

A high-angle, action-oriented photograph of a man driving a speedboat on a lake. The boat is moving quickly, leaving a large, white wake behind it. The man is wearing a red and white racing-style shirt, a black cap, and sunglasses. The boat's outboard motor is visible at the stern. The background shows a shoreline with trees and a bridge under a clear sky.

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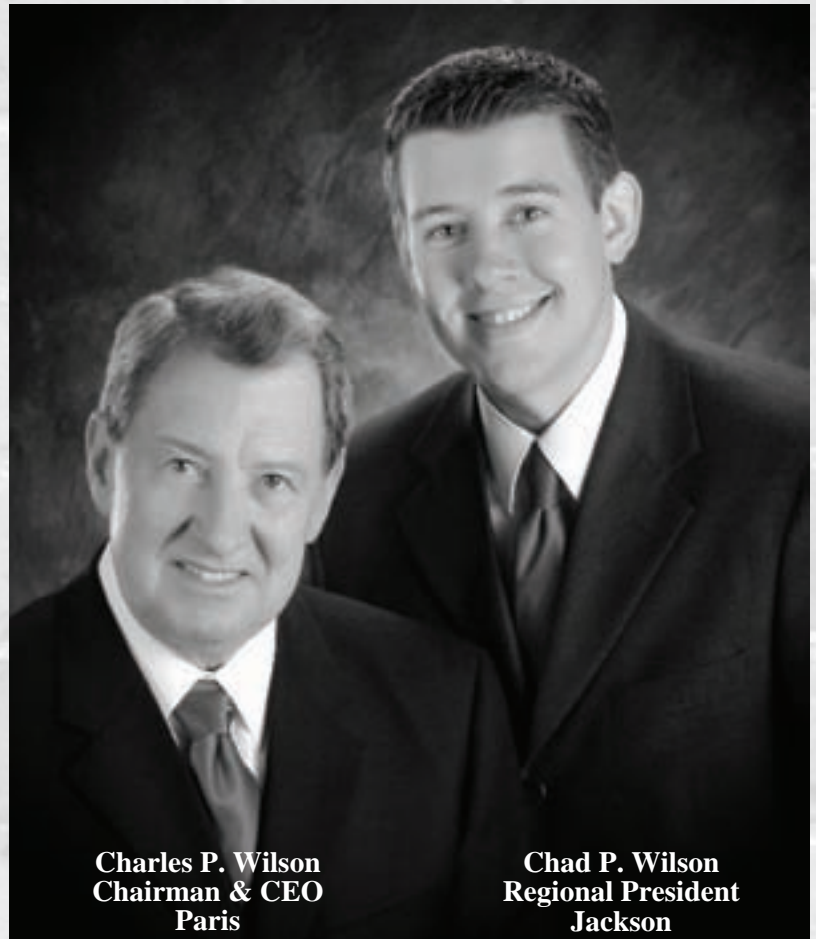
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Editor's Notes

Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.

Those words are attributed to Henry James (1843-1916), and although he lived in a simpler time, he appears to have relished a summer afternoon as much as those of us in the 21st century.

The personal computer, cell phone and personal data assistant (PDA) were all created to help us become more efficient. In theory, these gadgets free up time, but too often that spare time is devoted to summer's worst enemy: work! Even though the time for New Year's resolutions has long since passed, let us resolve to reserve a few of the upcoming long summer afternoons and evenings for ourselves.



This issue of PARIS! is full of ideas for wiling away an afternoon. Consider enjoying the Chamber's Water Fun Run on Kentucky Lake, great live music on the patios of some cool, local restaurants, or locally-grown veggies grilled to perfection on the patio. And don't forget to visit our Calendar of Events for some fun summer ideas. From hiking or wetting a line at the Wildlife Refuge to en-

joying the children's musicals at the Krider, to swimming in the shadow of the Eiffel Tower, a summer week doesn't go by without plenty of fun.

If the heat starts to get you down, head inside to visit MyParisMagazine.com. Whether you're checking out the upcoming weekend itinerary, solving a jigsaw puzzle on SNAP IT!, doing a little writing on our BLOG section, listening to an interview on EAR BOOK, or sending in a WHO KNEW, you'll love this interactive site that richly deserves the description: MyParisMagazine.com – *Where It's All Good*.

Enjoy summer and enjoy PARIS! and www.MyParisMagazine.com

Susan Jones

On the Cover



2009 Henry County High School Graduate Jacob Hardy wanted one of his senior pictures to depict his love of fishing. Fortunately, professional photographer Lisa Green had a great wide angle lens, expertise and plenty of nerve.

Henry County and the Lake Area PARIS!

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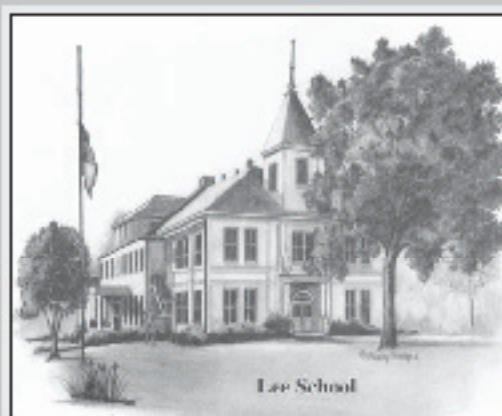
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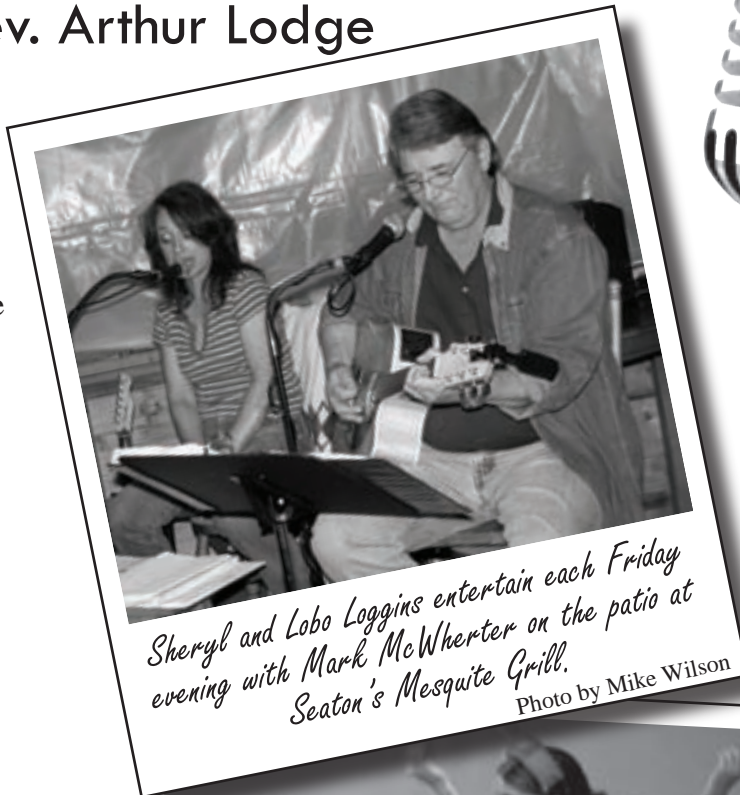
Like Live Music? *The Microphone* *is HOT!*

By Rev. Arthur Lodge

Whether it was performances at the Crete Opera House in 1901 or Elvis Presley at the City Auditorium in the 1950s, Henry Countians have long had a love affair with live music. This summer there are plenty of venues where tunes waft through the air from terrific musicians who call Henry County home. Here are a few recommendations, along with some comments from the music makers themselves.

At **Seaton's Mesquite Grill** (731-642-1819) on Friday nights, Lobo and Sheryl Loggins team up with Mark McWherter to play everything from Creedence to Conway. At this classic lake area restaurant, locals and tourists enjoy the laid-back, outdoor setting with these musicians who make Friday nights worth the wait.

Local musicians play at the **Kitchen Table Restaurant** (731-642-0274) on Friday and Saturday nights. Guitarist Jim Merrell, who retired back home to Henry County, now teaches music and plays locally with his group, Shiloh. The crowd dances to the band's well-blended country tunes, as well as a few rock n' roll oldies.



Sheryl and Lobo Loggins entertain each Friday evening with Mark McWherter on the patio at Seaton's Mesquite Grill.

Photo by Mike Wilson



Children's Theater at the Krider offers three musicals starring local children.



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Seeking a weeknight gig, Merrell (731-336-9195) decided to take matters into his own hands. "We rented the **Atkins - Porter Recreation Center** on Walnut Street and provided our own place to play on Tuesday nights," he explained. The novel solution is a hit for local folks who like to listen and dance to a great live band.

Paris Winery (731-644-9500) offers live music throughout the summer during its Concert in the Woods series. Various musicians draw listeners from around the region to enjoy a bit of Italy in Tennessee. The gently rolling hillside has become a favorite haunt for those who appreciate music, camaraderie, picnics and the fruit of the vine.

Keeping with the outdoor theme, the **Dockside Restaurant and Bar** (731-642-6192) at the Eagle Nest Marina on Kentucky Lake's Eagle

Creek has been hosting live music for years. Bands range from blues to old rock n' roll. Whether you arrive by boat or by car, the dock rocks into the night each Sunday throughout the summer.

Bob Perry is retired and claims to play with "some of the oldest musicians in the area." The **Pickers and Grinners** play Tuesday and Friday nights in the meeting room at the **Civic Center** on Volunteer Drive. Many of the pickers are in their sixties; the oldest musician is an octogenarian. "We used to have a rule that all the country songs had to be at least 50 years old, but lately we play any country music," Perry said. Anyone in the audience can take the stage to play or sing.

A group of young musicians who enthusiastically take the stage are the youth of the **Krider Performing Arts Center's Children's Theater** (731-644-2517). As in



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years past, they will fill several summer nights with exciting musicals. *Noah's Ark*, performed by children ages 5-8 will be presented June 12-13 at the Krider. This adaptation of the Biblical story has talking animals and fantastic songs to delight both children and adults. *Dear Edwina, Jr.* is a musical based on the popular novel about the adventures of 13 year-old Edwina Spoonapple. This show offers hilarious musical numbers performed by Edwina and the neighborhood kids. Catch it at the Krider on June 26-27. *Willy Wonka, Jr.* is the story of the world-famous candy man and his search for an heir. This fun-filled show features tunes from the classic film *Willy Wonka and the Chocolate Factory*. Save the date for July 17-18 at the Krider.



Three of Shiloh's band members are (L-R) Lloyd Allen, James Greer and Jim Merrell. The group plays at the Atkins-Porter Recreation Center each Tuesday evening.

- Other venues for live music in the area include:
- **Beck's Oyster Bar**, 5960 Hwy 79N, 642-9720
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Arthur Lodge is a retired Presbyterian minister. He enjoys spending summer afternoons in his wife's beautiful flower garden.



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By Dan Townsend

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During National Car Care Month in April, more than one out of four vehicles checked failed the car check-up because of low coolant level. Premature engine failure due to low coolant might easily be avoided by simply having your radiator cap tested. Your favorite service center will know how to test it.

A good radiator cap – don't leave home without it.



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

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Spotlight

Kentucky Lake's Queen of Customer Service

By Susan Jones

*Sharon Seaton
enjoys a break
on the porch of a
cabin at Fish Tale
Lodge.*



A full parking lot is not uncommon at Fish Tale Lodge.

Hey Hulan, how are you feeling? Well, there's a big cloudbank moving in and they're calling for rain and high wind all week. No, I don't think you ought to try it, either. OK, you get to feeling better, and we'll see you when the weather clears."

It's not often that the proprietor of a lodge will talk a guest right out of coming to the lake, but to Sharon Seaton of Fishtale Lodge, it's part of the package. "I try to take care of my guests; I didn't want Hulan and his wife to waste a trip and not get to fish."

It's that type of care that has more than one person calling Seaton the Queen of Customer Service. And it's that type of attention that has allowed the lodge to expand to include a restaurant (now owned by another couple) and six cabins with plans for more. The Seatons also are considering a bunkhouse.

Worker bee

Seaton is at an age when most women are winding down their careers. She's pretty and petite with the bright red lipstick of a true Southern girl, but don't be fooled; she's a worker bee. "We built the lodge in 2000 and the restaurant in 2004," she said. "We had a com-

pany erect the logs, then my husband, David, and I did everything else, except lay the carpet and hang the sheetrock. We even put on the roof."

Dreaming big

The Seatons are originally from Dyersburg. He worked in construction, and she owned a preschool. At retirement, they sold their businesses and headed for the open road.

"We thought we would travel and fish," she explained. "We spent a year doing that and had a big time, but we discovered that there was no place like home." By then, home was a little cabin on Kentucky Lake that they had owned for 20 years. "We knew what the fishermen and golfers and people who were traveling wanted - a nice little mom and pop place near the water. It was a dream of ours."

A family affair

The couple never gets too busy to see their family because many of them are on-site helping with the business. Seaton's parents and her mother-in-law live on the property. Son and daughter-in-law, Kale and Tracy, are there too, as well as four-year-old granddaughter, Ella, who operates a lemonade stand just outside of the office. She takes

a break to help her grandmother (aka Me-Me) take warm cookies to some fishermen telling tales at the lodge pavillion.

Cookies and milk

"I learned a lot from my mother," Seaton explained. "She's always been a great entertainer and I think just seeing her in action, it rubbed off on me. Plus, I had a preschool for so long; I know what it takes to make children happy and most adults are just big children. Especially my fishermen and golfers, they're just big kids. It's amazing what a warm chocolate chip cookie will do. And I usually lug a gallon of milk down there. They act like it's a gift from the gods."

The gift of TRRA

The gods have certainly smiled on the Seaton's business. They've had a record spring, a gift from the Tennessee River Resort Act (TRRA), according to Seaton. "This area has gotten fishing tournaments that we would have never landed without the help of the Chamber and TRRA," she emphasized. "They estimate that for every dollar spent to bring in a tournament, the community makes back at least \$20." Seaton is a disciple and is happy to spread the



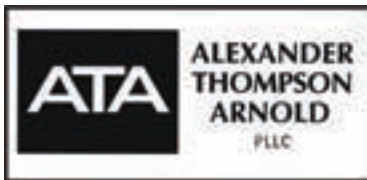
Sharon Seaton and son, Kale, enjoy a little fun.

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*Jerry D. Smith, CPA
Member/Partner*

word about her guests who boost the local economy with purchases of gas, food, refreshments, tackle, and other assorted items including new tires, windshields, flowers and parts. "Plus, if their wives don't fish, they head into town to shop. These tournaments are making a huge impact."

As with any enterprise, it takes a lot of hardworking people to make it successful. That's why it's hard to catch Seaton off the clock. "This is a 24/7 business," she warned. So whether it's sewing on tournament patches for "her guys," putting bandages on "boo-boos," or baking a birthday cake for a guest, Sharon Seaton makes Henry County look good. Maybe that's why, when she and her husband contemplate their favorite vacation spot, she laughed, "It's a cabin at Seaton's Fishtale Lodge... minus our cell phones."



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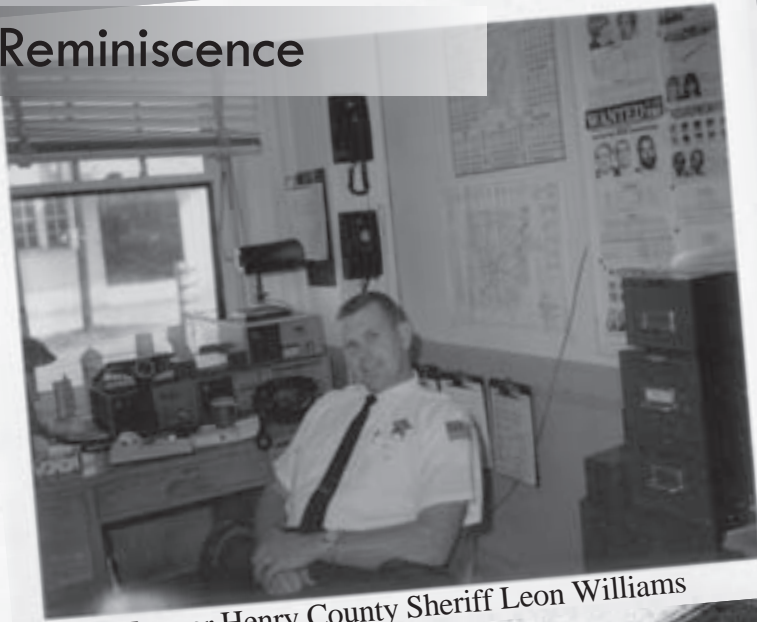


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Reminiscence



Former Henry County Sheriff Leon Williams



Former Henry County Sheriff Ray Williams



Sheriff Robert H. Compton and his family lived in the jail in earlier days, circa 1912.

When Going Home Meant Going to Jail

By Shannon McFarlin

When Jean Paschall was a teenager in the post-WWII years of Paris, one of the annual events was the Grove vs. Murray football game on Thanksgiving Day.

“Our family had decided to eat our Thanksgiving meal after the game.” So her mother laid out their dinner in the dining room, lowering the heat so it wouldn’t spoil. The family headed to the game with thoughts of turkey drumsticks dancing in their heads.

Before going farther, readers should know that Jean’s father was Sheriff Ray Williams and her family-- mother Flora and twin sister Jane--lived in the Henry County Jail.

Upon return, they discovered that the trustees -- inmates who supposedly were on “good behavior”-- had eaten their Thanksgiving dinner. That’s just the beginning of Paschall’s many jail tales.

Back when Henry County’s picturesque jailhouse stood majestically on West Blythe Street in Paris, the sheriffs and their families resided there. In many cases, the sheriff’s wife served as matron, cooking the meals and caring for female prisoners.

“It was a real good experience and a rare one,” Paschall said.

Linda McCadams also has fond memories. McCadams lived in the jail with her family when her father, Leon Williams, served his first term in the 1970s.

Although their experiences were separated by decades, the observations of the two women are surprisingly similar.



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"Our friends would come over and spend the night and think it was so cool to be at the jail. Hank Williams, Jr. spent some time there in the seventies as a deputy on the weekends, and he would pound away on my old piano and entertain us all. I really have great memories of that time."

Paschall agreed. "I never felt awkward about it. Everyone wanted to come to visit. Actually, all the kids were dying to come. We had parties there fairly often."

They recalled that the jailhouse was huge, and in both their cases the children slept upstairs in two large bedrooms. "You could fit a whole house in our bedrooms upstairs," Paschall said. With the jail situated right next to the train tracks, Paschall and her sister didn't warn their friends that a train would be passing through at midnight. "They'd wake up screaming, and we thought that was so funny," she said.

In McCadams' case, the imp of the family was her brother, Terry. "On the other side of my brother's bedroom wall were the two cells reserved for women prisoners. He would peck on that wall and pester those poor women until he about drove them crazy."

McCadams said that her brother seemed to make the most of his time at the jail, playing basketball

with the trustees and bothering the dispatchers. He aggravated them so much that on one occasion he was handcuffed to the stair rail.

Paschall's mother, who worked at attorney Fisher Neal's office, did not cook at the jail, but Betty Williams, McCadams' mother, turned out breakfast, lunch and dinner each day.

"There was a huge stove in the kitchen that we called 'Big Bertha'," McCadams recalled. "My mother prepared all of the meals. She made homemade biscuits and gravy every morning." The Williams family, trustees and deputies all ate in the kitchen, gathering at the same long table.

With Paschall's mother working, the trustees fixed their meals. "They were good cooks," she said. "One was especially good." Her name was Sadie, and she was a cook for a prominent family in town, but she also was a bootlegger, so she spent time in jail every now and then.

"I remember one time that a family called and begged my father to let Sadie out of jail because they were having a party and needed her to cook," she said. "Sadie could make a pie crust.... You never tasted another like it."

Neither woman thought living at the jail was scary. McCadams remembers the rodents posing a

"I did not realize what effect my hearing loss had on my relationship with my wife. We can now

carry on a normal conversation! Living in the country, I can now hear wildlife sounds again, too. Thank you and your wonderful staff for restoring normalcy to my life."

-Dick Levesque, Marine Artist, Puryear, TN



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bigger threat than the inmates. "My father put my brother in the basement with a .22 rifle and gave him a quarter for every rat he killed. My mom would chase them all over the kitchen when they would invade the pantry. I think I was more scared of them than I was any prisoner."

After serving Henry County for nearly a century, the old jail was torn down in 2006. Fortunately, the memories of the youngsters who called the jail home remain.



Shannon McFarlin is a freelance writer and a reporter for TriStar-Publishing.com. She is currently compiling information for a commissioned history of Camp Tyson.



◀Linda (Williams) McCadams and Terry Williams in their living room at the jail.

Hear more Jail Tales on



at MyParisMagazine.com!

(L-R) Jane (Williams) Key, cousin, Mary Elizabeth (Beard) Penick and Jean (Williams) Paschall enjoy a day together during the time the twins lived at the jail.▶



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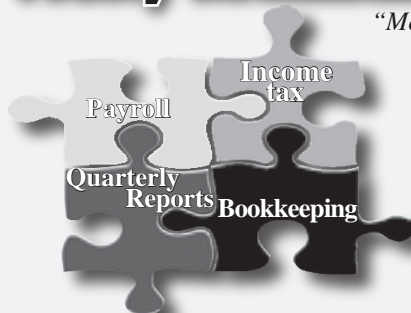


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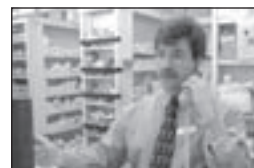
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Hailey's MUST-DO List of FAIR Faves!

By Hailey Townsend

Photos by Deneicia Gregson

seeing the
sights!



*Yum... the livestock show makes me
want a burger!*

I ♥
rides!



*That's me at the top of the
Ferris Wheel!*

Meet
up with
friends

When was the last time you piled in the car with the whole family? Rode a ride? Looked at real farm animals? Didn't have to cook dinner? Had a good chance at winning \$500? Gazed at award-winning produce, flowers, photographs, homemade jam and biscuits, quilts, even baby pictures? Visted with your neighbors while listening to live music? Oh, yeah, it was last year's Henry County Fair.

I'm a teenager, so your Fair Faves may differ from mine, but one thing's for sure: August 15 - 22 will be full of laughter, excitement and good times. I hope you enjoy my tip-top, never-before-released, unabridged Fair Faves.

1. The first thing on my Fair Faves list is a walk through the Enoch Building to enjoy the creative, multi-colored exhibits from individuals and organizations including the 4-H Club and the FFA. I also like to see if I won any ribbons because ribbons mean money. There are dozens of categories from canning to painting. Be sure to enter something. The rule is: you can't win if you don't enter.

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Center Gift Shop.

2.

My next Fair Fave is what I call "the bittersweet experience of the masses." Yes, it's the carnival. I like to gorge on things that are greasy and unhealthy. After I'm finished, I enjoy taking charge of my fear and mounting that high-flying ride that's holding me back!

3.

It's just not a trip to the fair without a visit to the ring where Henry County youth are coaxing their hogs, lambs and cows into behaving for the enthusiastic livestock auction-goers. Go ahead and bid up the price on that hog; no one can resist the smell of bacon in the morning!

4.

Sure, you could visit your neighbor at home, but it's so much more fun at the fair. That's why socializing is one of my big Fair Faves. This big, multigenerational, community party gives locals a chance to see folks they never lay eyes on any other time of year. Take in a grandstand event with some neighbors and kill two birds with one stone!

5.

Never, ever leave the fair before they announce the winner of the big money drawing; it's \$500 per night. One of my Fair Faves is getting tickets from local merchants to enter in the drawing. Okay, I'm too young to win, but you're never too young to help your parents get tickets and enter. If they win, here's hoping that they believe in trickle-down economics.

So there they are, my Fair Faves. To make your own list, visit www.TheHenryCountyFair.com where you'll find schedules, entry forms, photos and more. See you at the fair. I'll be the one with the corn dog on the Tilt-A-Whirl.



Hailey Townsend is a junior at Henry County High School. When she's not at the fair, she enjoys soccer, theatre and Madrigals.

Become a Lean, Mean Cleaning Machine!

By Julie Perry

After a long winter of keeping your house sealed tight, it's time to become a lean, mean cleaning machine! Throw open the windows, clear out the clutter, and sweep away the dust. Get it done one room at a time, top to bottom

(literally) with helpful advice from area experts.

The outdoors

Wash away as much winter grime and spring pollen as possible, so less dirt gets tracked inside and the

house's façade sparkles. You can easily remove a year's worth of dirt from your house, deck, fences, walkways and outdoor furniture with a pressure washer. Invest in your own or rent one for a week-end project from Service Rental.

Throw open the windows and let the summer sun shine in!



Go slowly, and be careful not to use too much pressure on painted surfaces.

The living room

With drapes and upholstery, collectibles and carpeting, your living room is a haven for dust. When dusting this room or any other, work from top to bottom so the dust is pulled in the right direction. Your vacuum's upholstery attach-

ment can be used on furniture and drapes, but now is the perfect time for a thorough cleaning of these items by professionals. Most dry cleaners offer cleaning of lined and unlined drapes. Also, because your living room gets more foot traffic than most other rooms, spring is the perfect time for a thorough steam cleaning of carpets, area rugs and upholstered furniture, according to Greg Bradshaw of Servall Restoration.

The bedroom

Make sure that the place where you snuggle up at night is a clean, dust-free retreat. Strip the bed and wash everything that doesn't get a regular weekly cleaning, including your comforter, quilt, mattress pad, bed skirt and blankets. Since pillows are a pain to wash, protect them with zip-on hypoallergenic covers. The same goes for the mattress – flip it; in one of your twice yearly mattress flips, vacuum thoroughly, then shield the mattress from dust mites with an impermeable cover under your mattress pad or feather bed.

The closet

As you tackle the seasonal clothing swap, take time to clean out closets thoroughly. "Take everything out of your closet and go through it," advised Mary Kate



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Ridgeway of the UT Extension Office. If you have not worn an item in two years, "find someone who needs it, sell it or give it away."

Make sure keeper items are in good repair. Look for missing buttons, ripped hems or tears, and mend as needed. If you don't sew, "find someone who can do the repairs for you, maybe a friend at church or the drycleaners. Clothes that cannot be worn are simply losing value," explained Ridgeway.

Winter clothes and bedding must be cleaned thoroughly before being packed away for the season. "We seem to be having a resurgence of moths in the area. However, they will not normally eat things that are cleaned," she said. Many dry cleaners offer garment bags for long term storage. As an alternative, Ridgeway recommended draping clean clothing with a sheet and storing with a box of moth

balls punched with holes. Wayne Wilson of Nu Look Cleaners offers repair of shoes, belts, and purses – be sure these items are mended and cleaned before storing.

The kitchen

The kitchen is the heart of the home for most families and typically gets cleaned frequently. But the everyday cleaning of counters, cooking surfaces and the sink is not enough to battle the grease that circulates in the kitchen and builds up over time. Kitchen walls are the only ones in your house that need a seasonal scrub – again, work from the top down. A mop makes this task much easier to accomplish. Be sure not to skip cleaning the stove's exhaust fan. Wipe grease from the fan, then slide out the filter and soak in hot soapy water – refer to the owner's manual for removal instructions. The fridge will need its back grill wiped down – and the drip pan must be emptied and cleaned. Finally, run the dishwasher for one hot water cycle, with no soap, to give it a refresher.

Now that you've finished, treat yourself! Throw open the windows to let fresh air in. Open one in each room to get a cross breeze that will ventilate the entire house. Spruce up your nightstand with a bouquet of fresh flowers. Put out a bowl of fruit in the kitchen and light a new candle in the living room. Finally, kick your feet up onto your freshly cleaned ottoman and enjoy your refreshed space.



Julie Perry is almost finished with her remodeling project and is looking forward to starting the cleaning process in her home. Contact her via www.MyParisMazine.com.

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Feature

Backpack Doggie Rides High

By Jim Kirk

The gorgeous little Schnauzer resting on Jerry Armstrong's shoulder is Inga Schnauzbut Armstrong.

Jerry moved to the Paris area about seven years ago because he had relatives here and loved the peace and quiet. He joked that "the traffic is not quite as bad here as in Southern California." As soon as he got here, he got a puppy and named her Inga.

Life in Henry County rolled along for Jerry and Inga at their beautiful home in Springville. Then they took a trip back to North Pomona, California.

Jerry went to a swap meet/flea market with Inga. He had begun wandering around the huge area when he was suddenly accosted by a staff member who kept repeating loudly, "You can't do that!" Jerry finally figured out that the employee was referring to Inga walking around without a leash. Though no one at the entrance gate had mentioned it, apparently a leash-less dog was tantamount to a cardinal sin at this venue.

Jerry asked if it was OK if he carried Inga in his arms. The staff member said he had never heard of such a thing, but he guessed it was all right — just this

one time. Hoisting Inga up into his arms, Jerry began to explore the swap meet.

It seemed that the further Jerry walked the heavier Inga got. He tried making a leash from his belt, but that either choked her or let her slip out. But the belt did give him an idea: he put Inga's back feet on his belt in the back, put her front paws on his shoulders, and told her to "hang on tight." Much to Jerry's delight, Inga did just that and loved it!

She now travels that way most everywhere they go; it comes in especially handy around Henry County at yard sales. Jerry has even taught Inga to ride on a bike with him — that's one of her favorite adventures.

Between running AAA Canvas and teaching Inga Schnauzbut tricks like dancing, Jerry and his "backpack doggie" have made a fun and friendly life in Henry County.



Jim Kirk is a freelance writer who lives and works in Paris, TN.

Jerry Armstrong and his backpack dog, Inga.



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Faces & Places



Bradley Nored (left) and Kobe Kendall (right) joined their classmates from Paris Elementary School at the Wildlife Refuge. The children planted wildflowers and learned about the ecosystem. (Photo by Joan Stevens)▼



◀David Loudy shares a laugh with fellow teachers during the annual Retired Teachers' Luncheon hosted by Commercial Bank.



▲Betty and Bill Hrachovina enjoy a Relay for Life Fundraiser at Paris Winery.

Kaelyn Smith (right) seems happy that Mel Porter of Mel's has reopened her restaurant.▼



◀Paris Mayor Sam Tharpe, along with Michael Dunlap and Fish Fry Grand Marshal Sammy Goldstein, enjoy the Dignitaries' Breakfast prior to the Fish Fry Grand Parade.

What is Memphis State alumnus Bill Hudson doing at a UT Alumni Chapter meeting? Preparing to learn about gardening from UT horticulturalist Jason Reeves.▶



Several members of the 4-H wildlife judging team look across a native prairie in LBL in search of the elusive elk and bison. Members are (L-R) Shantel Haynes, Kim Lee, Katie Colgate and Bethany Johnson.▶





◀Sally Peterson peeks out of the kitchen to welcome hungry visitors to First Christian Church's annual St. Patrick's Day luncheon.

Is this the next Babe Ruth? Jacob Long looks totally focused. (Photo by Sandy Smith)▼



Snowbird was so happy to have her picture taken with Emergency Management Director Ronald Watkins when WSMV-DTV Nashville broadcast the weather from Paris and presented "Surviving the Storm" at the Krider.▼



◀Sam Murphey enjoys playing the role of a fireman during a recent Families for Paris Parks Fundrasier. (Photo submitted by FFPP.)



Jean Ruble, administrative officer, and John Taylor, refuge manager, unveil the architectural rendering of the new \$6.1 million U.S. Fish and Wildlife Refuge Headquarters and Visitors' Center.▶



Tom Lemonds of the Paris Post-Intelligencer prepares goody bags for guests at the Taste of Home Cooking School. (Photo by Karen Geary.)▶



▲(L-R) Henry Countians Shelby Morton, Sidney Pinson, Alex Tyler headed to Nashville recently to attend the Miley Cyrus book signing. (Photo by Treva Tayloe)

◀Mike Weatherford is a happy man after viewing "Derby Madness, The Movie" which premiered at the Krider.

Calendar of Events

On-Going Summer Entertainment

Cool off - Swim beneath the Eiffel Tower at the Memorial Park Pool (731-644-2698), open daily through Mid-August. Avoid the sun indoors at the Paris Civic Center pool (731-644-2517). Paris Landing State Park's public pool (731-642-4311) is open through the first week of August, closed on Monday and Tuesdays except holiday weeks. Don't forget the public swimming area and beach on Kentucky Lake.

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

Get Out and Ride - The Bike Club rides every Saturday and Sunday. Contact Brian Roosa at 731-644-0693 for times and locations.

Fresh as They Get - Through the last Saturday in September, the freshest fruits and veggies are at the Farmers' Market at the Fairgrounds. Hours are 6:30 a.m. on Tuesdays, Fridays and Saturdays and Friday afternoons at 2:30 p.m. - open until sold out. Call 731-642-2941.

Take Me out to the Ballgame - Big sluggers, little sluggers, boy and girl sluggers - they're all at McNeil Park this summer. Enjoy America's favorite pastime and see some of Henry County's up-and-coming athletes. Call 731-644-2517.

Music and Sunset...Ahhhhh - The music is happening every Saturday night through July at Paris Landing State Park's amphitheatre. Enjoy bluegrass, gospel or country as the sun sets over Kentucky Lake. Call 731-642-4311.

Don't Sweat It - The Paris Civic Center has a track, weights, fitness machines AND air conditioning. Pay by the visit or become a member. Located on Volunteer Drive. Call 731-644-2517.

Giddy Up! - Shows for the Henry County Saddle Club are the first Saturday of every month at 6:30 p.m. through September. (Rain date is the following Friday night.) There are 28 classes in which to participate, including western and gaited classes. Call Jerry Rickman at 731-642-7436, or log on to HenryCountySaddleClub.net.

Calendar of Events

June 1 - 5 - First Baptist Church hosts "**Boomerang Express-It All Comes Back to Jesus**" Vacation Bible School daily from 9 a.m. until noon, ages 4 years through 5th grade. For more information, call 731-642-5074.

June 3-6 -BASS tournament is at Paris Landing State Park. Welcome these anglers to Henry County. For information, contact the Chamber of Commerce at 731-642-3431.

June 4 - Save a life - donate blood. Lifeline Blood Mobile visits First United Methodist Church from noon until 6 p.m. For information call 731-642-2941.

June 6 - Rumblin' for Relay Motorcycle Ride is sponsored by Trinity United Methodist Church, 409 N. Wilson Street. Registration is at 9:30 a.m.; ride leaves at 10:30 a.m. Donations ONLY. All bikes welcome; awards and door prizes. Ribeye steak sandwich, chips and dessert available. Call Larry Wilson at 731-336-8946 or Mike Wimberley at 731-336-3500.

June 6 - Heritage Center hosts the **9th Annual Grapes & Gourmet** on the lawn of the Heritage Center. For more information, call 731-642-1030.

June 8-12 - "**Crocodile Dock**" Vacation Bible School is at First United Methodist Church from 9 until noon. The church also offers weekly children's programs: Mondays are "Center Stage"; Wednesdays are "Kookin with Kathy"; Thursdays are Civic Center Swim & Picnic. Pre-registration is a must. Call 731-642-3764.

June 11 and 18 - Henry County Medical Center offers **Healthcare Provider Class** at 8 a.m. and **Heartsaver Pro-**

vider Class at 12:30 p.m. For cost and information call Tory Daugherty at 731-644-8266.

June 12 - The wait is OVER! **Relay for Life** kicks off at 4 p.m. and lasts until 6 a.m., June 13. Head to the Henry County Fairgrounds and enjoy food, fellowship, entertainment and games. Bring the family and have supper at Relay. For more information, call Joyce Bass at 731-642-6589 or 731-707-0506.

June 12, 13 - Children's Theater ages 5-8 years old present "**Noah's Ark**," a musical animal romp, at 7 p.m. at the Krider. This is possibly the best \$5 you'll spend all year. For information call 731-644-2517

June 13 - Bring your camera (fancy or fair) to the Britton Ford Peninsula on the Refuge for a **photography workshop** with an emphasis on, you guessed it, nature! Call 742-642-2091. Sponsored by Friends of the Refuge.

June 14 - Flag Day! Display those Stars and Stripes with pride!

June 18 - They ride every Saturday and Sunday but the **Bike Club's "sit down meeting"** is at 6:30 p.m. at the Paris Civic Center. The weekly schedule is for rides every Saturday and Sunday. Contact Brian Roosa for times and locations. Call 731-644-0693.

June 21 - Remember your Dad on his day!

June 24 - Henry County Medical Center offers **free health screenings** at the Paris Civic Center from 9 a.m. to 11 a.m. For more information, call Angie Gregson Dotson at 731-644-8269.

June 26 and 27 – Children's Theater ages 9 – 12 years old will present "**Dear Edwina, Jr.**" a high energy musical, at 7 p.m. at the Krider Performing Arts Center. Tickets go on sale June 12 at the Civic Center and will be available at the door. For information, call 731-644-2517.

June 27 – **Mole Hill Gardens invites daylily and perennial lovers to their Open Garden.** Free Admission! View the gardens and stock up on your favorite plants 9 a.m. until 1 p.m. at 300 Wildwood Lane off Gate 3 Road. Proceeds benefit Volunteers in Missions. For more information call 731-642-6543.

July 2 – Real patriots donate blood! **Lifeline Blood Mobile** visits First United Methodist Church from noon until 6 p.m. Call 731-642-2641.

July 3 – **Thunder Over Paris** is at Paris Country Club with fireworks set to music at dusk (5 p.m.); Kids Carnival; Dinner and Live Band. Tickets are \$25.00; children six and under are free. Call 731-642-0591.

July 4 – **Independence Day!**

July 4 – **Enjoy the fireworks** at the beach area in Paris Landing State Park at sundown plus live music at the park amphitheatre. For information, call 731-642-4311.

July 9 and 16 – Henry County Medical Center sponsors **Healthcare Provider Class** at 8 a.m. and **Heartsaver Provider Class** at 12:30 p.m. For cost and information call Tory Daugherty at 731-644-8266.

July 11 – Get in the water during **Canoeing on the Refuge** at 9 a.m. at the Britton Ford Peninsula. Call 742-642-2091. Sponsored by Friends of the Refuge

July 17 and 18 – The fantabulous musical, "**Willy Wonka, Jr.**" is presented by the Children's Theater (ages 13-18) at 7 p.m. at the Krider. This show is for everyone who ever wished for his or her very own chocolate factory. For ticket information, call 731-644-2517.

July 18 – Who can resist the **Water Fun Run**, which stops at the hippest spots on Kentucky Lake. Sponsored by the Chamber of Commerce, the fun begins at 10 a.m. Cost is \$20. For more information read "Around Our Town" in this issue or call 731-642-3431.

July 20 – What skeleton is in your closet? The **Henry County Genealogical Society meets** at Lee Academy of the Arts at 7 p.m.

July 27 - 30 – First United Methodist Church's Children's Department hosts "**Campin' in the Cool**" at the church. For more information and registration, call 731-642-4764.

July 30 – Welcome to "the hill." E. W. Grove School hosts **Open House for Parents and Students** at 6 p.m. For more information, call 731-642-4586.

August 5 – **First day of school** for the Henry County Schools (Abbreviated Day).

August 5 – **Registration** for students in Paris Special School District. For information, call 731-642-9322.

August 6 – **No school for students.** Administrative Day for Henry County Schools (731-642-9733) and Paris Special School District (731-642-9322).

August 6 – Hot and tired? Lie down, cool off and give blood. **Lifeline Blood Mobile** visits First United Methodist Church from noon until 6 p.m.

August 7 – **Full day of school** for ALL students in Paris and Henry County.

August 8 – Don't miss the **Gospel Show**, sponsored by Randy Crowder Ministries, featuring **Karen Peck and New River plus Mike and Kelly Bowling** at the Krider. For more information, call 731-676-1466.

August 8 – The Friends of the Refuge invite you to learn about **Mussels and Aquatics** at the Duck River Bottoms at 9 a.m. Call 742-642-2091.

August 8 and 9 – Paris Country Club hosts a "**Two Man Invitational Golf Tournament**" at the Country Club. Prizes will include Callaway Irons, Fairway Woods, Hybrids, Cart Bags and PCC gift certificates. Call 731-642-0591 for details.

August 13 and 20 – Henry County Medical Center sponsors **Healthcare Provider Class** at 8 a.m. and **Heartsaver Provider Class** at 12:30 p.m. For cost and information, call Tory Daugherty at 731-644-8266.

August 15 – 22 - **Enjoy the many activities of the Award-Winning Henry County Fair!**

August 15 – **Fairest of the Fair and Miss Teen** contests at the Enoch Building at 6:30 p.m.

August 16 – **Baby Barnyard**, the Enoch Building, 1:30 p.m.

August 17 – At 6:30 p.m. it's the **Junior King and Queen** contest, plus **Little Miss and the Miss Pre-Teen** contest.

August 18 - Fair officially begins with the **Mini Tractor Pull**. Enjoy viewing the entries, livestock shows, and livestock sales. Watch for time for each of these.

August 19 – Come and enjoy **Gospel Music** at the Enoch Building. **Hoof Beats of Hope** members cook tonight. For information and/or your offer to volunteer, call Jan Foy at 731-782-6141.

August 20 – **FAIR DAY** for all students in Paris and Henry County – no school. The **livestock sale** is held at the Fairgrounds.

August 21 – **Powder Puff Derby** is the feature of the evening.

August 22 – **The Demolition Derby** is at the Fairgrounds. For information on all events, call the Extension Office at 731-642-2941 or log on www.TheHenryCountyFair.com.

COMING EVENTS:

August 15 – **Autumn issue of PARIS!** is available.

August 29 – Save the date! The **Springville School Reunion** is tentatively scheduled for this date at the Hampton Inn in Paris.

Eateries, Etc.

There's no shortage of delicious food in our area. Please peruse our restaurant guide and drop in for a meal.

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644-0558

Ann & Dave's

1321 East Wood Street
641-1334

B&D's*

125 Cypress Road, Buchanan
232-8300

Beck's Oyster Bar*

5960 Hwy. 79 North
644-9720

Carmack's Fish Barn

2165 Hwy. 140 N, Cottage Grove
782-3518

Eaker's Cafe

1880 Hwy. 69 South
642-9236

El Vallarta*

1055 Mineral Wells Avenue
642-3626

El Vaquero*

600 Spruce Street
641-0404

4-Way Grill

6121 E. Antioch Road, Springville
641-0100

Fat Tony's

105 S. Brewer Street
924-2384

Fresh Market*

East Wood Street, next to Trolinger's
644-1900

Golden Dragon

602 North Market Street
644-3288

Great Wall Buffet

1055 Mineral Wells Avenue
642-7778

Henry Station Cafe

9 Main Street, Henry
243-3630

Hoofman's BBQ

Hwy. 79 South
642-9941

Hong Kong

1021 Mineral Wells Avenue
644-1810

Huddle House

1502 East Wood Street
644-1515

Hungry Wolf

1401 E. Wood Street
642-3766

The Kitchen Table

2613 East Wood Street
624-0274

Knott's Landing

209 North Poplar Street
642-4718

Lepanto Steak House

1305 East Wood Street
641-1791

Matt's Pub*

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642-6085

Mel's Wings & More

348 E. Washington Street
407-4336

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6425 E. Antioch Road, Buchanan
644-7519

Oak Tree Grill

785 Buchanan Resort Road, Springville
642-2828 (seasonal)

The Olive Pit*

905 Mineral Wells Avenue
642-5030

Paris Deli

204 Dunlap Street
641-6577

Paris Landing State Park Inn

400 Lodge Road
642-4311

Pizza Hut*

915 Mineral Wells Avenue
642-1308

Paulette's

200 South Market Street
644-3777

Seaton's Mesquite Grill*

130 Tate Drive, Paris Landing
642-1819

Spanky's

9505 Hwy. 641 North, Puryear
247-5527

Take Me Back Cafe

101 N. Caldwell Street
642-1952

Tom's Pizza/Steakhouse

2501 East Wood Street
642-8842

Trolinger's BBQ

2305 East Wood Street
642-8667

Vine's Vittles

9 Dogwood Street, Henry
243-2800

* Beer and/or other alcohol available.

How Well Do You Know Your School Board??

By Dawn Poole

Can you match each Henry County Board of Education member to his or her quote?

I thought if you sat on the school board you should know things, and I was an involved parent so I thought I knew things. At the end of my first year on the Board, I realized I didn't know squat.

In a most unfortunate sequence of events, I decided to cut my last period class on the same day as six other guys. There were just too many absent out of a class of 29 for it to go unnoticed.

I failed tenth grade geometry. I wasn't an Einstein.

Mr. Earl Kendall broke my leg. We were playing sandlot football and he just tackled me and broke my leg.

I got caught eating a candy bar in Mr. Mike Brown's 9th grade science class. He told us specifically, "DO NOT EAT FOOD IN MY CLASS," but I was fourteen and hungry.



(L-R) Sheriff Monte Belew shakes the hand of Henry County School Board member Robert Sleadd.



(R-L) Henry County School Board member Georg Todd greets Henry School Principal Sam Tharpe.



Henry County School Board members Patricia "Tootie" Reimold and Tom Beasley chat about Board business.

Patricia "Tootie" Reimold

Reimold was elected to the school board in 2004 and as chairperson in 2008. She and her husband, Pete, have two daughters, Katie and Julia.

"I was lucky and received scholarship money (she has always been smart and known at least squat) that allowed me to attend UT at Knoxville and study to become a nurse. I had traveled outside of Henry County only once or twice in my lifetime and never as far as Knoxville. With a promise of twenty-five dollars a month to live on, I packed my bags and off I went."

Reimold is especially pleased with the addition of The Olweus Anti-Bullying Program to the school system. "Although I was a cheerleader and had a great deal of Big Red Pride when I attended Henry County High School, I didn't really fit in. I can't help but believe those experiences play an important part in my seeing the value of The Olweus Program."

Don Williams

Williams serves as vice-chair of the school board. He and his wife, Jan, are parents to Brian and Paige Williams, both of whom passed 10th grade geometry.

Williams began working for the city of Paris in 1979. In 2006, he was ordained as a Methodist Minister of the Memphis Conference and currently serves the congregations of Liberty All and Carter's Chapel United Methodist churches.

"Nothing in my district played a part in my decision to run for the school board. I simply wanted to help equalize the opportunities for students in Puryear and Cottage Grove. Out of the 11 years I've served, I think I'm most proud of the Board's consolidating these

two schools. I missed a lot of sleep making that decision. Afterwards, when driving through Puryear or Cottage Grove, I tended to duck more at loud noises, but we had to do what was right for those children."

Georg Todd

Todd joined the school board in 2006. Retired from the Marine Corp with a Silver Star for gallantry in action (no connection to the broken leg administered by Mr. Kendall) Todd describes himself as a community activist.

In sharing what motivated him to seek a seat on the school board, he spoke of the lack of representation for the African American population within the community. "I spent a great deal of time talking with parents and students prior to deciding to run."

"I know I'm probably dreaming, but looking down the road, I'd like for the school board to be its own funding body and even though it may not be a popular idea, I think at some point we will have to extend our school year to have more hours for students to become engaged in the curriculum."

Robert Sleadd

Sleadd was elected to the school board in 2008. Robert is married to Sandra. The couple has two sons,



Rob Jr. and Will. In addition to working as a Quality Manager for PML Inc., Sleadd holds a seat on both the Henry County and the Paris Special School District Boards of Education. Mr. Mike Brown, PSSD Director of Schools, does not allow food at Board meetings.

"I am just proud of having the opportunity to work with the school systems' teachers and staff and to continuously work on improving the overall education environment for all the students in Henry County."

Tom Beasley

Beasley was also elected to the Board in 2008. He and his wife, Peggy, have three children, Kevin, David and Deborah. Beasley works as an accountant and investment manager.

"Everyone should serve their turn on a community/government

organization as part of their civic duty. During my short tenure, I have been very impressed with the professionalism and dedication of most every one I have encountered." Mr. Beasley has not skipped one Board meeting to date.

What do a nurse, minister, decorated Marine, local business man and an accountant have in common? A strong obligation to serve their community and the ability to do it well.



Dawn Poole is moving to North Carolina, and this is her last article for PARIS! We appreciate her dedication to the education of our county's youth and wish her a fond farewell.



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Around Our Town



Tim Williams, a Chamber volunteer, offers a stamp to this contestant dressed in full island regalia.



There's always a little paperwork...

Water Fun Run Where It's

It's five o'clock all day long when over 300 boaters board their runabouts, jet-skis and pontoons to be a part of the Paris-Henry County Chamber of Commerce's annual Water Fun Run. Boaters have all day to make a few stops, visit with folks and enjoy beautiful Kentucky Lake, so why hurry? That Jimmy Buffet attitude is at the heart of the Water Fun Run, with grass skirts, coconut bikinis, water cannons, music, food and a little friendly competition thrown into the mix.

Sign me up

The event is always the third Saturday in July; this summer that's July 18. Players register at the Chamber or lake resorts to get their participation badges. Cost is \$20

in advance or \$25 the day of the event. The day is spent collecting stamps, which can be redeemed for playing cards.

In the beginning

The Water Run began as a way to celebrate our local resorts between Independence Day and the start of school in August, with fewer than 20 players on eight boats. Every year the Chamber's tourism committee added a new feature, upped the prizes, and made it a little better. Word spread as players came back year after year and began inviting their friends, both local folks and out-of-towners. Now the Fun Run has a volunteer staff of 40, a \$1000 Chamber bucks top prize,

collectible t-shirts and a goody bag that continues to impress.

"Our tourism committee works hard to make the Fun Run special and a little different every year. The players really look forward to what the t-shirt will look like, what the theme will be and any new 'surprises' we will have in the goody bag," said Susie Umstead, membership services coordinator at the Chamber. Favorite items have included the water guns provided by Henry County Medical Center and a beach towel from Bone and Joint Specialists and the Tennessee River Trails Association, Susie says. "We needed the towel after everyone got the water guns," she laughed.



Keith and Mary Darnell enjoyed cruising during Water Fun Run in a vintage craft.



Austin Perry is proof positive that the Water Fun Run is full of surprises.

Five O'Clock All Day

By Jennifer Wheatley

Get carded

Players have to make at least five of the eight possible stops to get enough cards for a poker hand. Every resort makes their stop unique, from Fat Daddy's to the Breakers. An added bonus is the extra card boaters receive if they find the wandering S.S. Morris boat, with Dr. Jeff and Jennifer and their pals at the helm.

Family favorite

Kristy Buttrey enjoyed the time with her husband Troy and daughters Chesney and Aubrey. "It was really a relaxing and fun time for our family. The girls enjoyed the friendliness of the other boaters; it seems it is an unspoken rule to smile and wave at each boat that

passes. It was also a great opportunity to see parts of the lake other than our regular hangouts."

Strutting their stuff

Cards are dealt at a different resort each year, giving our locals a chance to show off their properties. Frank and Kim Martino of Mansard Island dressed up the kids, Patrick and Anna, and filled a small boat with soft drinks. The Williams family at Buchanan Resort took orders and delivered food to hungry players from their Oak Tree Grille so no one had to leave the line.

Loria Plunk of Arrowhead Home Sales has been dealing cards for over five years and says she "enjoys the opportunity to be at the lake and seeing all the people."

Commercial Bank Vice President Bruce Reed, a long-time player, said "I have enjoyed participating in the Water Run the past several years even though Jennifer has not dealt me decent cards at any time. Last year we made it a family affair. Rita and I took our two younger sons, Jordan and Justin, along. This year they will be 18, which means dear old Dad will have to shell out more money so they can play."

This year's event is scheduled for July 18 and will wind up at The Breakers in Buchanan for the dealing of the cards.



Jennifer Wheatley is the Executive Director of the Paris-Henry County Chamber of Commerce.

Your landscape is a valuable asset, so it only makes sense to keep plants healthy and landscaped areas looking good. Below is the first in a two-part series on the principles of proper fertilization for the typical home landscape.

Maintaining Your Landscape - Part I

Fertilization

A Stimulus Package for Your Lawn

By John Watkins

You don't have to have an advanced degree in chemistry to properly maintain your landscape, but some basic knowledge of the formulations, properties, and rates of fertilizers will certainly save you some headaches down the road. Knowing how and when to apply these products will save time and money. Think of it as a stimulus package for your lawn.

Determining Needs

You wouldn't swallow huge quantities of assorted vitamins for no reason, nor you should you begin fertilizing your plants for no reason. While most landscapes can be maintained with little or no fertilizer applications each year, a soil analysis, combined with observations of plant growth, is the key to the most effective landscape nutrition program.

Turn in your test

Soil testing determines existing levels of certain key nutrients present in the soil and available to the plants. Samples should be taken from several sites in the landscape, rather than just one area, and then thoroughly mixed to get a more uniform representation.

Results of the test (submitted to the Henry County Extension Service) will provide recommendations to correct any deficiencies. Soil pH (the acidity or alkalinity of the soil) is a critical factor in the availability of nutrients to most plants. A pH in the range of 6.0 to 7.0 will result in the greatest number of nutrients to be available for uptake by plants.



The right mix

Picking the right fertilizer for the job is important. Just as there are reasons for choosing Centrum Silver over Flinstones Chewables, there are reasons to choose a specific fertilizer. The analysis or grade is always marked somewhere on the product label and refers to the percentage of nitrogen

(N), phosphorous (P₂O₅), and potassium (K₂O) in the fertilizer, respectively. Therefore, a 10-10-10 fertilizer would have 10% N, 10% P₂O₅, and 10% K₂O. That means in a 50-pound bag of 10-10-10, you would actually have only 5 pounds of nitrogen, 5 pounds of phosphorous, and 5 pounds of potassium. The rest is filler material, kind of like all those pretzels they put in your snack mix.

Fertilizers can be divided into two broad groups, organic or inorganic (synthetic). Organic fertilizers are derived from a living (actually “once living”) plant or animal source while inorganic types are either mixed or manufactured. There are advantages and disadvantages to both. Organic types typically release nitrogen slowly, thus lasting a good bit longer. Inorganic types generally have a higher analysis, are more soluble and cost less.

Now that you have all the information about what's in the fertilizer, what's the right amount? While the soil analysis offers information about soil deficiencies, a rule of thumb for most plantings is to apply 1 to 2 pounds of actual nitrogen per 1000 square feet of bed space. This means that if you use a 10-10-10 fertilizer, you will need to apply 20lbs. of product to the area to reach your 2 pounds of actual nitrogen (just divide the rate you desire by the percentage of nutrient. ie : $2 / 0.10 = 20$) If your soil test showed high levels of phosphorous and potassium, you might choose a formulation with a lower percentage of those two nutrients (such as 12-6-6). Conversely, if the levels of phosphorous and potassium were too low, you might want to choose a formulation such as 6-12-12. Pretty simple, huh?

Fertilizers also are formulated for many different methods of application. Granular formulations are

When?

As far as correct times to fertilize, a late winter application (February or March) would be best for most plants concerned. This will ensure that the plants have plenty of time to absorb the nutrients before they begin actively growing in the spring. Keep in mind that applying heavy rates of nitrogen to plants right before their bloom time can affect flowering, so use caution. As with any chemical, always read and follow the label directions for the best results.

Short and simple: a proper fertilization program will greatly benefit the health and appearance of your landscape and stimulate new growth for your plants. Now that's a stimulus package we can all get behind!



John Watkins is a landscape designer and Certified Grounds Manager who resides in Henry County. Email him via the “contact us” section at MyParisMagazine.com. Look for Part II in PARIS! in Autumn.

[illegible]



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It's hard to think of the summer season without thinking of fresh, locally-produced vegetables and fruits, bursting with flavor. Whether from your own backyard garden, a generous neighbor, or the wonderful Henry County Farmers Market at the fairgrounds, the key is freshness. Many of us eat too many processed foods, all for the sake of convenience. But are we actually short-changing our health for the sake of our over-scheduled lives?

"The American diet consists of too much processed foods," said Dr. Elizabeth Craig of Paris Family Chiropractic. Craig has long been an advocate of eating a nutritious diet so the body has the raw materials it takes to heal and to sustain good health.

Picking proteins

"There's too much fat, sugar, and sodium, as well as too many meat-based proteins. Too much protein creates an unhealthy acid environment in the body. We only need four ounces of protein per meal," she warned.

Craig feels the focus of many meals in America is misplaced. "Proteins, therefore, should be a side dish," said Craig. "Beans and some vegetables provide better protein sources." Those sources have an added benefit. Beans, nuts and whole grains also offer healthy fiber, vitamins and minerals.

Many studies reflect this way of thinking. Diets based on plenty of vegetables, fruits, whole grains and healthy fats like olive and canola oil are healthiest. American culture and tradition may dictate that we indulge in red



Even youngsters enjoy the Farmers' Market.



meat, refined grains, potatoes, sugary drinks and salty snacks, but they're really unhealthy. "We need to start with our children," said Craig. "Fast food should only be an occasional treat, not a food staple."

Cutting risk

Substituting fruits and vegetables for processed foods can have many benefits. Antioxidants and phytochemicals found in fresh fruits and vegetables may decrease the chance of heart attack or stroke and protect against some types of cancers. They also can help lower blood pressure and stave off the onset of macular degeneration, which is a major cause of vision loss for people over age 65. The key is to focus on quality, and the quality of vitamin and nutritional supplements is likewise vital.

Supplement sources

Long term studies show whole food-based nutritional supplements are better, according to Craig. "They do a better job because of micro-nutrients," she said. "For example seven milligrams of vitamin C in whole foods is used by the body as well as one thousand milligrams of vitamin C found in other (artificially-derived) supplements."

Of course, vitamins and nutritional supplements cannot make up for a healthy diet, or let you off the hook for unhealthy eating, but they can fill in the blanks for people who don't have access to every nutrient and micro-nutrient they may be lacking. The best advice is to pay attention to sources of our supplements.

Prevention, not treatment

Overall, the best way to preserve good health is prevention, not treatment after the onset of disease, according to Craig. "The American Cancer Society estimates that two-thirds of all cancers could be prevented with diet and exercise, as well as lifestyle changes," she said.

So as the summer months produce their bounty for you and yours, remember to return to nature for health and happiness.



Pat Terrell is a registered nurse who lives and works in Henry County. He encourages readers to check out Paris Cuisine on page 44 for delicious, healthy summer recipes.



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SIZZLIN' SUMMER NIGHTS

By Lisa Ciarrocchi

This summer when it's too hot in the kitchen, take it outside and light the grill! Many vegetables you would never think of grilling can become delectable roasted summer treats for your family. Our family likes to keep our grilling simple, and our favorite trick is Ruggero's Extra Virgin Olive Oil (REVOO). It scares away the mayo in our sandwiches and the vegetable oil in the cabinet.

Olive oil comes in many grades, varieties and price ranges. Its uses are only limited by the creativity of the cook. The olive oil sent to the states gets filtered, but in Italy it is cloudy, almost hazy. Those of us lucky enough to have tasted olive oil so green and fresh you could almost taste the earth in it would



tell you it does not always have to be clear to be delicious.

While traveling in Italy, it was the extra virgin olive oil (EVOO), not the wine that we wanted to ship home. That was the trip that Roger almost got left on the train platform. I can giggle now, but it wasn't funny then; I don't speak Italian, and I couldn't possibly carry those bags by myself. Another passen-

ger helped pry the doors open enough to wedge him in. The good news was we still had our EVOO.

The health benefits of EVOO are legendary: it will reduce the bad (LDL) cholesterol and raise the good (HDL) cholesterol. We use REVOO on everything. An added benefit is that it's already seasoned.

(continued on page 46)

Olive Oil Made Simple

Extra Virgin Olive Oil – The best. Produced by the first cold pressing; 1% acidity.

Virgin Olive Oil – Lower grade. Produced with slightly riper olives. 1.5% acidity.

Pure or Olive Oil – Commercial grade. Produced by a second cold pressing or leftover olive mash. Much lighter in color and blander in taste. Pure means no non-olive oils have been added.

Light and Extra Light – A mixture of the lowest quality olive oils available through chemical processing.

Refined Olive-Pomace Oil – This is treated with solvents and no longer good for you. Avoid this oil.

Conversion Chart

Olive Oil	Butter
$\frac{3}{4}$ tsp.	1 tsp.
1 $\frac{1}{2}$ Tbsp.	2 Tbsp.
$\frac{3}{4}$ Cup	1 Cup

Storage - Store olive oil sealed and away from heat and light. Refrigeration will extend the life of the oil, but also will solidify the oil and make it cloudy. Set at room temperature to clear before using.



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Grilled & Roasted Vegetables

Eggplant

Pierce eggplant with a fork –brush with REVOO, place on grill, turn every 10 minutes for approximately 30 minutes. When eggplant is cool, remove peel and slice flesh-drizzle with more olive oil plus fresh, finely diced garlic and salt.

Roasted Peppers

All colors are nice, but red is stupendous! Brush whole pepper with REVOO and char each side (approximately 10 minutes per side). Place in plastic bag for 15 minutes. Peel pepper, discard seeds and membranes and slice flesh. Drizzle with REVOO, and fresh, finely diced garlic and salt. This is great mixed with eggplant, above.

Grilled Portobello Mushrooms

Simply cut off the stem and brush both sides with REVOO. Add salt, freshly ground pepper and a little dried thyme (if you have it). Grill over medium heat 2-3 minutes per side or until tender. These can even be used on a hamburger bun as a meat substitute.

Summer Squash

Cut into thick slices lengthwise, brush with REVOO and sear quickly on both sides. Drizzle with more REVOO.

Roasted Garlic

Slice off the top (not the root end), drizzle with REVOO, wrap in foil – place on grill turning every 10 minutes for 30 minutes. When done, you can squeeze garlic up out of the skins. Delicious alone or use in dressings or pesto, on garlic bread or in any recipe calling for garlic or roasted garlic.

Heapin' Helpings Cookbook



Just in time for summer picnics and wedding showers, Henry County Helping Hand offers a reprint of "Heapin' Helpings Cookbook," featuring more than 900 recipes from some of the county's best cooks. The \$20 cookbook will be available by early summer and can be purchased at Kristie's Korner in downtown Paris. For more information or to place an order call Susan Bell (731-642-7519) or Sharon Kummerow (731-593-0077).

Grilled Tomato Melts

4 large tomatoes
extra virgin olive oil
6 oz. shredded pepper jack cheese
1 small green, yellow or red sweet pepper, finely chopped
fresh basil

Slice tomatoes about half an inch thick and arrange in a greased, disposable foil pan. Drizzle with REVOO and sprinkle with shredded cheese and finely chopped pepper. Arrange medium hot coals around the edge of the grill. Place the pan with the tomatoes in the center of the grill rack. Cook, covered, for 12 to 15 minutes or until cheese is bubbly.

Roasted Corn in the Husk

This is my favorite, easy B.B.Q. side dish: Corn on the cob - still in the husk!

Pull back outer husk of each ear, being careful not to tear off husk completely. Remove silks. Remove and retain one long, but kind of skinny strand of the husk to tie. Soak in salt water about 15 minutes. Rub cob with REVOO, garlic salt, or salt and pepper. Smooth the husk back over the cob and tie with reserved strand or a piece of string. Place on grill and cook 10 minutes per side or roast husk-wrapped corn buried in hot coals about same length of time. Husk will char, but this will not affect taste of corn.

Roasted Potatoes

Chop potatoes into chunks - one potato per person. Make an aluminum foil bag (double thickness). Drizzle with REVOO. Fold up bag, make a foil top and crimp to seal. Turn over a few times to coat and place on grill 25 to 30 minutes. Enjoy!



Lisa Ciarrocchi and her husband, Roger, own Paris Winery. Contact her at www.ParisWinery.com.





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