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Free Senior Citizen and Retiree Magazine

Summer / Fall 2016

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Golden Years

Retiree & Senior Citizen Magazine

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Golden Years is published three times annually by the Peddler ADvantage of Paris, Tennessee. All contents ©2016 by Golden Years / Print Advertising Inc. Reproduction or use of the contents without written permission is prohibited. Comments written in this magazine are those of the author and do not necessarily reflect the opinion of the ownership or management of Golden Years.

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Golden Years

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

Yoga Has Benefits for All Ages

Submitted By: **Sheila R. Pierson**, E-200, 500 RYT & Yoga Therapist, Owner/Operator of Lotus in Bloom Yoga Center, Camden, TN

People of all ages, backgrounds and health status benefit from regular yoga practice. But, is it right for you? Yoga is a combination of physical movements, breathing exercises and meditation. The physical work is in the form of yoga poses (called asanas) and are done under the

direction of a yoga teacher to improve flexibility, strength and balance. The breath work (called pranayama) helps with improving oxygen intake, relaxation, sleep and to reduce stress. Meditation helps with focus, staying in the present moment and helps ward off depression.

Many studies by major medical universities have proven what yoga practitioners already know - yoga helps with numerous health issues including arthritis, fibromyalgia, heart conditions such as atrial fibrillation (A-fib), high blood pressure, diabetes, respiratory issues, insomnia - and that

is just to name a few. The Journal of American College of Cardiology published a study which supports the benefits of yoga for atrial fibrillation and heart disease. The famous Cleveland Clinic, a leader in healthcare and medical research, not only supports the use of yoga, they are

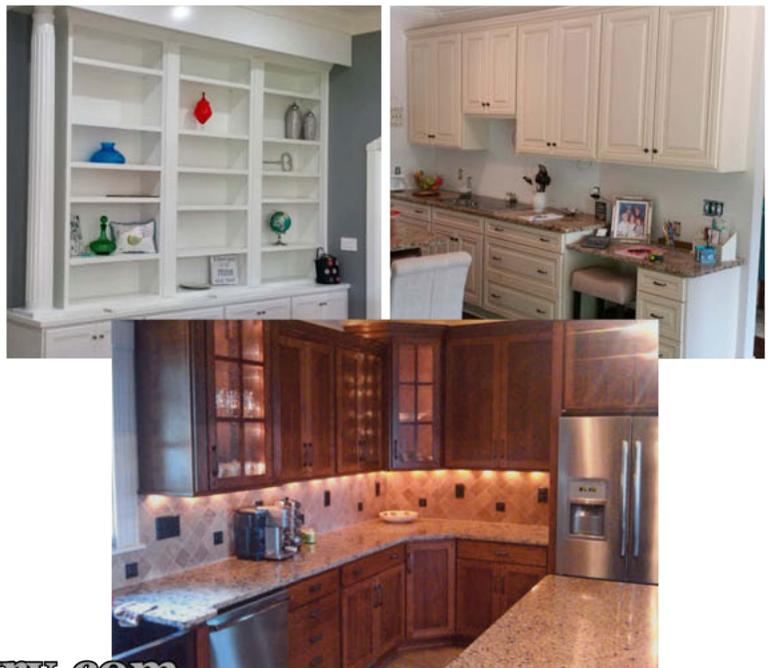
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one of the first to hire a yoga therapist on staff and now offer a yoga teacher training program. In other words, mainstream medicine has finally grasped the benefits that yoga sages and teachers have been talking about for thousands of years.

Yoga literally means “uniting mind, body and spirit.” Although yoga originated in India, where the people primarily practice Hinduism,

yoga predates the Hindu religion by many centuries. Yoga is NOT a religion at all. It IS breathing, stretching and improving focus.

There are many forms of yoga and finding the right practice is very important. Most people beginning a yoga practice should look for Iyengar-based Hatha yoga. This is a gentle practice that focuses on proper alignment

and posture. It is also very important that your yoga teacher is certified or registered and has had proper training. Some yoga teachers go on to become yoga therapists and work with people on

an individual and private basis to help with specific issues such as sciatica, back pain, SI joint problems, shoulder problems, scoliosis, and then of course problems related to anxiety, depression. PTSD (post-traumatic stress disorder) and many other ailments.

Two special yoga classes taught at Lotus in Bloom Yoga Center in Camden, TN are “Introduction to Movement”

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and "Advanced Chair Yoga." The Introduction to Movement class is for those with health issues that may make it difficult to get down in the floor. Therefore, this class is done seated in a chair or stand beside a chair for support. There is no floor work. The Advanced Chair class is a step up from the Introduction to Movement class. Work is done in a chair, as well as standing beside a chair for support, but

some floor work is included. Although many other classes are offered, these two are unique and offer beneficial exercise to those who might not otherwise believe they could do yoga or other forms of physical fitness.

So is yoga right for you? Plug in to a class and find out. You may be surprised at just how good you feel.





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Concerned Citizens Commit to Keep Benton County Beautiful

Benton County, renowned for its natural beauty and scenic byways, is truly a sight to see - if visitors and natives can overlook the litter and debris that befoul so many of its roadsides and shorelines. In an effort to combat this problem, County Commissioner Trey Smith, Benton County Litter Grant Coordinator Ashley Travis, and other concerned

citizens formed "Keep Benton County Beautiful", a new non-profit program intent on motivating community pride and addressing issues of littering and illegal dumping.

On Thursday, June 2, Smith, Travis, and a host of other Benton County officials and distinguished guests met to introduce the Keep Benton County

Beautiful program (KBCB). According to Smith, "The mission of the KBCB is to motivate people with action to preserve, protect, and promote Benton County."

"I want to thank Trey Smith for taking the initiative to start KBCB. Working with the Benton County litter grant, I have seen a real need to educate youth and motivate community members to take responsibility and be more involved in keeping this community clean. Trey is really passionate about this, and has provided great leadership by being involved in litter cleanup in his own neighborhood and in getting this program going to help beautify the county and draw more industry to our area," Travis commented.

In order to preserve the beauty of local areas, the KBCB will encourage local groups and neighbor-

hoods to pull together and conduct clean-up days to enhance neighborhoods, shorelines, address blighted areas, and offer help to those who need it to keep an area clean.

KBCB will help to protect natural resources by encouraging local governments to enforce littering laws, making the public aware of the consequences of illegal dumping, and giving local property owners a system of recourse when it comes to dealing with nuisance properties. "There have to be consequences for someone driving from three counties away to dump trash in Benton County," stressed Smith.

Another goal of the KBCB is to promote the growth of tourism and industry in Benton County. According to Smith, studies show that successful local beautification programs can have

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a positive economic impact on rural areas, and that industry is drawn to areas that actively address these issues and have a clean appearance.

Several helpful insights came from Diann McGuire, administrator of the Henry

County litter program, particularly regarding what Benton County can do to become an affiliate of the Keep Tennessee Beautiful program. Advantages of being an affiliate with this program include resources, funding, and the

ability to partner with neighboring counties for regional leverage. KBCB is pursuing this option. The group completed their first clean up event at the Patsy Cline Crash Site Memorial on Saturday, July 9. A dozen men, women, and one child gathered at the site to wield rakes, shovels, saws, weed-eaters, lawn mowers, scrapers, and paint brushes to clear and repair the badly overgrown and poorly maintained memorial.

Located on Mount Carmel Rd., the site consists of gravel

walkways, a cement plateau, a memorial boulder, and a small gazebo with an informational collage about crash victims Patsy Cline, Cowboy Copas, Hawshank Hawkins, and pilot Randy Hughes. After clearing brush and debris, KBCB volunteers repainted the gazebo and left the site in great condition.

This first event addressed two of KBCB's goals, both to conduct clean-up days and to promote the growth of tourism. "A great many people ask about and visit the Patsy Cline crash




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KBCB's youngest volunteer Klayton Kennon displays a snakeskin found by his mom Shanna Kennon while raking during the KBCB clean up event at the Patsy Cline Crash Site Memorial.



site when they come to our county. Often, their feedback is not very positive, because the site hasn't been in good condition. I'm excited that KBCB is working to change that, because this site is a major draw for country music fans who visit Tennessee," stated Jenna Cole Wilson, treasurer of KBCB.

"We are excited to do all we can to make Benton County more appealing! I hope that more citizens will join the KBCB in our efforts to make a difference. There are both big and small projects

throughout our county that could use attention. We want to give these areas that have been left unattended a 'face-lift' in hopes to make our county even more beautiful than it already is. Anyone can help!" stressed Travis.

KBCB meets the fourth Tuesday of each month at 6 p.m. at the Country and Western Restaurant in Camden. Anyone who would like to get involved is welcome. To suggest a beautification project, clean up event, or for more information about KBCB activities, contact Ashley Travis at 731-584-6011 or Trey Smith at 731-571-7550.

Life is a journey. Wear comfortable shoes.



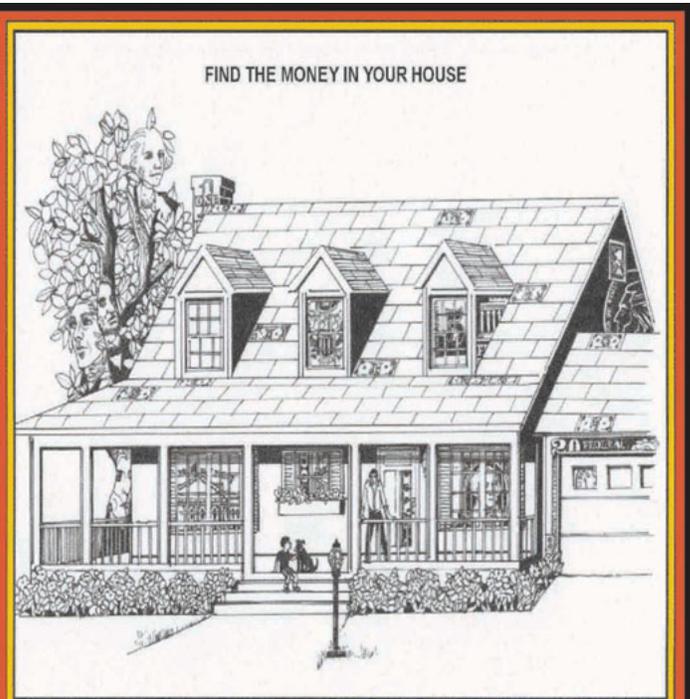
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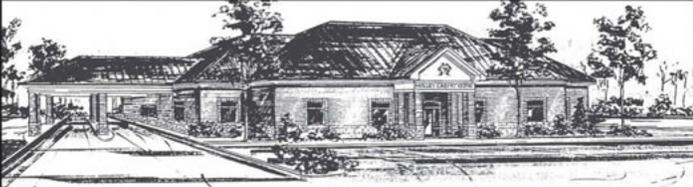
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Word Search



See solution on page 25



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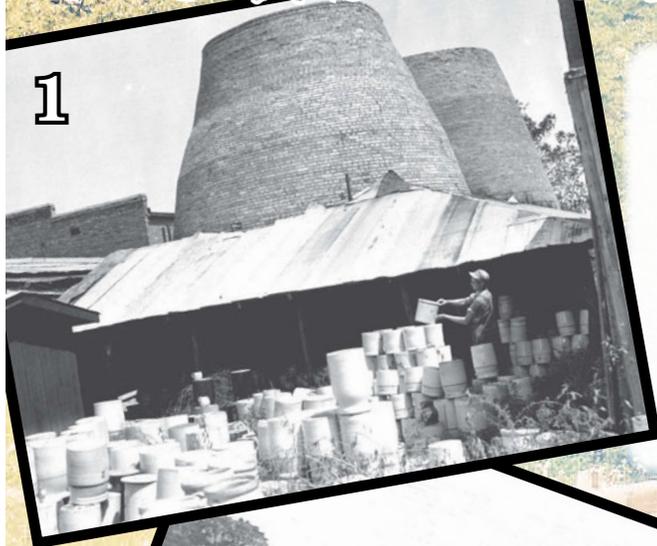
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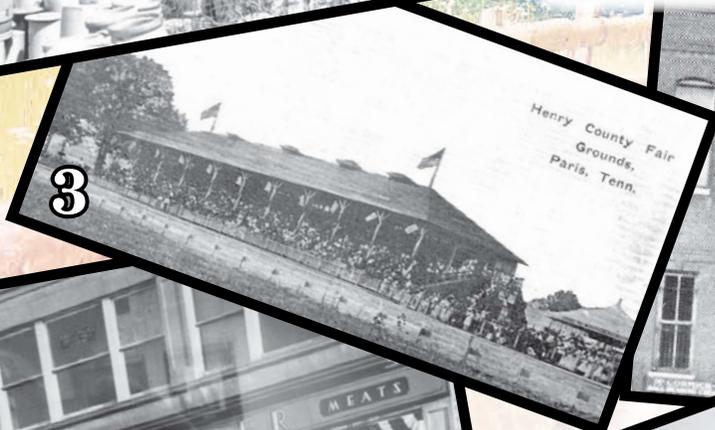

- Barbecue
- Bathing Suit
- Beach
- Beach Bag
- Beach Ball
- Beach Towel
- Biking
- Camping
- Capris
- Diving
- Dresses
- Fan
- Flip Flops
- Flowers
- Garden
- Grill Out
- Heat
- Hiking
- Humid
- Ice Cream
- Kite Flying
- Lotion
- Picnic
- Planting
- Polo
- Popsicle
- Sailing
- Sand
- Sandcastle
- Sea
- Shorts
- Snorkeling
- Sunburn
- Sunflower
- Sunglasses
- Sunshine
- Surfing
- Swimming Pool
- Tank Tops
- Tanning
- Travel
- Vacation
- Water
- Watermelon
- Waterpark

Down Memory Lane



1

1. Pottery kilns located off Mineral Wells Ave., 1939
2. Gibson Seed Company behind J.C. Penny on N. Market St. circa 1940s
3. Horse Race track at the old Henry Co. Fairgrounds, 1909
4. Current BPU building when it was Kroger, mid to late 1960s
5. Cotton gin on E. Washington St., 1950s



3



2

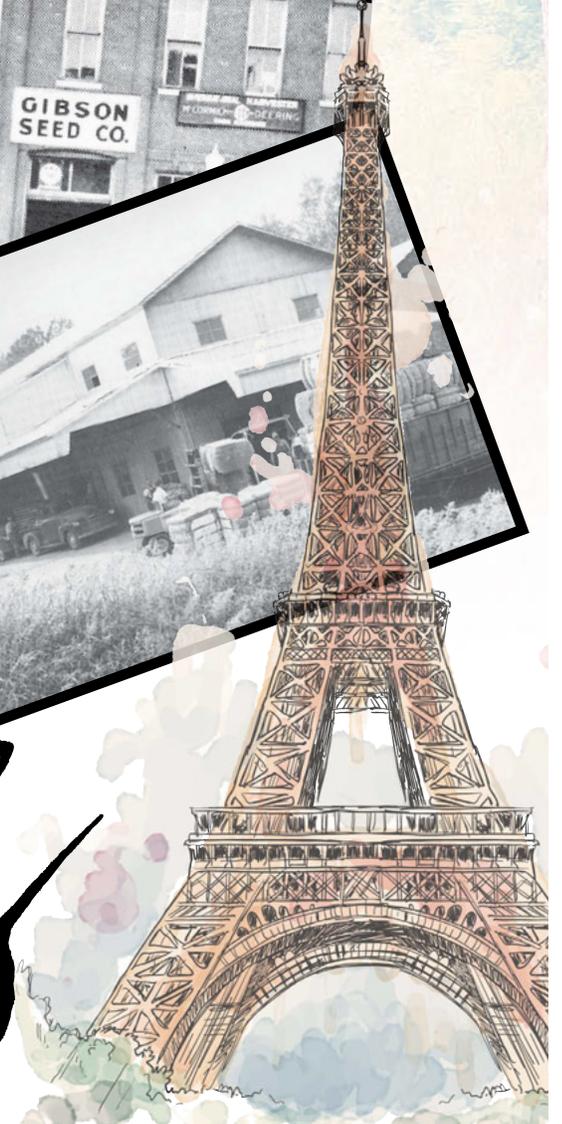


4



5

Around Paris



Summer Sustenance

Chicken Flatbread Pizzas

4 flat bread
 1 1/2 cups of sliced grilled chicken
 1/2 cup sun-dried tomato packed in oil, coarsely chopped
 6 leaves fresh basil, coarsely chopped
 3 cups grated mozzarella cheese
 1 teaspoon salt
 1 teaspoon ground black pepper
 1 teaspoon red pepper flakes



Heat the grill. Mix all the ingredients together (except the bread) in a bowl. Turn the heat to low on your grill. Lay the flat breads on grill. Mound the mixture on the flat bread, spreading to the edges. Close the grill and give it a

minute or two. When it is melted, it's done. Cut it with a pizza cutter.



Honey Raspberry Iced Tea

2 cups freshly brewed tea
 2 cups cranberry-raspberry juice
 1/8-1/4 cup honey
 Fresh mint for garnish

In a large, heat-proof pitcher, whisk together all ingredients until thoroughly combined and honey is dissolved. Chill until ready to serve. To serve, pour over ice. Garnish with mint.



Stuffed Bell Peppers

6 large green peppers
 1 lb beef, Ground
 1/2 cup onion, chopped
 1 (16 oz.) can tomatoes, diced

1/2 cup long grain rice
 1/2 cup water
 1 teaspoon salt
 1 teaspoon Worcestershire sauce
 1 cup cheddar cheese, Shredded

Cut tops from green peppers; discard seeds and membranes. Chop enough of the tops to make 1/4 cup, set aside. Cook the whole green peppers, uncovered in boiling water for about 5 minutes; invert to drain well. Sprinkle insides of peppers lightly with salt. In a skillet cook ground beef, onion and 1/4 cup chopped pepper till meat is browned and vegetables are tender. Drain off excess fat. Add undrained tomatoes, uncooked rice, water, salt, Worcestershire, and a dash of pepper. Bring to boiling, reduce heat. Cover and simmer about 20 minutes or till rice is tender. Stir in cheese. Stuff peppers with meat mixture. Place in a 10x6x2 baking dish. Bake, covered in a 350 degree oven for 30 minutes.

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Peanut Butter Fudge

1/2 cup butter
2 1/4 cups brown sugar
1/2 cup milk
3/4 cup peanut butter
1 teaspoon vanilla extract
3 1/2 cups confectioners' sugar

Place butter into a medium saucepan and melt it over medium heat. Add brown sugar and milk, stirring. Boil for 2 minutes, stirring frequently. Remove from heat. Mix in peanut butter and vanilla. Place confectioners' sugar into a large mixing bowl. Pour hot peanut butter mixture over confectioners' sugar and beat until smooth. Pour fudge into an 8 by 8 inch pan. Chill until firm, about 1 hour. Cut into 1-inch squares.



Reggae Wraps

1 lb boneless chicken breast
olive oil
1/2 teaspoon ground paprika

2 garlic cloves, minced or 1 teaspoon garlic powder
1 1/2 teaspoons fresh ginger, grated or 1/2 teaspoon ground ginger
salt
pepper
1 pinch cayenne (optional)
1 bell pepper, any color, seeded and sliced in strips
1 onion, thinly sliced
1 tomatoes, seeded and diced
4 flat bread

Cilantro Cream Sauce

1/2 cup sour cream
1/8 cup finely chopped cilantro
1 green onion, chopped
2 teaspoons lime juice
salt
pepper

Mix sauce ingredients together and refrigerate. In a non stick skillet over moderate heat warm each flat bread on both sides until warm and soft. Remove from pan, cover with foil and place under a kitchen towel to keep warm. Pound chicken breasts a little to flatten and create a more uniform thickness. Mix ginger, paprika and garlic powder together, adding salt, pepper and cayenne to taste. Drizzle a little olive oil on the breasts and rub with the spice mixture. Grill whole chicken breast over medium

heat until juices run clear and then slice into strips. Add onions and bell peppers to pan and cook just until crisp tender or cooked to your liking. To serve: Spread cream sauce on a warm flat bread. Add chicken strips, peppers, onions and tomato. Top with additional cream sauce, more salt, pepper or spices if desired. A squirt of fresh lime is also very tasty and refreshing. Customize it to your liking. Fold in half like a taco or roll up like a burrito or a wrap.

Hemingway Special

2 ounces white rum
1/4 ounce maraschino

juice, can use grenadine
1/2 lime, juice of
1 ounce grapefruit juice
1 ounce blue curacao
2 ounces pineapple juice

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What Beneficiaries Need To Know

Presented by Bill Wilson & Beverly Neighbors

If your loved ones have invested, saved or insured themselves to any degree, you may be named as a beneficiary to one or more of their accounts, policies or assets in the event of their deaths. While we all hope "that day" never comes, we do need to know what to do financially if and when it does.

Legally, just who is a beneficiary? IRAs, annuities, life insurance policies and qualified

retirement plans such as 401(k)s and 403(b)s are set up so that the accounts, policies or assets are payable or transferable on the death of the owner to a beneficiary, usually an individual named on a contractual document that is filled out when the account or policy is first created.

In addition to the primary beneficiary, the account or policy owner is asked to name a contingent (secondary)

beneficiary. The contingent beneficiary will receive the asset if the primary beneficiary is deceased.

Some retirement accounts and policies may have multiple beneficiaries. Charities are also occasionally named as beneficiaries. If you have individually listed one (or more) of your kids or grandkids as designated beneficiaries of your 401(k) or IRA, that designation will usually override any

charitable bequest you have stated in a trust or will.¹

A will is NOT a beneficiary form. When it comes to 401(k)s and IRAs, beneficiary designations are commonly considered first and wills second. Be mindful of who you select. If you willed your IRA assets to your son in 2008 but named the man who is now your ex-husband as the beneficiary of your IRA back in 1996, those

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IRA assets are set up to transfer to your ex-husband in the event of your death.¹

If a retirement account owner passes away, what steps need to be taken? First, the beneficiary form must be found, either with the IRA or retirement plan custodian (the financial firm overseeing the account) or within the financial records of the person deceased. Beyond that, the financial institution holding the IRA or retirement plan assets should also ask you to supply:

- * A certified copy of the account owner's death certificate
- * A notarized affidavit of domicile (a document certifying his or her place of residence at the time of death)

If the named beneficiary is a minor, a birth certificate for that person will be requested. If the beneficiary is a trust, the custodian will want to see a W-9 form

and a copy of the trust agreement.²

If you are named as the primary beneficiary, you usually have three options for claiming the assets, regardless of what kind of retirement savings account you have inherited:

- 1 - Open an inherited IRA and transfer or roll over the funds into it.
- 2 - Roll over or transfer the assets to your own, existing IRA.
- 3 - Withdraw the assets as a lump sum (liquidate the account, get a check).

Before you make ANY choice, you should welcome the input of a tax advisor, and discuss any limitations or consequences that may apply to your situation.²

What if you are a spousal beneficiary? If that is the case, you may elect to:

- * Roll over or transfer assets from a traditional IRA, Roth IRA, SEP-IRA or SIMPLE IRA into

your own traditional or Roth IRA, or an inherited traditional or Roth IRA

- * Withdraw the assets as a lump sum
- * Roll over or transfer qualified retirement plan assets from a 401(k), 403(b), etc. into your own retirement account, or take them as a lump sum.^{2,6}

What if you are a non-spousal beneficiary? If this is so, you may elect to:

- * Roll over or transfer assets from a traditional IRA, Roth IRA, SEP-IRA, SIMPLE IRA or qualified retirement plan into an inherited IRA
- * Withdraw the assets

as a lump sum.²

What if a qualified (i.e., irrevocable) trust is named as the beneficiary?

If that is the circumstance, the trustee has two choices:

- * Transfer assets from a traditional IRA, Roth IRA, SEP-IRA, SIMPLE IRA or qualified retirement plan into an inherited IRA
- * Withdraw the assets as a lump sum.²

The next calendar year will be very important. Inheritors of retirement accounts have until September 30 of the year following the original account

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owner's death to review and remove beneficiaries, and until December 31 of that year to divide the IRA assets among multiple beneficiaries. Usually, December 31 of the year after the original retirement plan owner's passing is the deadline for the first RMD (Required Minimum Distribution) from an inherited traditional or Roth IRA.^{3,4}

Now, how about U.S. Savings Bonds?

If you are named as the primary beneficiary of a U.S. Treasury Bond, you have three options:

* Redeem it at a financial institution (you will need your personal I.D.

for this).

* Get the security reissued in your name or the names of multiple beneficiaries. You do this via Treasury Department Form 4000, which you must sign before a certifying officer at a bank (not a notary). Then you send that signed form and a certified copy of the death certificate to a Savings Bond Processing Site.

* Do nothing at all, as the primary beneficiary automatically becomes the bond owner when the original bond owner passes away.⁵

What about savings & checking accounts? Bank accounts are often

payable-on-death (POD) assets or "Totten trusts." All a beneficiary needs to claim the assets is his or her personal identification and a certified copy of the death certificate of the original account holder. There is no need for probate. (Some states limit charities and non-profits from being POD beneficiaries of bank accounts.)⁵

How about real estate? Lastly, it is worth noting that about a dozen states use transfer-on-death (TOD) deeds for real property. If you live in such a state, you have to go to the county recorder or registrar, usually with a certified copy of the death certificate and a notarized affidavit which informs the recorder or registrar that ownership of the property has changed. If the deed names multiple beneficiaries and some are dead, the surviving beneficiaries must present the recorder or registrar with certified copies of the death certificates of the deceased beneficiaries.⁵

Bill Wilson may be reached at 731-641-9416 or Commercial Bank & Trust Co, 1045 Mineral Wells Ave., Paris, TN 38242.

Beverly Neighbors may be reached at 731-641-9371 or Commercial Bank & Trust Co, 101 N. Poplar St. Paris, TN 38242.
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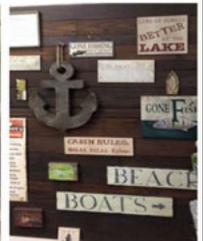
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Cat on a Hot Tin Roof Reviewed by the Movie Maverick

This movie is adapted from a play written by the late great Tennessee Williams. Williams was good about writing about things long before they were talked about in public. That said, it's a great movie, made by two of the most beautiful people that ever came out of Hollywood, Elizabeth Taylor and Paul Newman. When leading men had



the looks other men wished they had and didn't and leading women had the kind of beauty that was

all a man could talk about. My father always had a crush on Elizabeth Taylor. I assume any woman would have traded places with Elizabeth Taylor at any time.

the eleventh floor of a hotel.

Maggie, Brick's wife, is young and motherless. Maggie grew up poor and doesn't like poor. She remembers what it feels like and doesn't like to remember.

Brick (Paul Newman) has a bad drinking problem. He drinks for a lot of reasons. He didn't become the professional football star he thought he would be. His best friend in life, Skipper, wasn't everything he thought he was. His wife (Elizabeth Taylor) betrayed him with his best friend. And he let his best friend down when he needed him the most. His best friend, Skipper, then jumped out of a window on

Big Daddy (Burl Ives) is dying but doesn't know it yet. He has 28,000 acres and is worth \$10,000,000. He loves his second son, Brick, in a way he didn't love his first son, Gooper (Jack Carson). He loves Brick in an unfair way that some parents do. Gooper does everything Big Daddy ever wanted him to do. In exchange he hopes one day Big

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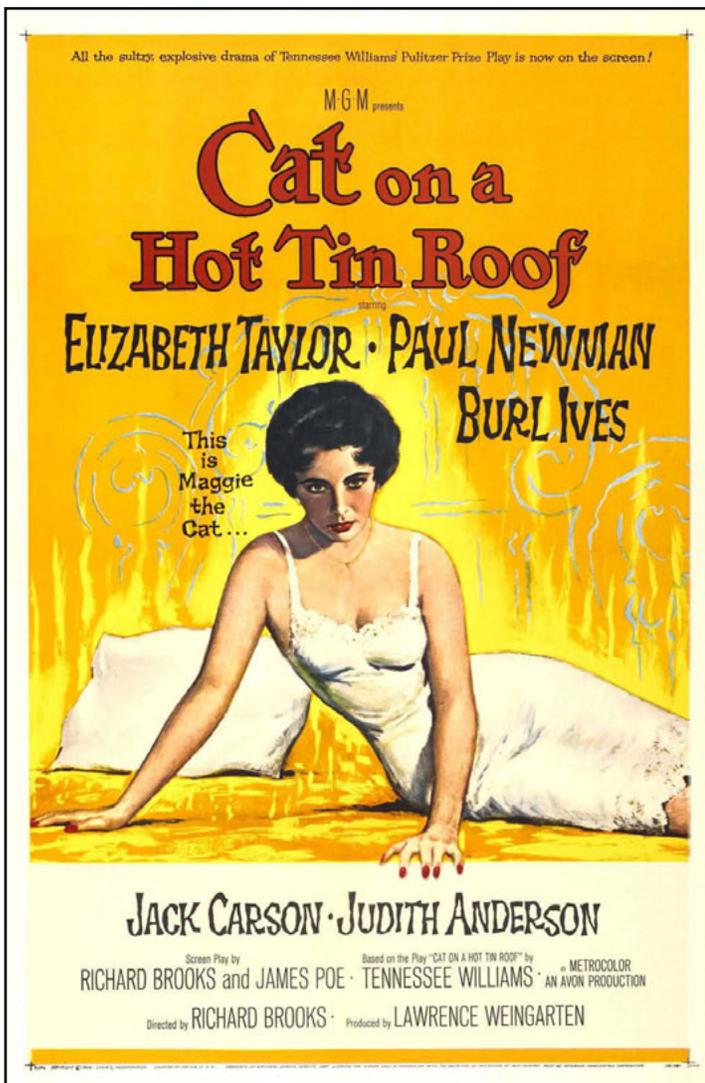


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Mediocrity, malice, greed. Gooper's wife, Mae, (Madeline Sherwood) is always keeping score. She already has a brood of kids and is the wife of the oldest son, but the favorite son has a drinking problem and no children. The two

wives aren't above scheming to get what they want.

When Big Daddy finally learns he is dying, he wants to fix Brick, but doesn't know how. Big Daddy became successful because he was

Every Number Has a Name *Every Name Has a Story* *Every Story Matters to God*

Daddy would feel towards him the way he does for Brick.

has been. The man that said life is fair lied his butt off.

Life didn't work out for either brother. Life is not fair, but it never

This movie has beautiful words that mean bad things.

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Brick and Gooper make peace. The brothers are OK with each other. Brick fixes Big Daddy so he could go out the way a man would want to go out. Maggie tells Big Daddy she is pregnant. He is happy. That's what he wants. Brick and Maggie go upstairs to try and make true the lie they just told Big Daddy. It's only fair.

afraid to end up like his father. A hobo, field hand who died having a heart attack chasing a freight car. Big Daddy was smiling as he happily

remembers his father. Big daddy was happy just to be with him. It didn't matter to him that he never amounted to anything.

Brick makes Big Daddy remember things when they're having the talk in the basement. Brick makes Big Daddy know he gives things to people - not love. Big Daddy owns a lot of things but doesn't know the names of the people that run his empire. Big Daddy hugs his hound in a way he can't hug his wife or kids. Maybe life disappoints everyone.

If someone asked me why I like movies, I would tell them it's the same reason I still like baseball. Because people like to do things they used to do, after they've stopped being able to do them.



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See solution on page 25

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FDA Approves Breakthrough Intraocular Lens with Extended Depth-of-Focus for Cataract Patients

Written By:
James C. Loden, MD

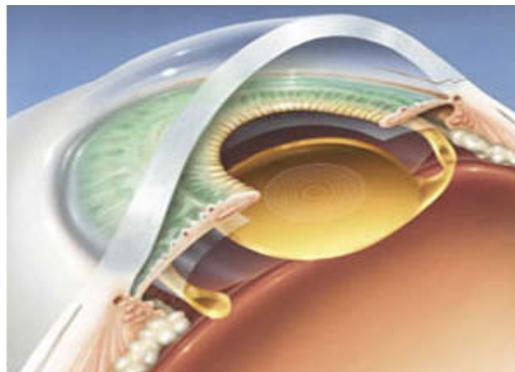
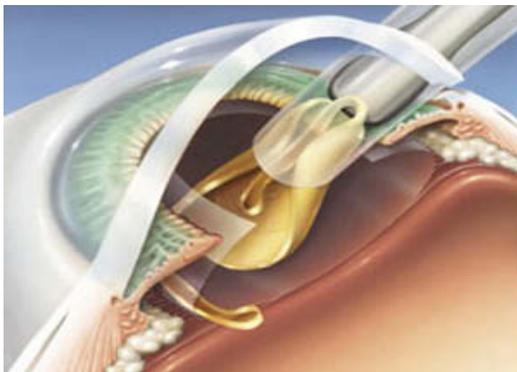


After completion of clinical studies, the U.S. Food and Drug Administration has officially approved a breakthrough

now, traditional IOLs have required the majority of patients to wear contact lenses or reading glasses after cataract surgery.

had significant glare and halo. That's a big difference compared to our traditional multifocal lenses. Perhaps most exciting

is that I think the Symphony IOL will open up presbyopia-correcting surgery to many more patients. At least 30% (and sometimes up to 50%) of the patients who walk through my door have not been good candidates for presbyopia-correcting IOLs, in my estimation. We're really looking forward to this lens implant in the



Intraocular Lens (IOL) that provides cataract patients with an extended depth-of-focus, which allows enhanced vision at near, intermediate, and far distances and also includes a toric model for patients with astigmatism. Cataracts occur naturally with age. As the eye's lens grows older, it turns cloudy and yellow causing decreased vision. An Ophthalmologist removes the natural lens and replaces it with an IOL in cataract surgery. Until

The Tecnis Symphony IOL will offer better results at all ranges of vision and significantly less glare and halos. I personally treated 24 patients in the study, including 11 who got the Symphony lens. I was pleasantly surprised by how good their near vision was. The mean near acuity was approximately 20/30 in the U.S. trial, and my patients found that they rarely needed reading glasses for normal sized print in room lighting. Less than 2.8% of patients





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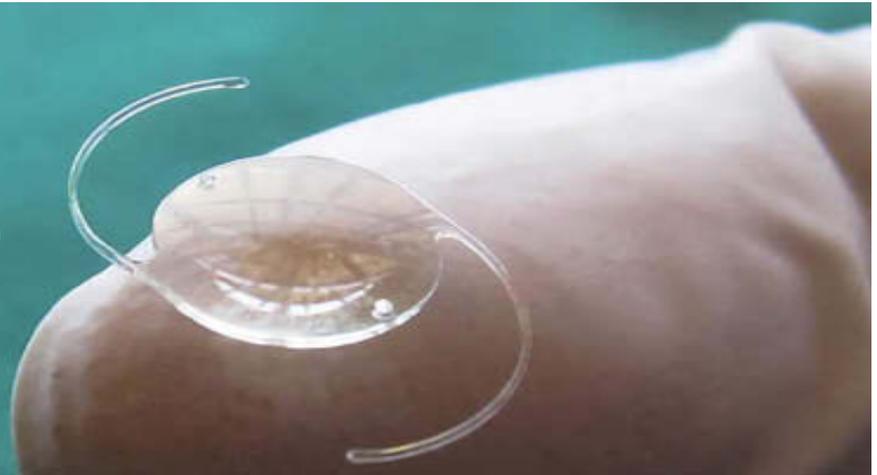
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"Symfony IOL will open up presbyopia-correcting surgery to many more patients... [compared to] traditional multifocal lenses."



U.S. market and seeing patients that have great distance vision, great intermediate vision and improvement in their near vision capabilities.

Vision IOL is manufactured by Abbott Medical Optics, Inc. of Santa Ana, California and will be available to patients at Loden Vision Centers on September 1, 2016.

James C. Loden, MD is a native of Nashville, Tennessee. He received

The Tecnis Symfony Extended Range of

his medical degree from the University of Tennessee. Dr. Loden completed his ophthalmology residency at UT prior to moving to Indianapolis where he underwent extensive fellowship training in corneal transplants, refractive surgery, and anterior segment reconstructive surgery. Dr. Loden returned to Nashville where he founded and became president of Loden iVision Centers in 1999. Dr. Loden has continued to prove his expertise with the thousands of successful surgical procedures he has completed. He performs iCataract™ Surgery, corneal trans-

plant surgery, iLASIK™ procedure, Refractive Lens Exchange, and glaucoma treatments. Dr. Loden is also recognized among the top 10% of Lifestyle Lens surgeons in the United States. Dr. Loden is an active member of the American Academy of Ophthalmology, the American Society of Cataract and Refractive Surgeons, and the Nashville Academy of Ophthalmology.

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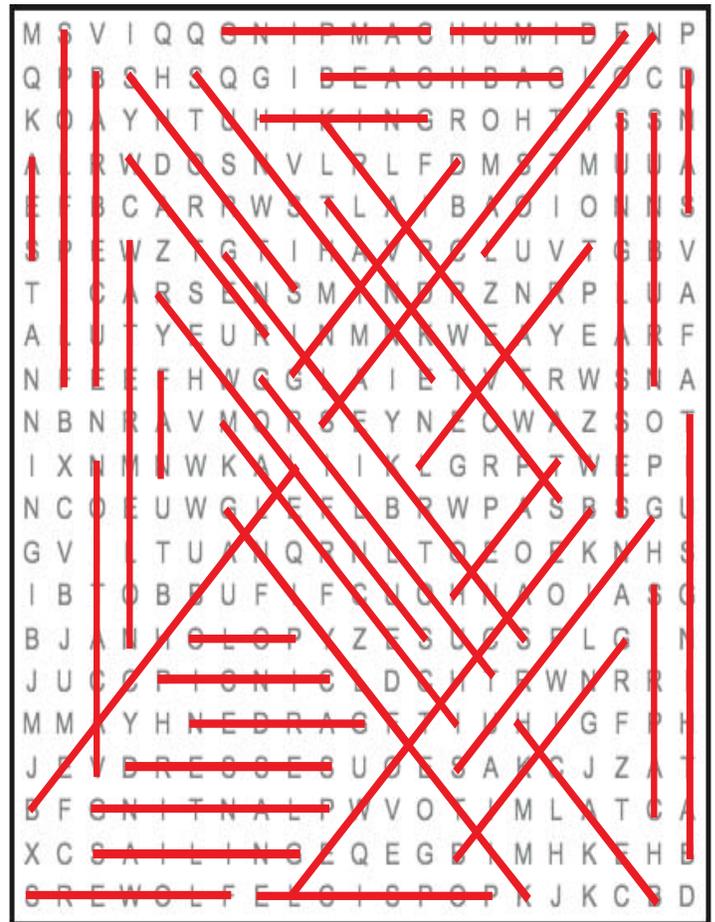
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Crossword is on page 10
Sudoku is on page 22

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Miss Kitty



DEAR MISS KITTY,

After 45 years of marriage, I find myself widowed. Thankfully, a lovely woman at my church has piqued my interest, but I am very hesitant to approach her. I have not dated in over four decades! Do you have any suggestions about fun, local places we could go on a first date?

Scared

Dear Little Scaredy Cat,

Relax! There are lots of nifty places Miss Kitty can send you and your new honey!

If the two of you are the sort to enjoy an adult beverage, Henry County has both Paris Winery and Perry-Lodgic Brewing. And

never forget, kitten, that nothing is as exciting as a live performance – sports, music or a play! Tickets to a local drama or strings concert would be a wonderful way to ask for that first date.

If this lady you are courting is more athletic than Miss Kitty, she might enjoy a hike or a trip to the Wildlife Refuge or Land between the Lakes. (Miss Kitty is more of a napper than a hiker!) Movies are always fun, but do NOT split the cost of the tickets or snacks. A gentle-

man buys, and he certainly buys on the first date if he expects a second.

Another option that is especially good for bonding is to engage in community service together. Work an event through your church, volunteer at a service opportunity or do a good deed for a neighbor. Service is a wonderful way to learn about this new lady, starting with her heart and character, and those are always the places to start.

Hugs and Kisses from Miss Kitty



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WHAT ARE POLICEMEN MADE OF?

A commentary by Paul Harvey, January 1968 | Submitted to Golden Years by Alan Stanton in honor of his father Tyronne Richard Stanton Sr., Under Sheriff of Delaware County, NY and Police Sergeant of Walton, NY

Don't credit me with this mongrel prose; it has many parents; at least 420,000 of them: Policemen.

A policeman is a composite of what all men are, a mingling of saint and sinner, dust and deity.

Culled statistics wave the fan over the stinkers, underscore instances of dishonesty and brutality because they are "news." What that really means is that they are exceptional, unusual, not commonplace.

Buried under the froth is the fact: Less than 1/2 of 1 percent of policemen misfit that uniform. That's a better average than you'd find among clergymen.

What is a policeman made of? He, of all men, is at once the most needed and the most unwanted. He's a strangely nameless creature who is "sir" to his face and "fuzz"

behind his back.

He must be such a diplomat that he can settle differences

between individuals so that each will think he won.



But... if the policeman is neat, he's conceited; if he's careless he's a bum. If he's pleasant, he's a flirt; if he's not, he's a grouch. He must make in an instant, decisions which would require months for a lawyer.

But... if he hurries, he's careless; if he's deliberate, he's lazy. He must be first to an accident and infallible with a diagnosis. He must be able to start breathing, stop bleeding, tie splints

and, above all, be sure the victim goes home without a limp. Or expect to be sued.

The police officer must know every gun, draw on the run, and

hit where it doesn't hurt. He must be able to whip two men twice his size and half his age without damaging his uniform and without being "brutal." If you hit him, he's a coward; if he hits you, he's a bully. A policeman must know everything - and not tell. He must know where all the sin is - and not partake. The policeman must, from a single human hair, be able to describe the crime, the weapon and the criminal - and

tell you where the criminal is hiding.

But... if he catches the criminal, he's lucky; if he doesn't, he's a dunce. If he gets promoted, he has political pull; if he doesn't, he's a dullard. The policeman must chase bum leads to a dead end, stake out 10 nights to tag one witness who saw it happen - but refuses to remember. He runs files and writes reports until his eyes ache to build a case against some felon who'll get dealt out by a shameless shamus or an "honorable" who isn't.

The policeman must be a minister, a social worker, a diplomat, a tough guy, and a gentleman. And of course he'll have to be a genius. For he'll have to feed a family on a policeman's salary.

Go fish.



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