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Free Senior Citizen and Retiree Magazine

Spring/Summer 2017





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Twenty-six countries agreed to create the United Nations in 1942. Learn more 1942 facts on page 24.

## Golden Years

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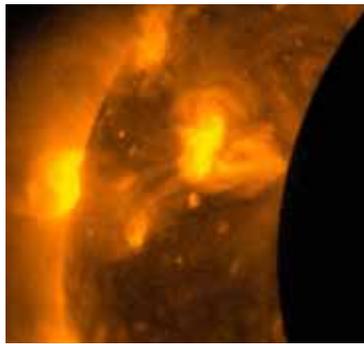
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# Total Solar Eclipse Expected to Bring Thousands to Western Kentucky

FRANKFORT, Ky. (May 24, 2017) – State and local agencies are preparing for a massive influx of visitors during a Total Solar Eclipse that will sweep across the region on the afternoon of August 21, 2017. While the celestial event will include 14 states across the nation’s midsection, ground zero for the eclipse runs from near Carbondale,

Illinois, to Hopkinsville, Kentucky.

The total eclipse is truly a once-in-a-lifetime event. According to NASA, any given point on the planet will only experience a total solar eclipse about once every 375 years. Ten western Kentucky counties are bracing for an influx of anywhere from 100,000 visitors up to

a half-million or more starting about three days before the eclipse. Another 11 counties are preparing for a mass of traffic as visitors travel to and from the total eclipse zone.

At 2 minutes and 40.2 seconds, Kentucky has the longest eclipse duration making it even more attractive as a viewing destination.

The total eclipse will arrive at 1:20 p.m. CDT on August 21. The partial eclipse will start about an hour before the total eclipse and will continue on until about an hour after the total eclipse has ended.

Kentucky Emergency Management (KYEM) is working with local, state and federal officials on a number of contingencies.

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cies for the Eclipse event.

“We’ve undertaken a significant planning initiative over the past six months, engaging with local county officials in the 21 counties within the eclipse zone,

partners are working diligently to ensure our visitors enjoy a safe venue for this benchmark event,” said Dossett.

According to weather experts, Kentucky and Tennessee have



in addition to our state and federal partners, to ensure the availability of mutual aid resources, communication interoperability and command and control to provide a safe and enjoyable event area,” said KYEM Director Michael Dossett. “Before you leave home, plan a specific destination for viewing off the roadway, possibly from a park or other reserved location. With the increase in visitor traffic, planning ahead is a must to enjoy the event. Kentucky is always a favored travel destination and our emergency services

the least likelihood of cloud cover that might block viewing opportunities. Dossett says visitors should also be prepared for variable weather conditions in late-August such as hot weather and the potential for severe weather. “During the third week of August, we often have temperatures in the 100-degree range. That creates concern about heat related and other health issues. Visitors should bring plenty of water, about a gallon per person per day for the duration of their stay. During this time of year, there is always



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a chance for severe thunderstorms. Visitors in rural areas may have difficulty finding shelter and should familiarize themselves with their surroundings.”

The Kentucky Transportation Cabinet (KYTC) is helping plan for potential traffic issues that might result from thousands of visitors flocking to the area.

“We anticipate that a majority of the visitors will filter into the eight-county region over the two or three days before the eclipse,” said Wade Clements, KYTC District 2 chief engineer. “Once the

eclipse is over, we are expecting traffic issues akin to what Louisville faces before and after the Kentucky Derby or Thunder Over Louisville. We urge motorists to plan ahead before traveling to or through the region the day of the eclipse.”

With the increased number of visitors in the area, there is potential for gridlock along our Interstate 24 corridor through Kentucky and along KY 91 between Princeton and Hopkinsville. Expect local roadways to become heavily congested as well. In an effort to minimize traffic delays, KYTC is partnering with local law enforcement, Kentucky

State Police and emergency planning agencies to assist with traffic control before, during and after the event.

Local and state officials are asking visitors who plan to travel to view the eclipse and people who live within the eight counties in the total eclipse zone to be fully prepared for what they will encounter.

State officials provided the following list of specific recommendations for eclipse watchers:

- Choose a specific place to watch the eclipse. If you stop randomly along area highways, you can be

issued a citation for impeding traffic. Parking along right of way creates a number of hazards.

· Restroom facilities will be at a premium. Pick a viewing location with appropriate facilities.

· Bring an ample supply of food and water for the duration of your planned stay.

· Have a specific place to stay - Either a hotel room or appropriate campsite.

· Be prepared for traffic delays. Thousands of visitors may create traffic gridlock at some critical intersections and interchanges,

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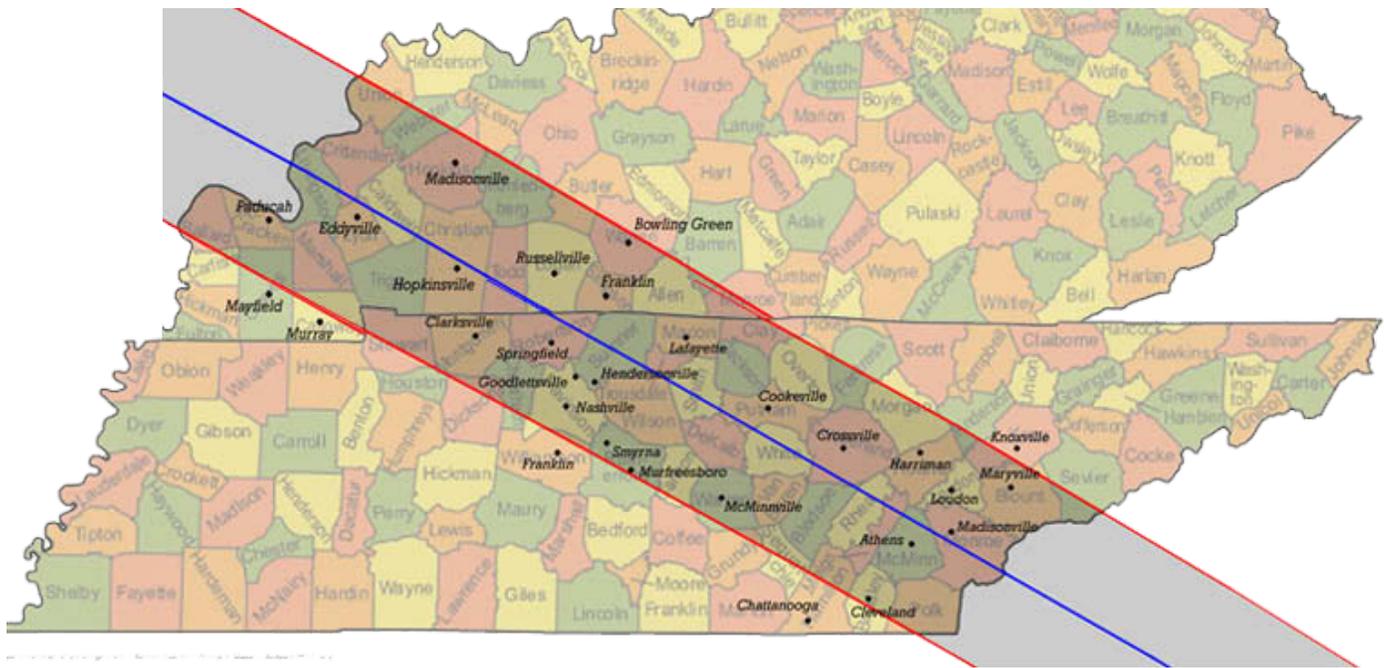


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particularly along the I-24 corridor and KY 91 corridor.

Additional eclipse planning resources are available at these websites:

<http://www.kentucky-tourism.com/eclipse/eclipseevents.aspx>

<http://www.starnetlibraries.org/Eclipse-Guide/>

<http://nationaleclipse.com/>

<https://www.great-american-eclipse.com/>

KYTC and KYEM will provide additional information and traffic advisories as the eclipse date approaches. For up-to-date Kentucky traffic and travel information, visit [www.transportation.ky.gov](http://www.transportation.ky.gov) or navigate traffic by downloading the free Waze app to your mobile device. Additional helpful links and resources can be found

on the KYEM website at: <http://kyem.ky.gov> where you can follow KYEMPIO on Twitter, like us on Facebook and sign up for mobile alert messages.





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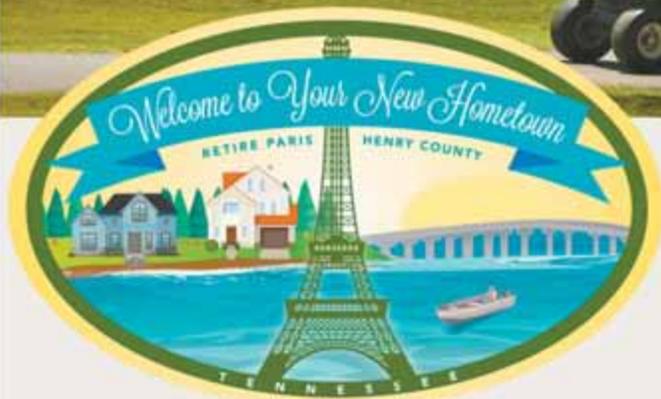
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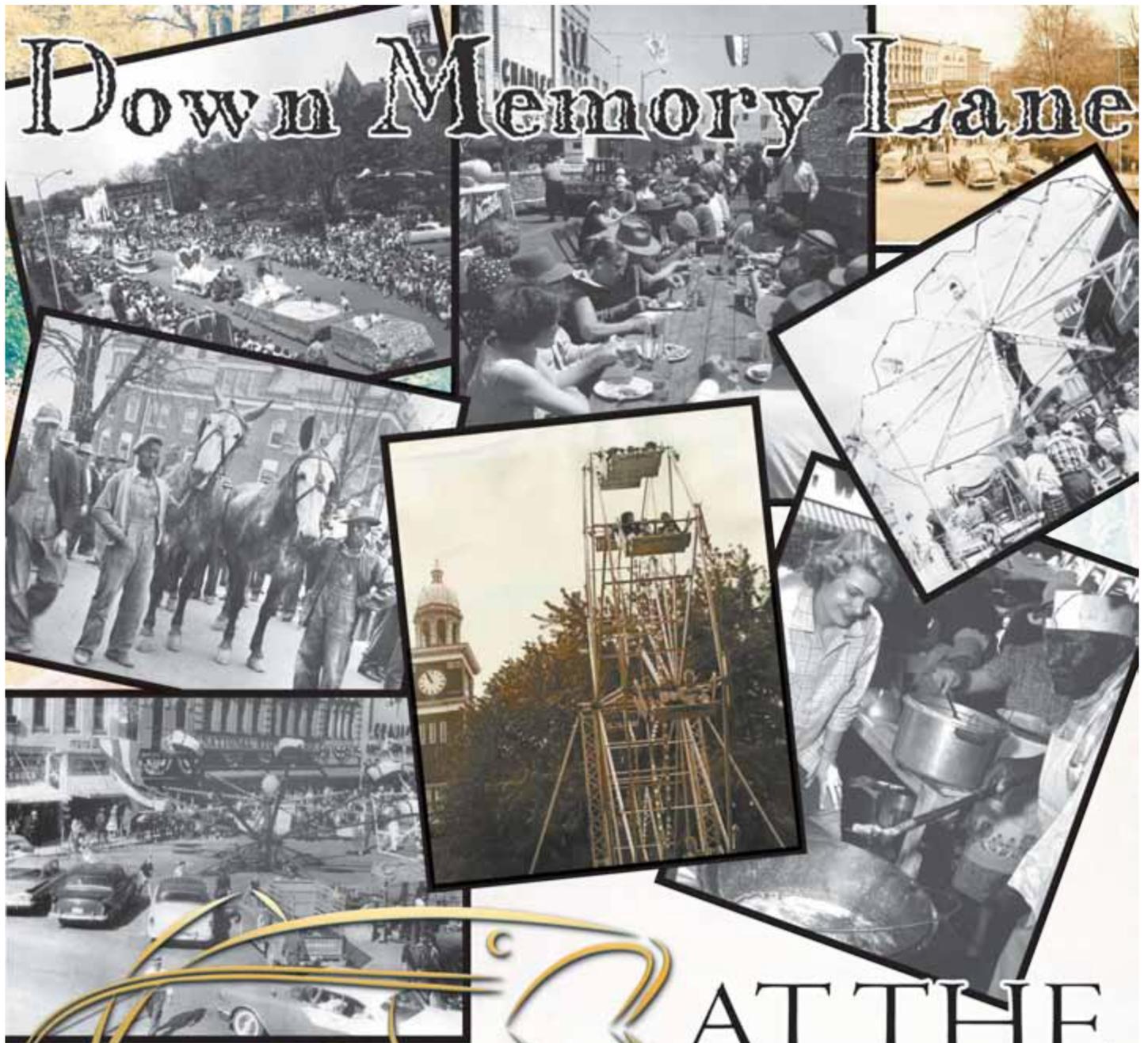


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When you are spending the summer in Henry County there are a few things you can always count on. You will always find a great place to golf, you can always find something good to eat and a cool drink to wash it down with, and you can always find a pool ready for you to dive in! If you can find your way to the Paris Country Club you will always find that they

have all of that and more waiting for you! Come on and give them a visit.

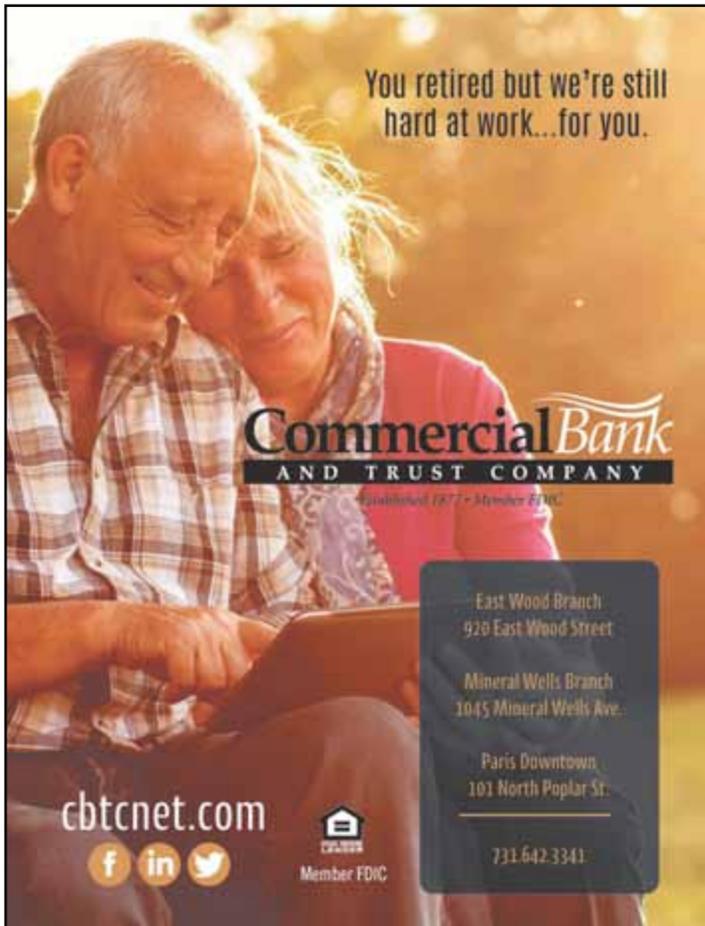
Now is the perfect time to check out the Country Club. They are celebrating a monumental anniversary in 2017! Born in 1957 the facility has grown into a fine example of recreation, dining and fellowship over the past 60 years. The Golf Course, the

Swimming Pool, the Club House, Restaurant and Lounge are all waiting for you to show up and find out why this has been a family tradition for six decades in Henry County.

The Golf Course is 3,189 yards of finely manicured lawn with both wide and tight fairways and water and sand traps that will challenge the skill level

of any avid player. It is a nine hole regulation course with a par of 36. Additional info about the course is that it has a course rating of 35.7 and a slope rating of 124. You can play a quick nine holes or go the full 18. The rate for nine holes of golf is \$15, and 18 holes is \$22. You may bring your own golf cart or rentals at the club are available. Golf cart

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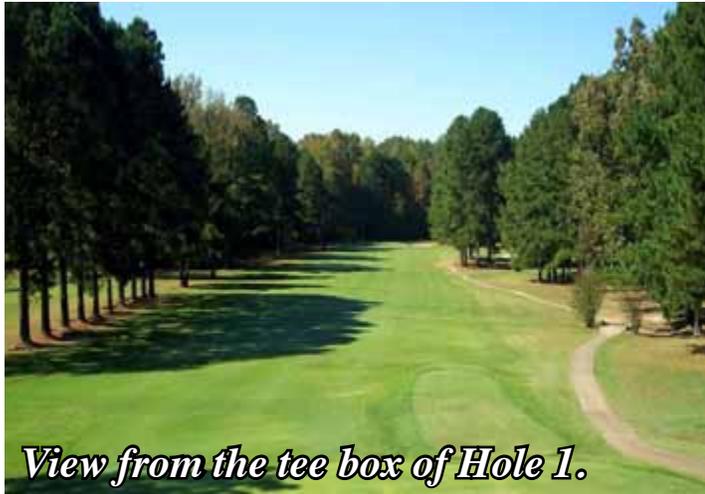
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rental rates are \$6.50/ person for nine holes and \$13/person for 18 holes. Personal golf cart trail fee is \$6.50. You can sign up for your Tee Times at [www.pariscountryclubtn.com](http://www.pariscountryclubtn.com). The Paris Country Club is a private equity facility golf course with an "Accompanied by Mem-

keep your event strictly outside. The Club also provides catering upon request.

Speaking of food, and let's go ahead and talk about drinks, too, The Country Club has a kitchen waiting to prepare the "Member's Favorites," and a fully



*View from the tee box of Hole 1.*

ber" policy. You may also inquire about the different golf leagues available to members and their guests, as well as, various tournaments.

Make a splash at the Country Club's Olympic Size Swimming Pool! Come and lounge by the water and soak in some sun or enjoy a refreshing dip in the crystal clear water. There is plenty of room for the entire family and a certified lifeguard is always on duty keeping everyone safe. The adjoining Pool House is a fantastic place to have your party or host a special event. A covered picnic area is also available for use if you want to

stocked bar and lounge area. Nothing finishes off a memorable summer evening that a good meal and a cold beverage. The Restaurant serves both a lunch and dinner menu. You may want to check [www.pariscountryclubtn.com](http://www.pariscountryclubtn.com) for hours of service and to view the food choices. Each season the Restaurant features a fresh new menu and every Friday evening the Restaurant features a new Special entree. You will always find the classics at the Country Club Lounge. Cold beer, wine and top shelf liquor are ready to quench your thirst after a day on the golf course.

There are several types of Memberships available. A Stockholder has full privileges at the club. A Stockholder may vote in Club Elections, may served on the Board of Directors, and maintain a charge account. Leasing Members have all club privileges as a Stockholder except they may not vote or serve on the Board. However, Leasing Members may serve on committees. Anyone 29 years old and under may take a Junior Membership. A Junior Membership has full club privileges with the exception of voting. Associate Members have full access to all club facilities and may serve

on various committees. Social Members have access to the Pool and Clubhouse and may serve on committees. They may not vote in elections or serve on the Board. All member may pay to keep a trailer or cart on site.

The Paris Country Club is looking to serving Henry County for at least another 60 years! Be a part of what's happening out there! For more information about the facilities and questions concerning membership, call the office at (731) 642-0591.



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See solution on page 23



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| Breeze      | Flowers  | Rainbow        | Tulip        |
| Bunny       | Garden   | Raincoat       | Umbrella     |
| Butterfly   | Grass    | Robin          | Warm         |
| Camping     | Honey    | Scavenger Hunt | Weather      |
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# Miss Kitty



## Advice for Affairs of the Mature Adult's Heart

**DEAR MISS KITTY,**  
 After my husband's death, my daughter introduced me to online dating. At first I was very reluctant, but it has turned out to be so much fun! I have enjoyed several coffee, movie and dinner dates with gentlemen who live nearby and the activity has filled a significant void in my life. It was all fun and games until a few months ago when one of my on-line suitors really touched my heart.

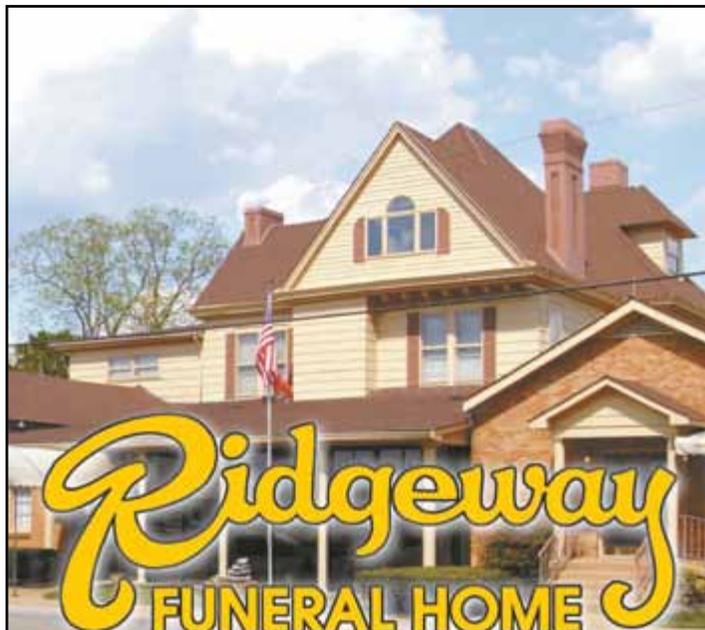
He told me sweet, wonderful things that ignited a passion I thought was dead. He made me feel vital and feminine again, like I was a young woman! Unfortunately, very bad circumstances in his life, his daughter's cancer and other issues with his late wife's insurance, have prevented us from actually meeting in person. He lives several hours away in a large city, but I feel closer to him than any

other man since my husband. I feel very much a part of his life and he tells me how much I matter to him.

I have occasionally sent him small cash gifts to help him. A situation has recently come up involving his daughter's house and an insurance settlement. He is paying his daughter's mortgage and her medical bills, but everything will be fine when

he receives the money he is owed. He will actually be several hundred thousand dollars richer!

We have discussed that a loan of \$10,000 from me would be very helpful and very short term until his issues are settled. I asked my daughter to help me make the arrangements and she threw a fit! She thinks my new suitor is a scam artist and told me to never talk to him again.



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She threatened to contact him herself or call the police.

Do you think she is jealous that someone is important to me again or afraid I won't leave her an inheritance?

*Old Enough*

**Dear Old Enough,** Miss Kitty knows that a lovely lady like you would never think of these things, but what if your daughter is right? It is time for a reality check, and your daughter will make the perfect accomplice. You are entitled to spend your money as you wish, but make a deal with her before you start signing checks!

Ask her to drive you to your suitor's city and go

visit his daughter. Do you know which hospital or the specifics of her illness? If he will not tell you, these are very significant signs that you should keep your money in your handbag! Invite him to join you and your daughter for a lunch in his city and do not accept any excuses. If he is real, I bet your daughter will be happy for you. If he is not, keep enjoying coffee and movies with other gentlemen until you find the right one, one who does not need your cash!

**WITH LOVE,**  
*Skeptical Kitty*

*Got a question? Need some advice? Ask Miss Kitty! Send your questions to [peddlerads@gmail.com](mailto:peddlerads@gmail.com) and look for your answer in the Golden Years!*



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# Springtime Eats



## Banana Berry Smoothie

- 1 cup milk
- 1 banana
- 3 large strawberries
- 1 tablespoon vanilla yogurt
- 1 teaspoon honey

In a blender, combine milk, banana, strawberries, yogurt and honey. Blend until smooth. Pour into glass and serve.

## Meat and Potato Egg Rolls

- 5 medium potatoes, peeled and cut into 1/2-inch chunks
- 1 pound lean ground beef
- 1/4 cup minced onion
- 1/4 cup minced green bell pepper
- salt to taste
- ground black pepper to taste
- 1 cup frozen mixed peas and carrots, thawed
- 1 cup canola oil
- 1 (16 ounce) package egg roll wrappers

Place potatoes in a pot with enough lightly salted water to cover, and bring to a boil. Cook 10



minutes, or until tender; drain. Place the beef, onion, and green bell pepper in a skillet over medium heat. Season with salt and black pepper. Cook until beef is evenly brown and onion is tender. Mix in peas and carrots, and continue cooking until heated through. In a large bowl, mix the potatoes with the beef mixture. Cover and refrigerate (or place in the freezer) until cooled completely. Heat the oil in a large skillet or deep fryer to 365 degrees F. Lay egg roll wrappers on a flat surface, and place about 1/4 cup filling in the center of each. Fold to form egg rolls, and seal with moistened fingers. In batches, fry the egg rolls in the heated oil about 3 minutes on each side, until golden brown. Drain on paper towels.

- 1 teaspoon dried parsley
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried thyme

Preheat oven to Broil/Grill and line broiler pan with aluminum foil. Place chicken on pan. In a small bowl combine the butter, garlic, parsley, rosemary and thyme and mix together, then evenly spread a dollop of mixture on each chicken breast. Broil in preheated oven, turning and frequently coating with remaining herb/butter mixture, for about 15 minutes or until chicken juices run clear.



## Herb Butter Chicken

- 4 skinless, bonesless chicken breast halves
- 1/2 cup butter, softened
- 3 cloves garlic, minced



## Lime Tea Cookies

- 2 teaspoons lime juice
- 1/3 cup milk
- 1/2 cup butter, softened
- 3/4 cup white sugar
- 1 egg
- 2 teaspoons lime zest
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 2 tablespoons lime juice

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1/4 cup white sugar

Preheat oven to 350 degrees F. Combine the 2 teaspoons of lime juice with the milk, let stand for 5 minutes. In a large bowl, cream together the butter and 3/4 cup sugar until light and fluffy. Beat in the egg, then stir in the lime zest and milk mixture. Combine the flour, baking powder and baking soda, blend into the creamed mixture. Drop by rounded spoonfuls onto the ungreased cookie sheets. Bake for 8 to 10 minutes in the preheated oven, until the edges are light brown. Allow cookies to cool on baking sheets for 5 minutes before transferring to a wire rack to cool completely. To make the glaze, stir together the remaining lime juice and sugar. Brush onto cooled cookies.



### Almond Mandarin Salad

1/2 pound bacon  
2 tablespoons white wine vinegar  
3 tablespoons honey  
1/2 teaspoon dry hot mustard  
1/2 teaspoon celery salt  
1/2 teaspoon ground paprika  
1/4 cup olive oil  
1 head red leaf lettuce, torn into bite-size pieces

1 (15 ounce) can mandarin oranges, drained  
1 bunch green onion, diced  
3/4 cup slivered almonds

In a medium skillet over medium-high heat, cook bacon until evenly brown. Drain, cool, and crumble. To make the dressing, thoroughly blend the vinegar, honey, dry mustard, celery salt, paprika, and olive oil. Place lettuce, oranges, green onion, bacon, and almonds in a serving bowl. Toss with dressing and serve.

### Meat Pie

4 (9 inch) unbaked pie crusts  
2 pounds ricotta cheese  
6 eggs  
8 ounces mozzarella cheese, grated  
1 pound cooked ham, chopped  
1/2 pound Genoa salami, chopped  
1/4 pound prosciutto, chopped  
1/4 cup grated Parmesan cheese

Preheat oven to 325 degrees F. Place ricotta in a large mixing bowl and add eggs one at a time while mixing on low speed. Stir in mozzarella, ham, salami, and prosciutto until all ingredients are well combined. Line two 9 inch pans with pas-



try. Spoon half of mixture into each pan. Sprinkle half of the Parmesan cheese over each pie, then cover with top pastry. Crimp edges and cut steam vents in tops. Bake in preheated oven for 1 hour, until crust is golden brown. Cool on racks.



### Lemon Poppyseed Bread

3 cups all-purpose flour  
1 1/2 teaspoons salt  
1 1/2 teaspoons baking powder  
1 1/2 tablespoons poppy seeds  
2 1/2 cups white sugar  
1 1/8 cups vegetable oil  
3 eggs  
1 1/2 cups milk  
1 1/2 teaspoons vanilla extract  
1 1/2 teaspoons lemon extract  
1/4 cup orange juice  
3/4 cup white sugar  
1/2 teaspoon lemon extract

Preheat oven to 350 degrees F. Grease three 8x4 inch bread pans. In a large mixing bowl, stir together the flour, salt, baking powder, poppy seeds and 2 1/2 cups white sugar. Add the eggs, milk, oil, vanilla and lemon extract; mix until smooth, about 1 minute. Pour batter evenly into the prepared pans. Bake at 350 degrees F) for 50 to 55 minutes, or until a toothpick inserted into the center of the loaves comes out clean. Cool loaves in the pans for 10 minutes before removing to a wire rack. Combine orange juice with remaining 3/4 cup sugar and desired flavor of extract; stir well. Pour this mixture over the loaf while it is still hot. Allow loaf to cool completely before serving.



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## HCMC adds the Total Knee Replacement to Joint Replacement Options with the Mako Robotic Assisted Surgery System



Robots in the surgical suite are nothing new, but robots assisting orthopedic surgeons on total knee replacements is groundbreaking. And Henry County Medical Center is only one of three hospitals in the state of TN to offer MAKO robot-assisted

total knee replacements.

In the Summer of 2015, HCMC added the MAKO robotic arm assisted surgical option for total hip and partial knee replacements, being one of the first in the state to do so. And,

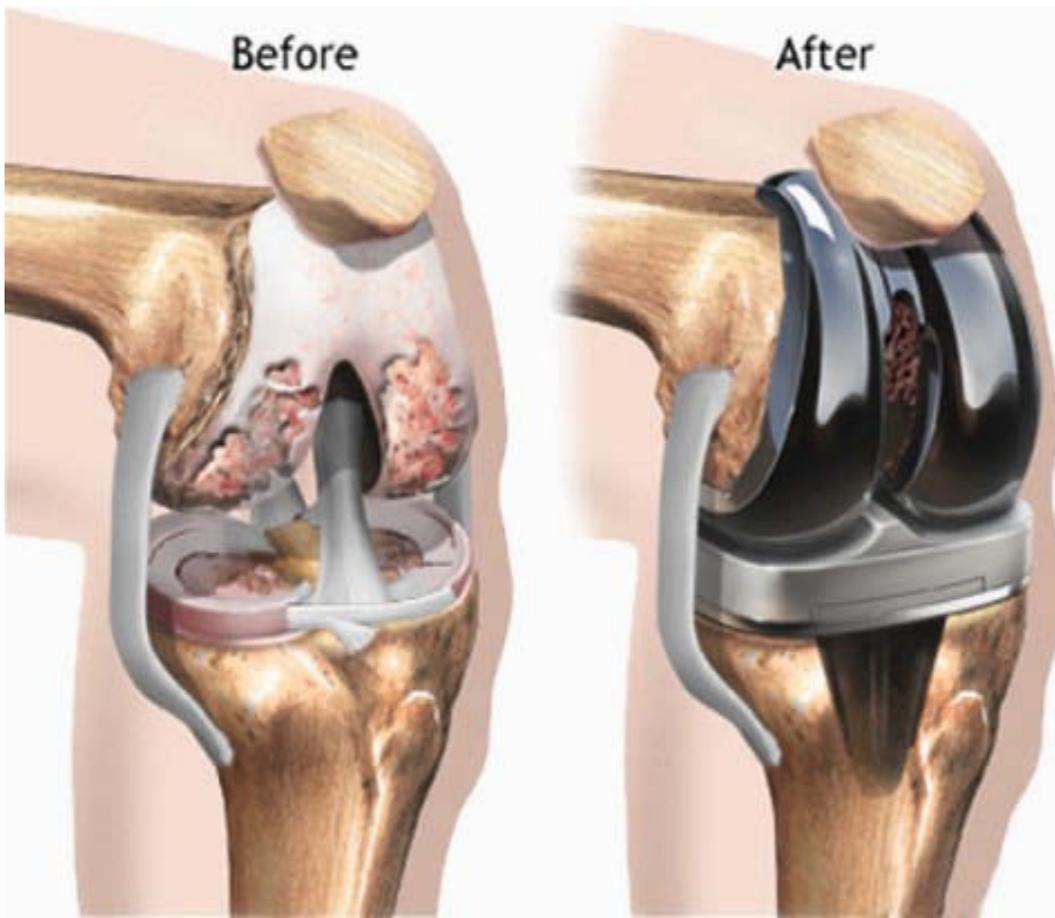
again, being one of the first, we have the option to offer the total knee replacement. The first total knee replacement with the MAKO robotic-arm assisted technology was done on April 10 by Dr. Blake Chandler. Dr. Mark Cutright followed on April 19

with his first total knee replacement using the new technology. The minimally invasive procedure works like this: The patient first has a CT scan of the joint to generate a 3-D virtual model that is then loaded into the MAKO System

***“[Total knee replacement] works like this: The patient first has a CT scan of the joint to generate a 3-D virtual model that is then loaded into the MAKO System software, creating a personalized pre-operative plan.*”**



***When the surgeon prepares the bone for the implant, the robotic arm guides the surgeon within the predefined area and helps prevent the surgeon from moving outside the planned boundaries. An implant is then secured over the prepared portion of the knee joint.”***



over the prepared portion of the knee joint. The result? Bye-bye pain, hello natural knee movement.

Ninety percent of patients needing total knee replacement are candidates for the robot-assisted procedure. And the numbers of people needing knee surgery — partial and total — continue to increase. In 2010, more than 650,000 people underwent knee replacement, with 90 percent of those requiring total knee replacement, according to National Center for Health Statistics.

Osteoarthritis is the primary reason patients undergo partial or total knee replacement, but there is an increasing number of people who overload their joints as a result of excess weight.

Surgery, however, is not always the first plan of action. First steps toward pain relief usu-

software, creating a personalized pre-operative plan. When the surgeon prepares the bone for the implant, the robotic arm guides the surgeon within the pre-defined area and helps prevent the surgeon from moving outside the planned boundaries. An implant is then secured



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ally include medications, physical therapy and other non-surgical options.

“We are once again very excited to be able to offer the latest in technology to our patients in Henry County and the surrounding region,” said Tom Gee, CEO. “It is part of our commitment to provide our community with the best possible health-care and having the option to provide total hips, partial knees and now total knees with robotic assisted surgery means faster recovery for our patients.”

To help get the word out about this new surgical option for total knees, HCMC went “live” in the operating room for both Dr. Chandler’s and Dr. Cutright’s first total knee replacement surgeries with the MAKO robotic arm assisted technology. Be sure to check it out at <https://www.facebook.com/HCMCParisTN>.

HCMC’s Center for Orthopedic Wellness focuses on total joint replacements as well as other orthopedic issues. HCMC is very fortunate to have four board-certified orthopedic surgeons on staff to care for our patients in the dedicated unit with a full gym and large private rooms as well as a comprehensive class prior to surgery for the best in care for our orthopedic patients.

For more information on our Center for Orthopedic Wellness, call 731-644-8325. For more information on our Orthopedic Surgeons, go to our microsite at [www.choosehcmc.org](http://www.choosehcmc.org) or call 731-644-3463 or contact them directly: Mark Cutright, MD & Heather Melton, MD Innovative Orthopedics at the Kelley Clinic; 1015 Kelley Dr., Paris, Tennessee Phone: (731) 644-8304 or (731) 644-2271; Blake Chandler, MD & Kyle Stephens, MD, West TN Bone and Joint Specialists; 1004-A Cornerstone Dr., Paris, Tennessee 38242, Phone: (731) 644-0474



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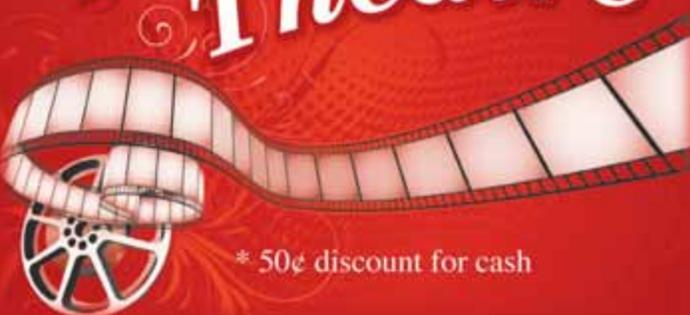
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# Summer Safety Tips for Your Furry Friends

Seniors always need to be mindful of the heat during the summertime. But, you know who else does, too - your pets! Keep in mind that if you think it's hot outside imagine having on a fur coat that you can't take off! Here are some helpful hints from mypet.com and the AVMA about how to keep your pet safe this summer.

- Do not leave your pet in the car. Even with the windows cracked. The heat rises quickly - add that to a pet with a heavy coat and you're just asking for disaster!
- Make sure your pet has unlimited access to fresh cool water. Water left in the sun can get too warm to be consumed by your furry friend.

- Outside pets need plenty of shade. Make sure they have access to outbuildings, dog houses or trees with limbs low to the ground.
- During your walking time, stay off of hot pavement and asphalt. You animals paws can get a serious burn. Try to go walking in the cooler hours of the day.

- Don't forget the sun-screen! Dogs that have a thick coat have skin that has never been exposed to the sun. Their skin can burn just like mine and yours!
- The more we run our automobiles air conditioner, the more chance for anti-freeze to leak out of your car. This is lethal to your animal. Keep check for leaks in your driveway and yard.

- Fleas and ticks - especially after a mild winter - can literally eat your dog alive. Keep them comfortable with a flea and tick collar or medication. Also, dogs can get disease from tick bites that may lead to death.
- Clipping or shaving that heavy coat can help keep your dog cooler.

Everyone wants a fun summer! Keeping everyone safe is the best way to ensure that a good time is had by all! That should also include your pets! Check out mypet.com or American Veterinary Medical Association website avma.org for more tips of summer pet safety.

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See solution on page 23

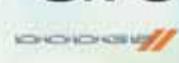
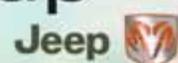
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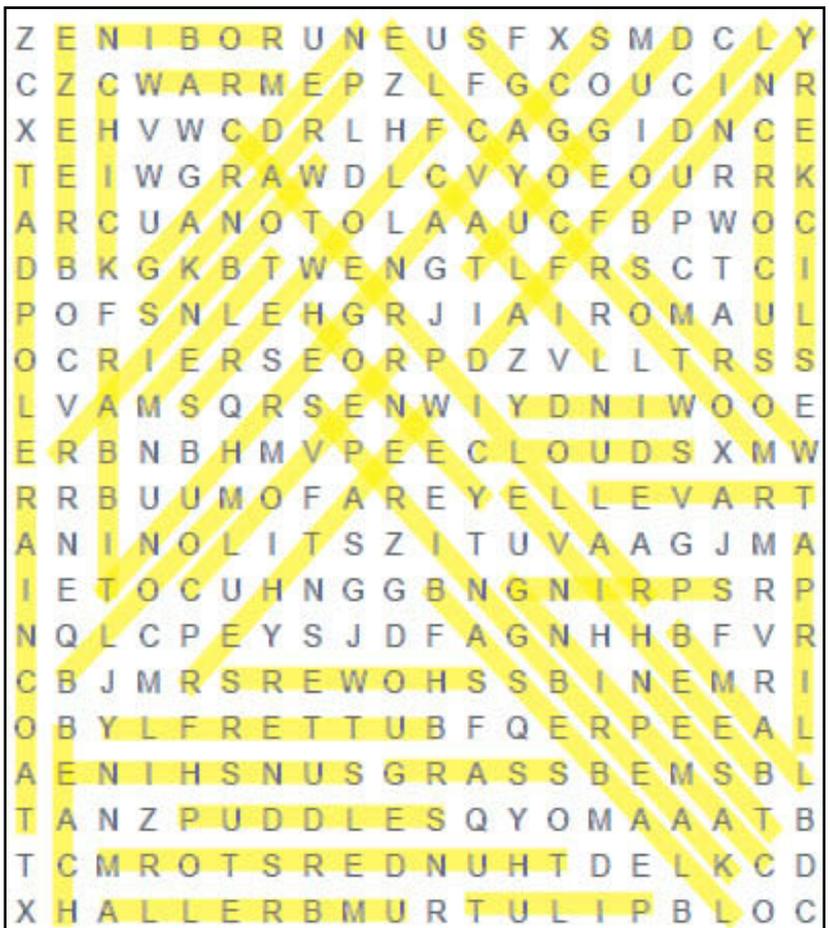
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Crossword is on page 10  
Sudoku is on page 21

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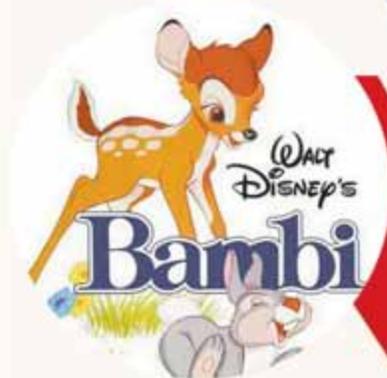
# The Year is.....



Car Manufacturing plants switch from making cars to making War Materials.



The United States conducts the Doolittle Air Raid on Tokyo, Japan, during World War II in April



"Bambi" premiered in theatres



The Manhattan Project started



The classic film "Casablanca" has its premiere November 26



Duck Tape invented by the US Military Johnson and Johnson Permacel Division, later adapted into Duct Tape

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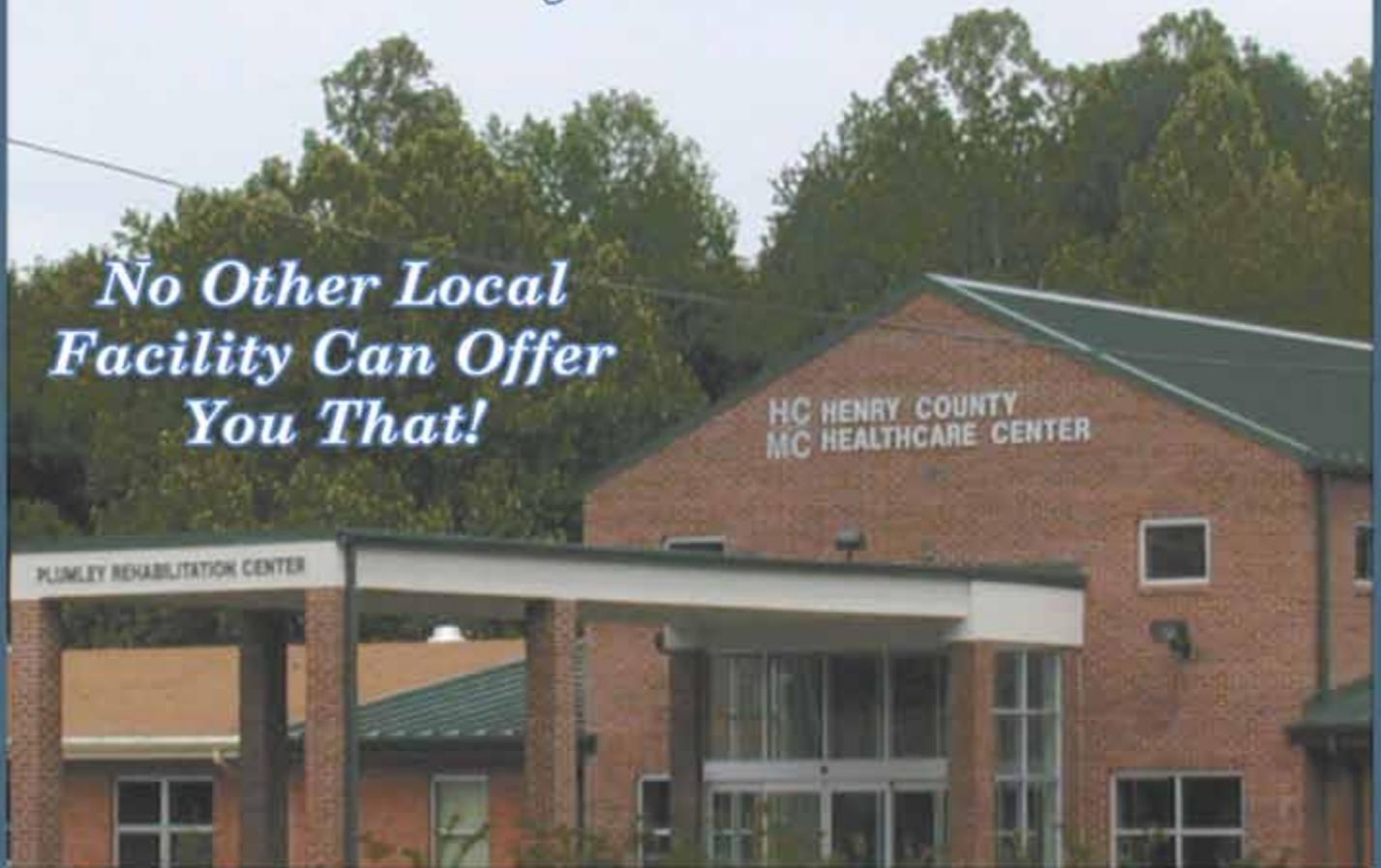


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