The Melting Pot for fondue – which felt a little like family.

Because the holidays are all about time with loved ones, I have includ-

ed recipes from the heart. There are a few for fondue, some for the children to join in and some that make great homemade gifts from your kitchen.

Lisa

Lisa Ciarrocchi and her husband, Roger, own Paris Winery. They wish everyone a joyous holiday season and invite readers to enjoy the winery's two new offerings available for the holidays. Visit www.pariswinery.com.

Fondue Pot Fillers

Broth to cook meat or seafood:

2 to 3 cans chicken broth or beef broth. Heat on stove then add to fondue pot. By the way, I've found some great fondue pots at Kristi's Korner.

Cheese to dip fruit, veggies or bread:

1 lb. Gruyere or Swiss cheese, shredded (about 5 cups)
2 tsp. cornstarch
¼ tsp. ground white pepper

2 cups sweet white wine - recommended: (Muscadine), sparkling wine (Spumante) or Chardonnay.
¼ cup half and half or light cream, set aside.

In a large mixing bowl toss cheese with cornstarch and pepper. Set aside. In a large saucepan heat wine over medium heat until it simmers; reduce heat to low. Let simmer uncovered for 5 minutes.

Whisk cheese mixture, ½ cup at a time, into wine until nearly melted. Whisk in half and half or light cream. Heat through until mixture has a honey consistency. Transfer to fondue pot. Keep mixture warm over fondue burner. As fondue stands, it may thicken. Stir in 1 to 2 tablespoons of warmed half and half or light cream

Makes 4 to 6 servings.

Optional additions:

Garlic, scallions, chipotle peppers, bacon bits, cracked pepper.

Chocolate to dip fruits or sweets:

¾ cup heavy cream
12 oz. bitter or semi-sweet chocolate pieces

Optional additions:

1 Tbsp. blackberry wine or crunchy peanut butter

Heat cream to simmering in a medium saucepan, lower heat and add chocolate slowly. Stirring constantly, simmer until softened. Add optional ingredient at this time and whisk until smooth. Transfer to fondue pot. Use cream to thin, if necessary.

Dipping Thoughts

Bread

12 – 1 inch thick slices French, Italian or sourdough bread cut into 1-inch cubes.

*To toast bread cubes: Preheat oven to 350 degrees. Spread bread cubes in a shallow roasting pan. Bake uncovered, for 10 minutes or until golden, stirring once.

Dipping vegetables

Clean and peel 2 pounds broccoli, cauliflower, carrots, celery, mush-

rooms, green onions or any of your favorites. Cut into ½ inch thick pieces. Dip vegetables raw in cheese fondue pot or cook covered in a small amount of salted boiling water for 8 minutes or until crisp tender. Drain; rinse with cold water. Drain on paper towels. Serve immediately or cover and chill. Let stand at room temperature for 20 minutes before serving.

Fruits

Bananas, strawberries, pineapple, apples.

Sweets

Sweetbread, graham crackers, vanilla wafers, marshmallows, pound cake or cookies.

Meats and Seafood:

Steak, shrimp, chicken or meatballs are great dippers.

Optional sauce ideas

Horseradish, mustard and mayo mixed, ranch dressing, cocktail sauce or BBQ sauce.

Aunt Merri's Beef Jerky

(My favorite gift to receive)

¼ cup soy sauce
¼ cup balsamic vinegar
¼ cup Worcestershire sauce
2 tsp. liquid smoke
1 ½ tsp steak seasoning rub
2 lbs. London broil or rump roast (sliced thin with the grain; try for 1/8" thick)

Marinate meat in mixture at least 24 hours. Place in dehydrator tray and sprinkle lightly with pepper. It takes 6-8 hours. Jerky should be dried and a little pliable, not dried out. Lay strips on a plate and let cool at room temperature before storing. For gifts, put in clear party treat bags; tie with Christmas ribbon.

Kahlua

(From Mom's recipe box)

3 cups sugar
1 qt. bottled spring water
10 Tbs. Yuban instant coffee
3 cups vodka or brandy
3 Tbs. vanilla
Bottles

Bring all ingredients to a boil, then turn down and simmer approximately one hour, stirring occasionally. When completely cool, add vodka or brandy then add vanilla. Put in pretty bottles making sure to get a tight seal. Use plastic wrap between the cap and bottle to help seal. Must sit for 30 days. Add festive ribbon and homemade name tags. (Be sure to use water that is labeled "spring water" and "Yuban" brand coffee.)

Chocolate Chunk Cookie Mix in a Jar

(Another great gift-giving idea!)

1 ¼ cups all purpose flour
½ tsp. baking soda
1 cup (6 oz.) pkg. semi-sweet chocolate chunks or chips
½ cup firmly packed light brown sugar
½ cup chopped pecans or walnuts
1/3 cup granulated sugar
½ tsp. salt

Attach the following instructions to the jar on a homemade tag cut with decorative craft scissors. "In large mixing bowl, cream together 2/3 cup softened butter or margarine, 1 egg, 1 tsp. water and ½ tsp. vanilla until light and fluffy. Add contents of jar and mix well. Drop by rounded teaspoons onto ungreased cookie sheet. Bake at 375 degrees for 8 to 10 minutes or until lightly browned. ENJOY!! Makes about 3 dozen cookies."

Merry Christmas from our Staff to You!



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2008 Downtown Unwrapped

It's a holly, jolly holiday in downtown Paris, Tennessee where we celebrate from early November until the last package is wrapped on Christmas Eve.

Friday, Saturday and Sunday, November 7-9 - Open Houses
Christmas candlelight open houses are from 6 - 8:00 p.m. on November 7 and 8 with afternoon open houses November 9 from 1 - 5:00 p.m. Festive shops, live holiday music, delicious refreshments, stunning decorations and gifts that are sure to please!

Saturdays, November 29, December 6, 13, 20 - Mini-Concert Series
at Leach's Music on E. Washington Street. Come see great music from local musicians. The series is from 3:00-5:00 p.m.

December 19- Santa's Last Blast
is one of the last chances for youngsters to visit with Santa. Craft booths, Jack Foddrill and his birds, s'mores, Leslie Sensing's reindeer goats, Christmas stories and more chocolate, live music and more provide holiday fun for the whole family! Enjoy from 6:00 - 8:00 pm.

Wednesday, December 3- Candlelight Advent Walk is a procession by candlelight through Victorian downtown Paris. The progressive worship service begins at 6:30 pm and ends with a reception at the last stop.

Friday, December 12 - Jaycees Christmas Parade
fills the streets of downtown with music, lights and merriment for all ages.

December 1 - 21 - Trees on the Square
wowed Henry Countians last year with a two-story, lighted Eiffel Tower surrounded by dozens of Christmas trees dressed for holidays. Hours noon - 7 p.m. are week days, 1-5 p.m. on Sundays. Location is corner of E. Washington and Brewer, across from Leach's Music.

Friday, November 28- North Pole Family Fun Day
Come see Santa, his elves, and Rudolph roll into downtown on the huge red fire truck! Enjoy making free Christmas crafts with the 4-H Honors Club, listen to live music, get their face painted at Commercial Bank, take a wagon ride and hear The Polar Express read every half-hour. Enjoy a horse and wagon ride to view the Heritage Center's vintage holiday toy exhibit. This free event is from 10:00 a.m. - 2:00 p.m.

Thanksgiving weekend till Christmas - Visit with Santa, Elves and Rudolph
at Santa's house on the square each Saturday from 10 a.m. - 2 p.m. and Sundays from 2 - 4 p.m. till Christmas.

December 7- Community Christmas Concert, sponsored by the Paris Henry County Arts Council, begins at 7:00 p.m. at the First United Methodist Church. Afterwards, stroll down historic North Poplar Street aglow with luminaries from the North Poplar Neighborhood Association. End the evening at the Henry County Heritage Center Christmas Reception where live music, refreshments and a memorable holiday toy exhibit welcome one and all.

December 24 - Christmas Eve Services
at First United Methodist Church, First Christian Church and Grace Episcopal. Contact churches for times.

For more information log on
www.VisitDowntownParis.com



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The holidays are a special time with your family - a time to reflect, celebrate, and be together. It's the season to enjoy quality moments and to ring in the new year. All year long, but especially during the holidays, it is important to think about your health and the health of your family. Family healthcare means annual check-ups, referrals, children's immunizations, flu shots, X-rays, even wellness programs.

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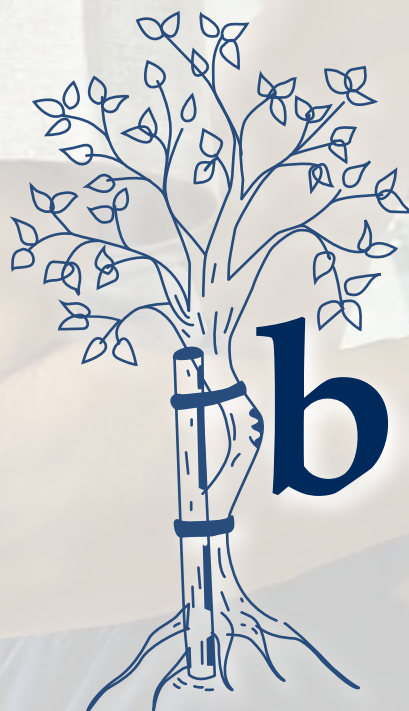
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