

Fashion





TALKIN' TENNESSEE

LEFT: Get Game day ready in all the perfect accessories- Vol tradition caps, Puravida bracelets, Teleties and Kendra Scott jewelry from The Pomegranate!

SHOW YOUR LOVE

BELOW: Show your LOVE for the state of Tennessee with this Tristar Vol Tradition cap. Check out the selection of Vol Tradition apparel at The Pomegranate located at 107 South Side Square, Shelbyville.

ABOUT OUR COVER

Thank you to *J Jordan* Boutique for dressing our cover model.



Zoë Haggard, Model



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VOLUNTEER TRADITIONS



J Jordan Boutique = Summer style + comfort

COMFY ON SUMMER DAYS

RUFFLES AND LAYERED TIERS



ABOVE: Between the smocking, ruffles and the gorgeous layered tiers, this is a fun dress to wear anywhere this summer. Abby Ramirez looks pretty in this brick color paired with tan booties.

LEFT: Kylie Boyette is ready for summer in this darling lilac dress with a ruffle wrap front and tie bodice from J Jordan Boutique on the public square.



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FREE ESTIMATES



Great summer outfits at Talk of the Town

SUMMER READY



Wyatt and Charlotte Rippey, son and daughter of Nick and Abi Rippey, are ready for summer fun. Wyatt is wearing a Cardin McCoy Tshirt and Southbound shorts. Charlotte is wearing a striped ruffle Butt dress with a Beyond Creations Bow. Find these great summer outfits at Talk of the Town at 101 South Side of the public square.

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Sunglasses buyers' guide

Blue skies and ample sunshine help makes summer special. Come summer, many people spend more time enjoying recreational pursuits and everything seems a bit more laid back.

Even though people may take a more relaxed attitude in summer, the National Eye Institute says people should wear sunglasses that block UV radiation whenever they head outdoors in daylight hours. This is essential for men, women and children. Sunglasses are necessary during the times of day when the sun's rays are at their strongest, but wearing them anytime the sun is out can protect one's vision.

Sunglasses present a great defense against UV rays that can cause short- and long-term eye damage, states the American Academy of Ophthalmology. Diseases such as cataracts, cancer and growths on the eye all can result from prolonged exposure to UV rays, which can damage the eye's surface tissues as well as the

cornea and lens. Prolonged exposure to UV rays also may affect retinal cells.

When purchasing sunglasses to protect the eyes, consumers should consider these important factors.

- **Ultimate protection:** The American Optometric Association says that sunglasses should offer 100 percent protection against both UVA and UVB rays. Some glasses will simply list a numerical indicator. In such instances, sunglasses that offer protection against UV 400, which will encompass the wavelengths for both UVA and UVB rays, are best.

- **Buy from a reputable retailer.** Not all sunglasses live up to their claims. Sunglasses sold at doctors' offices, department stores and sunglass specialty shops often meet the standards for protection, advises The Vision Council, a trade organization for the optical industry.

- **Choose tint for activity.** Tint will not affect UV protection, but it can make

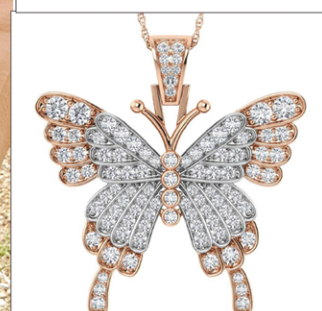
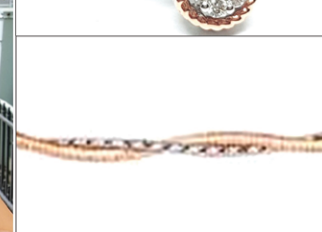
certain activities more enjoyable. Darker lenses may help at the beach, where there is more reflective light. Orange or yellow lenses increase contrast while driving or fishing. On cloudy days, amber or rose lenses can help improve contrast. Customers should choose a tint that makes them feel comfortable.

- **Polarized lenses help fight glare.** Polarized lenses and those with anti-reflective coatings can alleviate glare. Such lenses work by only letting in specific amounts of light at certain angles, which helps to reduce the brightness of that light, says the Discovery Eye Foundation.

- **Go big.** Bigger frames or wrap-around designs can further block UV light from different angles, particularly the side of the eye.

Consumers should consider various factors when shopping for their next pair of sunglasses. For more eye safety tips for the summer, visit www.aao.org.

Step into summer with gold-en choices

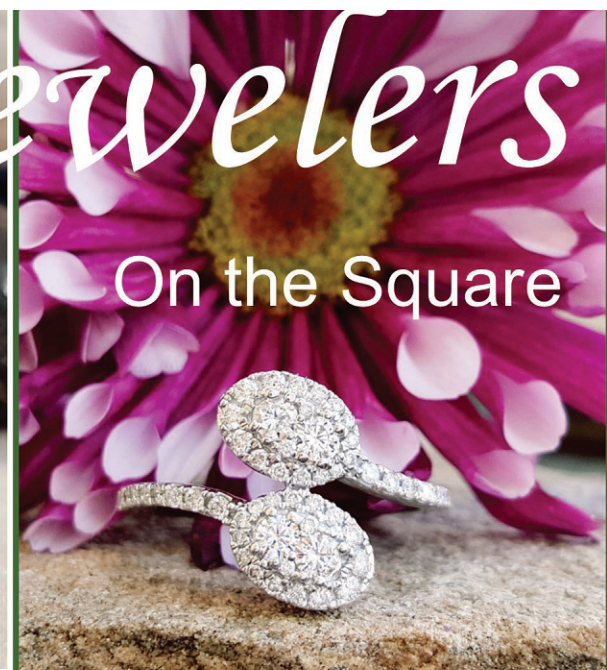


Heritage Jewelers models: Justina Hix and Maleah Claxton

Justina wears yellow gold set with diamonds and opals from Heritage Jewelers, located at 108 Public Square East.

Maleah wears Rose & White Gold set with white diamonds and salt & pepper diamonds

FASHION 2022

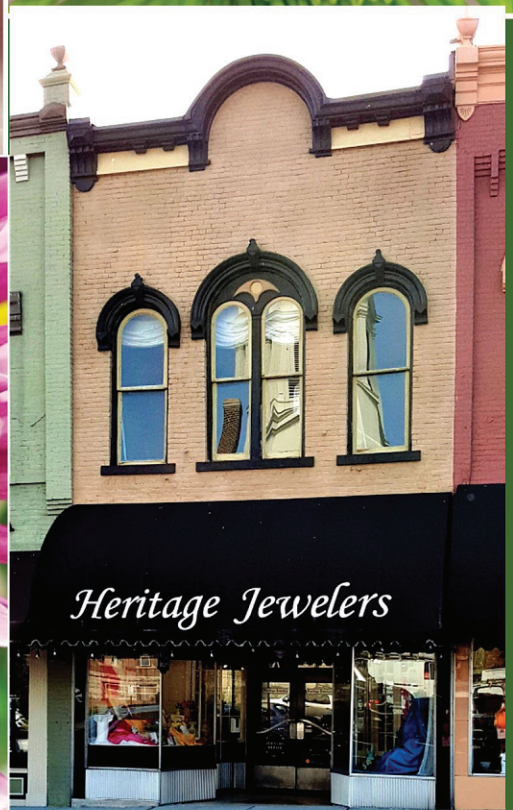
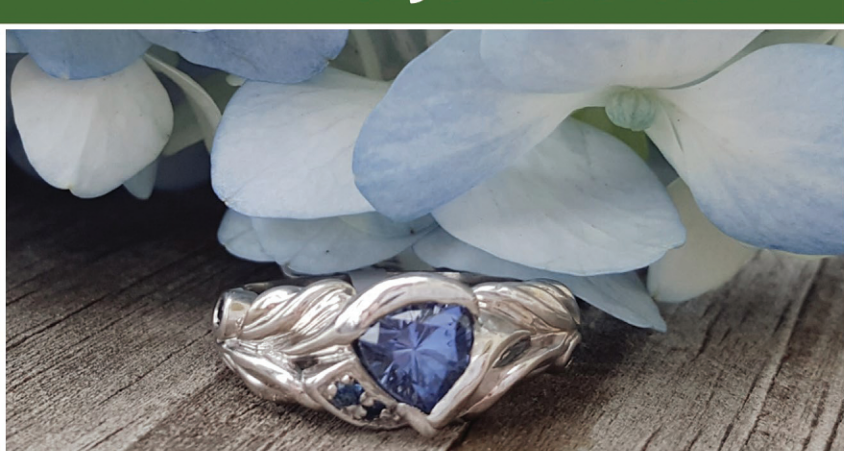


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T-G Photo by Dawn Hankins

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HAPPY DAY



Violet Noel Photography

Weddings are so much nicer when all the bridal attire is sparkling clean. Jacie Williams Newcomb and Dacota Newcomb were pleased with all that Corner Cleaners offered during their special event.

Shop at home for bridal care: Corner Cleaners



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Lowery Jewelers: Diamonds and more diamonds

WHO DOESN'T LOVE BUBBLES



Lee Ann Haithcoite Boggs radiates with her very own collection of the bezel set diamond design known as "Champagne Bubbles". Her ear studs are brilliant cut diamonds worn with 2 carat oval diamond hoops. Her pendant is set with nine graduated size diamonds in a horizontal slide. Who wouldn't want to have the complete set shown with the 2 carat tennis bracelet and matching ring, Lee Ann of course!

A GIRL'S BEST FRIEND



Mary Grace Phillips is ready for the season as she always "springs" for the bigger the better. Her very own 2 carat diamond hoops are always safe against loss with the newest design of locking posts. The diamond tennis necklace known as the "Riveria" features 5.30 carats of round brilliant cut diamonds and is a perfect match to the 5 carat tennis line bracelet. To complete her look she models a 3 carat diamond right hand ring.

How to prevent damaged, brassy summer hair

A new haircut or a color change can align perfectly with the carefree spirit of summer. Summer may be an opportunity to experiment with lighter hues or highlights to complement the natural changes to hair that come with exposure to the sun and surf.

Hair care routines after changing colors may require a few additional steps, as weather or styling conditions can contribute to less-than-desireable results, including brassy tones.

According to the hair experts at The Matrix, everyone's hair has warm colors within. Whenever hair is lightened, underlying gold or red tones become more visible. Hair also may turn brassy because the follicles are porous and can soak up everything from minerals in shower water to pollution or chlorine.

Exposure to chlorine and summer sun can contribute to brassiness, making hair more vulnerable to damage and breakage.

Many people may not know that some hair care products also can contribute to brassiness or bland color. The beauty prod-



uct review source Beauty Mag warns that shampoos that contain silicones, sulfates, parabens, and coloring can contribute to the problem.

Avoiding hair damage and unwanted color changes comes down to prevention and correction. These tips can make a dif-

ference in hair health.

- Wear a swim cap before going into the pool or the ocean to protect against chlorine or salt water, which may leach into hair shafts and cause brittleness and brassy hues. Specialty hair masks to coat tresses also can be effective.

- Stick to the shade when outdoors to avoid having hair fried by exposure to the sun's UV rays. If that's not possible, wear a hat or hair products that contain UV protection.

- Determine if the water in your home is "hard," which means it has high levels of chlo-

rine, metals and minerals in it. Water-softening systems and filters can help mitigate hard water issues. Also, there's no need to wash hair multiple times a week, which can cause hair dye to fade more quickly.

- Consider highlights over all-over hair lightening/coloring. With highlights, there will be fewer colored portions of your hair and less opportunity for lightened hair to turn brassy. Stylists can add enough highlights to make the total effect appear much brighter.

- Use a toner or correctional "purple" shampoo. Toning products rely on color wheel technology. Opposite colors on the wheel cancel each other out. Orange and yellow (brassy) hues are opposite blue and purple. Therefore, using special shampoos that contain blue and purple pigments will offset brassy hues. Don't worry, your hair won't turn violet with recommended use.

Summer hair can retain its vitality and color with some easy steps. Speak with a local stylist about other ways to maintain beautiful hair color all summer long.

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