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The UCMS gridders was victorious over Clanton in the opening game of the season. See story and additional sports on page 4

Photo submitted



UT Kyoko Hammond and Katie Jarvis Discussing the Japanese Language

Photo submitted

Discovery Park of America and the University of Tennessee at Martin Partner to provide free virtual learning resources for grades six to nine

Union City, Tenn. – Discovery Park of America is partnering with the University of Tennessee at Martin to provide free digital resources to teachers and parents who are now navigating the world of virtual education. Many students are spending more time learning from home because of the threat of the coronavirus COVID-19.

Hosted by Katie Jarvis from Discovery Park, professors from UT Martin share a fun and entertaining 20-30 minute Zoom lesson utilizing their area of expertise. Topics covered include Japanese, computer

science, astronomy, public speaking, history, music, geology and more. The lessons are recorded on Zoom and shared on Discovery Park's education resource page.

"We met with our friends at UT Martin to explore ways we could combine our resources to support teachers and parents during this time, and collectively, we came up with this idea," said Jarvis. "I am excited and honored to be the host of this series, especially with professors I had when I attended UT Martin."

While the lessons target students in grades six through nine, they

are available to anyone interested in the topics covered.

"This is a great opportunity for a university and a museum, both located in Northwest Tennessee, to collaborate together to bring rich, educational content not only to our local communities, but to students and lifelong learners around the world," said Polly Brasher, Discovery Park's education director. "Our mission is to inspire children and adults to see beyond, and we're thrilled we can implement that mission beyond the

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Union City's Mike Cox helps kick off Discovery Park of America Giving Campaign with significant gift

Union City, Tenn. – Union City businessperson and philanthropist Mike Cox is helping Discovery Park of America kick off its 2020 giving campaign in a big way with a gift of \$50,000, making him the first "Sustaining Donor."

"I just love what Discovery Park is doing, I love everything about it, and I want to show my support by making this donation in memory of my parents, Eddie and Mickey Cox," he said.

Cox added that Sept. 1, 2020 is also the 51st anniversary of his business, and he felt this was a good way to acknowledge this milestone. A graduate of The University of Tennessee at Martin, he is the founder of Cox Oil Company, Inc. Cox's gift helps support the museum and heritage park that his good friends Robert and Jenny Kirkland built to give back to the hometown they all loved while providing an educational facility for this region. Discovery Park's annual giving campaign also begins on Sept. 1, 2020 and runs through Dec. 1, 2020, a day nationally recognized as Giving Tuesday.

Sustaining Donors who, like Cox, give \$50,000 or more to Discovery Park will be acknowledged on the donor wall in the lobby of the museum and each year

in the annual impact report.

"I hope everyone understands that as generous as the Kirkland Foundation was and continues to be, other individuals and companies must support this incredible resource we have here in our community," said Cox, who has served on the board of directors for the park since before it opened in 2013. "When donors support Discovery Park, they can know their gifts are going to change lives of the children and adults in this region."

According to development director, Mary Nita Bondurant, Cox's gift could not have come at a better time. "We are beginning our 2020 giving campaign today," said Bondurant, "and Mike's thoughtful gift is getting us off to a great start."

Discovery Park opened in Nov. 2013 and has since provided a powerful interactive and educational experience for more than 1.8 million guests. Discovery Park is a 501(c)(3) public charity funded by generous individuals, corporations and foundations. Other funding comes from ticket sales and event rentals which, like other similar organizations, has seen a significant decline because of the threat of the coronavirus COVID-19.

see *GIFT* page 4



Mike Cox became Discovery Park's first sustaining donor with his gift of \$50,000.

Photo submitted

How to cope with physical changes resulting from cancer treatment

Among American and Canadian women, breast cancer ranks as either the most commonly occurring cancer or a close second. The World Cancer Research Fund says there were two million new cases of breast cancer in 2018 across the globe, while the American Cancer Society notes the chance that a woman will die from breast cancer is about 2.6 percent.

Fortunately, for most women, a cancer diagnosis is not terminal. Early detection and thorough treatment helps to improve the five-year survival rate, especially for those with cancer that is localized to the breast or has only minimally spread. Women may have to undergo various forms of treatment, including radiation, chemotherapy and surgery.

The National Cancer Institute notes that, while they're effective, breast cancer treatments can cause changes that affect a woman's physique, body image and sexuality. Some changes will be short-term, such as hair loss or fatigue. Others may

be permanent, such as breast loss or scarring from lumpectomy and mastectomy. Fertility also may be affected, potentially compromising a woman's ability to get pregnant after treatment.

Regardless of the changes, breast cancer patients must realize they are not alone. Scores of women have experienced similar feelings and can be sources of support and inspiration during recovery. In addition, a handful of strategies can help women confront the physical changes resulting from cancer treatment in a positive way.

- Understand that it is okay to feel frustrated, upset or angry with the changes that have occurred. It doesn't make you shallow. Anyone has the right to grieve treatment options that have changed their bodies in various ways.

- Attempt to focus on how cancer treatment and the entire experience has made you stronger and more in tune with life. Cancer can be a wake-up call that sparks positive changes going forward. Focus on your



strengths, rather than on what you cannot reverse.

- Look for new ways to enhance your appearance, like a new hairstyle. A makeup makeover also can help. Some women like to splurge on a stylist who can help shape a wig or offer them some innovative

ideas to change their appearance.

- Speak with a doctor about what you can do to treat and camouflage skin changes from treatment. Topical creams may alleviate redness or dry patches while other remedies can minimize surgical scarring.

The changes in body

image that breast cancer survivors experience tend to be connected to the features that society characterizes as feminine. Loss of one or both breasts can greatly affect body image. However, if mastectomy surgery is necessary, speak with your doctor about reconstruction

possibilities. There also are very good prosthetic inserts and bras that can mimic the look of natural breasts under clothing.

Physical changes are common after cancer treatment. Women can try a handful of strategies to successfully confront these changes.

Identifying factors of perimenopause

The female body is a medical marvel. Not only does it have the capacity to operate and sustain its own life, but a woman's body also can conceive and sustain the life of another.

Various hormones, organs and the reproductive system as a whole help set females apart from males. The complex cocktail that enables a woman to reproduce will continue to evolve as she ages, until the body comes to a point when it begins to shut reproduction down once and for all. Menopause represents the curtain call of reproduction. But prior to that happening, women may start to see the first signs that their childbearing days are coming to a close.

Perimenopause is the period of time that comes between the consistent

menstruation and fertility of reproductive years and menopause. It often is a time of transition that can bring with it a variety of symptoms. Franciscan Health says perimenopause can be a hormonal roller coaster that tends to begin when a woman is in her forties.

However, some women notice changes as early as their mid-thirties.

Estrogen and progesterone hormones are the key players in a woman's reproductive cycle. As these hormones rise and fall unevenly, women often notice their menstrual periods become longer or shorter. Some

menstrual cycles may occur in which ovaries do not release an egg at all. Some women also experience menopause-like symptoms, such as vaginal dryness, hot flashes, sleep disturbances, and mood swings.

Many women know they've reached menopause when

a period has not occurred for 12 months. But women may not be so certain when they are in perimenopause. Here's how to identify that this transitional period has begun.

- Periods begin to change. Menstrual periods might be heavy, light, long, or short. One of the most consistent characteristics of perimenopause is inconsistency, especially as it pertains to menstrual periods. Low-dose birth control pills may be able to keep women more regular.

- Fibroids or heavier bleeding: WebMD says that periods can become heavy during perimenopause due to a drop in the hormone progesterone. The lining of the uterus becomes thicker before it is shed. Others experience growths in the uterus known as

fibroids.

- Hot flashes may start. Some women may experience flushing and sweating during the day or night. These flashes also may wake a person from sleep.

- Mood changes: Mood swings, irritability or increased risk of depression can happen during perimenopause. These changes may stem from sleep disturbances or hormonal changes.

- Changes in sexual function. The Mayo Clinic says that, during perimenopause, sexual arousal and desire may change. This can affect intimate relationships with partners.

Perimenopause is a transitional period when the body begins to adjust to fluctuating hormones as it draws closer to a cessation in menstruation and fertility.



Early warning signs for breast cancer

Breast cancer affects millions of women across the globe every year. According to the World Health Organization, breast cancer is the most frequent cancer among women, affecting 2.1 million women each year. As daunting as that may seem, the WHO also notes that early diagnosis can greatly reduce a woman's risk of dying from breast cancer.

Women can be proactive in the fight against breast cancer by learning to identify early warning signs of the disease. The nonprofit breast cancer advocacy organization Susan G. Komen notes that the warning signs for breast cancer are not the same for all women, but the most common signs include a change in the look or feel of the breast or a change in the look or feel of the nipple. A discharge from the nipple is another common warning sign of breast cancer.

Physical changes in the breast can vary, but Susan G. Komen® advises women who notice these changes to bring them to the attention of their physicians immediately:

- Lump, hard knot

or thickening inside of the breast or underarm area

- Change in the size or shape of the breast
- Swelling, warmth, redness or darkening of the breast
- Dimpling or puckering of the skin

Women with breast cancer also may notice physical changes in their nipples, including:

- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast

It's important that women recognize that physical changes in their breasts are not necessarily indicative of breast cancer. In fact, the American Breast Cancer Foundation notes that not all lumps in the breast cause cancer and that many such lumps are benign. Fibroadenomas and intraductal papillomas are examples of benign lumps, though it's important to note that even benign conditions such as these may put women at greater risk of developing breast cancer.

Susan G. Komen® notes that breast tissue naturally has a lumpy texture. If lumpiness can be felt throughout the breast and it feels like your

other breast, then it's likely that this is just the normal texture of your breasts. However, women concerned by a lump or lumpy texture are urged to discuss those concerns with their physicians

immediately.

Discharge from the nipple is another potential sign of breast cancer, but Susan G. Komen® notes that such discharge is rarely a sign of cancer. Discharges that occur

without squeezing the nipple, occur in only one breast or are bloody or clear are potentially indicative of more serious conditions, including breast cancer.

Breast cancer is a

formidable foe. But women who arm themselves with knowledge of the disease, including its early warning signs, are in better position to overcome it.



Find relief with proper foot care

Many people lament having tired, achy feet. That's especially so among women who routinely squeeze into uncomfortable shoes in the name of fashion.

Feet carry the weight of the entire body while a person is upright. That can mean hours of enduring pressure from walking or standing.

The Pedorthic Association of Canada says that, when a person stands, the same muscles in the feet fire repeatedly as the pressure on them remains constant. This differs from when one walks about and the pressure shifts

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GIFT

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“As we move into the future, it is even more important now that we form partnerships and relationships with this community and this region so that people and organizations who believe in what we are doing can be a part of it,” Bondurant explained. “From expanding our volunteer program to launching a giving campaign, we are always looking for ways to let the communities we serve join us in our mission.”

Discovery Park’s 2020 giving campaign will focus on raising money for the annual operating fund, and gifts will support every aspect of the museum and park. From regular maintenance and day-to-day operations to feeding the animals in the Regional History Gallery and creating new educational programs, financial donations go to work immediately to help deliver transformational experiences to guests of all ages.

Scott Williams, president and CEO of Discovery Park, acknowledged a great sense of gratitude for the gift on behalf of the board and staff. “Mike’s gift is so appreciated, and it will contribute to creating a place where inspiration will continue to happen every single day,” said Williams. “That means 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. And just like it was in the beginning, support like this generous gift is crucial to us being able to implement that mission today and in the future.”

Discovery Park’s 2019 Impact Report and a video with more about how the organization is implementing its mission can be found at DiscoveryParkofAmerica.com/mission. To find out more about the giving program at Discovery Park, call 731-885-5455 or go to the park’s website and click “give.”

UCMS gridders give Clanton win in debut; Tornado golfers beat SF again

Mike Hutchens
Communications Director

His first game as head Union City Middle School head football coach couldn’t have gone much better for Cole Clanton.

Tayehari Jones ran for 258 yards and four touchdowns to help make Clanton a winner in his UCMS debut with a 40-6 win at South Fulton Tuesday night.

Jones had scoring gallops of 60, 83, 53 and 42 yards, doing his damage on just six carries. UC jumped out to a 16-0 first-quarter lead and was comfortably ahead 24-0 at the half.

Cohen Simpson ran for 60 yards on nine carries, scored a TD on a 17-yard run and accounted for four 2-point conversions to also shine for the Purple and Gold. Ben Wade made the other 2-point play for the victors.

Finn Frankum topped the Tornado tackle chart and turned in a solid game with seven tackles. Jones was in on six stops, while Gavin Morgan, Kellen Roberson and Copeland Chism all registered five tackles apiece. Davis Hayes and Logan Dawkins were both good for four hits, while Tucker Davis came up with an interception.

In other fall sports:



HIGH SCHOOL GOLF

UC again tops SF

The Tornado boys improved to 4-1 on the season, all of their victories coming vs. South Fulton.

Union City shot a 174 team total Thursday, to the Red Devils’ 207 at Poplar Meadows Country Club.

Nolan Chandler was the match medalist for UC, shooting a 41. Carter Walton was next with a 42, while Mason Reed finished with a 45. Reese Paschall shot 46 and Gabriel Qualls a 47.

Landon Hauhe registered a 49, Hayden Searcy a 53 and Jack Talley came in with a 57.

On the girls’ side, Union City again faced no team competition.

Addi Hooks and Olivia Tanner shared medalist honors with 51s. Mimi Jenkins shot 52, Molly Kizer a 54, Julianne Becton a 58 and Bailey Nichols came in with a 60.

Union City will play Greenfield at Sharon on Monday.



HIGH SCHOOL VOLLEYBALL

Obion Central 3, UC 1

The Lady Tornadoes took the opening game 25-18, but then dropped three successive hard-fought games — 25-18, 25-23 and 26-24 — to fall to 1-1 on the young season.

Marlee Johnson and Kaigan Davis led Union City with a dozen attacks apiece, while Anna Cheatham was credited with

eight kills in the match. Blocking coverage was provided by Abby Suiter.

UC also fell in jv play, dropping games 25-10 and 25-13.

Lainey Barker did shine for the Twister girls with 12 passes, 10 sets and five hits.

Union City is scheduled to play at Lake County Monday, then host Humboldt on Tuesday of next week.

MIDDLE SCHOOL SOFTBALL

Martin 4, UC 1

Alli Kate Frilling drove in Sarah Beth Byars with a single in the first inning, but Union City couldn’t muster any other offense against the visiting Weakley Countians.

Martin got a three-run homer in the third from Alexis Evans for all the tallies it would need.

Frilling turn in an excellent mound effort, striking out 11 in the complete-game performance.

Now 1-1, UC won’t play again until next Thursday when visiting Lake Road. Games at the Dyersburg Tournament (Saturday), at Dyersburg Monday and at Paris Inman Tuesday have been canceled.

Fans will have accountability role on football game nights: UC Booster Club has some changes

Everyone is being asked to shoulder a little extra responsibility during the coronavirus pandemic.

The game night experience with Union City High School football this season will be no different.

UC Schools administrators will mix some “suggestions” offered by the TSSAA with a good dose of “common sense” when hosting its Friday night foes.

Temperatures will be taken as each fan enters War Memorial Stadium and masks will be required to enter. There will be no policing of the mask issue once fans are seated in the stands, though, and fans are simply asked to be respectful of those

sitting around them who are not a part of their group.

There will be no marking off seats in the name of social distancing.

Concessions will be available, but there will be areas distinctly marked off for those lines. There also will be a limit on the number of people allowed in restrooms at one time.

“I believe everyone is excited about the prospects of us having a football season and I’m hoping and counting on people doing their part to make sure it is uninterrupted,” said UCHS Principal Jacob Cross, who along with Athletics Director Shane Sisco will be coordinating Friday night protocols.

“Everyone is looking for any hint of normalcy to return, and having a good, respectful atmosphere for Tornado football on Friday night at our home stadium would be a good start.

“It would be a huge task and an unpleasant one if we felt like we had to tell every fan what they could and couldn’t do. There will be some initial guidelines, but, basically, we’re just asking everyone to be respectful of each other.”

The UCHS Booster Club has also altered the basics of its annual membership drive and ticket-selling process this year.

Because of the distancing concerns, there will be no reserve seating sold for Tornado

home games. That practice will hopefully return next season and fans will have the opportunity to keep their current seats.

All Sports passes will be sold for \$75 each, the bearer getting admission to any and all Union City athletic contests for 2020-21. Students may purchase those All Sports passes for \$25. They will be available for both adults and students at the high school from school secretary Linda Graham.

Persons are asked to call the high school office (885-2373) to make an appointment -- per school regulations -- to visit and purchase the season All Sports passes.

There will be no Booster Club Hospitality

Room either, in an effort to practice safety.

There will be three levels of Booster Club membership. The Standard membership is \$50 and comes with a UCHS Booster Club car sticker.

The Purple Level membership costs \$150 and comes with a UCHS Booster Club car sticker and earns the member a place on the BC supporter sign.

The Gold Level membership is \$300 and comes with four All Sports passes, a car sticker and the member’s name displayed on the supporter sign.

The Tornadoes are scheduled to open their 2020 campaign on Aug. 21 with a home game against Lake County.

LEARNING

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walls of our museum in such a unique way.”

Kyoko Hammond, lecturer of Japanese at UT Martin, shared her thoughts on why technology and this partnership is so important today more than ever.

“There can be no doubt that technology has brought our world closer together than ever before. As an educator, I believe that we all should be curious what is going on outside our immediate borders and, above all, be

compassionate toward one another,” said Hammond. “I consider teaching the Japanese language and culture at UT Martin to be a great privilege because it enables me to contribute to the goal of intercultural peace and understanding. I am very excited about our partnership with the Discovery Park of America and look forward to more opportunities to collaborate with Discovery to the benefit of all of us, here and abroad.”

Discovery Park also recently announced free virtual field

trips that provide a unique, standards-based educational program that may be experienced from home or a classroom.

Since opening, Discovery Park has provided support for teachers and administrators in taking STEAM and history teaching out of the classroom and applying it in a hands-on, state-of-the-art experience at the museum and heritage park located in Union City, Tenn. They are still hosting student groups for field trips and are open to the public. They are

strictly following all recommended health and safety guidelines for employees and guests including masks.

The first six recordings from the partnership include:

- “Japanese 101” with Kyoko Hammond, lecturer of Japanese
- “Storytelling with Alice” and “Programming in Python (3)” with Dr. Kate Ericson, associate professor of computer science
- “Why is physical activity important?” with Dr. Tim Dasinger, assistant professor

of health and human performance

• “Introduction to German” with Dr. Charles Hammond, professor of German

• “Benefits of Teaching Physical Education during COVID-19” with Dr. Stuart Currie, associate professor of health and human performance

• “How to Organize and Deliver an Effective Speech” with Dr. Teresa Collard, communications professor

These and more can be found at discoveryparkofamerica.com/education.

EDUCATION

UT Martin officials sign Skyhawk Creed

MARTIN, Tenn. –University of Tennessee at Martin officials, including Chancellor Keith Carver and interim Chief Diversity and Inclusion Officer Mark McCloud, signed the “Skyhawk Creed” into effect Friday, Aug. 21, at the Boling University Center.

The creed, based on “respect,” “responsibility” and “right choices,” symbolizes the values and mission of UT Martin in its effort to promote a welcoming and diverse university. The document was created in response to students’ concerns of social injustices on campus.

The Skyhawk Creed states, “The University of Tennessee at Martin is an educational community committed to excellence in personal integrity and intellectual growth in a diverse and inclusive environment. As a voluntary member of this community: I



UT Martin Chancellor Keith Carver, interim Chief Diversity and Inclusion Officer Mark McCloud and Provost and Vice Chancellor for Academic Affairs Philip Acree Cavalier sign the “Skyhawk Creed” into effect Aug. 21.

will respect the rights and property of all persons and treat them with dignity and civility. I will take responsibility for my actions and hold others accountable for theirs, while demonstrating a concern for others, their feelings, and their sense of belonging. I will make right choices that will demonstrate academic

integrity, discourage bigotry and hate, and strive to learn from the unique differences of people and opinions. I pledge to model these principles and values and encourage others to follow my example.”

Carver, McCloud and Provost and Vice Chancellor for Academic Affairs Philip Acree Cavalier discussed the

importance of each principle of the creed during the signing. Each encouraged students, faculty and staff to be civil when discussing difficult conversations, to hold themselves and others accountable for what they say and do, as well as to have integrity and an open mind.

“While we can’t always control what other people say, we can control who we are, and we want the world to know who we are as an institution and individuals,” said McCloud.

Dr. Sean Walker, Faculty Senate president, Dr. Andy Lewter, vice chancellor for Student Affairs, and Kaylin Bailey, president of the Black Student Association, also signed the “Skyhawk Creed.”

For more information about the “Skyhawk Creed,” contact McCloud at mmclou5@utm.edu.



Reelfoot Rural Ministries give to Union City Middle School

Many Union City Middle School students will benefit greatly from the generosity of Reelfoot Rural Ministries in the coming school year.

Many Union City Middle School students will benefit greatly from the generosity of Reelfoot Rural Ministries in the coming school year. The community-based non-profit group has partnered with UCMS teachers and students to provide several hundred dollars’ worth of supplies for the 2020-21 school calendar.

UC Middle School educational assistant Laura Ashley Chism submitted a needs list and delivered more than a dozen boxes full of all the necessities for students Monday morning, along with several backpacks to distribute once classes begin.

RRM normally assists families on an individual need basis. This year, though, in an effort to reduce health risks to families because of the coronavirus pandemic, the organization has made its services available to campuses in northwest Tennessee and southwest Kentucky to meet

the needs of multiple teachers and students.

Reelfoot Rural Ministries Financial Director Donna Chism said RRM normally tries to provide for “between 400-500” students each year with its annual program.

“We have a number of generous donors that range from churches to Sunday School classes and individuals and this has allowed us to provide this need-based program for more than 15 years,” Chism stated. “This is what Reelfoot Rural Ministries does – provide for children in need.

“And we’re thrilled to be able to do so, especially in a time when there’s so much uncertainty.”

Chism said RRM reached out to “around 29 different schools” with the offer to help with supplies this year.

UCMS Principal Lance Morgan was understandably appreciative of the gesture.

“How amazing that we live in a community like this, where people and groups reach out to help,” he said. “This

will help many of our students who are in need and I’m just so happy that they will be provided for by this act of kindness.”

Amid chaotic times, Kennedy encourages UC staff to keep thriving

In the midst of uncertain times, the mission hasn’t changed for Union City Schools faculty and staff.

“We want to provide our students with the best education possible – no matter the circumstances,” UC Schools Director Wes Kennedy told teachers and administration on the first day of in-service training Wednesday.

Kennedy and assistant director Michael Paul Miller spoke to the staffs at all three Union City School campuses, addressing a variety of topics and plans. They were accompanied by Director of Teaching and Learning Rene Flood and Director of Special Populations Laney Rogers.

While noting the challenges of beginning school during the

ongoing coronavirus pandemic, Kennedy shared his own personal feelings before then encouraging personnel with a heartfelt message.

“I’m excited. I’m a little apprehensive. But most of all, I’m ready to get started – no matter which level we start at,” the top UC Schools administrator said. “We have a lot of work to do and it’ll certainly be both a challenging and a different type of school year.

“Our students and their parents are looking to you for direction, though. Be somebody’s sunshine on one of these dark days. Be happy. Be encouraging. Be available physically, mentally and emotionally.

“We have a lot of work to do and a lot of new things to explore,

but it’s going to be a good year.”

Kennedy included COVID-19 pandemic procedures, social media policies, race relations and his goals and visions for the immediate future and beyond in his address to each of the three school campuses.

He also informed the groups that every employee had gotten some form of a raise to help offset a 2 percent insurance rate hike that will happen in January. Kennedy said, too, the system was still planning to pay “85 or 86 percent” of those premiums.

He then surprised school personnel with a \$500 bonus for each classified employee and \$300 for every non-classified worker. He also notified each staff member that they would have \$100

deposited in their school lunch account. Every employee also received a triple insulated Swig travel cup that features a UC logo and a pair of masks with “UC” and “Golden Tornadoes” featured.

In-service sessions will continue the rest of this week and next week for the UC staff and will include numerous workshops, departmental practices and procedures, guest speakers and morale/team building activities.

Kennedy closed his sessions Wednesday with another set of encouraging words.

“Take precautions. Take care of yourselves. And take care of others,” he said.

“Mask your face if you feel the need and want to. But don’t mask your heart.”



WOMEN'S HEALTH

RELIEF*continued from front page*

to and from different areas of the foot so the same muscles aren't working all the time. That is why feet may not ache as much after walking as they do after long periods of standing still.

These factors may be exacerbated by wearing uncomfortable shoes or high heels. Heels position the foot to point the toes downwards, which can put stress on the balls of the feet and also on the toes. Stress fractures of the metatarsal bones can occur if the strain is great enough. Pain also may extend into the knees and lower back.

These foot-pampering steps can help women take care of their feet.

- Wear supportive shoes. Podiatrists state that foot and heel pain is a common byproduct of plantar fasciitis, which is a stabbing pain felt under the soft part of the foot and around the heel. Proper arch support can relieve such pain. Supportive shoes or custom insoles can provide ample support to the arches.

- Stretch your feet. Regularly stretching the feet or practicing yoga can help alleviate tight muscles in the feet and around the ankles that can contribute to discomfort.

- Skip the flip-flops. We know that flip-flops are the ultimate warm-weather footwear, but the lack of support such footwear offers can lead to pain. Furthermore, trying to keep the flip-flops on by "toe scrunching" can trigger tendinitis, offers the custom shoe insole company Wiiivv. Opt for more supportive and secure sandals.

- Soak and massage feet. Epsom salt soaks are great for dealing with muscle aches and reducing inflammation. After the soak, rub on an essential oil moisturizer and either massage your feet or ask a partner to do so. Don a pair of cotton socks to let the oils penetrate and moisturize the feet.

- Don't walk barefoot. Walking barefoot on hard surfaces, even indoors at home, can lead the foot to collapse. This can lead to a tremendous amount of stress on the foot and the rest of the body, advises Dr. Miguel Cunha, a podiatrist and the founder of Gotham Footcare in New York. Going barefoot also exposes the feet to bacteria and fungi that can infect the skin.

Women who are concerned about the health of their feet and any feelings of discomfort in their feet should speak with a podiatrist.

Recognize signs of heart attack in women

Many people are familiar with the image of a heart attack sufferer clutching his or her chest or feeling surprising, tingling sensations in his or her left arm. While those symptoms are common, heart attacks can produce a wide array of symptoms, and some of them may actually be much less apparent than chest pain or tingling in the left arm. That's especially so for women.

The organization Go Red for Women, which highlights women's heart health during the month of February, advises that many symptoms women can experience when suffering from heart disease may be overlooked or misunderstood as signs of less threatening conditions. However, jaw pain, nausea, pressure, and sweating all may be indicative of a heart attack. A failure to recognize that and act quickly could prove fatal.

The American Heart Association says that heart disease is the foremost killer of women in the United States. The Heart and Stroke Foundation says heart disease and stroke kill 31,000 women in Canada annually. Despite those figures, many women are unaware of the



threat of heart disease and its symptoms.

Heart attack occurs when blood flow to the heart is blocked by a buildup of a substance called plaque in the coronary arteries. Heart attack can strike any woman, though women who deal with high stress, are overweight or are heavy smokers are at the greatest risk.

Symptoms of heart attack

Symptoms of heart attack in women generally are more subtle than in men. These can include but are not limited to:

- shortness of breath as though you just ran a marathon
- a feeling of a squeezing rope tied around the upper back
- dizziness

- lightheadedness or actual fainting
- unusual fatigue
- neck, jaw, shoulder, upper back, or abdominal discomfort
- indigestion
- perspiration

How heart attacks are different for women

Women tend to have blockages not only in their main arteries, but in the smaller ones that supply blood to the heart. This is a condition called coronary microvascular disease, says the Mayo Clinic, and it may be why symptoms are more vague and not as apparent in women as they are in men.

Women also can have symptoms while resting or even when asleep, and emotional stress can trigger heart attack

symptoms in women.

A woman's risk for heart disease increases if she has diabetes, has experienced mental stress or depression, smokes, has gone through menopause, has had complications during a pregnancy, has an inflammatory disease, and/or is physically inactive.

Women of all ages should take heart disease seriously and schedule a check-up with a doctor to discuss risk and heart health. Women who suspect or notice any symptoms of heart attack should not hesitate to call for help. If you suspect you are having a heart attack, call 9-1-1 immediately; do not drive yourself.

Women can learn more about heart disease at www.heart.org

How women can take charge of cervical health

Maintaining cervical health is an important component of self-care for women. The National Cervical Cancer Coalition indicates that nearly 13,000 women in the United States are diagnosed with cervical cancer each year. The Canadian Cancer Society estimates that 1,350 Canadian women will have been diagnosed with cervical cancer for 2019 and around 410 will have died from it.

Cervical cancer can be deadly, but it is often preventable. Learning more about the disease can ensure women get the treatment they need.

Human papilloma virus

Human papilloma virus, commonly referred to as HPV, is a very common infection that spreads through sexual activity. The Office of Disease Prevention and Health Promotion states that HPV is responsible for almost all cases of cervical cancer. Roughly 79 million Americans



Women can schedule a call today with their doctors to talk about risk for cervical cancer and which screenings they should receive.

currently have HPV, and many aren't even aware they are infected. HPV can also cause genital warts. The Centers for Disease Control and Prevention

now recommend that preteen girls and boys get the HPV vaccine at age 11 or 12. This vaccine can prevent HPV-related cancers, which contribute to

cervical cancer as well as cancers of the vulva, vagina, anus, and other parts of the body. Women and men up to age 45 can still get the vaccine even if they

were not vaccinated as children. Adults require a three-dose series of the vaccine.

HPV contraction can be prevented through safe sex practices, including limiting the number of one's sexual partners.

Cervical cancer screenings

In addition to HPV vaccinations, women should have regular examinations with a gynecologist that will include both visual exams of the cervix and surrounding tissues and testing. The NCCC says testing will include a Pap test, which will determine if there are cellular changes on the cervix, as well as an HPV test, which can look for the virus itself. These tests (either alone or in combination) are recommended for women age 30 and over. Screening frequency typically depends on doctor preference and patient risk.

Cervical cancer**diagnoses**

Many cases of cervical cancer can be prevented, and there are various treatment options for those diagnosed with the disease. Depending on the stage the disease has reached, doctors typically perform some sort of surgery to treat the area. Hysterectomy, which takes out the uterus and cervix, is the most common way to treat cervical cancer, advises the American Cancer Society. Laser surgery to burn off cancer cells or cryosurgery to freeze them are other options. Sometimes only a portion of the cervix is removed. The American Society of Clinical Oncology says the five-year survival rate for cervical cancer averages 66 percent, although the rate varies depending on age, race and ethnicity.

Women can take charge of their cervical health by speaking with their doctors about HPV and cervical cancer and by scheduling the screenings they need.

Home Country September

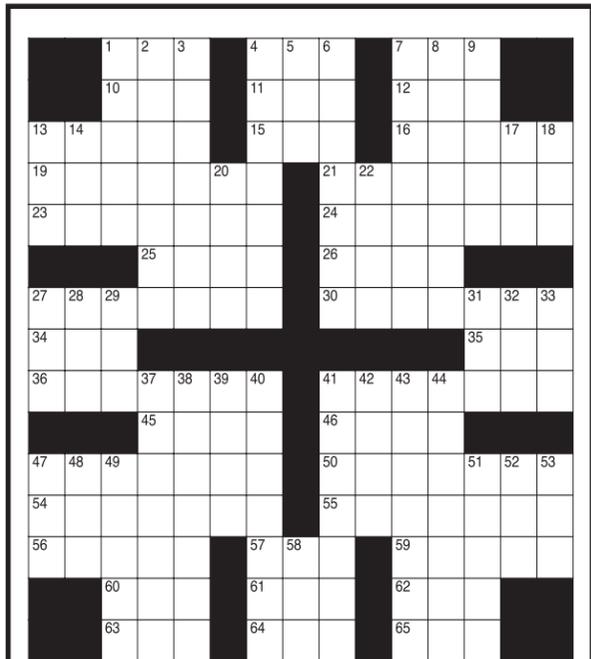
-By Slim Randles



September.
Our month of change. Our month of happy change. Once more we can stand the thought of wearing a sweater as the summer sun burns itself down. Once again we can think about a new school year and the special challenges we face this fall. Once again, the house is quiet during the day.
September.
In the forest, the animals are polishing antlers, sleeking muscles for the mating ruts to come, marking their territories. The deciduous trees are showing those awesome changes of color as the mountains become a splendid quilt of transient beauty.
September.
A resting time for the older folks. They can sit on the patio now even in the afternoons. It's a time for barbecued ribs and football, and picking fruit. On the

farms, the canning pots are boiling with treasures for the coming winter.
September.
Time for the Fall gather. Time to see what's out in those far pastures. Time to brand and work any late calves. Time to sort those who will stay and those who will go to the sale. Time to make money for the ranch.
September.
Time to sit and sip something hot and think about things past and yearn for certain future things and to plan ... plan how we can finish this year in a better fashion than last year.
September!

Brought to you to honor those masked folks who wait on us in the coffee shops and take our temperature at the doctor's office. Thank you for your courage.



CLUES ACROSS

- 1. Chop with an ax
- 4. Where a bachelor lives
- 7. Indicates near
- 10. Doctors' group
- 11. It's just a number
- 12. Type of bread
- 13. Lively ballroom dance
- 15. Charles S. Dutton TV series
- 16. A way to use up
- 19. Singular event
- 21. Home of Disney World
- 23. Minerals
- 24. Most insightful
- 25. Consult
- 26. In addition
- 27. Agents of downfall
- 30. Organizations
- 34. Supervises flying
- 35. Bar bill
- 36. Alfalfa
- 41. Dish soap
- 45. Witnesses
- 46. Ancient Greek City
- 47. Newspaper bigwigs
- 50. Discuss again
- 54. Small group with shared interests
- 55. Support
- 56. Popular sportcoat fabric
- 57. Take hold of
- 59. Pre-Mayan civilization
- 60. Woman (French)
- 61. Wheeled vehicle
- 62. Georgia rockers
- 63. Cold War player (abbr.)
- 64. Pitching stat
- 65. Attempt

CLUES DOWN

- 1. Czech monetary unit
- 2. Arousing intense feeling
- 3. Elks
- 4. Muscular weaknesses
- 5. Before the present
- 6. Figures out
- 7. Infinite
- 8. A low wall
- 9. Silly
- 13. Political organization
- 14. Used of a number or amount not specified
- 17. Divisions of the psyche
- 18. Denial
- 20. Ancient Iranian person
- 22. Count on
- 27. Popular sports league
- 28. Water (French)
- 29. Partner to cheese
- 31. When you hope to get there
- 32. Angry
- 33. One point east of due south
- 37. Respects
- 38. Organize anew
- 39. French wine grape
- 40. Intrinsic nature of something
- 41. Neural structures
- 42. Brews
- 43. Where ships take on cargo
- 44. Holiday season singer
- 47. Shock treatment
- 48. Popular average
- 49. Products
- 51. A type of bear
- 52. Utilize
- 53. Old world, new
- 58. Swiss river

WRITER'S CORNER WORD SEARCH

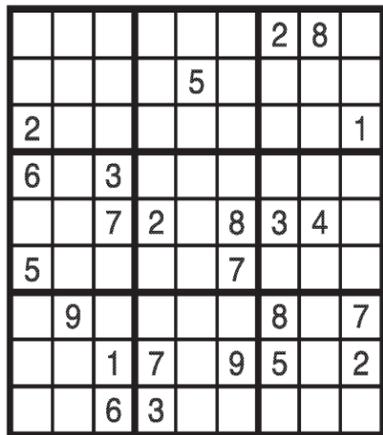
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N U L V O F A A K H Y T E C P O N T A M
P Y H Y R V N O K A M H F R R H C O G E
R G N R Y L H V V U C A I M Y A C M B C

WORDS

- ANTAGONIST
- ANTIHERO
- ARCHETYPE
- BACKSTORY
- CHARACTER
- CLICHE
- CONFLICT
- DENOUEMENT
- DIALOGUE
- EPILOGUE
- EVIDENCE
- FICTION
- FIRST PERSON
- GENRE
- HOOK
- IMAGERY
- INTRODUCTION
- MANUSCRIPT
- NARRATIVE
- NONFICTION
- SUMMARY
- THEME
- TRAITS
- VOICE

Find the words hidden vertically, horizontally, diagonally, and backwards.

SUDOKU

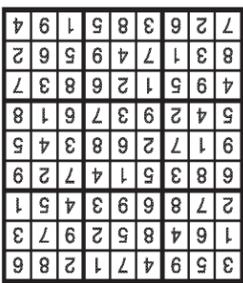


Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



ANSWER:

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to writers. Each number corresponds to a letter. (Hint: 8 = D)

A. 2 11 20 23 11 9 26

Clue: To write or create

B. 8 12 22 16 5

Clue: Rough copy

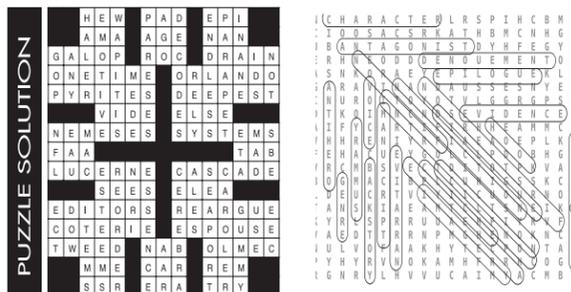
C. 26 8 15 5

Clue: Correct or modify

D. 15 8 26 22 9

Clue: Thoughts about a course of action

Answers: A. compose B. draft C. edit D. ideas





Paducah Dermatology

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