

JULY 2021

Life

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MAGAZINE

**CELEBRATE AMERICA
AT DISCOVERY PARK**

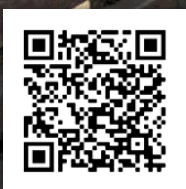
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Life
@ **50** *plus*
MAGAZINE

**ADVERTISING AND
EDITORIAL INQUIRIES:**
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CONTACT: 731.352.3323
printing@tricopub.com

PUBLISHED 4 TIMES / YEAR AT:
Tri-County Publishing, Inc.
3 Banner Row, McKenzie, Tenn. 38201

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THINGS TO DO THIS SUMMER

LOVIN' SUMMER



PHOTO CREDIT: DISCOVERY PARK

VISIT DISCOVERY PARK

Let your creativity shine at the Discovery Park of America! Once a month, the park invites you to explore your creative side at a pottery workshop or at a wine and paint class. In the two-hour pottery class, learn how to spin the potter's wheel and mold and shape the clay into a bowl, cup or anything you wish. You are also invited to join the popular monthly wine and paint class! For ticket information and event details, visit: <https://discoveryparkofamerica.com/calendar/> or call 731-885-5455.

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PHOTO CREDIT: ROLLING HILLS MINIATURE GOLF





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PHOTO CREDIT: WHITE SQUIRREL WINERY

VISIT A WINERY

Stop by the White Squirrel Winery in Kenton or experience “The Taste of Italy with Tennessee Hospitality” at the Paris Winery. Visit the White Squirrel Winery for a tour of the vineyard, complete with a wine tasting and a personal cheese plate. To shop their wines, book a tour, and more, visit <https://www.whitesquirrelwinery.com/>. Tour the underground barrel-vaulted wine cellar at the Paris Winery and enjoy a free wine-tasting. For more details, go to <https://www.pariswinery.com/about>.

GET YOUR CALENDARS READY

The Dixie

THE 16TH SEASON ANNOUNCEMENT IS COMING SUMMER 2021

DixiePAC.net / @DixiePAC



PHOTO BY JOEL WASHBURN/THE DIXIE

KENTUCKY HEADHUNTERS

SEE A SHOW AT THE DIXIE

The Dixie Performing Arts Center in Huntingdon stands in memory of actress Dixie Carter from McMoresville and Hal Holbrook. Not only offering premium concerts, the Dixie proudly hosts theatrical plays, school-time performances and educational opportunities — from pottery to photography and music — all year round.

Go to <https://www.dixiepac.net/> for upcoming events.



PHOTO CREDIT: SALLY LANE'S CANDY FARM

SATISFY YOUR SWEET TOOTH AT SALLY LANE'S

Although Established in 1958, Sally Lane's Candy Farm is a new addition to Downtown Paris. There you will find Sally's iconic pink and green mints, as well as chocolates, macarons, gift baskets and more! Visit Sally Lane's Candy Farm on Facebook for giveaways and more information.



UP THE WOW FACTOR WITH A MEAL AT MARIA'S

Enjoy dinner with a cold draft beer or mixed drink at Maria's Mexican Restaurant. The freshly crafted, authentic Mexican cuisine at 1944 Cedar Street in McKenzie is a local favorite. Maria's offers service, flavor and a nice atmosphere for yourself or for your family. Both dine-in and carry-out options are available. To view a menu, visit <https://www.mariasmexicanrestaurantatmckenzie.com/>.



PHOTO BY JOEL WASHBURN/LIFE AT 50 PLUS

TAKE THE GRANDS TO A SPLASH PAD

What better place to take the grandkids on a hot summer day than to Paris or McKenzie's splash pad? The Eiffel Tower Splash Park in Paris is open from 10-9 p.m. and McKenzie Station Splash Pad is open from 10-8 p.m. Keep an eye on their respective Facebook pages for private party closings.



COME & VISIT US

at
Maria's
Mexican Restaurant

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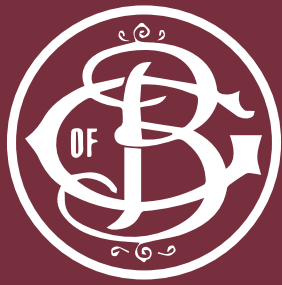


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McKenzie Farmers' Market — 1. Kathy McDonald sells baked goods. 2. Debbie Moore sells Paparazzi jewelry. 3. Linda Swalley sells canned and freshly baked items. 4. Cindi Mitchell sells her hand-crafted works of art. 5. David Featherston sells freshly roasted coffee beans. *Photos by Brittany Martin/Life at 50 plus*

VISIT A FARMERS' MARKET

Farmers' Markets are becoming increasingly popular. The U.S. Department of Agriculture states, between the years of 2008 and 2013, the number of farmers' markets doubled across the country.

One of the quaintest and nicest farmers' market in Northwest Tennessee can be found in McKenzie. The refurbished facility offers both indoor and outdoor booth space. In its season opening, McKenzie's farmers' market had a record-breaking attendance with over 300 shoppers and 15 vendors.

The McKenzie Farmers' Market is open Saturdays from 8 a.m.–12 noon and opens on Tuesdays from 3 p.m.–6 p.m. Youth Activities are the first and third Saturday of each month at 10 a.m.

Farmers' markets will continue to thrive and expand as people increasingly realize the benefits of supporting local food providers.

Just by visiting a farmers' market, you are attempting to formulate a healthy diet to ensure a better quality of life for seniors and support the immune system to fight sickness, arthritis and numerous diseases.

Berries: Protect skin from summer sun damage.

SO WHY VISIT A FARMERS' MARKET?

1. Enjoy fresh, seasonal foods.
2. Discover new foods.
3. Embrace organic and non-GMO offerings.
4. Indulge in nutritious foods.
5. Learn secrets and recipes.
6. Turn the trip into a social excursion.
7. Save money buying local.

Tomatoes: Protect against cancer and high blood pressure.

Squash: Builds bone strength and boosts your immune system.

Kale and Spinach: Reduce risk of heart disease.

Visiting all the booths and vendors counts as exercise.

Any time of the year is perfect for grabbing a tote bag and browsing the wares at a nearby farmers' market, where shoppers are bound to find something fresh, unique and delicious.

Take the time to visit McKenzie and its farmers' market. You'll make new friends, stock up on produce, have a cup of coffee and browse the many booths of baked goods and homemade crafts.





PHOTO CREDIT: TN STATE PARKS



TAKE A HIKE OR GO CAMPING

Explore nature and take time for yourself at one of West Tennessee's State Parks. Find a campground at Paris Landing, Reelfoot Lake or Natchez Trace and unplug for a few days — you deserve it.



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11

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Lake Life is the Best Life

Take a weekend and enjoy the summer heat at Carroll Lake, the Carroll County 1000-Acre Lake, or Paris Landing. Rent a paddle boat, canoe or kayak and travel the open water. Go fishing with friends and relax on the waves of the beautiful lake.

The Paris Landing State Park Golf Course is situated on the western shore of Kentucky Lake. The entire course is tree-lined, creating a feeling that you are the only one on the course, very rarely seeing another foursome. Several holes skirt Kentucky Lake, producing a natural balance of rolling land, trees, and water. The Paris Landing Golf Course is a great destination for year-round play.

PARIS LANDING STATE PARK GOLF COURSE



KENTUCKY LAKE

PHOTO CREDITS: TOP, KELLY GREEN/PREMIER REALTY; ABOVE LEFT, TN STATE PARKS; ABOVE RIGHT, BRITTANY MARTIN/LIFE AT 50 PLUS



PARIS LANDING



BUCHANAN



CARROLL LAKE

PHOTO CREDITS: ABOVE LEFT, TN STATE PARKS; ABOVE CENTER, BRITTANY MARTIN/LIFE AT 50 PLUS; ABOVE RIGHT, TWRA; BELOW, TN STATE PARKS.



PARIS LANDING STATE PARK

CAR GIVEAWAY

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*Must donate blood with Lifeline Blood Services between 5.31.21 and 9.6.21 to be eligible to win.

6 WAYS TO Give Back

1 DONATE BLOOD

Blood donations stay local and the need is critical. Please visit Lifelinebloodserv.org to find a calendar of upcoming blood drives this month.

2 VOLUNTEER

Civic clubs, cities and other local organizations are always in need of volunteers for community projects. Find out more by visiting city hall or a local Chamber of Commerce.

3 HELP FUNDRAISERS

Schools, booster clubs, civic clubs, baseball/softball leagues, etc. hold fundraisers for equipment and needed items. Often budgets are tight and fundraisers are the only way groups can achieve their goals. Be sure to verify the fundraiser is legitimate and affiliated with the real organization.

4 DONATE FOOD

Does your community have a food pantry or soup kitchen? Second Harvest Food Bank of Middle Tennessee partners with groups all over the state to organize food distribution. Learn more at www.secondharvestmidtn.org.

5 RECYCLE

Paper, plastic, cardboard, batteries, glass, aluminum, cans, used oil, tires (and more) can all be recycled. The EPA offers guidance on how to recycle different materials. Visit www.epa.gov/recycle to learn more.

6 BUY LOCAL

Buying local produce and goods helps strengthen your community. Supporting local businesses helps employ local people. "Mom and Pop" businesses may use the money to give their children piano lessons or sports opportunities; and buy local goods.

"Start where you are. Use what you have. Do what you can."
— Arthur Ashe

SIMPLE WAYS TO GIVE BACK EVERY DAY

Giving back to one's community strengthens towns and neighborhoods and makes them better places to live. Many people volunteer with local charitable organizations, while others make annual donations that help charities and nonprofits achieve their missions.

Giving back to your community can require a big commitment, but there are simple ways to give back each day as well. Whether you're strapped for time and can't volunteer or simply want to do a little more than you already do to support your community, the following are some simple ways to give back every day.

► **SUPPORT A LOCAL BUSINESS.** Many small businesses have suf-

fered since the outbreak of the novel coronavirus COVID-19. Such businesses help communities thrive in many ways, including employing local residents. The Small Business Administration's Office of Advocacy reports that nearly 62 percent of the country's net new jobs between 1993 and 2016 were created by small businesses. By supporting small businesses, whether it's ordering takeout or buying from local retailers instead of their big box competitors, men and women are giving back to their communities while spending money they would be spending anyway.

► **HELP A NEIGHBOR.** The pandemic turned many people's lives upside down, and some people have had to overcome long periods of isolation. The Centers for Disease Control and Prevention has urged the elderly and those with preexisting conditions such as type 2 diabetes and chronic obstructive pulmonary disease, or

COPD, to stay home as much as possible. If you want to give back, offer to help at-risk neighbors with their grocery shopping or other errands that could put them in danger of getting sick. Another way to help at-risk neighbors is to visit them and keep them company. If you do so, wear a mask at all times and stay at least six feet away.

► **DONATE USED ITEMS.** Rather than leaving items out at the curb for the garbage man to take away, donate lightly used clothing and still-functioning appliances to nearby charities. More people than ever before are in need of affordable goods. Donating rather than discarding lightly used items can help your community.

Giving back does not require a significant commitment of time or resources. Simple things that can be done every day can strengthen communities and show support for your neighbors.

Events

You Can't Miss

JULY

JULY 2-3: Allegro's PBR in Paris by Cody Nance

JULY 3: McKenzie Freedom Fest (City Park), 7:30-8:30 p.m.

JULY 3: Gleason's Independence Celebration, 6-9 p.m.

JULY 4: McLemoresville 4th Celebration, downtown McLemoresville

JULY 10: Classic Car Cruise-in Bobby Gee's Diner, McKenzie, 3 p.m.-7 p.m.

JULY 15: McKenzie's Nights on Broadway — The Fajita Bros., 7-9 p.m.

JULY 17: Kentucky Lake Water Fun Run

JULY 22: Fishing 101 at Paris Landing State Park, presented by Ranger Jeff Utley 5:30-6:30 p.m.

JULY 29: McKenzie's Nights on Broadway — Longshot, 7-9 p.m.

AUGUST

AUGUST 5: McKenzie's Nights on Broadway — Crossfire, 7-9 p.m.

AUGUST 12: Country Music Great John Conlee Concert at Paris Krider Performing Arts Center, 7 p.m.

AUGUST 14 : Classic Car Cruise-in Bobby Gee's Diner, 3 p.m.-7 p.m.

AUGUST 19: McKenzie's Nights on Broadway — The James Greer Band, 7-9 p.m.

AUGUST 21: "Funniest Man in America" James Gregory, Paris Krider Performing Arts Center, 7:30 p.m.

SEPTEMBER

SEPTEMBER 1-5: Gleason's Tater Town Special

SEPTEMBER 2: McKenzie's Nights on Broadway — Flashback, 7-9 p.m.

SEPTEMBER 4-11: Tennessee Soybean Festival, Downtown Martin concert lineup will be announced at a later date.

SEPTEMBER 11: Classic Car Cruise-in Bobby Gee's Diner, 3 p.m.-7 p.m.

SEPTEMBER 11: Wild Horses—A Garth Tribute, Paris Krider Performing Arts Center, 7 p.m.

SEPTEMBER 11-12: Paris Lakeway Kiwanis Club Arts & Crafts Festival

SEPTEMBER 16: McKenzie's Nights on Broadway — Dialogue, 7-9 p.m.

SEPTEMBER 24-25: Sweet Tea and Southern Pickin's Festival, Downtown McKenzie

SEPTEMBER 25: Arts Around the Square, Paris, 9 a.m.-4 p.m.

SEPTEMBER 25: National Public Land Day Hike, Reelfoot Lake State Park, 11 a.m.

SEPTEMBER 25: Huntingdon Heritage Festival, Huntingdon Court Square, 10 a.m. - 5 p.m.

SEPTEMBER 25-26: Southern Heritage Arts & Crafts Festival at Discovery Park

OCTOBER

OCTOBER 1-3: Reelfoot Arts & Crafts Festival at Reelfoot Lake State Park, 9 a.m. - 5 p.m.

OCTOBER 8-9: Junior Bassmaster National Championship, Huntingdon. Weigh-in is at 1:45 p.m. at Billy Cary Memorial Park in downtown Huntingdon.

OCTOBER 9: Classic Car Cruise-in Bobby Gee's Diner, 3 p.m.-7 p.m.

OCTOBER 9-10: Atwood's Fall Antique Tractor Show at Wooded Park at the intersection of Highways 79 and 70A

OCTOBER 17: Clarksburg Fall Festival

OCTOBER 28: McKenzie Boo Bash at Downtown McKenzie.

DECEMBER

DECEMBER 2-12: McKenzie Mistletoe Christmas Events

DECEMBER 3: Clarksburg Christmas Parade, 7 p.m.

DECEMBER 5: Clarksburg Open House, 11-1 p.m.



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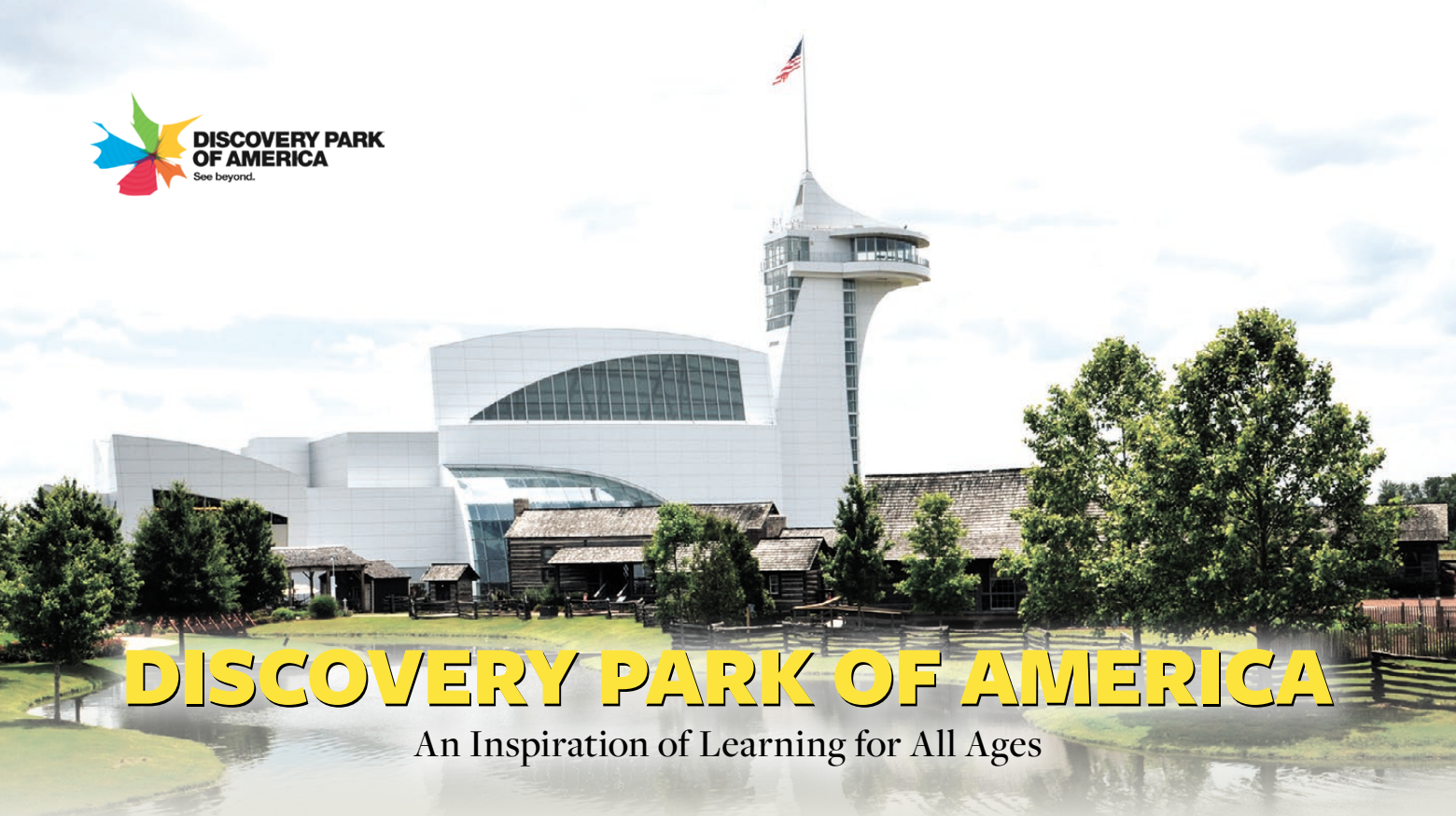


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DISCOVERY PARK OF AMERICA

An Inspiration of Learning for All Ages



BY JASON MARTIN

jmartin@tricopub.com

Nestled in the northwestern corner of Union City, Tennessee, sitting on over 50 acres of what was prime farmland, is one of the best venues in the state. Since 2013, Discovery Park of America has served as a beacon of learning and inspiration. Each day the museum lives up to its mantra: to serve the public as a premier museum, celebrating the human experience - specifically, our culture, our spirit, our accomplishments and our history.

From the 100,000 square-foot museum to the extensively landscaped heritage park, there is something for every member of the family. The vision of Robert and Jenny Kirkland was to build a facility that could be enjoyed by millions of children and adults. Their vision led to the creation of a \$100-million masterpiece. More than 350 volunteers contributed over 20,000 hours in the planning and construction of Discovery Park.

With an ever-changing and expanding footprint, Discovery Park has become a place where inspiration happens every day. That is an inspiration to learn, inspiration to grow, inspiration to consider new ideas and inspiration to see beyond wherever an individual is in life, regardless of age or education.

Around every corner, there is something to learn at Discovery Park of America. As you take your first steps into the complex, you are greeted by an eight-foot brown bear. Making it past the turnstiles and riding down the escalator, you look down on Dinosaur Hall finding the fossilized reproductions of the remains of a Triceratops, a Tyrannosaurus Rex, an Apatosaurus and an Appalachiosaurus.

If dinosaurs aren't your thing, then there is the Natural History Gallery focusing on two scientific disciplines: geology, the study of the earth, and paleontology, the study of prehistoric creatures. Right around the bend is Discovery Park's exhibit on minerals. ▶

CONTACT 731.885.5455

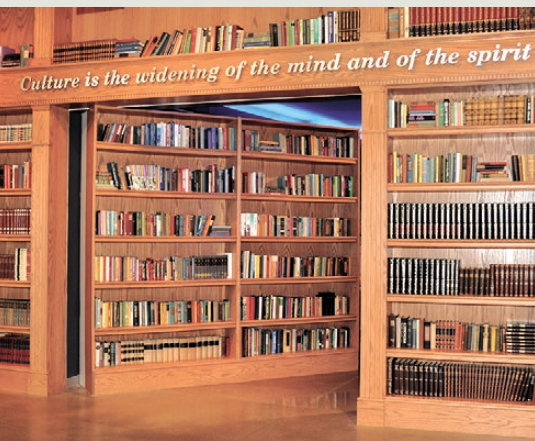
830 Everett Blvd. Union City, TN 38261

EMAIL: info@discoveryparkofamerica.com

HOURS Mon.-Sat. 10-5 p.m. • Sun. 11-5 p.m.



Photos by Jason Martin/Life at 50 plus



► To provide local flair to the exhibits, there's the Tennessee Room with pieces of history from around Obion County and Union City. Nearby is the Regional History Gallery providing a look at the unique cultural heritage and natural history of Northwest Tennessee and Reelfoot Lake. A can't miss is the Earthquake Simulator placing you in the 1811-1812 New Madrid Fault Earthquake.

For those interested in the more macabre portion of history, then visit the Chamber. Some of the items in the Chamber are the result of people's imaginations of a brutal past. One of the most interesting items on display is the Brazen Bull. Created by the Greeks, the victim would be forced inside the bronze bull and the executioner would light a fire underneath. As the victim burned, their screams sounded similar to the lowing of a cow.

If vehicles and military antiquity are your things, then your fancy will be tickled at the Transportation and Military galleries. Cars of every make and model including a 1916 Ford Model T to a race car driven by Dale Earnhart, Jr. can be found in the Transportation Gallery. The Military Gallery can be found on two levels of the museum. The exhibits contain a collection of military vehicles and weapons, as well as displays about the Korean War,

“Discovery Park of America should enhance education for children as well as adults and do it in an entertaining way. I hope it will be a destination that people will visit again and again and walk away each time with an expectation for continued innovation.”

*— Robert Kirkland,
Founder of Discovery Park of America*

the Vietnam War, the Cold War and other military conflicts.

There's a whole world to discover in the 50 acre-heritage park. Included is a man-made river flowing through the extensively landscaped property, along with waterfalls, bridges and art installations. While roaming the grounds take advantage of the Mill Ridge, the Settlement, Freedom Square, the Depot, the Chapel or let the kids run wild at the Children's Discovery Garden.

On December 5, 2020, the park opened a permanent multi-million-dollar exhibit on farming innovations. The exhibit tells the stories of farming in the past, present — and especially — the future.

Take a day to plan your visit to Discovery Park of America. You won't be disappointed, but you will leave INSPIRED.

CELEBRATE AMERICA AT DISCOVERY PARK

JULY 3: 4th of July at Discovery Park
Interact with living historians, be part of the Boston Tea Party and participate in the Ringing of the Bell ceremony. 10-5 pm

JULY 8: Pottery Workshop at the Discovery Park of America, 6-8 p.m.

JULY 10: STEAM Saturday at the Discovery Park of America, 10 a.m.-5 p.m.

JULY 16: Wine and Paint Class at the Discovery Park of America, 6:30 p.m.

AUGUST 6: Free special screening of “Silo” in the Discovery Park’s Simmons Bank Center, 6:30-8:30 p.m.

AUGUST 6-7: Antique Tractor Show
Families from all over Tennessee, Kentucky, Missouri, Arkansas and Mississippi load up their antique tractors and bring them in to showcase on the beautiful grounds of Discovery Park. This event is sponsored by Blue

Bank Resort and First Choice Farm & Lawn – Kubota.

AUGUST 12: Pottery Workshop at the Discovery Park of America, 6-8 p.m.

SEPTEMBER 9: Pottery Workshop at the Discovery Park of America, 6-8 p.m.

SEPTEMBER 18: Pediatric Day
Discovery Park and Pediatric Place of Union City are partnering to provide information about a wealth of resources and services available to children in this area. There will be vendors and organizations located throughout the park with information, fun activities for kids and plenty of swag for both children and adults.

SEPTEMBER 18: Discovery Dash 5K/10K at Discovery Park, 8-10 a.m.

SEPTEMBER 25-26: Southern Heritage Arts and Crafts Festival

Numerous vendors will have their unique makings displayed inside Discovery Center at Discovery Park. See homemade pillows, jewelry, pottery, glassware, wood carvings and more as you walk through the galleries. The craftspeople will be selling their items, so bring some cash in case you find something you cannot leave without buying.

OCTOBER 1-31: Pumpkin Village
Back by popular demand! Explore the incredible displays of pumpkins at Pumpkin Village.

NOVEMBER 12 – DECEMBER 31:
“Let It Glow” Light Show Drive-Through and Walk-Through
The popular “Let It Glow” drive through light show returns in 2021, with a new component where guests can walk through a light show on part of the grounds. This event is sponsored by McDonald’s.



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MARK WARREN

THE Fabulous Fifty plus Banker to Smithy



Below, Mark and Jill Warren. Photos courtesy of Mark Warren

For those who know Mark Warren, you know one of Northwest Tennessee's best story tellers (some of them are even true). If you sit with Mark, there is no telling what biographical story is on the tip of his tongue. He may tell the tale of the time he and a local newspaper publisher invaded Canada or even his arctic adventure behind a dog sled.

One thing is for certain, time with Mark is time well spent.

In recent years, the international man of intrigue has taken on a hobby most men of a certain age aren't likely to tackle; that is the art of blacksmithing. Unable to pin him down in person for an interview, we caught him by email crossing North Dakota by train. So what better way to learn than from a quick Q&A session.

Q What Drew You to Learning the Blacksmith Trade?

I have always loved working with my hands and had an interest in doing things like they were in the past. When I was 18, I built a log cabin. I've even tanned deer hides and made buckskin.



Q When and How Did You Start Learning the Art?

My father had my great-great grandfather's anvil and it always intrigued me. I began to tinker around with forging about 6 years ago. It wasn't until Dave Peters introduced me to Chuck Hutcheson that I finally had someone to mentor me.

Q What is Your Favorite Piece of Equipment?

My favorite tool is still the anvil and my hammer. Each smith treats these with great care and they are very personal. Use without permission and you get corrected. Kinda



like touching a cowboy's hat or a biker's motorcycle.

Q What Can You Tell Us About General Blacksmithing?

There are different paths a blacksmith can take. Different disciplines if you will. Artisan or ornamental, general blacksmiths who are tool makers, fix-it guys. These would have been the stereotype for the village smith. Most of these were also farriers. Farriers are another discipline who shoe horses and mules. Then you have the knife and weapon makers. ►

► All smiths use skills common to each discipline. These smiths were the equivalent of our machinists today. They provided everything made of iron used period. From anvils, horse shoes, chains, nails, saws, knives, firearms parts, hammers, scissors ...you see what I mean.

It's almost impossible to move to more complex projects without help from more experienced smiths. It's not impossible if you are determined because some who have taught me had no mentors to turn to. Blacksmithing almost disappeared after WWII as we industrialized.

Q What is Your Greatest Accomplishment to Date As A Blacksmith?

I have loved going to classes and meeting this community



of artists.

Maybe the high water mark is the week I spent at the John C. Campbell Folk Art School in North Carolina. I took a class under a smith named Elmer Roush. We learned to make forge welded Nordic axes. He's a master and can be found on the Internet. That's probably my best achievement to date. I was also able to spend time with another noted smith.

Welshman name Mark Aspery.

Mark is a member of the Tennessee River Artist Blacksmith Association with a guilds in McKenzie and Brighton. On their website it states, "Ever since the Industrial Age, the art/trade of Blacksmithing has been diminishing. To keep this trade alive, we should stick together and pass down the knowledge learned and gained from experience to prevent the loss of a trade that could eventually be a necessity once again."

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TAKE TIME TO ENJOY

West Tennessee



TENNESSEE
State Parks
80TH ANNIVERSARY

NATCHEZ TRACE STATE PARK

BIG CYPRESS TREE STATE PARK

295 BIG CYPRESS ROAD, GREENFIELD, TN

Visitors to this 330-acre park and natural area can enjoy a 1,142-foot long boardwalk that provides easy access to the park's seasonally-flooded, hardwood bottomland forest. The largest picnic area accommodates 35 and features grills, water, and electricity. The park also offers a playground and tree identification trail.



PHOTO CREDITS: TN STATE PARKS

CHICKASAW STATE PARK

20 CABIN LANE, HENDERSON, TN

This 1,461-acre park belonged to the Chickasaw Nation prior to the Jackson Purchase of 1818. Miles of fire roads and trails wind through scenic timberlands. Thirteen cabins nestle among the tall pines of Lake Placid, along with a spacious group lodge, group camp, and the Sagamore Assembly Hall—all available for rent. The park offers three campgrounds, picnic shelters, a golf course, swimming, fishing, and boating.

FORT PILLOW STATE PARK

3122 PARK ROAD, HENNING, TN

Forty miles from Memphis, Fort Pillow is rich in historic and archaeological significance. The 1,629-acre park is known for its well preserved breastworks, reconstructed inner fort, and museum featuring Civil War artifacts. Designated a Wildlife Observation Area, it is popular with bird watchers. The park has RV and tent camping. Canoes and kayaks rent year-round.

NATCHEZ TRACE STATE PARK

24845 NATCHEZ TRACE RD., WILDERSVILLE, TN

Named for a route of the famed Nashville-to-Natchez Mississippi trail of the 18th and 19th centuries. The park's 9,267 acres are within the 48,000-acre Natchez Trace State Forest, Tennessee's largest state forest. Facilities include the Pin Oak Lodge, a restaurant, a gift shop, cabins, camper cabins, a group camp, an RV and tent campground, and a wrangler campground. In addition to many acres of scenic woodlands, the park includes four lakes, 45 miles of hiking trails, and an equestrian facility.



NATHAN BEDFORD FORREST STATE PARK

1825 PILOT KNOB RD., EVA, TN

Home to the Tennessee River Folklife Interpretive Center and Museum, this 2,779-acre park is perched on one of the highest points in West Tennessee. There are 25 miles of hiking trails. There are three boat access points in the park.

Views of the expansive open waters are available from the boat ramps and at open spots on trails along the shoreline. The trail system winds from hardwood bottoms uphill through oak-hickory forest, and trails on the Pilot Knob Ridge and the observation deck at the Tennessee River Folklife Center enable views of the canopy for abundant resident and migrant songbirds.



TENNESSEE
State Parks
80TH ANNIVERSARY

REELFOOT LAKE STATE PARK

Tennessee's largest natural lake, the 18,000-acre Reelfoot was created by earthquakes in 1811 and 1812. This picturesque area is a favorite wintering ground for American bald eagles. Park naturalists offer guided tours to view the majestic birds

in winter months. Located on the Mississippi Flyway, the lake hosts thousands of migrating waterfowl and other wildlife. Reelfoot's partially submerged forest with its acres of water lilies creates an abundant fish hatchery, an ideal spot for

2595 HIGHWAY 21E, TIPTONVILLE, TN

fishermen. In addition to two RV and tent campgrounds, seven modern, pet-friendly cabins offer first-class comfort and lake-side views. Pontoon boat cruises and guided canoe floats are available throughout the year.

PARIS LANDING STATE PARK

16055 HIGHWAY 79-N, BUCHANAN, TN

This 1,131-acre park is located on the shore of the Tennessee River, which was dammed to form 160,000-acre Kentucky Lake. Its location is perfect for fishing, boating, swimming, and waterskiing. The park has a marina, a restaurant, 10 cabins, camping cabins, an RV campground and a challenging 18-hole golf course. A new lodge is opening soon!



PINSON MOUNDS STATE ARCHAEOLOGICAL PARK

460 OZIER ROAD, PINSON, TN

This 1,210-acre prehistoric Native American Mound Complex features the second-highest mound in the United States. The interpretive center contains educational displays and films about the Native Americans who built the mounds. Self-guided trails enable visitors to learn about the early inhabitants of this expansive site. Guided tours and interpretive programs are available, while a boardwalk trail along the Forked Deer River showcases the area's natural beauty. A group camp sleeps 32 and is ideal for family reunions or retreats.

PICKWICK LANDING STATE PARK

116 STATE PARK LANE, COUNCE, TN

This 1,417-acre park on the shores of Pickwick Lake is a water lover's paradise. A full-service marina includes dry boat storage, sailboat, wet, and overnight slips. Three public boat ramps are provided. From the park it is possible to lock through Pickwick Dam for a 150 mile-plus scenic cruise down the Tennessee River passing Shiloh National Military Park, historic Savannah, and the Tennessee National Wildlife Refuge. The beautiful, newly renovated lodge, restaurant and conference center welcomes overnight stays, events, and groups. Cabin rentals are available. Golfers will enjoy the 18-hole championship golf course.



ON LAKE TIME

RETIREMENT WITH A VIEW

BY JASON MARTIN

jmartin@tricopub.com

After years of hard work, who wants to sit around staring at four gray walls. Reward yourself with a home on the water that provides you with a view. While lake property isn't necessarily more affordable, it is still a rewarding investment.

There are many advantages to retiring on lake time. Not only will you have a view that you won't tire of but there are plenty of opportunities for boating, fishing, swimming and other outdoor recreational activities.

If you are unable to find your dream home on the water, then take the opportunity to build the house of your dreams. Your needs and wants right now are at the top of your mind, but a custom home is a significant investment in time, money and energy.

It's also likely you want this to be your forever home, so it's a smart idea to build for tomorrow. Think about how your family will evolve and what your future needs will be. Consider building materials that are designed to stand the test of time.

Avoid the fantasy trap. This is your dream home, so it's okay to indulge in that outdoor fireplace or luxury bathroom tiles that you've been envisioning. But to keep your budget in check, focus on the priorities and items that will give you the best value for your dollar. Invest in features that will improve your every day living and boost your property value.

Depending on how often you want on the water, you can consider building a dock on your property. Putting in a dock costs between \$5,000 and more than \$50,000 depending on the quality and the dock's permanence.

Something else to consider is lo-

cation. Do you want secluded property allowing for the most privacy? Or how about something quiet and serene but not off the beaten path?

One of the most important steps towards living on lake time is to research the rules of that lake. Many lakes have certain restrictions that may prohibit activities you enjoy.

The best advice will come from a realtor who is familiar with the property you are interested in purchasing.

There is a wide array of choices on various bodies of water in Northwest Tennessee. On Kentucky Lake, in Henry and Stewart counties, you have Big Sandy River, Cypress Bay, Eagle Creek, Ledbetter Bay, Hurricane Creek or Bass Bay. Check out some of the listings on Carroll County 1,000-Acre Lake like Southern Shores, Edgewater Estates, Sportsman Cove or LakePoint Estates.

PHOTO CREDIT: KELLY GREEN/PREMIER REALTY





PHOTO CREDIT: KELLY GREEN/PREMIER REALTY



Carroll County Hosts Two First-Class Lakes

Not every county in West Tennessee has been afforded the opportunity to have two quality man-made lakes. Carroll Lake and the Carroll County Thousand Acre Recreation Lake provide both recreation and leisure to its residents and visitors.

In 1949, the State of Tennessee purchased land on the edge of McKenzie to begin construction of Carroll Lake. Before the state's acquisition, what we know as Carroll Lake was a small rail or dinky line used to haul ball clay from the "Hobb Mines." The mines, long abandoned, were located adjacent to Carroll Lake Golf Course.

After the State purchased the land, Ira H. Scates was awarded the contract to remove the timber to construct a 100-acre lake. His son, who

helped in the construction of the lake became the long-time manager of Carroll Lake.

Celebrated fisherman, Steve McCadams, cut his teeth at Carroll Lake and worked for the Scates family.

In 1998, the lake was drained and later refilled and restocked the following year.

In June 2014, Carroll Lake was forced to close due to heavy rains and flooding that caused the lake to overflow its earthen embankment damaging the mechanical spillway that controls the release of water. The Tennessee Wildlife Resources Agency said the lake would eventually dry up because the dam could not be closed.

The spillway gates were repaired in 2017, but the lakebed was unable to be dredged because of the marsh-like soil. Over the next three years, Carroll Lake was restocked with fish as water levels began to rise. In May 2020, the lake was opened to the public.

The Carroll County 1,000 Acre Recreational Lake is one of the largest man-made lakes in West Tennessee. With more than 22 miles of shoreline, the lake holds more than 17,000 acre-feet of water, 75% of which has a water level of at least 20 feet.

The lake is divided into two areas according to permitted recreational activities. The dividing line is the TVA power line crossing the lake. Water

sports (boating, jet skiing, water skiing and swimming) are limited to the northern two-thirds. The southern third is dedicated to fishing and is a no wake area. Fishing is permitted in the water sports area as well. The lake is stocked with bass, bluegill, sunfish, catfish and crappie.

It is a great place to bring your families and enjoy our beaches and picnic area which has a concession stand that is open from Memorial Day until Labor Day.

The Lake Headquarters site and building were acquired from the family heirs of the James David (Jim) Boyd family. The property came into the Boyd family in 1859 as a portion of a purchase deeded to Jim's father, John Gaston Boyd and his father-in-law, W.P. Gardner. The land remained in the Boyd family until it was purchased by the Carroll County Watershed Authority in 2007 as part of the lake acquisition with the homestead becoming the Headquarters for the project.

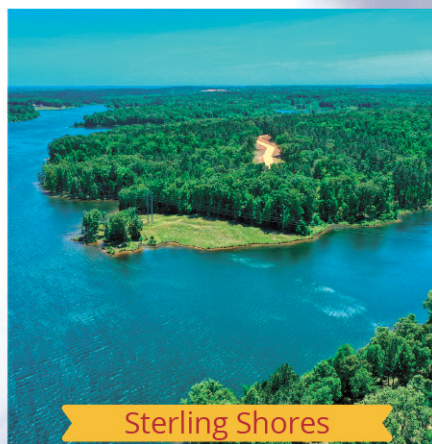
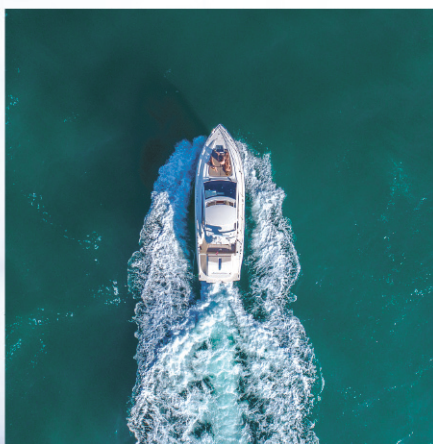
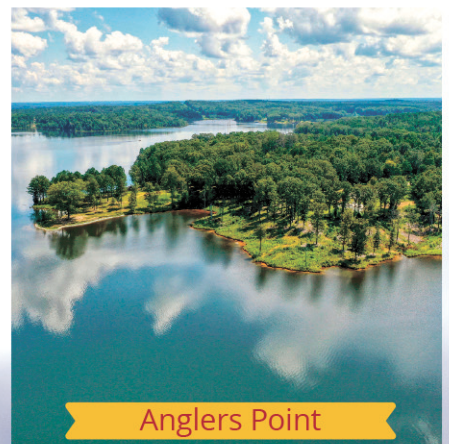
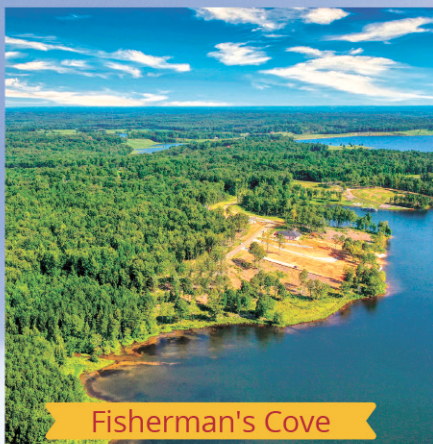
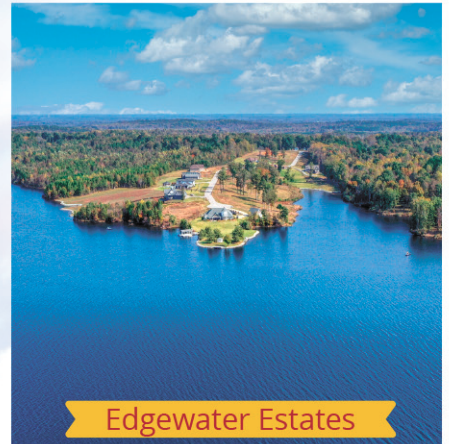
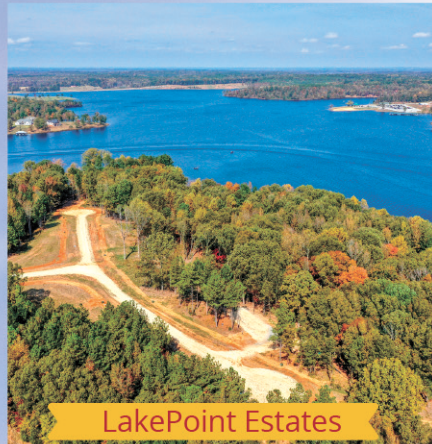
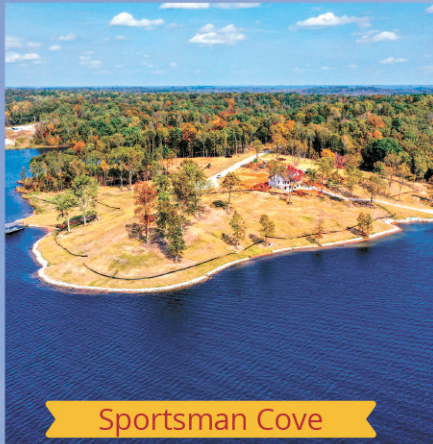
Jim Boyd was deeded the property from his father in 1894, with the property becoming the home of Jim Boyd and his wife, Vandia Allen Boyd. The home originally consisted of a two-room log dwelling that was later added onto to accommodate the needs for their large family of six boys and three girls.

Lake Life is the Best Life



Build your dream home on the gorgeous Carroll County 1,000 Acre Lake in Huntingdon, TN. Stunning waterfront building sites available. Let a Premier Agent give you a guided tour at [731-986-8885](tel:731-986-8885). Visit PREALTYGROUP.com to see all the lots we have listed.

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Left, **Where's the Fish?** Photo courtesy of Kathy Ray/Downtown Paris Association; Right, **Eiffel Tower Park.** Photo courtesy of City of Paris; Below, **Artist Dan Knowles stands by one of his murals in Back Alley Paris.** Photo courtesy of TN Arts Commission

Experience PARIS

From shopping to dining, downtown Paris has a little something for everyone. With a fairly recent face-lift, the square produces a nostalgic flair with over 40 merchants.

The renovated buildings around the court square provide a mix of retail and offices at ground level with some residential dwellings on the second floor of many of the buildings, hence downtown areas motto, Shop. Eat. Live.

The Henry County Courthouse is the oldest functioning courthouse in Tennessee, circa 1896. The Postbellum structure is surrounded by well maintained storefronts from that era and later.

Looking for a place to take the grandkids, try out Eiffel Tower Park. Formerly known as Memorial Park, it showcases a 60-foot steel Eiffel tower landmark at the front entrance of the family fun park. Visitors are able to enjoy a swimming pool, disc golf, a paved trail for walking or jogging, a children's playground, lighted tennis



courts, soccer fields, picnic pavilions and a trout pond for fishing in the cooler months.

While visiting the Eiffel Tower, don't forget your swimsuit. Paris is home to the largest non-amusement park splash pad in the state. It features approximately 12,000 square feet of play area with specific zones for family, teen, and youth (ages 2-5) all including aquatic play equipment with spray cannons and ground spray.

Don't forget about the World's Biggest Fish Fry. Taking place the last full week of April, people from near and far make their way to Paris, Tennessee. Visitors come from across the country to enjoy the festivities.

The whole festival focuses around the "Fish Tent" where by last account over 12,500 pounds of catfish were served with all the trimmings. The Fish Fry is more than just fried fish, you will find parades, a carnival, rodeos, catfish races, dances, arts and crafts to name a few.

WHERE'S THE FISH?

While out and about in Paris, keep your eyes open and play "Where's the Fish?" In 2019, 15 catfish statues were displayed in various locations throughout Paris. The following year, another ten statues were added promoting the community and home of the World's Biggest Fish Fry. The 40-inch tall statues are a fun reminder of Paris's love for catfish.

You Got the Vaccine ...Now What?

TRAVEL

WHAT TO KNOW BEFORE YOUR NEXT ADVENTURE

The efforts of researchers and public health officials in developing safe and successful COVID-19 vaccines was nothing short of historic. A combination of factors enabled researchers to make COVID-19 vaccines available roughly nine months after the World Health Organization declared a global pandemic.

Men and women over the age of 65 were among the first groups to be given the COVID-19 vaccine. Many people within the group are retired and are ready to travel. Even though they're fully vaccinated, there's still a few things adults over 65 should know when making travel plans.

The Virus. More than 87 million people in the United States had been fully or partially vaccinated as of

April 2021. Among those, just 7,157 had become infected with COVID-19, and only 331 of those required hospitalization. Recognizing that efficacy may help calm any concerns fully vaccinated seniors have about traveling.

Restrictions. Though a significant portion of the eligible populations in the United States has been vaccinated, overseas travel restrictions may still be in place. Some countries, such as India, continued to confront devastating waves of the virus and may not be allowing overseas visitors anytime soon. In addition, in mid-spring the European Union was still devising a strategy to allow fully vaccinated foreign tourists to visit the continent.

Attractions. When planning a trip, look for areas with plenty of outdoor



attractions. The CDC continues to recommend people, even those who are fully vaccinated, gather outdoors, where the virus is less likely to be transmitted. When traveling, it is possible to be spending time around people who have not yet been vaccinated. So choosing locales with plenty of outdoor attractions can be a great way to quell any travel-related concerns seniors may have.

Seniors can safely book trips after doing some research about their destination and giving careful consideration to their comfort levels.

PFIZER COVID-19 VACCINE EVENT

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8 A.M. TO 11 A.M.

EAGLE CREEK CLINIC

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FUNDED BY GRANT FUNDS.

Keeping Seniors Active Post-Pandemic

From square dancing to Zumba classes, the senior population in Henry County is encouraged to live an active lifestyle. The Henry County Office on Aging, under the direction of Reginald Caldwell, provides top-notch care to its senior participants through a calendar of activities.

The Henry County Office on Aging has planned its first trip since 2019. They are visiting the new exhibit in Nashville known as the National African American Museum. This is an opportunity to explore the roots and concepts of African American music. The museum's expertly curated collections share the story of the American soundtrack by integrating history and interactive technology.

Caldwell and his seniors are excited about this trip. The cost is very economical at \$45 per person. This

includes admission to the museum and bus fare; however, it does not include the cost of food or souvenirs. The date of the trip is Friday, July 16, 2021. The silver adventurers are leaving from the Central Community Building in Paris around 8 a.m. and plan to stop on the way for breakfast.

Other possible trips are coming soon; possibly the Smoky Mountains, Graceland, Memphis or Kentucky Opry for the annual Christmas show.

The Henry County Office on Aging is traveling to Branson, Missouri in September. The date of the trip is September 13-September 17, 2021.

For those interested in participating in Water Aerobics 2021-2022, please contact your primary doctor or specialist for a prescription stating that water aerobics will be a health benefit. The last day to sign up for

2021-2022 Water Aerobics sessions is August 13, 2021.

Tennessee Commission on Aging and Disability (TCAD) and NW Nutrition and sites across the state can begin serving hot meals any time after July 1, 2021. NW Nutrition has not determined an exact date yet, but seniors can soon begin coming to the cafeteria for a hot lunch. The Henry County Office on Aging does not have an updated meals on wheels schedule, but the office is delivering meals once a week on Monday or Tuesday if Monday is a national holiday.

If you would like more information about the Henry County Office on Aging call the office at 731-642-2919 or visit the Charles R. Conger Senior Center at 55 Jones Bend Rd Exd, Paris, TN 38242.



Charles R. Conger Senior Citizen's Center

Reginald Caldwell • Director

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Stephen Phillips, MD
General Surgery

Now Seeing Patients at Paris Surgical Specialists

At Henry County Medical Center, we are Growing Forward to better serve you. One way is with the addition of Stephen Phillips, MD, General Surgeon, now seeing patients at Paris Surgical Specialists.

Dr. Phillips, a native of Florence, AL, has experience in open and minimally invasive surgery of the abdomen, surgery of the skin and soft tissue, hernia repair, benign and malignant surgery of the breast, benign and malignant surgery of the thyroid, endoscopy, trauma, lower extremity amputation, vascular access and wound care. Dr. Phillips, who is board certified by the American Board of Surgery, graduated from the University of Alabama before going on to the University of Alabama-Birmingham School of Medicine. He completed his general surgery residency at Spartanburg Regional Medical Center before returning to Florence to begin his practice. Dr. Phillips is married and has two daughters.

To make an appointment or for more information, call 731-644-3211 or go to www.parissurgical.com.

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235 Tyson Avenue, Paris, TN 38242**



in the
AIR FRYER

These recipes were created for a 5.25-quart air fryer with a 60-minute timer; consult your owner's manual to adjust recipes as needed.



LEMON POPPY SEED MUFFINS

- 1/3 cup sugar
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup sour cream
- 1 egg
- 1 teaspoon vanilla extract
- 1/3 cup butter, melted
- 1 tablespoons poppy seeds

Preheat air fryer to 320 degrees F. In a small bowl, mix sugar, lemon zest and juice, flour, baking powder, baking soda and salt until blended. In a medium bowl, mix together sour cream, egg, vanilla extract and melted butter until blended. Fold dry mixture into wet; mix well. Stir in poppy seeds. Line mini muffin tin with paper liners. Fill each liner about three-quarters full with batter. Place tin in air fryer. Cook for 12 minutes, or until a toothpick inserted in center of muffin comes out clean. Let cool before serving.

FRIED ONION BLOSSOM

- 1 large yellow onion
- 2 large eggs
- 1 tablespoon water
- 1 cup seasoned gluten-free panko breadcrumbs
- 2 teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 3 tablespoons olive oil

Comeback Sauce, optional

Preheat the air fryer to 375 degrees F. Cut off stem and root of onion; peel. Set onion on a flat side. Starting at top and stopping about an inch from bottom, cut down through onion. Turn 90 degrees and cut again; repeat to make 16 sections. Spread "petals" apart. In a shallow bowl, whisk together eggs and water. In another bowl, mix breadcrumbs, paprika, garlic powder, onion powder and salt. Dip onion into egg wash, then dredge in breadcrumb mixture. Use a spoon to get breadcrumbs between petals. Drizzle with oil.



Place in basket of air fryer and cook for 20 to 25 minutes or until onion is tender. Serve with comeback sauce, if desired.

COMEBACK SAUCE

- 3/4 cup mayonnaise
- 1/4 cup ketchup
- 1/4 cup chili sauce
- 1 tablespoon fresh lemon juice
- 1 teaspoon Worcestershire Sauce
- 1/2 teaspoon dry mustard powder

- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon hot pepper sauce
- 1/4 teaspoon paprika

Combine mayonnaise, ketchup, chili sauce, lemon juice, Worcestershire sauce, dry mustard, onion powder, hot sauce, garlic powder, and paprika in a small bowl; whisk until well combined. Refrigerate for at least 2 hours.

BEEF RIB-EYE STEAKS *with Herbed Garlic Butter*

- Vegetable cooking spray
- 2 tablespoons butter, at room temperature
- 1 teaspoon chopped parsley
- 1 teaspoon chopped oregano
- 1 teaspoon chopped basil
- 1 teaspoon minced garlic
- 2 (12 oz) boneless rib-eye steaks
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- Basil leaves



Preheat air fryer to 400 degrees F. Spray rack with cooking spray. In a small bowl, combine butter, parsley, oregano, basil and garlic. Mix

well; set aside. Sprinkle steaks with salt and pepper. Place steaks in basket or rack, and cook for 3 minutes; flip and cook for 3 minutes; flip and cook for an additional 3 minutes. Top with herbed garlic butter, garnish with basil leaves and serve.

Sage Wisdom

ABOUT ESSENTIAL OILS

BY BRITTANY MARTIN

brittany@tricopub.com

Aside from having roots in ancient cultures, which used plants for medicinal purposes, in the last 20+ years the essential oil industry has exploded and it seems essential oils (EOs) are everywhere! EOs can now be found on almost every store shelf across the country; however, not all EOs are created equal.

Experts advise there are important labels and signs to look for when choosing an EO brand. If you're unsure, stick with the more reputable (and expensive) brands that have many years of experience, like Young Living (est. 1993-94) and dōTERRA (est. 2008). These brands have staked their reputations on the quality of their process and purity of their products.

There is a whole world to discover when you start learning about essential oils. Benefits range from keeping pests at bay to possibly fighting cancer.

THE BACKSTORY

In 2016, I became an EO believer. I was looking for a remedy for my husband's back pain. An educated friend told us about the benefits of using certain oils to fight inflammation and pain. She was a wealth of information.

The result was like finding a miracle remedy. While it didn't completely eliminate his pain, on a scale from 1 to 10, it went from a 7 to a 3.

PROCEED WITH CAUTION

EOs are a type of medicine. They penetrate the cell membrane and work with your body to address issues on the cellular level.

PEPPERMINT

Mentha piperita

Relieves pain, aids digestion, soothes headaches, fights odors, clears congestion, and fends off colds. Also, it deters pests like spiders, cockroaches, mosquitoes, mice, lice, and possibly even ticks, from taking over your household.

- Place a few drops on cotton balls and place in the closets to repel pests.
- Ease a headache by applying a small amount (with a carrier oil) to your temples.
- Evict a tick: A drop of peppermint oil on an attached tick makes it unlatch.
- Diffuse peppermint to increase focus.
- Diffuse peppermint, lemon and lavender to fight seasonal allergies.

One drop of Peppermint EO is equivalent to 28 cups of Peppermint tea. You can overdose on essential oils and have severe side effects. Consult your doctor before starting an essential oil regimen because EOs can interact with medications for acid reflux and diabetes, among others.

THREE WAYS TO USE:

1. **AROMATIC:** Breathing in or using a diffuser.
2. **TOPICAL:** Applied to the skin.
3. **INTERNAL:** Taken orally.

Avoid contact with eyes, inside the nose and ears. Keep oils in dark glass bottles, not plastic, because EOs can break down plastic over time. Store in a cool, dark place.

Fragrance oils are not essential oils. Look for "100% Pure Therapeutic-Grade Essential Oil" on the label.

A LITTLE GOES A LONG WAY

When applying an EO to your skin, it is important to dilute it with a carrier oil.

Carrier oils are derived from plants and dilute concentrated EOs to in-

LEMON

Citrus limon

This versatile fruit may boost your mood and energy; support circulation; aid in weight loss; ease digestion troubles; fight acne; support the liver; may curtail bleeding; detoxes the body; disinfects a room; treats warts and stings; and may help varicose veins. Avoid direct sunlight for up to 18-hours after using this oil topically.

LAVENDER

Lavandula angustifolia

With its analgesic and antiseptic properties, it's like a Swiss Army knife for ailments and gentle enough for almost anyone to use. Helps with headaches, nerve pain, anxiety, stress, insomnia, pimples, dermatitis, bug bites, repels pests, treats wounds and more.

- Add a few drops to a warm bath to unwind before bed.
- Diffuse or Inhale lavender when you're feeling anxious or upset.
- Lavender on the jaw line helps with teeth grinding.

crease safety and reduce sensitivity when applied to the skin.

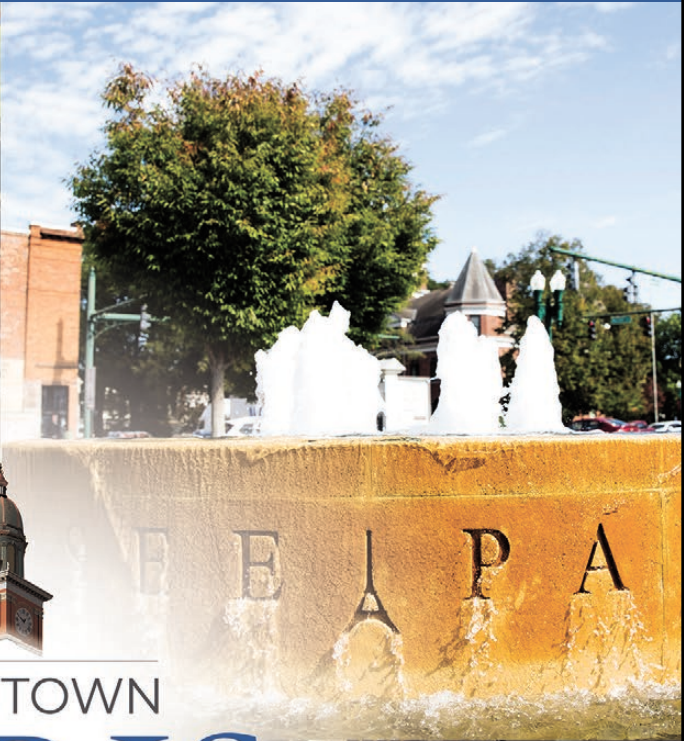
My favorite is NOW Foods Liquid Fractionated Coconut oil because: it's not greasy; it's soluble with all EOs; it's odorless and colorless; it preserves the EO's benefits and it doesn't clog pores.

dōTERRA suggests diluting one part essential oil to five parts (or more) fractionated coconut oil depending on skin sensitivity.

Other carrier oils are: grapeseed oil, sweet almond oil (avoid this carrier if you have a nut allergy), jojoba oil, olive oil, fractionated coconut oil (liquid), coconut oil (solid), cocoa butter, and shea butter. Young Living advises, do not use vegetable shortening, margarine, animal products like butter, mineral oils or petroleum derivatives as carrier oils.

My favorite Young Living oils are: Peppermint, Lemon, Lavender, Thieves, RC, Stress Away, Tea Tree, Eucalyptus Globulus, Eucalyptus Radiata, Joy, Valor, Peace & Calming, Citrus Fresh, Ravintsara and Copaiba.

For this article, let's just focus on the first 3 oils mentioned.



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